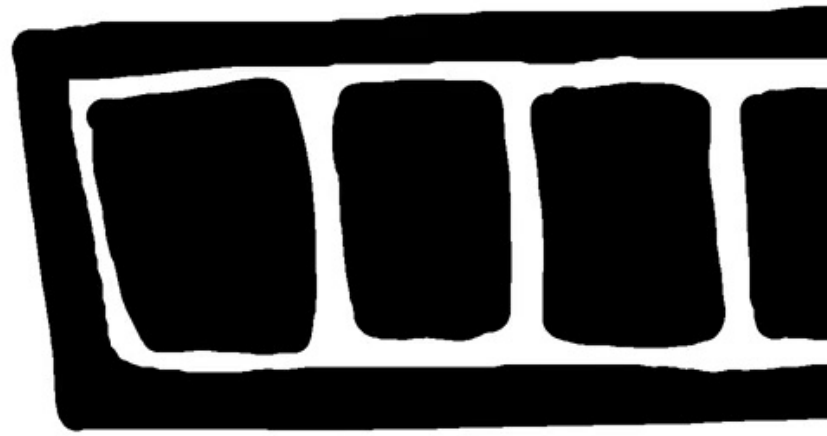


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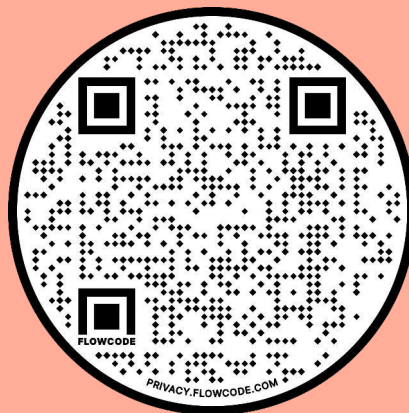
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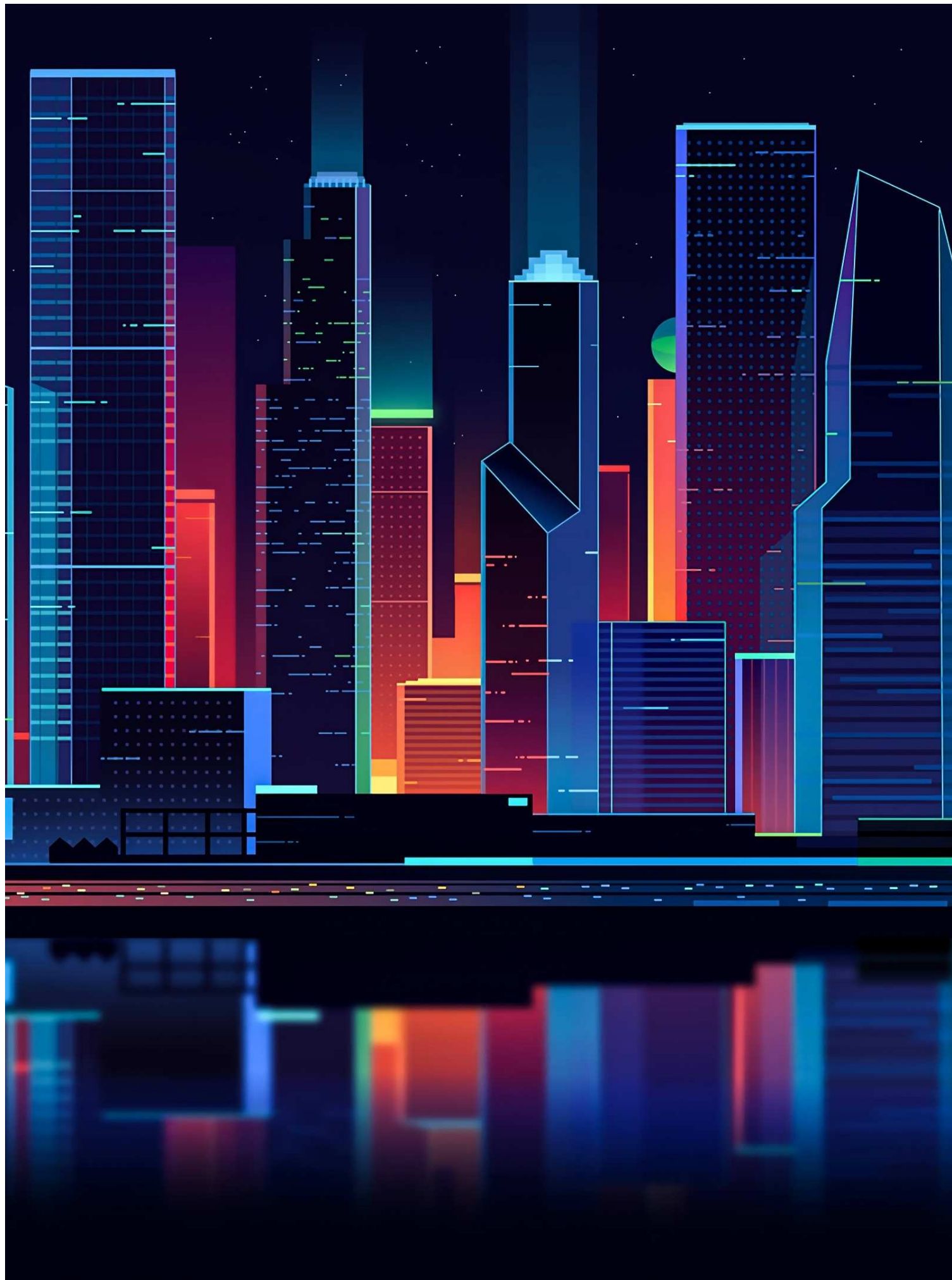


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“The content from incredible people of color has always been there. Even when reading and writing was illegal, it was there. Now I see partners who are making sure the content created is more equitable.”

– Deborah Riley Draper





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Photo By Google Images

BEAUTIFUL THINKING

pg. 10

Through a critical understanding of racial and gender stereotypes, Kara Walker designs the complex art of her generation to expose tragedy in the African American community.

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Photo By Google Images

**"The Gullah/Geechee Nation is The Gullah/Geechee Nation, it is as tightly knit as a sweet grass basket that's sewn together and as tightly knit as a cast net is sewn together -- there's strength in it and that means if you pull on it, you can't just get it to break apart."
- Chieftess Queen Quet**

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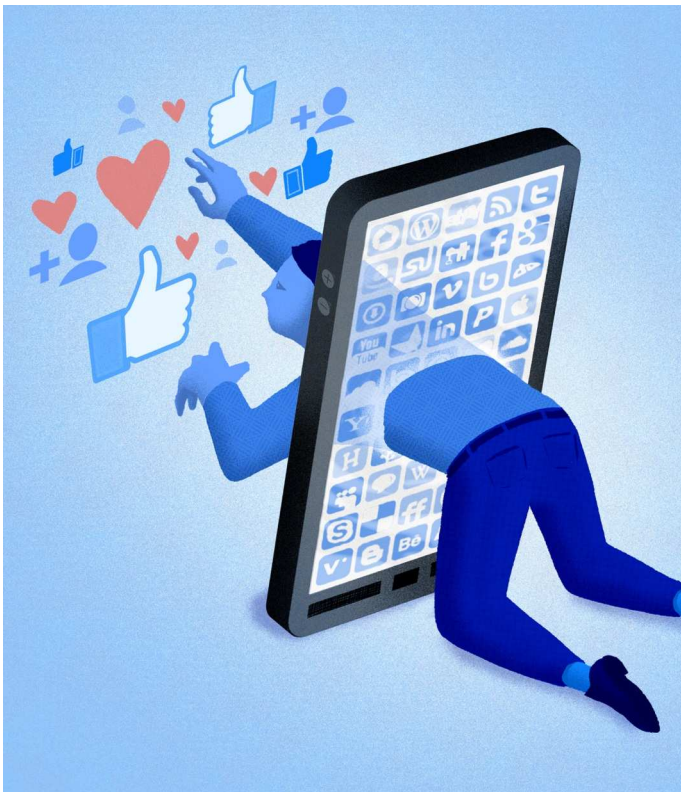
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Photo By **Google Images**

UPLOAD

Publisher

Sankofa Freedom Academy Charter School

Editor In Chief

Daysha Cobb

Editorial

Muhammed Ahmad
Janiya Alford
Zaiki Alston
Tyttiana Andrews-Rowe
Nekaya Austin
Khasir Bacon
Kierra Barnes
Elvin Church-Webb
Tymir Clark
Daysha Cobb
Khristian Coleman
Isaiah Copeland
Jayden Faison
Stephan Firma
Jayla Forston
Shaidyia Giddings
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Samira Washington
Aniyah Watts
Quraan Williams
Trevon Williams
Anaya Wills
Emani Wright



HOW TO REACH US

MAIN OFFICE

2501 Kensington Ave. Philadelphia, PA. 19125

PHONE NUMBER

215-288-2001

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“WE WILL ALL, AT SOME POINT, ENCOUNTER HURDLES TO GAINING ACCESS AND ENTRY, MOVING UP AND CONQUERING SELF-DOUBT; BUT ON THE OTHER SIDE IS THE CAPACITY TO OWN OPPORTUNITY AND TELL OUR OWN STORY.”

—STACEY ABRAMS

Boomers, Millennials and next up Gen-Z. Gen-Z is known as the technology generation. They are known for being “glued to their phones”.

They seem to be absorbed in social media and more interested in likes than school. In this magazine we would like to show you the power that Gen-Z has in the palm of their hands. Our magazine is very interactive discussing the history and modern day stories of African Americans. Upload features many interactive links and qr codes that will take you on a learning journey through time and culture. By the end of the magazine we hope you see the power of an Upload. The world we live in revolves around technology, so why not use it to share and learn as much as you can. Yes, Gen-Z is on their phone always, but we hold much power in using that technology to our advantage. We hope that this interactive magazine inspires you to learn and share as much information as you can!

Daysha Cobb
Editor-in-Chief

Saving the Land

By Taniyah Thomas

[The Gullah Geechee Culture](#) are African Americans who live in the low-country region of the United States, which include states such as Georgia, Florida, South Carolina, and North Carolina. In these low-country region states the Gullah Geechee community are both on the coastal plain and the sea islands. The Gullah Geechee people are the descendants of West and Central Africans who were enslaved and brought to the lower Atlantic states to work on the coastal rice and Sea Island cotton and indigo plantations. The Gullah have traditions which are the customs, beliefs and ways of life that have been passed down among Sea Island families. Making sweet-grass baskets, quilting, and knitting fishing nets are a few of the crafts that parents and grandparents teach children in the Gullah Geechee Culture. What's unique about Gullah Geechee culture is that the nature of their enslavement on isolated island and coastal plantations created a unique culture with deep African retentions. Some clearly visible in the culture are the distinctive arts, crafts, foodways, music, and language. The food that the people in the culture eat are fresh from the ocean: shrimp, crab, and fish comprise many of their favorite dishes, rice, okra, and watermelon are also staples. The Gullah Geechee Culture festival is the Hilton Head Island Gullah Celebration which is an annual event held during the month of February. The celebration showcases the rich cultural heritage of the Gullah people and their history on Hilton Head island. The festival shows the work of Gullah artists, gospel concerts, arts and crafts and food, a younger youth talent show and an old fashioned Gullah Barbecue.

Today, many of the families of the Gullah Geechee community are fighting to keep their traditions and family lands around and not be a distant memory. The greed and modernization of coastal living in today's society has threatened the livelihood of the Gullah Geechee people. The community has worked with the National Trust for Historic Preservation to help increase awareness and preserve the legacy of the Gullah Geechee community.

With ancestral lands surrounded by vacation homes and future developments, the demographics of Hilton Head has decreased from 67% Black to 5.91% Black since the 1940's. Greedy developers are still trying to steal the land from under the Gullah Geechee community and destroy their culture and land rights, but the Gullah Geechee Cultural Heritage Center is changing the narrative of loss and forced migration. Action is being taken right now to preserve and change the narrative and challenge the laws of land inheritance and ownership.

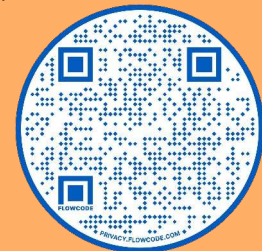
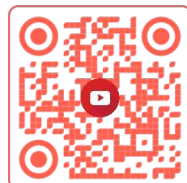


Photo By Google Images



SCAN ME

Movie Review: Black is King

By Kierrah Barnes

Most people in the world look at Africa as poor or not wealthy or not capable of accomplishing certain things. One celebrity, in particular, made her own concept and put the world to silence and showed Africa as a wonderful place full of different artists and people that can change the world. Her name is Beyoncé Giselle Knowles-Carter. She is an African American singer, songwriter, and actress. She was part of one of the most talented girl groups [Destiny's child](#) and ever since then she has been making history with her work and famous maternity shoot. Throughout the years she has become very creative with her music videos and they are mainly focusing on African Americans and our culture.

Beyonce created one of the best films in history based on Africa and the challenges that they go through and how the world sees them. It is called "Black is King," which tells the story of a young African prince. The Disney Plus film introduces the young king as a man and he is following the steps of his ancestor which is portrayed by Beyonce. The prince's journey is to discover, reclaim, and celebrate the culture and heritage of African diasporas. The main focus of this film is black identity. Beyonce made her film full of new and diverse people and cast members around the world because she wanted to provide opportunities for new talent. The music, dances, costumes, hairstyles, and set of the film is to showcase the beauty and richness of African content and diaspora. My opinion on the film is it helps men and other African American people to come together and continue the legacy of African culture and what they do. The film is one of the best films I watched that came from a celebrity who is trying to make a change for the world and is really trying to make America great again. Lastly, this film deserves a lot of recognition and should be recognized all over the world and this should change many people's perspectives on African American men and women and what they can accomplish.



EUNOIA: A Well Mind

By Samantha Jeudy

Kara Walker was born in Stockton, California, on November 26, 1969. She began playing with various avant-garde techniques at the age of three, creating sculptures with the goal of telling a narrative or making a statement rather than achieving beauty or perfection. Walker moved to Atlanta, Georgia, with her family when she was a child, where she spent the rest of her youth and eventually attended the Atlanta College of Art. In 1991, she graduated with a Bachelor of Fine Arts in painting and printmaking from the institution.

She got a Master of Fine Arts degree in painting and printmaking at the Rhode Island School of Design in Providence three years later, in 1994. Walker debuted a painting at the Drawing Center in New York City the same year she graduated from RISD, titled "Gone: An Historical Romance of a Civil War as It Occurred Between the Dusky Thighs of One Young Negress and Her Heart." Critics were drawn to the piece not only because of its message but also because of its form: black-paper silhouette figures on a white background. Walker's career was launched with the mural, which also established her as one of the most prominent artistic voices on the subject of race and prejudice.

PRESENTING NEGRO SCENES..., INSTALLATION VIEW, 1997. ▼



Walker has had solo shows at a variety of venues over her illustrious career, such as the San Francisco Museum of Modern Art. Within her art she toys with stereotypes, turning them inside out, upside down, and spread-eagle. Cruelty and laughing are her favorite pastimes. In 1997, a group of senior African-American artists chastised Walker for employing what they saw as racist tropes in her work and even attempted to boycott her work. Walker took up the Tepper Chair in Visual Arts at Rutgers Mason Gross School of the Arts in 2015 for a five-year term.

*Artwork: A
Subtlety*



▲ Artist Kara Walker



Traffic: In & Out

By Khasir Bacon

Sex trafficking is human trafficking for the purpose of sexual exploitation. It has been called a form of modern slavery because of the way victims are forced into sexual acts, usually non-consensually, in a form of sexual slavery. Sex traffickers use force, fraud, and coercion as they recruit, transport, and provide their victims as prostitutes. Sex trafficking is wrong and you shouldn't do it. Sex traffickers don't have to always be men, but it is usually men and sometimes women sex traffic as well. Some sex traffickers make a plan and they would maybe just see you one day and then start following you to know your schedule where you go everyday, your every move then make their catch. Sex traffickers frequently target victims and then use violence, threats, lies, false promises, debt bondage, or other forms of control and manipulation to keep victims involved in the sex industry for their own profit. The average age of a child sex trafficking victim is 15. Many sex trafficking victims are runaway girls who were sexually



Author: Khasir Bacon

abused as children. The three most common types of human trafficking are sex trafficking, forced labor, and debt bondage. There are many girls and women that don't want to speak up and say something because they fear for their lives because of the threats of the kidnappers. The number of children trafficked within the country each year is 200,000 American children. Sex trafficking has devastating consequences for the trafficked individual. Victims may suffer from long-lasting physical and psychological trauma, disease (HIV/AIDS), drug addiction, malnutrition and social ostracism. You should make sure to get checked out. Some traffickers use sex trafficking victims to recruit or transport other victims, which means they are getting them to take others so they can be trafficked as well.

Though human trafficking is a domestic and international crime, there needs to be more focus on stopping the criminals. Human trafficking is a crime against humanity and policies and lawmakers are increasing efforts to create protective response and advocate for appropriate accountability. National courts are in the process of prosecuting trafficking as an international crime and it breaks many of the articles of the Universal Declaration of Human Rights. Let's keep forcing the international and national governments to create important trafficking legislation.



Photo By Google Images



ENOUGH!



ENOUGH IS ENOUGH

END GUN VIOLENCE CAMPAIGN

DEAM

Drop Everything and Memorialize

Day of Remembrance and Vigil

Wednesday, March 30, 2022 @ Sankofa Freedom Academy

Please email the names, dates of birth and dates of death of loved ones who have been killed by gun violence to k.mickens@sfacs.us by March 17, 2022

DEAL

Drop Everything and Learn

Learn about Ending Gun Violence - PSAs & Teach In

Wednesday, April 27, 2022 @ Sankofa and Online

DEAP

Drop Everything and Protest

Demonstration and Press Conference

Wednesday, May 18, 2022 @ Philadelphia City Hall



VACATION GREENBOOK

By Tymir Clark

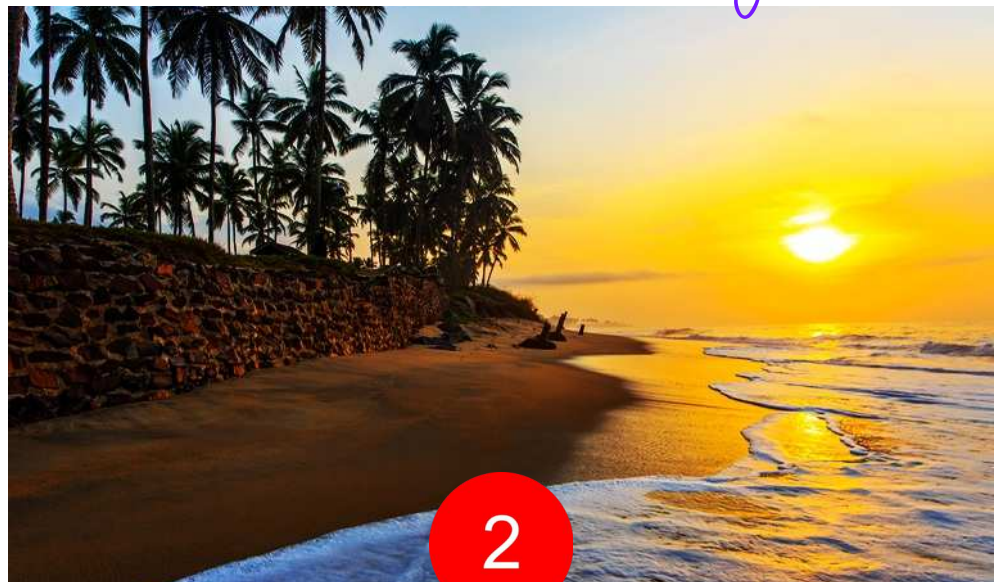


As an African American, where in the world should I go for a vacation? There are many times that Black people go traveling and find out that they are not welcomed or the destination they have reached has political or social turmoil within their culture dealing with racism. After much research and conversations with influential travelers, I have designed the top 5 modern vacation green-book. In the past, the greenbook took a form titled the Negro Motorist Green-Book. The Negro Motorist Green-Book that was in publication from 1936-1966 and was an annual guidebook helping out Black travelers with safe places to eat, roads to travel, and places to stay. In relevance, this is still needed today when the African American/ Black traveler is looking for a national/international place to go and spend their time and experience culture. Welcome to the Modern Vacation Green-Book!

#1 Portugal



#2 Ghana



1

One of the most visited places in Portugal is Faro. Faro is the capital of southern Portugal's Algarve region. Many of Faro's attractions are near the streets of Cidade Velha, the old town, but most tourists head straight to the beaches. It is a very beautiful place, a family friendly environment, and is an experience of a lifetime.

2

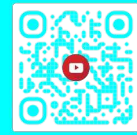
Ghana is always the perfect destination to celebrate Black people, culture, and history. There are many activities to do in Ghana. Not only can you learn, but you can also do things like visit the Wli Waterfalls and Mount Afadjato, and even dine at places like Citrus Restaurant & Lounge. An overall beautiful and historic place to visit!

#3 U.S. Virgin Islands



The U.S. Virgin Islands are a group of Caribbean Islands. It is mainly known for the beautiful white sand beaches, hiking, diving, snorkeling, and fishing. Kayaking is just a few of the activities that you can do here. It is a great place to build memories while sightseeing and enjoying your time in the Virgin Islands.

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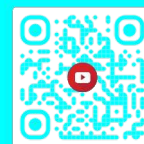


#4 Haiti



Haiti is a Caribbean country that shares the island of Hispaniola with the Dominican Republic. Haiti has the second longest coastline of beaches and most mountainous ranges in the Caribbean, waterfalls, caves, colonial architecture and distinct cultural history. Come on and Take a Dip at the Bassin Bleu Waterfalls. Maybe you would like to discover the Flavors of Haitian Cuisine as well.

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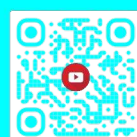


#5 Seychelles



The Seychelles consists of 115 islands in the Indian Ocean, off East Africa. It's home to beaches, coral reefs and nature reserves, as well as rare animals such as giant Aldabra tortoises and more!! Here in Seychelles, you can enjoy the wonderful waters as well as hiking and more! The Seychelles Island is child friendly and adventurous is just a few of the words to describe this wonderful vacation spot.

SCAN ME



Photos By Google Images

Past Trauma

By Jaquay Johnson

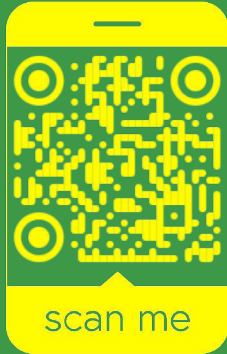
African Americans were hesitant to sign up for the Covid-19 vaccine because of one reason which is the lingering mistrust of the medical system. The mistrust is the medical system rooted in history, including the infamous U.S. study of syphilis that left Black men in Tuskegee, Ala., to suffer from the disease. Another reason African Americans doesn't trust the vaccination is that When the U.S. Public Health Service started the "Tuskegee Study of Untreated Syphilis in the Negro Male," 600 Black men 399 of them with syphilis and 201 of them without it were told they would be treated for so-called bad blood in exchange for free medical exams, meals, and burial insurance which was something that the men did receive and lied to about.

Based on early data of Covid-19 vaccinations it was stated that more than 60% of vaccines went to white people, and less than 6% went to African Americans. In Tuskegee today, the 20th-century syphilis tragedy is still very relevant, according to nurse Cheryl Owens, who grew up in the town. Cheryl Owens recently talked with relatives who say they're afraid to get the COVID-19 vaccine. After what Cheryl's relatives stated Cheryl questioned them about being afraid of the COVID-19 and they stated that they didn't trust it because of the Tuskegee syphilis study.



A Patchwork Life

By Janiya Alford



Have you heard the name Bisa Butler? Well if you haven't, let me inform you. Bisa Butler is an American fiber artist who has completely changed the craft by developing a unique type of quilting. Bisa Butler was born in Orange, New Jersey in 1973. Bisa Butler graduated from [Columbia High School](#) in 1991. After graduating high school, she majored in Fine Art and graduated from [Howard University](#). She did start working with fabric, while she was an undergrad making collages on canvas. Butler completed her master's degree in art education from [Montclair University](#) in 2004 where she took a Fiber Art class that inspired her to become who she is today. Butler stated "As a child, I was always watching my mother and grandmother sew and they taught me." Her grandmother was on her deathbed when Butler made her a quilt. After her grandmother died, Butler continued to quilt and started making replicas of real life photos. In her personal quotes, she tells stories that have been forgotten over time. Butler uses kente cloth and African wax printed fabrics in her quilts, which is clothing made up from her ancestors. Butler uses African fabrics from her father's homeland of Ghana, batiks from Nigeria, and prints from South Africa. She usually uses colorful colors to represent someone's skin color rather than a normal skin color. Butler aims to create positive representations of Black Americans which is a very wonderful idea. She uses a variety of patterned fabrics, which she carefully selects to reflect the subject's life, sometimes using clothing worn by the subject. By 2019, Butler already had a waiting list for commissioned pieces that she estimated to be several years long. This was before her first solo museum exhibit and media attention catapulted her to celebrity among the general public. She has also worked on commission to create a number of magazine covers, including the Fall 2020 cover of Juxtapose, the May/June 2021 edition of Essence magazine and many more. Additionally, [Oprah Winfrey Network \(OWN\)'s featured Butler's work in its "Juneteenth Artist Showcase](#). She has exhibited her works widely. In February 2019, her work was included along with that of [Romare Bearden in The Art of Jazz, a Black History Month exhibition](#), In 2010, Butler's quilts were featured in art books such as [Journey of Hope: Quilts Inspired by President Barack Obama](#). She was recognized in 2019, as a finalist for the Museum of Art and Design's Burke Prize and many more recognitions of her amazing artwork history. You should check out her quilts at the Art Institute of Chicago. At the top of the Grand Staircase hang massive, colorful banners announcing the artwork of Bisa Butler.

Op Ed: DUALITY

By David Sanders

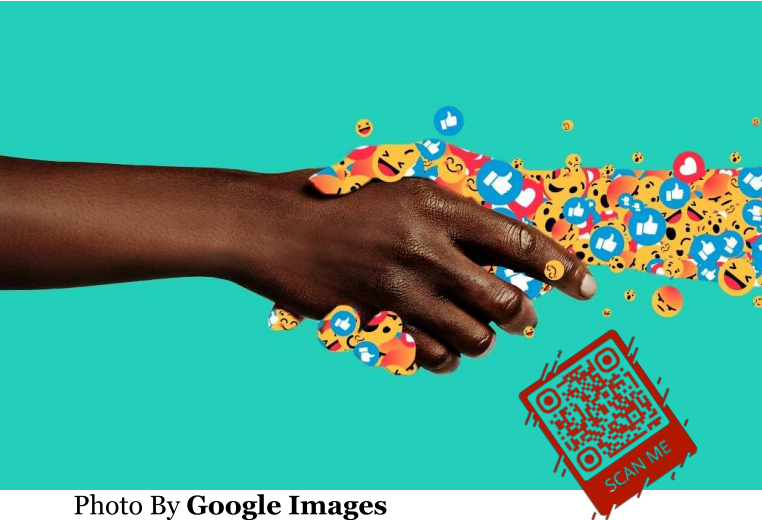


Photo By Google Images

The pledge in our class [Media Literacy](#) states that the media is the most powerful entity in the world, that it has the power to control the minds of the masses.

This is true, since its conception it has been an essential part of human life and our sociality. Over the past 5 decades it has changed shape and form, first being rumors, to simple letters, newspapers, radio, television, and its most recent form: the internet. It can define an entire generation by what is believed to be beautiful, what's popular, world news and so much more. The world knows this and governments will prioritize the media perception of them before anything else. Media has a duality to it, it has positive and negative effects on society, it keeps the world united and informed. However it can make people depressed with its tendency to show [superficial parts of people's lives](#) or gives bad people a platform and a way to commit crimes. The positives of the media is that it gives everyone all the knowledge in the world, a way to find other people who have similar interests to you, and to keep in touch with family and friends from all across the globe.





Researcher: Anaya Wills

Perfectly Seared Chicken Thighs with Onions & Spicy Gremolata

Makes 4 servings

6 skin-on, bone-in chicken thighs (about 2 1/4 pounds)

Kosher salt and freshly ground pepper

1 tablespoon vegetable oil

1 large white onion, sliced

2 cloves garlic, smashed

2 cups chicken stock

Spicy Gremolata

1 1/2 cups flat leaf parsley (packed), finely chopped

2 sprigs thyme, leaves only, finely chopped

1 sprig rosemary, finely chopped

3 sage leaves, finely chopped

4 garlic cloves, crushed

3 tablespoons lemon zest, finely grated

2 teaspoons crushed red pepper flake

1 teaspoon kosher salt

1/2 cup olive oil

Prepare spicy gremolata: In a medium bowl, add the parsley, thyme, rosemary, sage, garlic, lemon zest, crushed red pepper flakes, Kosher salt and mix to combine. Stir in olive oil. Set aside.

Place the chicken thighs skin-side down on a clean cutting board and, using a sharp boning knife, cut along either side of the bone to loosen it, but still leaving the bone attached to the thigh. Flip the thighs over and rub the spicy gremolata under the skin of each chicken thigh. Season the opposite side with salt and pepper.

Heat a 12" nonstick skillet over high heat until hot but not smoking. Nestle chicken in skillet, skin side down, and cook for two minutes. Reduce heat to medium-high; continue cooking skin side down, occasionally rearranging chicken thighs and rotating pan to evenly distribute heat, until fat renders and skin is crispy and golden brown, about 10-12 minutes.

Turn the thighs over and sear for two minutes, then remove from pan. Reduce heat to medium; add the sliced onions and allow to cook for about 5 minutes, or until they begin to become translucent and softened. Add the garlic cloves and cook for another few minutes, until they begin to soften, then stir in the stock. Nestle the chicken thighs, skin-side up, back in the pan and continue cooking for another 6-8 minutes, until the sauce has reduced and thickened slightly and the chicken registers 165°F with a meat thermometer.

Allow to rest for five minutes. Sprinkle gremolata over chicken and serve immediately.



Carla Hall is the creator of this recipe

CHEF-DOM

By Samira Washington

Marcus Samuelsson is an Ethiopian-born Swedish-American celebrity chef, restaurateur and television personality. He was born in [Ethiopia](#), January 25th 1971. Samuelsson was orphaned in 1972, when a tuberculosis epidemic took the life of his mother. He was born Kassahun Tsegie but his name was changed; he is also head chef at Red Rooster in Harlem, New York. He is married to Maya Haile. She is a model, Maya moved to New York in the year 2006 to pursue modeling full-time. Being a model, she kept her name, Gate Haile. They got married in Ethiopia. He also has a son and an adult daughter, his daughter's name is Zoe Samuelsson and his son's name is Zion. He made a book called "The Rise" and the book is basically about cooking and sharing recipes and on his website he states "The Rise gathers together an unforgettable feast of food, culture, and history to highlight the diverse deliciousness of Black cooking today. Driven by a desire to fight against bias, reclaim Black culinary traditions, and energize a new generation of cooks, I share my own journey alongside 150 recipes in honor of dozens of top chefs, writers, and activists—with stories exploring their creativity and influence. ." You may order his books from any websites like Amazon, Bookshop and more. On his websites he shares his story and not just recipes on how to cook but he gives details on his life as well. He likes to meet new people to expand his cooking with different spices and foods as stated on his website. He believes that different sounds and colors influence the way he designs a dish. Marcus Samuelsson has a mission and his mission is to celebrate and cook food, as he says, "My mission with each project – whether it be a new restaurant, book, or TV show – is to celebrate the food, the culture, and hopefully inspire others to be adventurous, learn something new, and get cooking."





BBQ OXTAIL RECIPE

INGREDIENTS

- 3 tablespoons Jerk Mix
- 2 tablespoons canola oil
- 12 pieces oxtail, each 5 inches long
- 1/2 cup olive oil
- 2 medium Spanish onions, finely chopped
- 1 can (26 ounces) whole peeled tomatoes, drained
- 1 bay leaf
- 1 piece fresh ginger (3 inches), peeled and chopped
- 6 cloves garlic, minced
- 2 Scotch bonnet chiles, seeds and ribs removed, finely chopped
- 1 1/2 teaspoons chile powder
- 1 teaspoon coarse salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon coriander seeds
- 4 cups homemade or store-bought low-sodium canned chicken stock
- 1/2 cup brewed coffee
- 1 tablespoon Worcestershire sauce
- 1/2 cup honey

DIRECTIONS:

STEP 1

Combine jerk mix and canola oil in a large bowl. Add oxtail and toss to coat. Cover and refrigerate 8 hours.

STEP 2

Heat olive oil in a large Dutch-oven over high heat. Working in batches, add oxtail and onions and cook, stirring occasionally, until browned, 15 minutes.

STEP 3

Add tomatoes, bay leaf, ginger, and garlic; bring to simmer. Stir in chiles, salt, chili powder, cumin, coriander, chicken stock, coffee, and Worcestershire sauce. Cover, reduce heat, and continue simmering 2 hours.

STEP 4

Add honey and continue simmering, uncovered, until oxtail is tender, 20 to 30 minutes. Remove bay leaf, and serve.

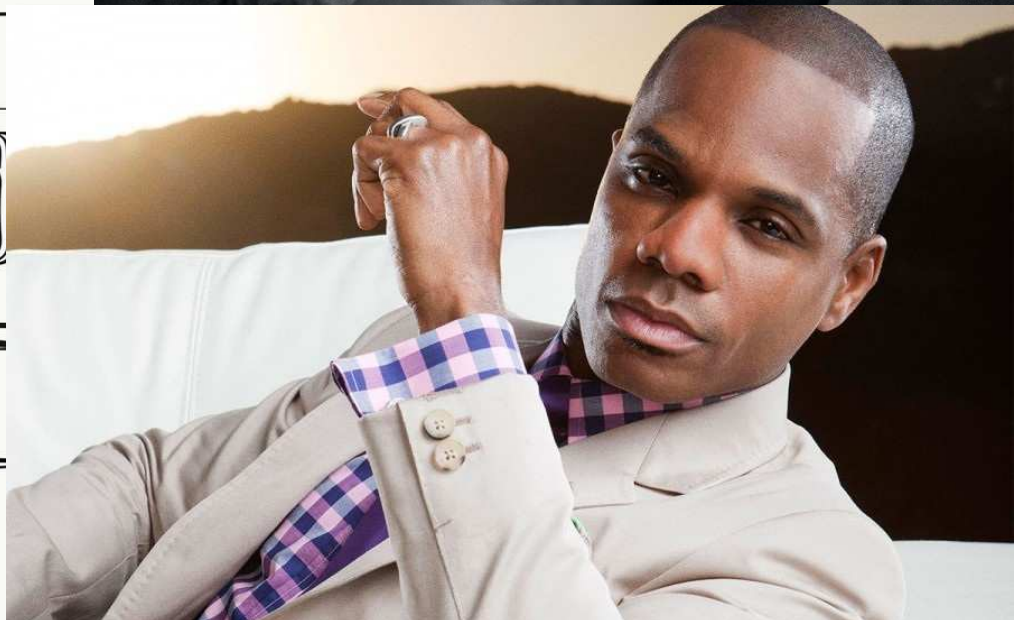
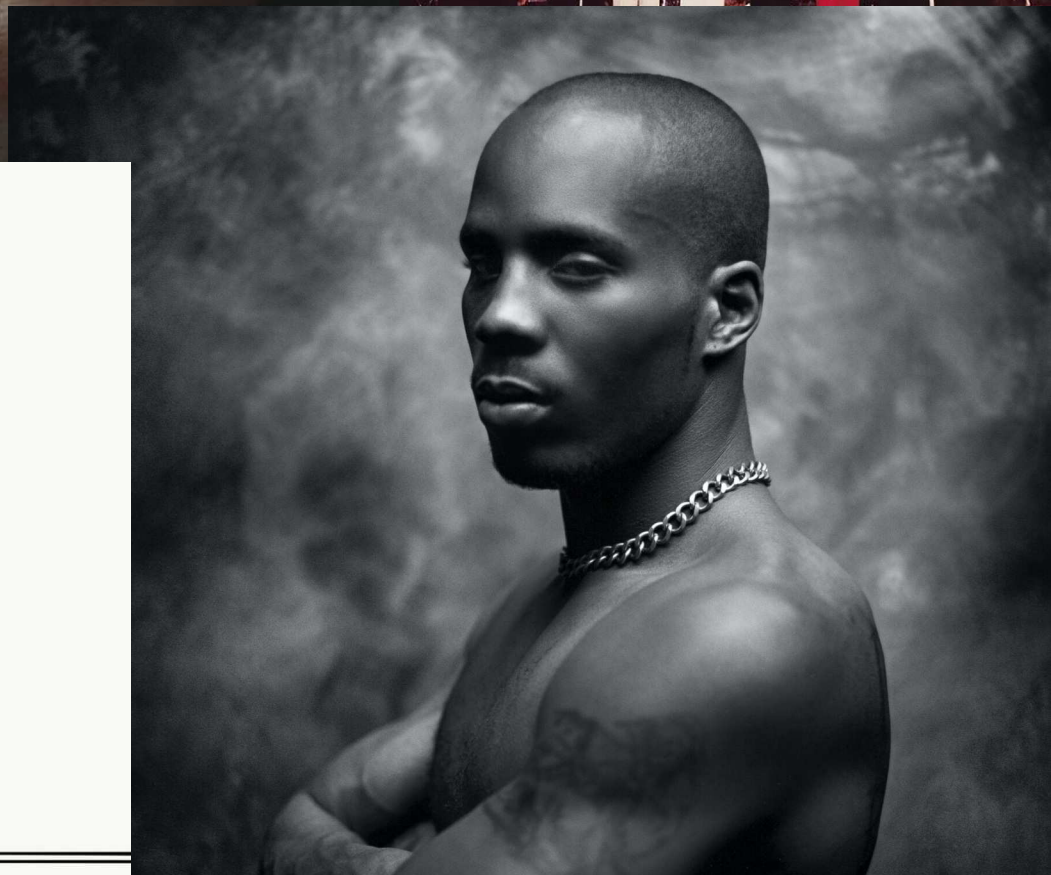
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The Black Power Mixtape

By Keonna Henderson





Being black is powerful and the music that our culture creates is undefeated. The creations that they come up with have their own unique flow. Today we're discussing the top 5 songs that I believe should be in every black person's playlist.

Song 1: [My First Love](#) by Keke Wyatt and Avant

Keke Wyatt and Avant vocals are untouched. The way their voices just match whenever they do music with each other. In the song they were talking about the love that will always remain towards their first love. This is by far one of my favorite songs. This song makes me want to experience the love they did in order to create the vibe of the song.

Song 2: [My Everything](#) by Mary J Blige

In this song Mary J Blige was talking about how her "everything" gave her something to live for and it constantly makes her happy and feel loved and appreciated. She also doesn't want the feeling to go away. The song all of the above just makes you want to fall in love. While listening you get this vibe that when/if you get into a relationship you should have the same feeling as Mary. Even the people in a relationship when they hear that sound makes them feel special especially if you experienced everything she's talking about.

Song 3: [Before I Let Go](#) by Frankie Beverly and Maze / Beyonce

Frankie Beverly song is an all time hit that I know for a fact every black person heard before. This song is playing at every block party, cookouts, baby showers, birthday parties you name it! In 2019 Beyonce took the world by a surprise when she made an amazing remix to the classic "Before I Let Go". Beyonce made sure she added her own little spiciness to the song so we can enjoy this one just as much as the original. This song has become just as popular as the original. There's also a dance/line dance for both of the songs.

Song 4: [I Smile](#) by Kirk Franklin

This is my go to song whenever I am feeling down and out. This song is saying at the end of a dark tunnel there's always a rainbow. So no matter how bad the circumstances are, something will come along and boost you up. There may be setbacks but eventually your come up will arrive. Just have time and patience.

Song 5: [Ruff Ryders' Anthem](#) by DMX

DMX's voice is unmatched. His deep raspy voice and demeanor is what makes us love him and his music even more. This song is an all time hype up song for me. Whenever you hear this song it just makes you want to get up and dance.

COVID CHANGES IN TEENS

By Daysha Cobb

Over the course of the recent pandemic that has been spreading across the world there have been a lot of behavioral changes in people. This article will be focusing on the behavioral changes in teens.

According to a survey done by KFF.org (Kaiser Family Foundation) in May of 2020, 29% of parents said that their children's mental and emotional health was already harmed prior to covid-19. Later, In October 2020 31% of parents said that their child's mental and emotional health was worse than what it was before the pandemic. Some [mental health](#) issues that are common amongst teens include eating disorders which includes not eating enough, throwing up food and binge eating. ADHD (attention deficit hyperactivity disorder), PTSD (post traumatic stress disorder), OCD (obsessive compulsive disorder) BPD (bipolar disorder/bipolar depression), anxiety, and depression. A lot of teens have shown sign of increased irritability, sadness, hopelessness and suicidal thoughts or actions. Adolescents that are a part of minority groups such as African American, Asian and LGBTQ+ have shown even higher levels of damaged mental health. This is caused by traumatic events that have taken place over the course of the pandemic. For example, 57 trans-gender people being killed in 2021.

Multiple attacks on people of Asian descent and the [Asian hate trend](#). There were also multiple black people killed by police over the course of the pandemic. The pandemic also caused schools to resort to virtual schooling. This has caused a drop in grades for high-school and college students. A lot of students have stated that being virtual has caused them to lose motivation for school related activities. With that being said now more than ever it is important to spread awareness of mental health. It is time to stop the stigma surrounding mental health. There are many ways to help improve your mental health. Some of these things include taking walks, talking to a trusted person about your mental health, staying hydrated, sleeping more, taking breaks and trying to do things you enjoy. Improving mental health is important in daily life. Having damaged mental health can affect the way you function on a daily basis. Having damaged mental health can make things like making your bed a difficult task. So encourage people to work on their mental health and remind them that they are not alone.

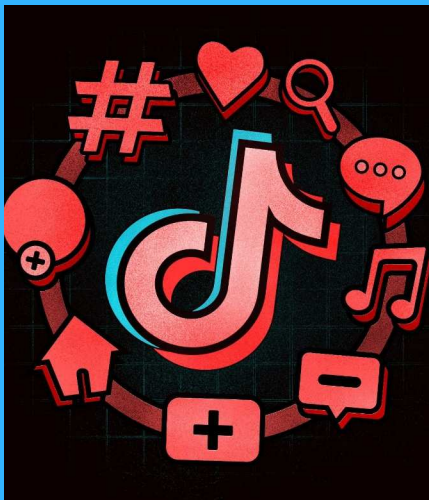
SCAN ME



Tok Creators



Photo By Google Images



Author: Khristian Coleman

Tiktok which was originally musically and has grown enormously since its release. The app that was originally a dancing app has now evolved into an app that has different genres based on what you like. On Tik Tok there are many different influencers that have a big following such as [Khaby Lame](#) and [Dtay known](#). Creators like them have influenced the way that other people have made videos. While others still dance the app has become a way for others to express themselves which has allowed them to become their true selves. For all the creators on the app, Tiktok has made a number of advertisements that pay them money to have videos shown on their product no matter what users interest are. This is how the app pays the creators that have a big following. With a lot of people using Tik Tok this has allowed the creators to be able to branch off into other forms of entertainment such as Youtube, acting, and boxing just to name a few. Recently there have been accusations that Tiktok has begun banning some of these black creators, and there has been a lot of backlash that. In response to these accusations, Tiktok has started to unban these creators. In conclusion, Tiktok has been a major positive influence in people's life and many others should try and give it a chance.

Black Glucose

By Kaleah Peterson

Diabetes in the black community is very high and dangerous. African American adults are 60 percent more likely than non-Hispanic white adults to be diagnosed with diabetes by a physician. According to [Northwestern Medicine](#) Black adults in the U.S. are 60% more likely than white adults to be diagnosed with diabetes. There are many types of diabetes. The main ones are Type 1 and Type 2. Diabetes can come from multiple things. Such as; obesity, inactive lifestyle (example of type 2), it can also be genetic (example of type 1).

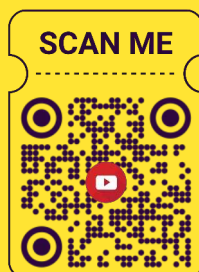
Sadly, [the most common type of Diabetes is type 2](#), especially in the black community. This can come from the neighborhood we live in.

Some black people live in neighborhoods where there are many convenience stores. These stores have many unhealthy snacks/food for cheap. Supermarkets with healthy foods (not GMO) are far from these neighborhoods. Diabetes can also come from eating too much of a certain food or food type.

Unfortunately, no one knows how to prevent type 1 diabetes but there are ways to manage it by educating yourself on diabetes, getting regular check-ups, managing blood sugar, etc. Fortunately there are ways to lower the risk of getting type 2 diabetes, such as; eating in portions (eating an equal amount of food types) (try to not eat a lot of processed foods), drinking water, exercise, quit smoking (if you currently smoke), and take vitamins.

“People think it’s hard to cut out sugar, but it can be done. You just have to put some effort in.” -Halle Berry

To the right is a youtube video of more ways to lower the risk of getting type 2 diabetes.



Photos By Google Images





STOP THE VIOLENCE

YOUTH PEACE RALLY & MARCH
SATURDAY, MAY 7 2022

10:00AM RALLY

10:30AM MARCH BEGINS



FROM

SANKOFA FREEDOM ACADEMY CHARTER SCHOOL
2501 KENSINGTON AVE

TO
PHILLY TRUCE DAY
101 E. ERIE AVE (THE LIGHTHOUSE FIELD)



FOR MORE INFORMATION PLEASE VISIT PHILLYTRUCE.COM



Op Ed: Social Media-Cide

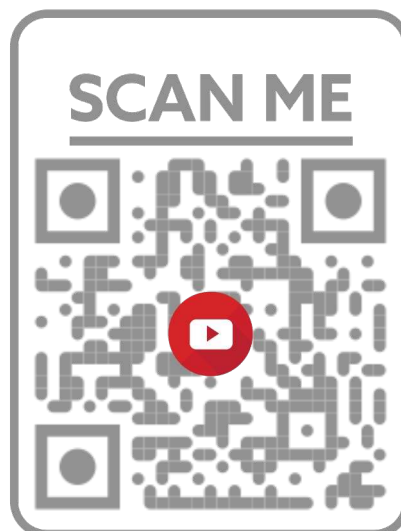
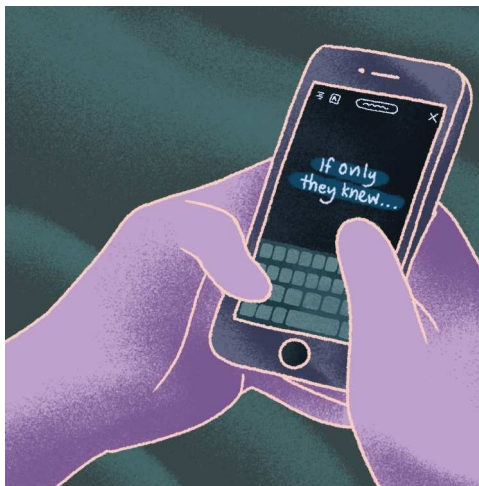
By Muhammad Ahmad

The number of young black people committing suicide is only continuing to rise. Suicides are only becoming more and more common as the years go on. Suicidal deaths are also becoming an even bigger problem for black men. Study shows that more than 2.5 times as many Black boys died by suicide as Black girls (Moyer, 2021). Also, suicide is the second leading cause of death among individuals aged 10-24. Over the last decade suicidal deaths for black people has risen and is now becoming a global problem.

I feel that this generation and its rise in social media use has contributed highly to this growing suicidal crisis. Studies found that teens who reported using social media sites for more than 2 hours a day were more likely to report poor mental health outcomes (Gramigna, 2020). From many other studies, social media is seemed to be linked to problems such as low self-esteem, poor body behaviors, and risk-taking behaviors. The suicide rate for young black girls has also seem to increased unusually. Some studies see the reason for this is because of the discrimination and sexual violence that these women experience in their life. According to the CDC, one in eight high school girls of all races experiences sexual dating violence, compared with one in 26 high school boys (Moyer, 2021). Attention Deficit Hyperactivity Disorder (ADHD) is another factor linked to the growth of suicide. ADHD itself may not increase suicide risk, but many of the symptoms of ADHD do.

I feel that suicide is a preventable health problem and there are many resources that can help you with this problem. Many of you reading this article can seek help from your school's counselor or a therapist or even a close enough family member who helps you be comfortable.

If you have no one to talk to, you can scan the qr code below to take you to a lifeline chat.



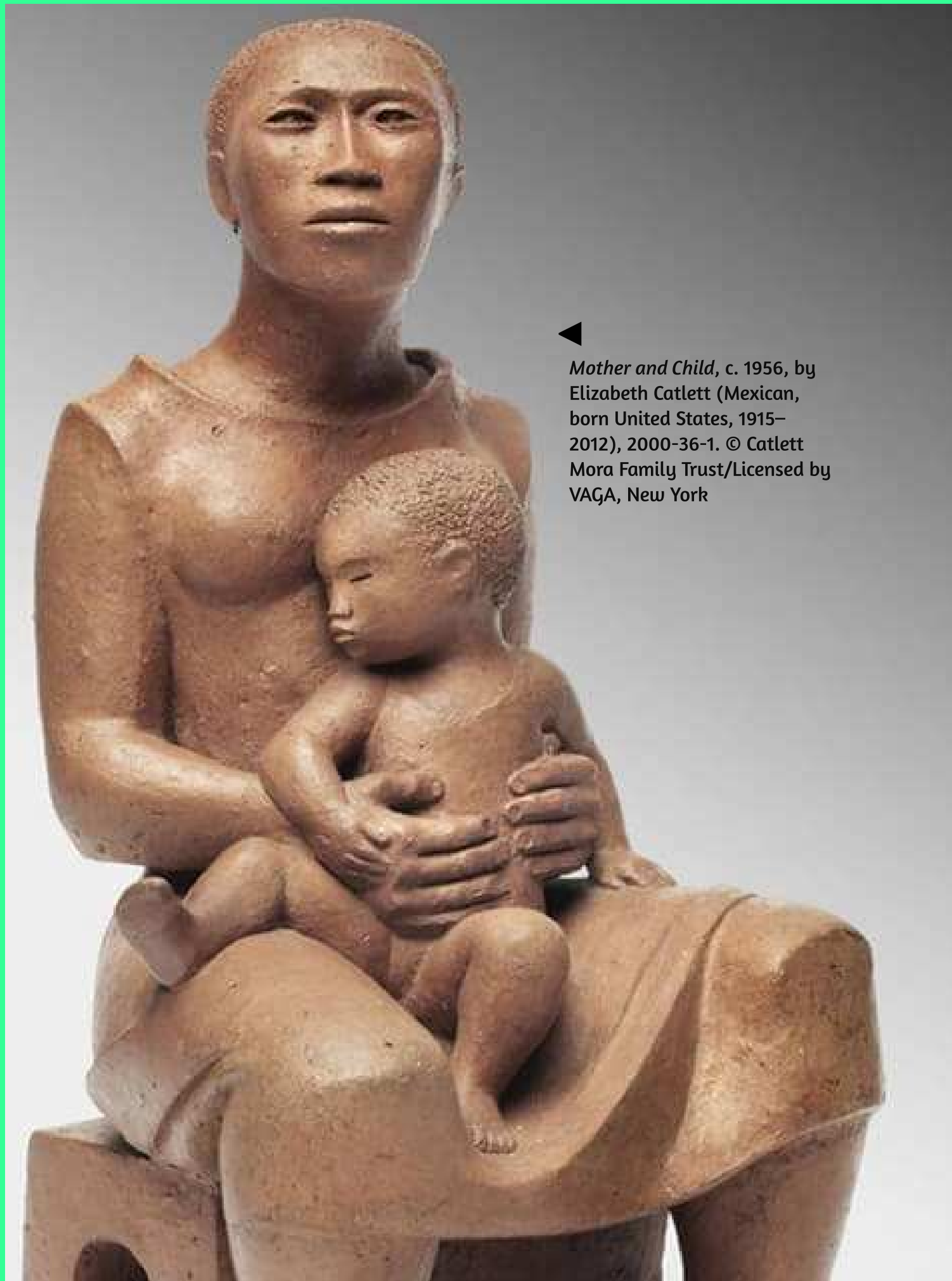
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Carve to Perfection

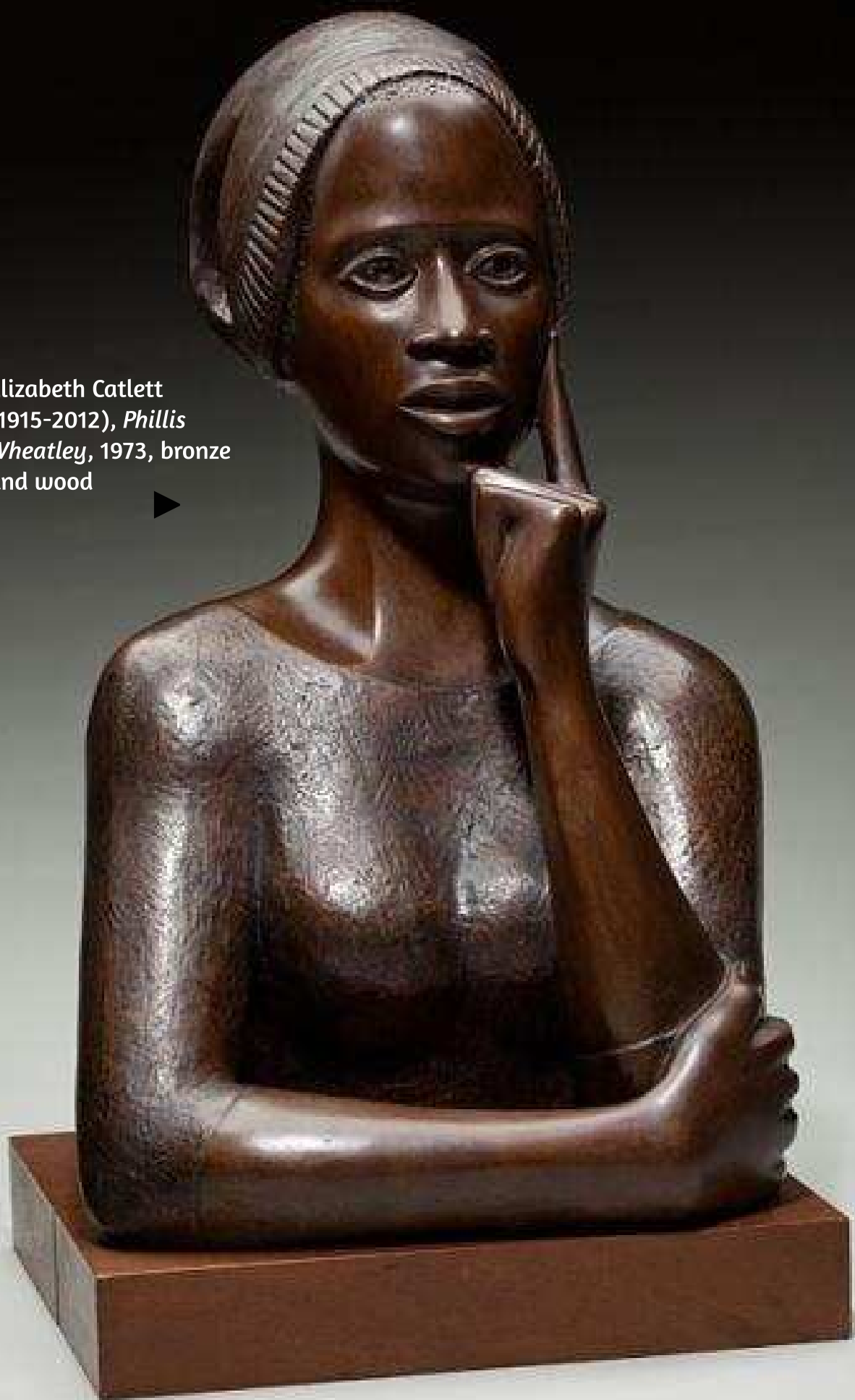
By Samantha Jeudy

Elizabeth Catlett was born on April 15, 1915, in Washington, D.C. Elizabeth Catlett was a sculptor and graphic artist of African descent. She was best recognized for her portrayal of the Black-American experience in the twenty-first century, which was often centered on the female experience. Catlett's fascination with art began at a young age. She was enthralled as a child by a wood carving of a bird done by her father. She studied art with a Frederick Douglass descendant in high school. Catlett got interested in the work of American painter Grant Wood and enrolled in the University of Iowa's graduate program, where he lectured. Wood taught her drawing and painting, and Harry Edward Stinson taught her sculpture. Catlett started sculpting images of black ladies and children. Catlett took a Public Works of Art Project contract with the federal government for jobless artists during the 1930s very early in her career. Her entire career was spent teaching, as she had originally planned to be an art teacher. Her first teaching job was in the Durham, North Carolina school system after she finished her college degree. Her controversial sculptures are well-known, but her prints are more well-known, because of her work with the Taller de Gráfica Popular. Her work dealt with issues such as social injustice, the human condition, historical personalities, women, and the mother-child bond. These topics were mostly concerned with the African-American experience in the twentieth century, with some Mexican reality influencing them. She died on April 2, 2012, in Cuernavaca, Mexico, at the age of 97.



◀ *Mother and Child*, c. 1956, by Elizabeth Catlett (Mexican, born United States, 1915–2012), 2000-36-1. © Catlett Mora Family Trust/Licensed by VAGA, New York

Elizabeth Catlett
(1915-2012), *Phillis
Wheatley*, 1973, bronze
and wood



New James

By David Sanders

[Marlon James](#) was born November 24th, 1970, in Kingston, Jamaica. Both of his parents were a part of the Jamaican police force, with his father being a lawyer and his mother a detective. With two lawful parents James was taught how to be a law abiding citizen and to be a good man. Marlon James is a famous author who throughout his career wrote six novels. Those novels being “[A Brief History of Seven Killing](#)”, “[Moon Witch, Spider King](#)”, “[The Book of Night Women](#)”, “[John Crow’s Devil](#)”, “[Making the Trees Shiver](#)”, and “[Black Leopard, Red Wolf](#)”. James takes the experiences he gained from Jamaica with most of his novels having heavy inspirations from Jamaican history. Not only this, but he also tells the untold stories of Jamaica throughout the 1900s. James won both the 2015 Man Booker Prize and the 2015 American Book awards with his novels “[A Brief History of Seven Killing](#)”. This achievement made Marlon James the first Jamaican to take home the U.K.’s most prestigious literary award. James' first novel “[John Crow’s Devil](#)” was the *New York Times* Editors Choice in 2005. In fear of homophobic assault and Jamaica having the highest murder rate in the world he left his country in 2005 and he is now lives in Minneapolis, Minnesota. There he teaches English and creative writing at Macalester College to the next generation.



Photos By **Google Images**



Stream Black

By Zaiki Alston

Did you ever think about your top 5 [movies to stream](#)? Well.. Black Panther, Get Out, ATL, Boyz in the Hood, and The Barbershop are my top 5 movies to stream. I selected these five movies to stream because they represented the real black experience to me. In the movie Black Panther it showed black people as kings and queens, instead of being drug dealers, prostitutes, and slaves/servants. Black Panther showed how together as a people we are intelligent, resourceful, and can live in a beautiful society. In the movie Get Out, the story is about how rich white people targeted young black men and women for their athletic, intelligence, and physical attributes. What I got from the movie is that even though other races down Black people and try to keep us down, they are jealous and have knowledge of how special we are. Otherwise, why would they target us? ATL was a coming of age movie explaining the teenage black experience. ATL displayed code switching. New New was a female character who displayed code switching, she lived in a rich neighborhood and went to private school, but she wanted to identify with her black friends. In order to do that she had to dress and talk more like them. Esquire on the other hand was another character who code switched, in order to please a prominent business man to help get him in a college, Esquire had to be more professional so he wouldn't think he was just another kid from the hood. Boyz in the Hood was also a Black movie that catered to young black teens. It showed what some black boys in South Central LA go through. In the movie it shoed the difference between boys who had a father and boys who didn't have a father. Trey went to live with his father and he was set straight. Trey wasn't no drug dealer or was using drugs neither. He was also going to school and getting good grades while not being in the street drama for the most part. The boys who didn't have a father they were robbing houses and going to juvie. They also were drinking and smoking in high school. They also were getting girls pregnant. This showed that black boys need their fathers in their lives.

In the movie Barbershop, Calvin inherited a barbershop by his dad and he has to run the business on his own. With barely knowing how to run a business, Calvin soon has trouble financially and he in the end he pulls though to keep his business alive for his family and community. I suggest you watch these five movies and see if you agree with me!

British Drip

By Daysha Cobb



Ozward Boateng is a British fashion designer and tailor who is well known for his suits and tailoring skills. Ozward Boateng was born February 28, 1967 in Muswell Hill, London, England. His parents emigrated from Ghana in the 1950's to England. His mother was a seamstress and his father was a headmaster of a school in Ghana prior to them immigrating. Ozward recalls having a love for fashion from a young age. He was always in awe of his father's "immaculate suits" and was ecstatic when his mother made him his first suit at the age of five. He recalls the suit being a [purple mohair suit](#). He received his first fashion related job at the age of 14 sewing lining into suits. Ozward Boateng originally studied computer science in college but switched majors after being introduced to designing by his girlfriend at the time.

Using his mothers old sewing machine he began to make his own clothes and sold them to his peers. After helping a friend design clothes for a fashion show he received praise which inspired him to create his own collection of mens wear. He sold his clothing to a shop in Covent Garden. With the money he raised from the sale he opened his own studio in 1991. Ozward Boateng presented his first catwalk show in Paris Fashion Week in 1994. He was the first tailor to show there. His show was a success and he was encouraged by another British fashion designer named [Tommy Nutter](#) to open a boutique in Savile Row, London in 1995. In 1999, Ozward Boateng suffered a major loss when his whole collection was stolen. In 2001, he found himself in an unusual situation with "[P. Diddy](#)" over

scheduling issues at the New York spring menswear shows. In 2002 he officially moved his business to [Savile Row](#). In 2003 he released a women's fragrance line. He was announced the creative director of menswear at Givenchy in 2004. The Victoria & Albert Museum honored Ozward Boateng with a 20-year retrospective exhibition in 2005. Ozward Boateng was the first black person to helm a [Parisian house](#). He gave inspiration to other designers like [Olivier Roustieng](#) and the late [Virgil Abloh](#). Ozward Boateng took a 12 year hiatus but made a comeback in 2019 with his first [womenswear](#) collection in New York which used storytelling to trace the cultural impact of black women. His show included actors like [Idris Elba](#), and [Nicholas Pinnock](#) and musicians like [Pa Salieu](#), [Dizzee Rascal](#) and more. Ozward Boateng has also used his platform to speak up on behalf of black people and controversial incidents that have affected black people such as [the murder of George Floyd](#). He also spoke on his experiences in racism leading up to his position now. His influence keeps his fans and followers excited to see what he does next.

Scan the blue code to view Ozward Boateng's women's wear fashion show from 2019!

Scan the red code to view Ozward Boateng's clothing website!



Photo By **Google Images**



A F R I C A N I S M

OZWALD BOATENG



A F R I C A N I S M

OZWALD BOATENG



ING...

