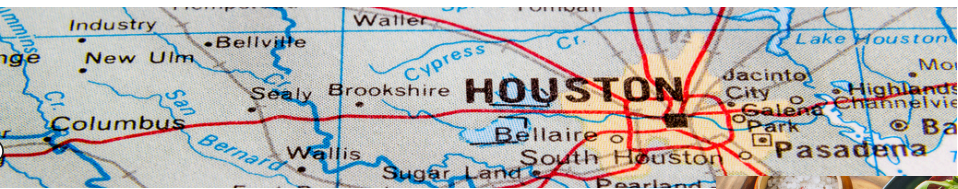




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Southern Girllll: Tales and Tastes from the South



ISSUE #7

HONORING FANNIE LOU HAMER: THE FIGHT FOR VOTING RIGHTS CONTINUES

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Recipe of the Week: A Salute to Fannie Lou Hamer with a Summer Salad

Ingredients:

- Mixed greens (arugula, spinach, or your favorite mix)
- Cherry tomatoes, halved
- Sliced cucumber
- Red onion, thinly sliced
- Fresh corn kernels
- Avocado, diced
- Sharp Cheddar Cheese Crumbles (optional)
- Toasted pecans

Ingredients for Dressing:

- 1 ripe avocado
- 1/4 cup fresh cilantro leaves
- 2 tablespoons olive oil
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- Juice of 1 lime
- Salt and pepper to taste

Instructions:

- Toss all salad ingredients in a large bowl.
- Blend dressing ingredients until smooth.
- Drizzle dressing over salad, toss to coat, and serve.

This salad isn't just a dish—it's a tribute to our roots, a nod to the power of community, and a call to continue the fight for the rights our ancestors fought so hard to secure. Continue to show up, stand strong, and push forward. Voting is a voice, and it's more important now than ever. This fight isn't just about the present—it's about securing the future for generations to come.

Zibora G

On August 22, 1964, Fannie Lou Hamer, a tenacious sharecropper from Mississippi, stood up and boldly declared, "I'm sick and tired of being sick and tired." Her powerful words echoed the frustration and determination of countless individuals, capturing the struggle for justice and equality. Hamer's fight against voter suppression and her demand for first-class citizenship resonate just as strongly today. Despite the progress made, the fight for voting rights is far from over.

Take Texas, for instance: more than 2 million registered voters have been suspended from this year's election, accused of changing their permanent addresses. But let's set the record straight—these voters can still cast their ballots. Update the mailing address or simply show up at the polls to confirm the address. These tactics may seem like modern-day poll taxes designed to confuse and discourage, but they only prove one thing: votes matter. If they didn't, there wouldn't be such a concentrated effort to keep people from voting.

The Power of Showing Up

Watching the Democratic National Convention can serve as a source of inspiration, igniting a sense of civic duty to get involved and encouraging others to do the same. Fannie Lou Hamer's legacy reminds everyone that the battle for civil rights isn't some distant memory; it's a fight that our grandparents and great-grandparents fought. The memory of their struggle should remain alive and continue to motivate communities to show up and speak out.

In many families, election season serves as a powerful reminder that voting isn't just a right—it's a responsibility. Generations of elders would rally their families—cousins, aunts, uncles, and even those less interested—and ensure that everyone got to the polls. Making sure every family member knew their voice mattered was non-negotiable.

Vice President Kamala Harris has made it clear: "When we fight, we win." These words are a rallying cry to continue the struggle. Don't give up the fight. Keep pushing to ensure a better future for the next generation, just as Fannie Lou Hamer and countless others did for those living today.

This year offers another chance to make voices heard. With key seats up for grabs, including Ted Cruz's, there's an opportunity to replace outdated thinking with fresh, energetic perspectives. Candidates like Amanda Edwards and Colin Allred are ready to bring new ideas to the table. Make a commitment to register at least ten family members and friends. Their registration status can be checked at hctax.net/voter/search.cshtml.

A Salute to Fannie Lou Hamer with a Summer Salad

In honor of Fannie Lou Hamer and her dedication to community, here's a refreshing summer salad recipe inspired by her work with the Freedom Farm Cooperative. This initiative aimed to help poor Black farmers become self-sufficient.