**"Champions aren't made in gyms. Champions are made from something they have deep inside them—a desire, a dream, a vision. They have to have last-minute stamina, they have to be a little faster, they have to have the skill and the will. But the will must be stronger than the skill."**

*Muhammed Ali*

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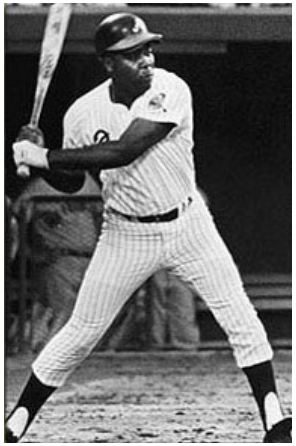

**"I never doubted my ability, but when you hear all your life you're inferior, it makes you wonder if the other guys have something you've never seen before. If they do, I'm still looking for it."**

*Henry "Hank" Louis Aaron*
1992

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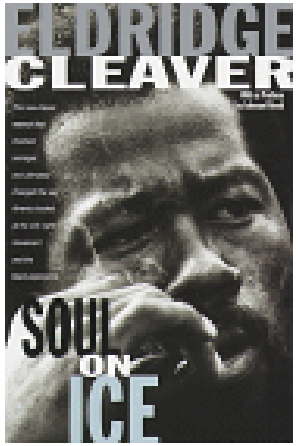


**"The price of hating other human beings is loving oneself less."**
Folsom Prison
1965

**"You're either part of the solution or part of the problem."**
1968

*Eldridge Cleaver*

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**"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."**

*Martin Luther King Jr*

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**"Those who profess to favor freedom, and yet depreciate agitation, are men who want crops without plowing up the ground."**

*Frederick Douglass*
*1857*

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**"I like to tell the truth as I see it. That's why literature is so important. We cannot possibly leave it to history as a discipline nor to sociology nor science nor economics to tell the story of our people. It's not a ladder we are climbing, it's literature we're producing, and there will always be someone to read it."**

*Nikki Giovanni 1984*

**"I know why the caged bird sings, ah me,
When his wing is bruised and his bosom sore,
When he beats his bars and he would be free;
It is not a carol of joy or glee,
But a prayer that he sends from his heart's deep core."**

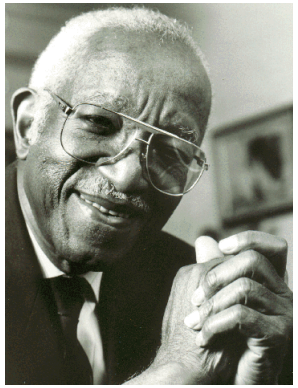
*Paul Laurence Dunbar,*

*Sympathy*

**"America is woven of many strands. I would recognize them and let it so remain. Our fate is to become one, and yet many. This is not prophecy, but description."**

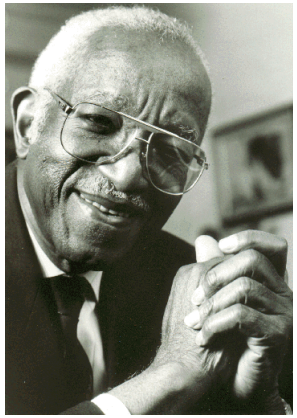
*Ralph Ellison*

*1952*



**"When we also learn that this country and the Western world have no monopoly on goodness and truth or skills and scholarship, we begin to appreciate the ingredients that are indispensable to making a better world. In a life of learning that is, perhaps, the greatest lesson of all."**

*John Hope Franklin, 1988*



**"We must go beyond textbooks, go out into the bypaths and untrodden depths of the wilderness and travel and explore and tell the world the glories of our journey."**

*John Hope Franklin, 1967*

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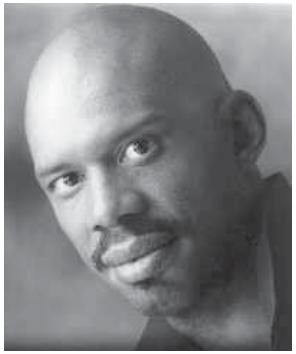

**"I'm not comfortable being preachy, but more people need to start spending as much time in the library as they do on the basketball court. If they took the idea that they could escape poverty through education, I think it would make a more basic and long-lasting change in the way things happen. "**

*Kareem Abdul-Jabbar*
*1990*

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**"None of us is responsible for the complexion of his skin. This fact of nature offers no clue to the character or quality of the person underneath."**

*Marian Anderson*
*1941*

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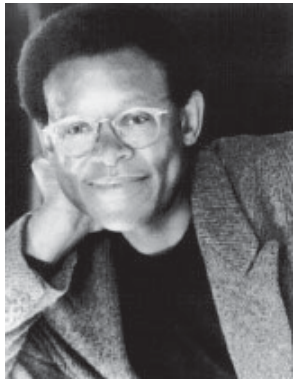

**"To sing about freedom and to pray for its coming is not enough. Freedom must be actualized in history by oppressed peoples who accept the intellectual challenge to analyze the world for the purpose of changing it."**

**"Truth knows no color; it appeals to intelligence."**

*James Cone*

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**"We have a powerful potential in our youth, and we must have the courage to change old ideas and practices so that we may direct their power toward good ends."**

*Mary MacLeod Bethune,*
*1955*

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**"Those of us who submitted or surrendered our ideas and dreams and identities to the "leaders" must take back our rights, our identities, our responsibilities. Then we will have to confront. I don't only mean external confrontations. We have to confront ourselves. Do we like what we see in the mirror? And, according to our light, according to our understanding, according to our courage, we will have to say yea or nay—and rise!"**

*Maya Angelou,*
*from interview*
*May/June, 1995*
*Mother Jones*

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