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## PEACE, LOVE & JUSTICE ISSUE

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#### Letter from the Editor

Dear Readers,

Don't just accept what you believe is wrong. Get out and do something about it. There are people who make a difference, and they are good examples to everybody. Whatever you believe is wrong in this world, you can make a difference in righting. People can make changes. The people in this issue are people who made a difference like you can. Martin Luther King Jr. made a difference, so can you. That is the natural-born power we have as Americans.

> Sincerely, Eric Wald, with special thanks to Geoffrey Meyer

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## **Civil Rights Activist Martin Luther King Jr.**

written by Debbie Tuma photo credit: Associated Press

ey Kids! Do you know why we celebrate Martin Luther King Day? You probably think of it as a holiday from school, but on January 15, 1929 Martin Luther King Jr. was born in Atlanta, Georgia, and throughout his life he helped to change the world. As an African-American citizen, he fought for civil rights and social justice for his fellow African-American people. He dreamed that all the people of the United States would be judged by their personal qualities and not by the color of their skin. He believed in non-violence and tried to promote peace.

During the 1950s and 1960s, he tried to talk the U.S. government into declaring the policy of racial discrimination, or Jim Crow laws, in the southern states unlawful. There was much racial tension between the blacks and the whites in the south.

Martin Luther King Jr. had a father and grandfather who were pastors in the Ebenezer Baptist Church in Atlanta. From 1960 until his death in 1968, Martin Luther was the co-pastor. While attending graduate school at Boston University, he met and married Coretta Scott, and they later had two sons and two daughters.

In 1954, he became pastor of the Dexter Avenue Babtist Church in Montgomery, Alabama, and he was also a member of the executive committee of the National Association for the Advancement of Colored People. He got involved in non-violent demonstrations and protests in support of African American rights. In 1957, King was elected President of the Southern Christian Leadership Conference. From then until 1968, he traveled over six million miles and spoke over 2,500 times, wherever there was injustice or protest, and he wrote five books and numerous articles about the need for civil rights.

During his fight to free the African-Americans from discrimination, he got arrested about 20 times and beat up about four times, but as an activist, he worked hard to make the world a better and more peaceful place. He led marches to end the separation of blacks and whites on buses and other public areas, and he also led marches on labor rights and other human rights. He also met with President John F. Kennedy in 1960 and campaigned for President Lyndon B. Johnson.

At the age of 35, Martin Luther King Jr. became the youngest man to have received the Nobel Peace Prize. When he was told, he announced that he would turn over the prize money of \$54,123 to further help the civil rights movement.

Tragically, Martin Luther King Jr. died too young, and before he could do all he wanted to do to help his people. On April 4, 1968, he was helping to lead a protest march to help garbage workers in Memphis, Tennessee get better pay and safer working conditions, when he was shot by a white racist. James Earl Ray was convicted of assassinating him. His death was followed by riots in many U.S. cities, and he was later awarded the Presidential Medal of Freedom and the Congressional Gold Medal.

In 1971, Martin Luther King Day Jr. became a national holiday. He was a champion of social justice.



## John Lewis, Civil Rights Leader

written by Debbie Tuma photo credit: Associated Press

ohn Lewis was one of the leading civil rights activists in this century. He served 17 terms in the U.S. House of Representatives, from Georgia's 5th district, from 1987 until his death in 2020. As an African-American, born in Troy, Alabama, he saw racism and segregation while growing up in the south, and he decided to try to create social justice in a peaceful, non-violent way.

John Lewis was the third of 10 children, and his parents were sharecroppers working the fields in the country. Young John wanted to grow up to be a minister, and as a child, he preached to the family's chickens on their farm! Growing up in a mostly black area, John Lewis never had the chance to see or know any white people, until he got older and started to travel. Then he noticed how the blacks and whites were told to keep separate, in buses, libraries, lunch counters, and restrooms. He also learned that the people in the northern states of this country were integrated, or allowed to be together.

Young John preached his first public sermon at age 15; he met black activist Rosa Parks at 17, and he met Dr. Martin Luther King at age 18. He was also inspired by evangelist Billy Graham, to fulfill his desire to become a minister. Mr. Lewis graduated from the American Baptist Theological Seminary in Nashville, Tennessee, and became a Baptist minister.

As a student, he became active in the civil rights movement, organizing sit-ins and marches. During these times he was arrested and jailed several times for his part in non-violent protests. He also

became a Freedom Rider, joining other blacks and whites to ride on buses from Washington, D.C. to New Orleans, protesting racial segregation, the separation of people by their color. Mr. Lewis joined the Student Nonviolent Coordinating Committee (SNCC) and he eventually became chairman. Throughout his time there, he organized appeals for voting rights, busing rights, and others, and held many marches from Selma to Mongomery, Alabama. Some of these marches became violent and he and his colleagues suffered beatings.

Along the way, John Lewis met and married Lillian Miles, in 1968, and they had one child, John-Miles Lewis.

John Lewis worked his way into government by working with President Jimmy Carter's administration in a group called ACTION, where he set up social programs. Finally in 1987, he was elected to Congress in the House of Representatives, where he became known as a "hard-core Liberal." He voted for gun-safety legislation, activism with non-violence, women's and gay rights, and he urged people to be united, not divided. Lewis worked hard to create the National Museum of African American History and Culture, Smithsonian Institution, located near the Washington Memorial.

John Lewis died on July 17, 2020, at the age of 80, in Atlanta, Georgia. His funeral service was packed with numerous political figures including former President Barack Obama, Former President Bill Clinton, and House Speaker Nancy Pelosi. They credited him with promoting social justice and peace.

ever.

#### **History of College Basketball**

written by Chris Clark, age 15, Waldo Tribune Junior Sports Columnist photo credit: Associated Press

The smell of hardwood in the spring is annually a motivator for thousands of student-athletes in the NCAA. The game of basketball is a classic American pastime that has become the second most popular sport in the United States and is becoming increasingly popular every year as it becomes higher scoring and more intense. College basketball brings a different kind of energy from any other kind of basketball. The game is faster, the scores are closer, and the environment is unlike any other.

College basketball started back in 1891, when James Naismith created a 13-rule game called basketball to keep his gym students in shape during winter, as he was a physical education teacher. After



that, the northeast started to learn more about basketball and the game started to become a popular PE game.

In 1895, the first ever recorded basketball game was played between Hamline and Minnesota State School of Agriculture. In 1922, six teams played in the first ever intercollegiate basketball tournament. This tournament took place in the month of March, thus March Madness began.

Through-

out the 1930s, 1940s and 1950s, the game expanded dramatically with the innovation of many new rules, including goaltending, jump balls, and shot clock rules. In 1975, the Men's Basketball tournament expanded from 25 to 32 teams. In 1979, Larry Bird and Indiana State took on Magic Johnson and the Michigan State Spartans in the Division 1 tournament title game. This game hosted 35 million viewers on television, earning NCAA basketball lots of broadcasting deals and opening the eyes of millions with how big college basketball was getting.

In 1985, the tournament was expanded to 64 teams, and became the biggest tournament in the United States. Now NCAA basketball generates over \$700 million in revenue and March Madness 2017 was watched by more people than any other collegiate event College basketball has a special place in the hearts of millions of sports fans across the country as the most exciting time of the year in sports. The tournament will always and forever be one of the most exciting pinnacle events in all of sports in the whole world.

### **Social Justice Facts**

written and illustrated by Greg Bullock

1. The term "social justice" was first used by religious thinkers in the early 1800s.

2. The early 1800s was a time of great disparities between the rich and the poor. Social justice was seen as a way to correct these conditions.

3. The five main principles of social justice are: access to resources, equity, participation, diversity and human rights.

4. Martin Luther King was a great leader in the Civil Rights Movement from 1955 until his



5. Rosa Parks was called by the United States Congress "the first lady of civil rights." In 1955 she refused to give up her seat to a white man on a Montgomery, Alabama bus. This began the civil rights movement in the United States.

assassination in 1968.

6. Susan B. Anthony and Elizabeth Cady Stanton formed the National Woman Suffrage Association in 1869. They fought for the right of women to vote.

7. Greta Thunberg is a Swedish environmental activist who challenges world leaders to take action against climate change. She is a vegan and only 18 years old. (See picture.)





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### **Black Lives Matter**

written by Paula Timpson illustration by Connie McGuinness

The Black Lives Matter movement began in 2013. It is an international activist group. It helps fight discrimination and violence against people of color. The BLM court case that began in 2012 in an African-American community started Black Lives Matter. An African American 17-year-old, Trayvon Martin, was killed by a white man named George Zimmerman in Florida. Trayvon was simply walking in Mr. Zimmerman's neighborhood. Mr. Zimmerman called the police, telling them Trayvon looked suspicious. He took action after police told him not to do anything, which was a big mistake. He followed Trayvon, arguing with him. He shot Trayvon, killing him.

Many felt Mr. Zimmerman committed a crime, and so they challenged him in court. Mr. Zimmerman was finally accused of murder, yet he got away with it, saying he was protecting himself. All communities are better having policemen watch over and protect the people. Black Lives Matter began being used on social media to help those of color who were discriminated against. Black lives do matter. We are all equal. No one should be seen as less in value because they are black. We are all One. It is a strong, powerful much-needed movement in today's world. BLM helps blacks to be treated fairly. City protests show the need for justice. Change is having courage to bring about what is right, and lawful.

Police officers were charged in George Floyd's death. Cities have been working to make better judgements and things safer for all, especially for blacks who need extra support to live fair and equal lives. Bringing healing and freedom to blacks is a beautiful mission. Peace comes when we all get along. By combating violence, imaginations soar, joy arrives and good things happen all around. Black Lives Matter may be the largest movement in U.S. history. Millions of people care and attend protests to speak up for people opf color. On June 6, for the George Floyd protest, 50,000 people showed up in Philadelphia, 20,000 in Chicago, and 10,000 on the Golden Gate Bridge. Big cities have gotten many people demonstrating for the equal treatment of blacks across the globe. For a while, 140 demonstrations daily have taken place since the first protests started in Minneapolis on May 26. The whole nation showed the spread of the protest movement.

All of these protests have stood behind Black Lives Matter, showing their support and trust that good will follow. It is important to stand up for what is right in the world. Those who are believers in helping share on social media the details, so others can take part. The majority of countries who had a protest are mainly white. Young people have taken part especially. Change is a definite, and this is good for the whole nation as well as people of color, so in need of better days ahead. Some people say the police should be defunded, but we need the police. They can be very helpful. They help us all stay safe and happy.



#### **The Native American Rights Fund**

by Debbie Tuma

ey Kids! Did you know that American Indians often live in tribes, family groups, bands, nations, and even groups of nations called confederations, and that they have special needs and rights that need to be protected? Today we call them Native Americans, because they were among the first people who settled in this country. And that is why we have the Native American Rights Fund, which started 50 years ago, to protect the rights of these people.

The Native American Rights Foundaton, known as NARF for short, is a non-profit legal organization that was created to defend the most important rights of Indians and tribes in hundreds of major cases. This organization is based in Boulder, Colorado, with branch offices in Washington, D.C. and Anchorage, Alaska. It is run by a volunteer board of directors made up of 13 Native Americans from different tribes throughout the country. A staff of 16 lawyers handles over 50 cases at any time. They promote laws that will assure religious and civil rights of all Native Americans. NARF has worked with over 250 tribes of Native Americans, helping thousands of people.

This organization started in 1970, with funding from the Ford Foundation, serving the California Indian Legal Services, which helped the California Indians. This was a pilot project that eventually brought legal services to a national level, known as the Native American Rights Fund.

In 1971, they moved to Boulder, Colorado with funding from the Carnegie Corporation, and established the National Indian Law Library in Boulder.

The Native American Rights Foundation has five main priorities: 1. To preserve the tribes and their way of life, which includes securing land bases.

2. To protect tribal natural resources, such as land rights, hunting and fishing, environmental protection, timber rights, and the development of mineral resoures.

3. To promote Native American human rights...such as education, health, housing, and religious freedom.

4. To hold governments accountable to Native Americans, guaranteeing that federal and state governments have proper recognition and enforcement of the many laws and regulations that govern the lives of Indian people.

5. To develop Indian Law and educate the public about Indian rights, laws and issues.

Tribes from all over the country are aware of the Native American Rights Fund. Chief Black Spotted Horse of the Lakota Nation in South Dakota said he can see why this foundation was started. "There's a lot of things that go on in reservations where they need legal help," he said.

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Southern Poverty Law Center written by Paula Timpson illustration by Connie McGuinness

The Southern Poverty Law Center, or SPLC, is in Montgomery, Alabama. It is a special place. It helps people who are discriminated against because of their color, race, religion, or gender. It began in 1971 and is against hate groups, which groups are called who are not nice to people because of who they are born into being. The Southern Poverty Law Center is an advocate for civil rights and racial equality. They are a nonprofit organization, doing good because it is in their hearts to do so. They exist to make all people feel worthy to be here. It is not right that people are discriminated against because of who they are. People are all equal. Two Alabama lawyers, Morris Dees and Joe Levin, both founded the SPLC. It is a small law firm focused on dealing with anti-discrimination cases in the United States. People who believe in what they are doing are called activists, and they support them by giving the SPLC money or working for them.

Julian Bond, a civil rights leader, was its first president. The SPLC has had many legal victories against discrimination and white supremacist groups, which means white people who believe they are better than everyone else, especially those who are not white and Christian. Tolerance is a great thing. They also provide support programs for tolerance, getting along with everyone regardless of their race, color, gender, or religion. The SPLC had two wins early on, one being to help the YMCA's athletic programs be open to all, and including, or integrating, Alabama State Troopers. In the 1970s and 1980s, the SPLC legal cases changed the outlook for many prisons and mental health facilities, and equal benefits for women in the armed forces.

A wonderful "Teaching Tolerance" program was begun in 1991. K-12th grade teachers helped students learn respect and understanding. Unity became a widespread message in schools. The *Teaching Tolerance* magazine helps teachers teach peace and inspires all to see the truth. In 2001, the website Tolerance.org began to help as well. A civil rights memorial is in downtown Montgomery, Alabama made by architect, Maya Lin. It is a peaceful place visited by people around the world to honor those killed in their passion for civil rights and equality. The SPLC works to make sure all American children have equal chances to live full lives.

The Southern Poverty Law Center works to free youth in juvenile detention centers during the Covid-19 pandemic to keep everyone healthy and safe. The CYAN, The Children and Youth Advocacy Network helps prevent the spread of Coronavirus in juvenile facilities by making sure fewer children are held in them. The SPLC Children's Rights Practice Group helps, too.

Our society will be better because of the SPLC. The SPLC Criminal Justice Reform Group helps free more children. Hats off to them who protect children and many from being hurt or made less worthy than they should be.

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### Defending Rights of All in the United States

written by Jerry Cimisi image credit: ACLU.com

ften you will hear on the news that someone believes they are being treated unfairly by the law and their case is being taken up by the ACLU. That stands for the American Civil Liberties Union, an organization that has played a large role in many controversial matters in American life for a century.

Although all Americans are guaranteed certain rights under the Constitution of the United States, in some cases these rights might be ignored by local, state or even federal authorities. The American Civil Liberties Union was founded 100 years ago to address these problems.

The ACLU states, "Our mission is to realize the promise of the United States Constitution for all and expand the reach of its guarantees."

The ACLU grew out of the National Civil Liberties Bureau that was founded in 1917, by Crystal Eastman and Roger Nash Baldwin and was focused on freedom of speech. This all grew out World War I, called the Great War then. There were many people in America who did not believe the country should be involved in the war. But you could be convicted for just publishing anti-war literature. And there were young men who refused to be drafted into the war. They were called conscientious objectors. They were threatened with jail. The



National Civil Liberties Bureau defended these individuals in court.

In a Supreme Court decision that went against socialist Eugene Debs, Justice Oliver Wendell Holmes disagreed with the other judges of the Supreme Court and wrote what is called a dissenting decision, arguing that the freedom of speech should be an essential right for all Americans. This would become a fundamental creed for the American Civil Liberties Union that was to be formed out of the National Civil Liberties Bureau. Baldwin decided to expand efforts from just litigation to direct action and public education.

In its first years, the ACLU had many free speech issues to contend with. Activists who promoted unions or government reforms were considered unpatriotic. The famous writer Upton Sinclair was even arrested as he read the First Amendment (which guarantees freedom of speech) at a workers' union rally. In fact, representatives from the ACLU were banned from speaking in public schools.

It would be cases like that which the ACLU took to the courts and often won. It fought for a separation of church and state, and took on issues such as the Oregon Compulsory Act, which was aimed at forcing children to attend public school, instead of schools run by Catholics or Jews, should the family so choose.

Socialists, and especially communists, were banned or even arrested for expressing their views. The fundamental belief and purpose of the ACLU was that in America, even when you don't like someone else's opinion or views, others have a right to express them.

By the time of World War II, the ACLU was gaining more victories in court and it also seemed that the country as a whole had more respect for free speech. President Franklin Roosevelt declared a national Bill of Rights Day, and First Lady Eleanor Roosevelt was the amin speaker at the ACLU's 1939 convention.

But then soon after the war began, Roosevelt ordered that Japanese-Americans living on the west coast be taken from their homes, gathered in camps, on the belief that some of them would have more allegiance to America's new enemy, Japan. This issue would actually create a split (if temporary) in the ACLU. Its branches on the west coast compared this to what the Germans were doing to the Jews, while the organization the east coast decided not to take this on.

The court would eventually rule in favor of the government. It would be decades until the U.S. government formally apologized to the Japanese-American community for this denial of basic American rights.

During the 1950s, as America worried about the threat of communism, the ACLU defended the free speech rights of communists. In the same decade, and into the 1960s, the ACLU was instrumental in defending the rights of African-Americans to protest and to vote.

By the middle of the 1950s, the ACLU had 30,000 members; 20 years later, it had 275,000 members. It presently has 1,840,000 members.

In the 1970s the ACLU joined with *The New York Times* as it published what would be called "The Pentagon Papers," detailing the often secret actions of the U.S. during the Vietnam war. In that same decade and through the rest of the century, the ACLU defended the rights of both the mentally ill and prisoners, creating the National Prisoners Project, advocating for safe living conditions for those incarcerated.

In the 21st century the ACLU would take on the issues of the digital age, arguing that to label certain advertising emails as spam restricts free speech—a case that they lost. The ACLU successfully won a case regarding an African-American neighborhood in California in which a large portion of the younger male population were arrested on drug charges based on only one informant whose information could not be verified.

The ACLU has defended homeless people, arguing they cannot be arrested because of their situation, and defended the rights of privacy of medical records. The organization has continually fought against increased government electronic surveillance that came about after the 9/11 terror attacks.

While many may disagree with their defense of certain individuals and causes, the American Civil Liberties has changed the way in which laws may be enforced—or ignored—and has consistently realized its mission of making the rights of the U.S. Constitution apply to everyone.



### **Someone Help the Pandas**

written by Waldo drawing by Rosemary Szczygiel

lison was a full-grown panda that lived in the forests of China. Little things made Alison happy: having a jungle to live in, enough bamboo to eat, a pond for water, nice trees and forest to sleep in, a family that loved her. Many of the Chinese people love and cherish panda bears. They believe they are good and gentle creatures that have magical powers, that they can be sensitive and belong in the wild.

A lot of people believe that pandas don't belong in cages, that it is cruel and inhumane to keep them in them. Many people who come to see pandas in the zoos feel that pandas just are not happy there.

Now the problem facing the pandas is progress, technology and destruction of their beautiful habitats. Where can they go? They were here first. These beautiful creatures are slowly becoming extinct. While the situation may seem dire indeed, maybe we can help pandas like Alison. The World Wildlife Fund helps save pandas and other endangered species, website https://www.worldwildlife.org/. Another organization is International Union for Conservation of Nature, website https:// www.iucn.org/. An endangered species is a kind of animal or plant that is in danger of going extinct, because there are so few of them left.

Just write them or your local Congressional representative or Senator a letter, or send those organizations what you can, and help save the pandas of our earth.





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### **Amnesty International**

written by Jerry Cimisi photo credit: History.com

mnesty International is an organization that helps people all over the world to be free of very bad things governments sometimes do to people, such as unfair treatment toward citizens those who oppose a government's policies and the treatment of those in prison.

Amnesty International was found in England in 1961 by Peter Berenson, a lawyer (in photo). Mr. Berenson had written an article, "The Forgotten Prisoners," detailing how there were people in prison in other countries who had really done nothing wrong. Mr. Berenson said he wrote the article after hearing about two Portuguese students who were imprisoned after raising a toast to freedom.

The article marked the launch of "An Appeal for Amnesty" for those imprisoned by governments for their political views. An amnesty is an official pardon or forgiveness for someone charged with a crime. "An Appeal for Amnesty" became international in its scope and drew



people from all over the world to work toward bringing to light and correcting abuses by governments. By 1969 Amnesty had 200,000 members.

In the 1970s, the organization pressed for the realization of the United Nation's "Standard Minimum Rules for the Treatment of Prisoners," and sought to pass the UN Covenants on Human Rights.

To fund its worldwide work, Amnesty staged comedy benefits in London, which included the comedy team of Month Python and rock musicians.

By the 1980s there were many governments who did not like that Amnesty International was exposing how they treated dissidents (those who criticized the government); the Soviet Union accused the organization of spying. The Argentine government would not allow Amnesty's annual report to be published in their country.

But the organization continued its work. By the 1990s, the organization had more than seven million members. In that decade it was involved with human rights abuses in Angola, East Timor, the Persian Gulf and Rwanda. In Nigeria, it stopped the execution of a human rights activist.

The organization successfully campaigned for creating a United Nations High Commissioner for Human Rights, which was established in 1993 and an International Criminal Court, that would be established in 2002.

After 2001 and the attack on the World Trade Center, Amnesty International criticized the United States and its allies for not treating prisoners decently who were charged with terrorist intentions. The organization argued that humane treatment of political prisoners increased security for everyone, not lessened it.

In 2011, Amnesty International was 50 years old. In 2012, Amnesty investigated war crimes in Siri Lanka. In 2014 it turned its attention to police brutality toward black people in America, sparked by the death of Michael Brown, who was shot and killed by police. When the officer who killed Brown was acquitted in a trial, there were huge demonstrations.

Amnesty International U.S. director Steven W. Hawkins said, "The U.S. cannot continue to allow those obligated and duty-bound to protect to become those who their community fears most."

In 2016, the organization released its report, "The State of the World's Human Rights," citing unfair treatment in many countries of refugees from war, and cited China, Egypt, Ethiopia, India, Iran, Thailand and Turkey as cruelly treating political dissidents.

Many countries have not welcomed the investigation of their affairs by Amnesty International. In Russia, India and Nigeria some members of the organization were physically harmed. In November 2019, a former Amnesty International board member was killed by a car bomb while working with the United Nations Development Project in Afghanistan.

But despite such opposition, Amnesty International continues to practice the belief that fair and humane treatment should be guaranteed to all peoples, whether protesting their government's policies or in prisons. The Waldo Tribune

March/April 2021



### **Our Natural Rights in the United States of America**

written by Eric Wald illustration by Rosemary Szczygiel

- We are all born free.
- We all have our own thoughts and ideas.
- We all have the right to live in freedom and safely.
- No one has the right to make us slaves.
- Nobody has the right to hurt us.
- Everybody has the right to be protected by the law.
- The law is the same for everyone.
- No one has the right to put us in prison without due process.
- Nobody has the right to enter our house or open our letters without our permission or a signed warrant from a judge.
- We have the right to travel wherever we want in our country or abroad, if we obey the law and there are no health emergencies.
- We have the right to belong to a country.
- We have the right to marry and have a family.

 Men and women have the same rights, whether they are married, single, separated, divorced or widowed.

- We as a people have the right to own property and the right for no one to take it from us without just cause, as decided in a court of law.
- We have the right to believe in whatever our conscience dictates, and to follow any religion we choose.

 We have the right to make up our own minds, think what we like, peacefully say what we think, and share our beliefs with other people. • We have the right to be part of our government and to choose our own leaders.

• We have the right to make fair wages when we work, and to join a union.

• The elderly have the right to be cared for if needed.

• WE SHOULD PROTECT THESE RIGHTS AND FREEDOMS. NOBODY SHOULD TAKE THESE RIGHTS AND FREEDOMS FROM US.





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### **Thoughts of Bob Schepps**

story and photo by Eric Wald

uddenly, like a light he's gone, and with him, all the kindness and goodness one man can have. Bob had a great sense of humor and was a dear friend of mine for over 26 years. He was a good advertiser for the store he loved, and was a part of him, called Hampton Bagels. Only tears come from my soul.

He always had a joke. He made fun of me as a clown. He thought that was hilarious; it was a running joke. Most of all, Bob loved my magic. Every other month, when I picked up a payment, I gave him a magic trick. He always said over and over that his grandson would love it. It made me feel good that I made him happy. He was a sweet, kind sensitive, but strong, loyal friend.

We did a story about him and his store two years ago. He said when I took this picture of him, he had been crying over the loss of his dog. The story had a mistake in it, though. I put down that he sold a million bagels a week, a gross exaggeration. He forgave me right away, and said only a clown could mess that up.

Bob was struck with Covid-19, and passed away silently. I miss my friend. So does his family and the thousands of men and women who loved seeing him every day at his store that has become an icon in the Hamptons.



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### **Dear Ms. Spiral Notebook**

#### Dear Ms. Spiral Notebook,

On my daughter's last report card, her teacher noted that her reading fluency was off grade level. Is there a way to assist her with this at home?

Reading fluency is expanded with practice. It can, however, be challenging for students to want to read more, especially out loud when they are struggling in this area. I would suggest that she either start reading to a younger sibling or maybe a ZOOM story time with a grandparent or relative. When we take the emphasis off "school" she will be less anxious and this will in turn have her reading more, which will increase her fluency rate.

#### Dear Ms. Spiral Notebook,

My family has chosen remote learning for our children who are in elementary school. I understand that with this, their screen



are less physically active. Are there ways I can integrate this into our day that is already heavily scheduled?

time has increased. I also noticed that they

All children need to take a break from screen time. I like to call them "brain breaks". This can be as simple as standing up, away from the device and stretching for five minutes, or can be longer where the child goes outside for a quick walk or bike ride. Outside air clears and resets the mind. Some children

like an egg timer, so they know when to go back to virtual learning. You can even pop a song on and dance it out.

#### Dear Ms. Spiral Notebook,

There is a lot of uncertainty in the world and I do not want my child to get wrapped up in it. I would like to do a peace activity. Ideally, I am looking for something visual to serve as a reminder when he feels stressed.

A visual reminder is perfect as it can be looked at and come to when needed. Have him/her trace his/her handprint and write words that he/she associates with peace on the fingers. He/she can add images that evoke peace to him/her as well. You may even want to start the day with a morning thought that centers around peace. Here are a couple of books to include as well: "Wangari's Trees of Peace: A True Story from Africa" by Jeanette Winter; "I Am Peace: A Book of Mindfulness" (I Am Books) by Susan Verde.

PARENTS AND TEACHERS: Have a question about your child's or student's education or learning? You may contact Ms. Spiral Notebook at waldoandtulip@optonline.net, with "Ms. Spiral Notebook" in the subject line. You may also fax your question to us at 631-808-3248, or mail it to her c/o The Waldo Tribune, P.O. Box 2587, Sag Harbor, NY 11963.





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## Letter To Waldo

Dear Waldo,

I am 13, and my Mom writes for *The Waldo Tribune*. It is important for everyone to feel comfortable and safe and that is why everyone needs to understand black lives matter. If people continue being violent, and black people keep getting killed because of racism, they are not going to feel safe, which isn't fair.

Everyone is equal no matter their skin color and it is very bad to discriminate against people because of this. If everyone learns that we are all equal and start respecting everyone no matter their skin color, people would freel safe. If everyone doesn't learn this, and believe it, some people will not feel safe and these murders will continue. In conclusion, this is why black lives matter and the solution to all of the violence.

> From, James Timpson



Answers to the Peace, Love and Justice Issue Puzzles (Turn upside down to see.)



## **MORE PEACE, LOVE & JUSTICE PUZZLES**



## Find the Hidden Words

You can go down, across, or diagonally

Q	U	Α	Κ	F	R	S	E	D	J	U	Т	Ν	F
0	D	U	Н	A	R	Н	0	Ζ	L	E	У	Ι	0
D	Ι	С	0	Μ	Ρ	A	5	S	I	0	Ν	E	R
E	v	0	Ρ	R	E	L	E	С	A	R	v	0	G
X	E	Ν	E	Т	J	0	V	н	I	В	Μ	Е	I
A	R	S	Ν	Ι	U	Μ	R	E	W	R	A	Ρ	v
У	5	С	0	Т	S	Μ	Ρ	A	т	Н	У	Μ	E
D	I	Ι	Ν	S	Т	В	A	L	Р	0	Ν	У	Ν
I	т	E	R	A	I	F	U	I	v	E	J	U	E
E	У	Ν	S	0	С	A	Z	Ν	E	G	A	Н	S
L	0	С	A	Т	E	F	I	G	Μ	0	S	С	S
G	R	E	F	A	I	R	Ν	E	5	5	W	I	E





# Lave Your Smile





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