



## BIOGRAPHIES

**J:** I think that after going on 50 years in the black liberation struggle in the United States, there are many things that I have learned. And one of the things I have learned is that;

There are battles that you win and there are battles that you lose. For the young activists today who are continuing to struggle, it's hard sometimes when you lose battles, and believe me, I've been part of them and sometimes you just want to give up.

Sometimes you just may need to step back for a while, take a break and reassess. Use those battles that you may have lost as ammunition to help you keep going and if you need to take take time, take a pause and look at what's happened and why it happened. That's fine, that's good! You have a right to do that, just remember that the battles you may have taken up and that you may have lost, they make you stronger and they will help you in the future to win more struggles.

