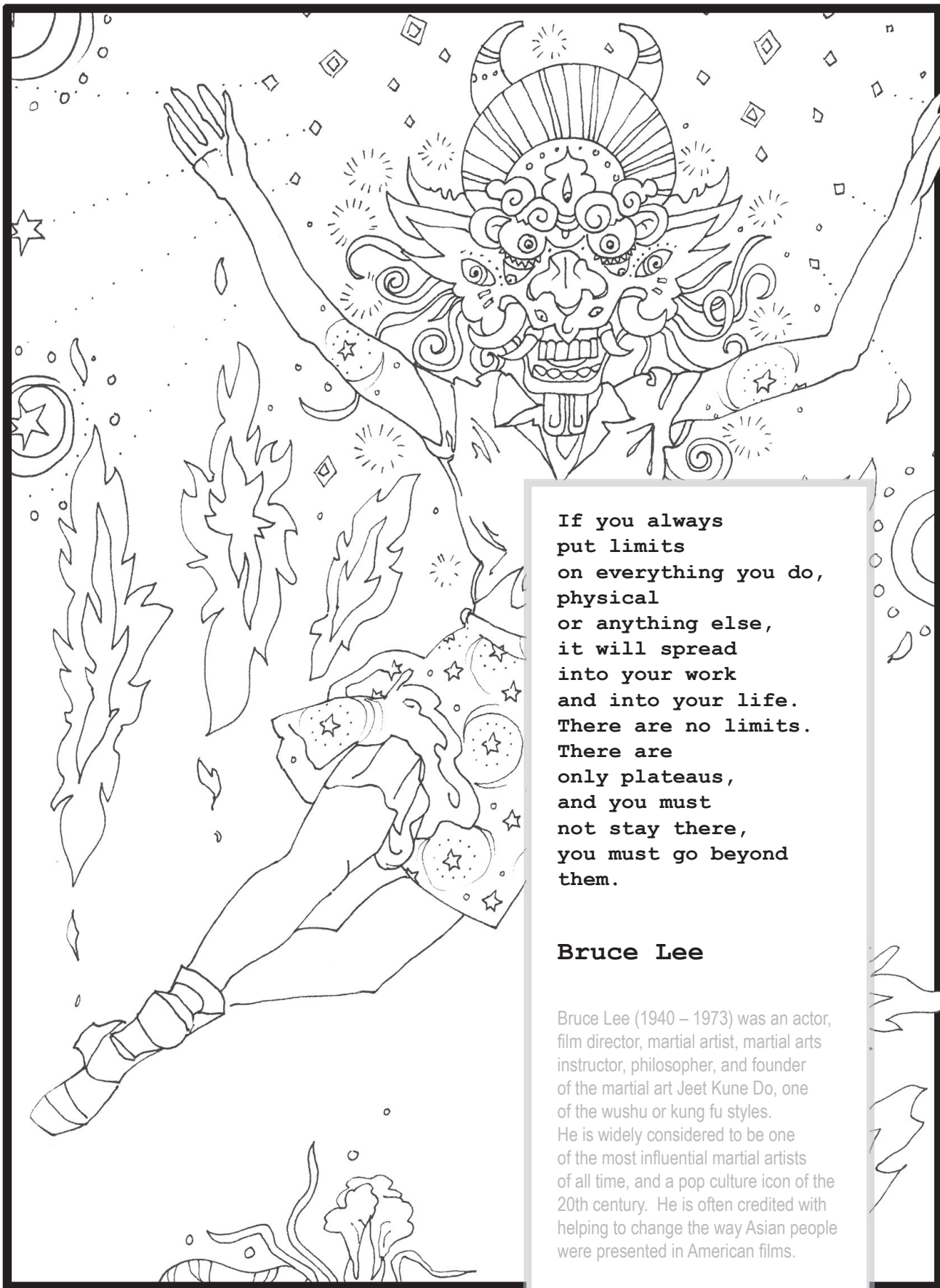


I cannot hide my anger
to spare you guilt,
nor hurt feelings,
nor answering anger;
for to do so insults
and trivializes
all our efforts.

Audre Lorde

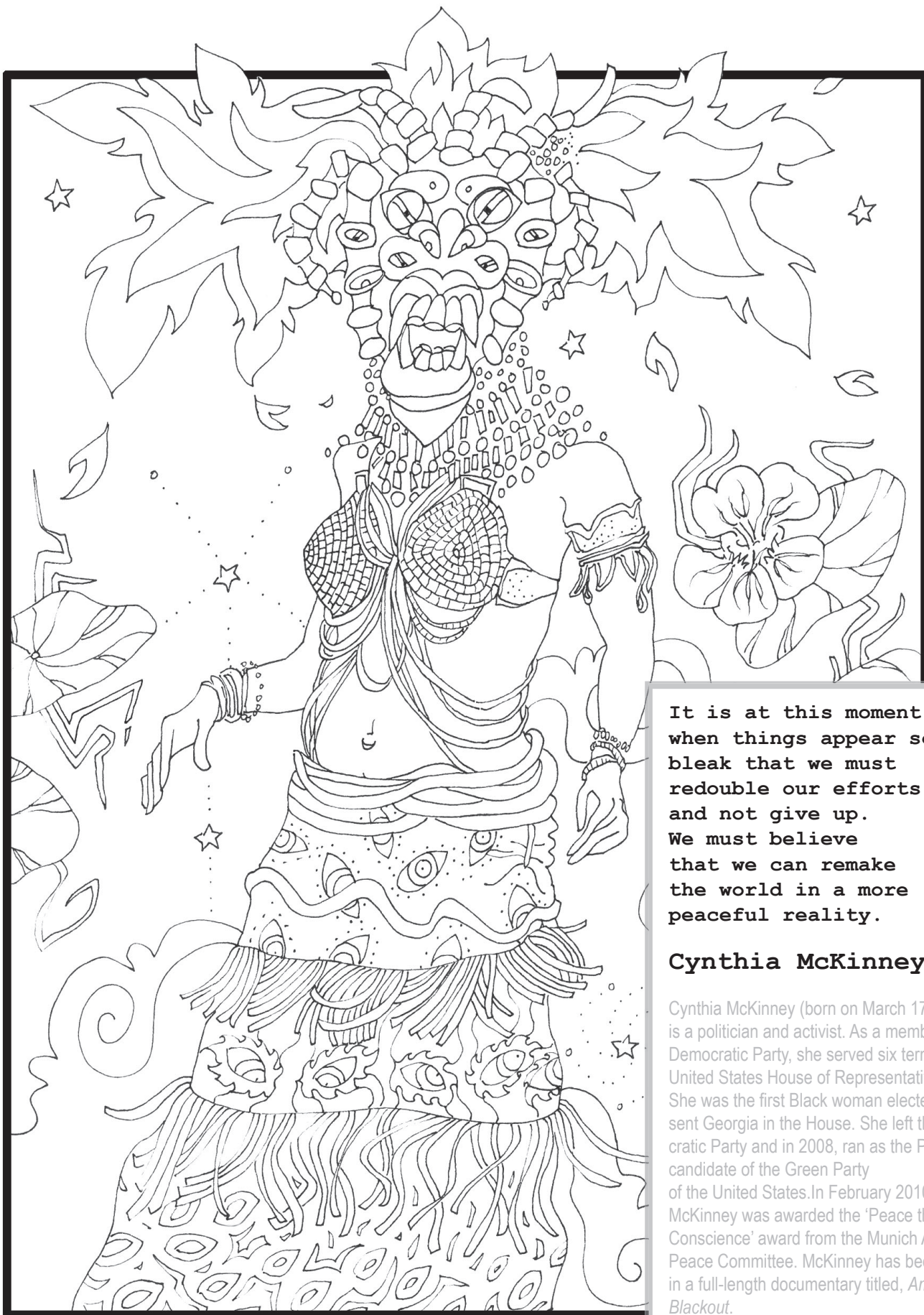
Audre Lorde (1934 – 1992) was a writer, feminist, womanist, librarian, and civil rights activist. Her poems and prose primarily examine issues related to civil rights, feminism, and the exploration of Black female identity.



If you always
put limits
on everything you do,
physical
or anything else,
it will spread
into your work
and into your life.
There are no limits.
There are
only plateaus,
and you must
not stay there,
you must go beyond
them.

Bruce Lee

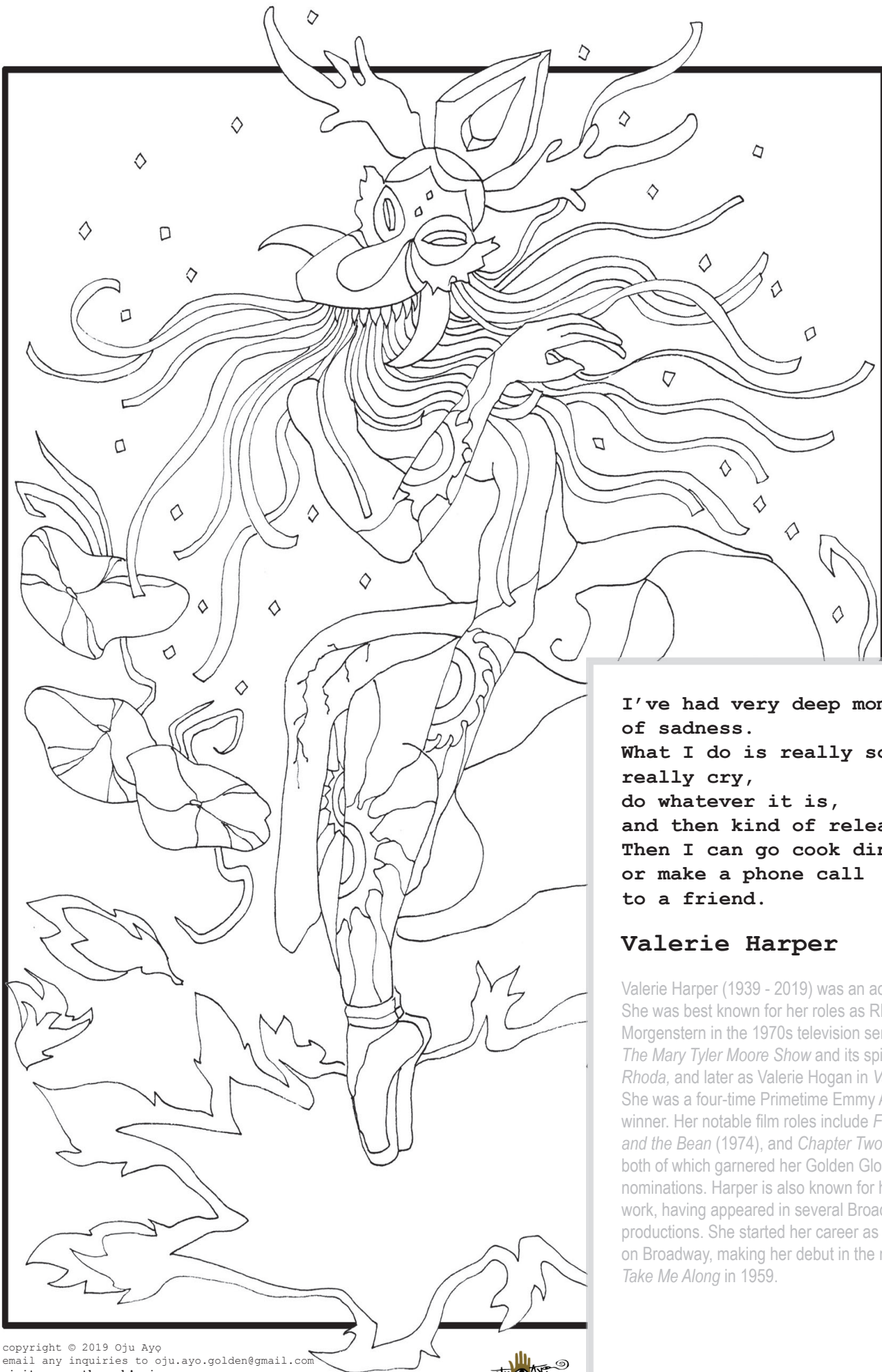
Bruce Lee (1940 – 1973) was an actor, film director, martial artist, martial arts instructor, philosopher, and founder of the martial art Jeet Kune Do, one of the wushu or kung fu styles. He is widely considered to be one of the most influential martial artists of all time, and a pop culture icon of the 20th century. He is often credited with helping to change the way Asian people were presented in American films.



**It is at this moment,
when things appear so
bleak that we must
redouble our efforts
and not give up.
We must believe
that we can remake
the world in a more
peaceful reality.**

Cynthia McKinney

Cynthia McKinney (born on March 17, 1955) is a politician and activist. As a member of the Democratic Party, she served six terms in the United States House of Representatives. She was the first Black woman elected to represent Georgia in the House. She left the Democratic Party and in 2008, ran as the Presidential candidate of the Green Party of the United States. In February 2010, McKinney was awarded the 'Peace through Conscience' award from the Munich American Peace Committee. McKinney has been featured in a full-length documentary titled, *American Blackout*.



I've had very deep moments
of sadness.
What I do is really sob,
really cry,
do whatever it is,
and then kind of release it.
Then I can go cook dinner
or make a phone call
to a friend.

Valerie Harper

Valerie Harper (1939 - 2019) was an actress. She was best known for her roles as Rhoda Morgenstern in the 1970s television series, *The Mary Tyler Moore Show* and its spin-off, *Rhoda*, and later as Valerie Hogan in *Valerie*. She was a four-time Primetime Emmy Award winner. Her notable film roles include *Freebie and the Bean* (1974), and *Chapter Two* (1979), both of which garnered her Golden Globe Award nominations. Harper is also known for her stage work, having appeared in several Broadway productions. She started her career as a dancer on Broadway, making her debut in the musical *Take Me Along* in 1959.