

Any man can be a father, but it takes someone special to be a dad. – Anne Geddes
“HAPPY FATHER’S DAY TO ALL DADS!”



The Dallas Post Tribune

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SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

June 13 - 19, 2024

JUNETEENTH, 2024

Biden-Harris Administration Celebrates Juneteenth with Concert and New Initiatives to Honor Black History



Gladys Knight
 Photo Credit: NNPA Files

By **Stacy M. Brown**
 NNPA Newswire Senior
 National Correspondent

The White House planned to mark Juneteenth with a vibrant celebration on the South Lawn on Monday, June 10. The celebration would feature performances by celebrated African American artists, including Gladys Knight, Raheem DeVaughn, Patti LaBelle, Charlie Wilson, and Doug E. Fresh. Over 2,000 guests, including President Joe Biden and First Lady Dr. Jill Biden, were expected at the event, which officials said emphasized the Biden-Harris Administration’s dedication to preserving and honoring African American history.

Since taking office, President Biden and Vice President Harris have prioritized advancing racial justice and recognizing Black history as an essential component of American history. The White House said the dedication is reflected in significant actions such as signing the Juneteenth National Independence Day Act into law, establishing the Emmett Till and Mamie Till-Mobley National Monument, and posthumously awarding the Presidential Medal of Freedom to civil rights icon Medgar Evers.

Amid efforts to combat attempts to rewrite history and undermine racial progress, the administration hosted a live-streamed event

featuring officials, artists, civil rights leaders, and scholars to discuss federal initiatives to protect African American history. The gathering highlighted ways the public can commemorate Juneteenth and emphasized the broader historical significance of African American experiences.

In conjunction with the celebration, the President’s Committee on the Arts and the Humanities organized the second annual Juneteenth National Independence Day event in partnership with the White House. The large-scale concert also honored Black Music Month, showcasing African American

Continue **Concert** Page 3

What the statue of a kneeling enslaved man in the Emancipation Memorial of 1876 tells us about its history – an art historian explains

Author: **Virginia Raguin**
 Distinguished Professor of Humanities Emerita, Visual Arts, College of the Holy Cross

The striking Emancipation Memorial statue in Washington, D.C., shows Abraham Lincoln standing, while a man wearing only a loincloth is appearing to rise from a kneeling position.

The face in the memorial is that of Archer Alexander, who had escaped slavery in 1863 by fleeing to St. Louis,

Missouri. Fundraising for a memorial was launched in 1864 by Charlotte Scott, who had been enslaved in Virginia before moving to Ohio. She did not design the monument, however.

As a historian of art, I argue that the origin and evolution of this image illustrate how ideas can change over

time. **History of the design**
 The monument in Washington fuses the portrait of a real-life individual with a common symbol that had galvanized abolitionists for almost 100 years: a generic image of a kneeling enslaved person.

The image of the kneeling

man in chains was first used in a seal commissioned by the Committee for the Abolition of the Slave Trade, established by English Quakers in 1787. The seal shows a kneeling slave, clasping his chained hands, who asks, “Am I not a man and a brother?”

The image was so popular



Photo Credit: **The Emancipation Memorial** in Lincoln Park, Washington, D.C.

that in the same year, the highly successful English porcelain firm Wedgwood Manufactory produced a medallion showing the same image and slogan that was widely distributed.

Two years later, in 1789,

at the beginning of the French Revolution, the Sèvres Manufactory created a French version with the translation, “Ne suis-je pas un homme? Un frère?”

Continue **Slaves** Page 5

JUNETEENTH ACTIVITIES

Juneteenth Celebration, March & Festival

It’s almost time for the 4th Annual Juneteenth Celebration, March & Festival. Here is everything that you will need on the day of the event.

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EDITORIAL PAGE

The Conservative Right and The New Jim Crow

By Dr. John E. Warren, Publisher
The San Diego Voice & Viewpoint Newspaper



Dr. John E. Warren

Most African Americans know that the term “Jim Crow” represented the personification of segregation in America following Reconstruction as a means of reuniting a post-Civil War

America. The Jim Crow segregation laws represented the American version of the “separate but equal” doctrine of the then U.S. Supreme Court’s response to Ples+sy vs. Ferguson Decision which created “separate but equal” for the races in America.

The Conservative Right, which is manifesting itself in election officials of the Republican Party and now the United States Supreme Court itself, would seek to roll back all social gains made since the Brown Decision of 1954, which in effect reversed the “separate but equal” Jim Crow doctrine which was further outlawed with Title VI of the

Civil Rights Act of 1965. This law and the Voting Rights Act gave new meaning to the “Equal Protection Clause” of the Fourteenth Amendment to the Constitution of the United States.

What we see today in the halls of the United States Congress is a Conservative Right Republican movement that no longer honors the Constitution nor the Oath of Office these people took when they were sworn into office. What we see at all levels of State government where members of this Conservative Right hold office or positions of influence, is an effort to either

reverse, abolish or gut any laws or public policies that appear to speak to the rights of individuals who are not a part of the Conservative Right. These changes, if successful, will ultimately lead to the restoration of “Jim Crow” living conditions, especially for people of color and anyone who appears to have rights that are in conflict with the Conservative Right. Such a government will eliminate the concept of “due process”. These actions will lead us closer to the goals of Project 2025, which is the Blueprint for the next conservative President of the United States.

The Death of America As We Know It

By Dr. John E Warren, Publisher
San Diego Voice & Viewpoint Newspaper



Participant holding a Project 2025 fan in the group's tent at the Iowa State Fair, Aug. 14, 2023, in Des Moines, Iowa.
Photo Credit: Charlie Neibergall/AP

By now most Americans, but not all, have either heard of Project 2025 or seen some reference to it. But too many still don’t know how this radical blueprint will change life in this country as we know it. The sad truth of the matter is the plan is hidden in plain view where we all can see it, but few are paying attention, other than those who have planned the changes.

The plan is called Project 2025, known as the Presidential Transition Project. This project will make widespread changes across our entire government in terms of economic and social policies and the role of the federal government and its agencies. The main idea behind these proposed changes, as put out by the Heritage Institute, is what is called an Executive

Theory, which asserts that the president has absolute power over the executive branch of our government under what is called “A Unitary Executive Theory interpretation of Article II of the Constitution of the United States.”

This plan is designed for a “Republican President,” as seen with the Donald Trump presidential candidacy for 2025. Under this plan, the following changes would take place, some immediately: (1) Slashing funding for the Department of Justice (DOJ); (2) Dismantling the Federal Bureau of Investigation (FBI) and the Department of Homeland Security (DHS); (3) Eliminating the Department of Commerce and ending the independence of various federal agencies such as the Federal Communications

Commission (FCC), and the Federal Trade Commission (FTC); (4) Abolishing the Department of Education; (5) Removal of protections against discrimination based on sexual or gender identity; and (6) Termination of diversity, equity, and inclusion (DEI) programs as well as affirmative action.

Project 2025 advises the future president to immediately deploy the military for domestic law enforcement and to direct the DOJ to pursue Trump’s adversaries by invoking the Insurrection of Act of 1807. It recommends the arrest, detention, and deportation of undocumented immigrants across the country. It promotes capital punishment and the speedy “finality” of such sentences.

Although the project does not promote a specific candidate, many contributors have close ties to Donald Trump and his presidential campaign. This project is proposed under what the Heritage Foundation calls its “Mandate for Leadership” and has been publishing this list of proposed changes to run parallel with each presidential election since 1981. It calls this Mandate its “Policy Bible”.

Project 2025 has been developed in collaboration with over 100 partners. The Heritage Foundation president, Kevin Roberts, established Project 2025 in 2022 to provide the 2024

Republican presidential nominee a personnel database and ideological framework after civil servants refused to support Trump during his attempt to institute a Muslim travel ban, and his effort to install a new attorney general to help with his efforts to overturn the 2020 election.

Clearly the issue is not just Donald Trump, rather those who would use him or like-minded candidates for the Presidency to overthrow the United States government as it now exists with a Constitutionally based separation of powers. The only safeguard against this concrete plan to destroy America as it now exists is for “We the People” to prepare now to vote in the November election. We can no longer count on the United States Supreme Court which appears to have abandoned the very rule of law it was empowered to protect. It appears we can no longer depend upon the United States Congress which appears to have abandoned its legislative duties and oath of office by which the Republican members swore to “protect and defend the Constitution of the United States against all enemies, foreign and domestic” and substituted that oath with a commitment to a convicted felon. The question is: Where do we stand and for what will we fight?

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RELIGIOUS/NEWS

The Event of “The Day of The Lord” and the Believers’ Responsibility in View of that Event

I Thessalonians 5:1-28

Part II

By Rev. Johnny Calvin Smith

The event of “The Day of the Lord” is an unusual event that will take place in the future; moreover, in view of this unprecedented event, Paul admonished the Thessalonian believers to live godly lives (I Thessalonians 5:23) in view of this event. Certainly, a right perspective and understanding of prophecy should issue in godly living (I Peter 3:8-12). Our text, I Thessalonians 5:1-28 can be outlined as follows: I. The Revelation of The Day of the Lord – I Thessalonians 5:1-11; II. Some Responsibilities of Believers in View of that Event – I Thessalonians 5:12-28.

II. Some Responsibilities of Believers in View of that Event I Thessalonians 5:12-28

a Respect authority. (Verse 12) – We show our respect for God’s leaders as we accept them, appreciate them, love them, and obey them. ~ Ephesians 4:7-16 and Hebrews 13:17

b Esteem them highly. (Verse 13) - We

esteem those in authority by honoring their commitments to God’s Word. ~ Romans 13:16-17

c Be at peace with one another. (Verse 13) – We are at peace with one another when we submit ourselves to the will of God. ~ James 3:13 – 4:10

d Warn the unruly. (Verse 14)– We warn the unruly by sharing God’s Word with them. ~ II Corinthians 5:10-11

e Comfort the feebleminded. (Verse 14) – We encourage the fainthearted demonstrating our care for the weaker brother or sister. ~ Romans 15:1-3

f Support the weak. (Verse 14) – We support those that are weak in the faith by prayerfully receiving them. ~ Romans 14:1-3

g Be patient with all men. (Verse 14) – We show patience with others when we don’t lose our temper. ~ James 1:19-20

h Don’t fight one another. (Verse 15) – We should go about doing good instead of fighting one another. ~ Galatians 6:10

i Follow that which is good. (Verse 15)

– We overcome evil with good. ~ Romans 12:17-21

j Rejoice evermore. (Verse 16) – We can have joy as we encounter problems. ~ Nehemiah 8:10 and Galatians 5:22

k Pray without ceasing (Verse 17) – Prayer is heartfelt dependence upon God. We show our dependence upon God when we’re praying constantly. ~ Luke 18:1

l Be thankful in every thing (Verse 18) – We are thankful when we appreciate the great things God has done for us. ~ Philippians 4:4-7

m Quench not the Spirit (Verse 19) – When we quench the Holy Spirit, we are not listening to Him. Sin in our lives quenches the Holy Spirit~ Ephesians 4:30

n Despise not prophesying (Verse 20) – We are despising prophesy when we have a negative attitude toward studying God’s word. ~ II Timothy 3:16-17; II Timothy 2:15

o Prove all things (Verse 21) – Don’t be misled. We are not misled when we investigate for ourselves. ~ Ephesians 4:14

p Hold fast to that which is good (Verse 21) – We hold fast to that which is good by focusing on the things of God. ~ Philippians 4:8-9

q Abstain from all appearances of evil (Verse 22) – When we live for God, we must forsake evil. ~ James 4:7

r Live godly in anticipation of and in preparation of God’s return. God is faithful who has called us (Verses 23-24)

s Pray for one another (Verse 25) – We show love for one another when we pray for one another. ~ I Thessalonians 1:1-3; Philippians 1:3-6

t Meet everyone with a warm greeting (Verse 26) – A warm greeting is a sign of friendly fellowship and agreement (unity). ~ Psalm 133

u Read this entire book (Verse 27)– Our faith grows as we read God’s word. ~ Romans 10:17

v The Presence of God’s grace is ever with us (Verse 28).

“May God Bless!”

Continued Concert Page 1

musical legends and underscoring the cultural importance of this federal holiday.

Harris declared June 19, 2024, one of three National Days of Action on Voting, focused on enhancing voter engagement and safeguarding voting rights. The White House noted that National Days of Action will also occur on August 6 and September 17, 2024.

Aligned with Biden’s Executive Order on Promoting the Arts, the Humanities, and Museum and Library Services, several federal agencies announced new initiatives to protect African American history and culture. The National Archives Museum will display the original Emancipation Proclamation and General Order No. 3 from June 18 to June 20, 2024, while the National Park Service will offer free entrance to park sites on Juneteenth.

The National Endowment for the Humanities (NEH) has launched a digital repository to deepen public understanding of African American history. Additionally, NEH will establish a nationwide program celebrating Juneteenth, leading to a grand 160th-anniversary celebration in 2025.

In response to the rising incidence of book bans targeting historically marginalized groups, the U.S. Department of Education announced it had appointed a coordinator to address

the impact of such restrictions on civil rights. The White House Initiative on Advancing Educational Equity will host events emphasizing the importance of culturally relevant education.

The National Endowment for the Arts (NEA) plans to announce new recipients of the NEA Jazz Masters Fellowship, celebrating the contributions of African American musicians to jazz. The Institute of Museum and Library Services (IMLS) will highlight projects that preserve African American history as part of its “250: All Stories. All People. All Places initiative.”

The administration said it has significantly invested in preserving African American history through infrastructure and preservation projects. The Department of Interior’s National Park Service (NPS) and the Historic Preservation Fund have allocated substantial funds for these efforts, including grants to support under-represented communities and historic site nominations.

Federal agencies, including the Department of Transportation, are working to document and uplift the stories of communities affected by past federal policies. The NEH prioritizes projects that preserve historical collections on slavery and its legacies. At the same time, the President’s Committee on Arts and the Humanities will launch initiatives to support underserved creative and cultural communities.

My Dad Was My First and Best Role Model

“Thank You”

By James B. Ewers Jr. Ed.D.



James B. Ewers Jr. Ed.D.

Father’s Day will be celebrated on Sunday, June 16th. Unlike Mother’s Day when restaurants were filled, you will probably be able to go without a reservation.

Being a committed father takes a lot of caring and commitment. Being responsible and respectful are additional attributes that dads must have.

My dad was there when I went to bed at night and was there when I woke up each morning. He was always there leading our family. Upon reflection, I probably took my dad’s presence for granted.

I never had to wonder if my dad was coming home. It never occurred to me growing up that I would have to ask my mom where my dad was.

I did not have any doubts or trepidation about him being in my life. The life lessons he gave me back in the day have stayed with me to this day. He was a role model for me in every sense of the word. He passed away many years ago.

My dad, Dr. James B. Ewers, was a dentist in Winston-Salem NC. He was Jamaican and a graduate of the Howard University School of Dentistry in Washington DC. Afterwards, he moved to Winston-Salem NC and met my mom.

At the time, he was the only Jamaican in the city. I can’t imagine what that was like. He then sponsored my cousin, Wilfred Ewers who became the second Jamaican in the city.

As I grew older, I began to see that my dad was greatly respected and admired. People saw him as a leader and a difference-maker.

There were always people at our house, some just seeking counsel and a good word. On the humorous side, some were also intrigued by his

Jamaican accent. I found myself at times being an unpaid interpreter.

My dad was a big man with kindness and gentleness wrapped inside of him. He had character, integrity and honesty. I saw it on display every day. Yet as a boy, I probably could not have used those words to describe him.

Being from the West Indies gave my dad a keen sense of money and how to value a dollar. He also understood that not all his patients could pay him for his services.

There were occasions when he would take me horseback riding or bring food home. I later found out that these were his patients who didn’t have the money to pay him.

I can remember like it was yesterday some of the long and exhaustive lectures that he gave me. I would sit on the couch, and he would begin.

It was important to him that I was respectful and that I not get into any trouble. I can recall his words, “Jimmy my boy, if you get into any trouble don’t call me”. As a young boy, you can imag-

ine the thoughts I had when he uttered those words.

It made me apprehensive knowing that he meant what he said. Well, it worked. Would he have come to my aid? I believe so. However, I never had to find out. He was never called by any official at any level about his son getting into mischief.

Education was emphasized in my house. I always knew I was going to college because my parents talked about it very early in my life. It was simply where I was going.

There is not a day that goes by that I don’t think about my dad. He gave me the foundation and the fundamentals for successful living. I am thankful to God that he blessed me with him.

Sunday, June 16th is Father’s Day. If your father is living, I hope you celebrate with him and if he is not, remember him with fondness.

This column is dedicated to my father and to all fathers who are making a difference in the lives of their children.



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HEALTH

women are better than men
 (about going to the doctor)*

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Parkland provider implores men to prioritize their health

Patient and community advocate encourages other men to act on their health rather than react

DALLAS — Parkland Health providers and community members are reminding the men in their lives that it's time to get serious about their health and avoid putting routine care on the backburner.

It's no secret that men often delay seeking preventive medical care, which can lead to serious health issues down the road. That's why Parkland providers are encouraging men to prioritize their well-being through primary care and preventive screenings and empowering them with education so they

can take charge of their own health this Men's Health Month.

"Preventive care is the clinical care you receive to stay healthy. This can include annual checkups, lab testing, screenings, and vaccinations. I like to compare it to taking your car into the workshop to get an oil change or servicing to prevent mechanical issues down the road," said Jace Varkey, MD, Primary Health Physician in Parkland's Employee Health Center.

But sometimes, life can get in the way of routine pre-

ventive care.

"When I was young, I wouldn't miss work for anything," said Art Eisenger, who is a patient at Parkland's Irving Health Center.

While he may have avoided the doctor in his younger years, Eisenger is no stranger to health adversities. When a battle with cancer and a life-saving heart surgery landed him in Parkland Memorial Hospital, he realized just how important prioritizing one's health is.

"What would I go back and tell my younger self?

Well, I probably wouldn't have listened," Eisenger joked. "But that's why I share my story with every man I meet in the community and at my church. Men will confide in me about their own health and ask me how I knew I was having heart problems. I always encourage them to seek care because that small problem could be just the beginning, or a warning of a big problem. Sometimes it's good to hear it from another man."

When asked what made

Continue Men Page 5

Quinn Minute

Class reunion

By Rix Quinn

The old guy in the grocery line looked about two coughing spells away from the Promised Land. Gnarled and unshaven, he mumbled to himself while the clerk totaled his bill.

He noticed me as he reached into his pocket for change and accidentally pulled out a set of teeth.

"Hey," he smiled, "remember me? I'm George, from biology class!"

Suddenly, I did remember. Back in tenth grade, we dissected the same frog. Disgusting!

George never comes to our high school reunions, which is too bad because he could make the rest of us feel much younger.

My friend Ray was the mascot at his school, and he wore a silly hornet outfit to every class gathering. On his drive there last year, he got pulled over, and it's

hard to walk a straight line if you can't control your stinger.

He got to the party late, then made the entrance only a middle-aged pot-bellied hornet can. Across the room, he noticed Mollie.

She was a former cheerleader, and she remembered Ray immediately. She looked great to Ray, whose glasses looked kind of funny on a hornet mask.

Funny how fast time

flies. Just when we understand school, we graduate. When we finally learn to comb our hair right, it falls out. And when we get our act together, there are no old friends around to watch the performance.

But reunions reconnect us with our roots...and roots remind us of our natural hair color. Ray and I both recommend them...if you don't dress like an insect.

The Dallas Post Tribune
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Love of Country

Love of Self

Love of Humanity

and

The Will to Serve



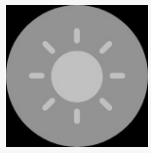
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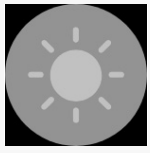
7 Day Weather Forecast for DFW

Thursday, June 13



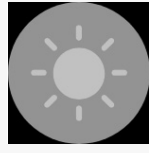
H 92°
L -72°

Friday, June 14



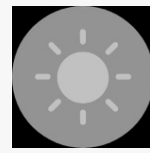
H - 93°
L - 71°

Saturday, June 15



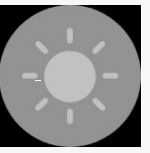
H - 93°
L - 72°

Sunday, June 16



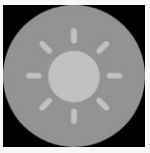
H - 94°
L - 74°

Monday, June 17



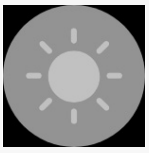
H - 90°
L - 74°

Tuesday, June 18



H - 90°
L - 74°

Wednesday, June 19



H -89°
L -7°

First Black Racer in Porsche Carrera Cup Competes at Formula One Miami Grand Prix

By Blair S. Walker



Jordan Wallace, from Austin, Texas, drove a Porsche during one of the Miami Grand Prix's support races. Photos courtesy of Blair S. Walker

MIAMI GARDENS, FLORIDA — When Jordan Wallace was a 5-year-old, his grandmother bought him a little, battery-powered Mercedes car. She may have regretted that move

because Wallace immediately hopped into his miniature whip and practically drove the wheels off it. Convinced that Upper Marlboro, Maryland, had never produced a racer with

his combination of awe-inspiring speed and daring, Wallace began looking for pre-pubescent butts to kick. “I tried to race the girl down the street in her Barbie Corvette, and she

whipped me,” Wallace said, still incredulous 31 years later. “And after that, I was like – I gotta get this figured out. Ever since then, I’ve been on a charge.”

One that had Wallace swaddled in a helmet and Nomex driving suit as he blasted a 510-horsepower Porsche 911 GT3 Cup around the 3.36-mile, 19-turn Miami International Autodrome road circuit, sounding like a bellowing, deep-voiced hound from hell.

Welcome to the Porsche Carrera Cup North America racing series, Jordan Wallace’s world. He found himself onstage with the globe-trotting Formula One circus, which was in town for the Miami Grand Prix. Formula One promoters like to have other kinds of racing cars circulating tracks while F-1 cars are being

tweaked in their garages.

Wallace is an admirer of Formula One, but at 36 is too old to be dreaming about an F-1 seat. Instead, Wallace wants to move up to the Batmobile-like, fiendishly quick sports cars that compete in famous endurance races.

“The ultimate goal is to win the Daytona 24 Hours, the 24 Hours of Le Mans and the Sebring 12 Hours, and to be the first African American to win all of those,” Wallace said. “I’ve got a ton of work ethic, a ton of desire and I think I’m showing that I’m pretty quick.”

That last statement is all fact and no brag, because Wallace came within one-hundredth of second of being the fastest qualifier for his Miami International Autodrome race. To put that in perspective, it takes the

average person between one-tenth to four-tenths of a second to blink their eyes.

A resident of Austin, Texas, these days, Wallace keeps a roof over his head with his racing activities, and by working as a driving instructor at a nearby race track. When it comes to the Kelly Moss/Vision Motorsports Racing Porsche he’s piloting in eight races this year, his sponsor is Davis Infrastructure, a Northern Virginia business that builds data centers.

“I grew up thinking race drivers were aliens because no one in my family, or in my culture, was in this sport,” Wallace said. “Now I’m part-owner in the team that I’m driving for. Not only a Black driver but a Black owner. We’re really trying to grow that side of the sport, as well.”



The King's Academy REQUEST FOR PROPOSALS

Notice is hereby given that The King's Academy is requesting sealed proposals to provide vended meals. Proposals are due to The King's Academy at 1819 Martin Luther King Jr. Blvd Dallas, TX 75215 by July 12, 2024, at 12 pm. Proposals received after the designated time and date will be returned unopened. The King's Academy reserves the right to reject any and all proposals and to waive any and all informalities in the best interest of the SFA. Copies of the request for proposals are available by contacting office@tkadallas.org.

This institution is an equal opportunity provider.

Continued Slaves Page 1

In France, the Count of Angivillier, a minister under Louis XVI, halted the production of the medal. The Princeton University Art Museum's label explains that he was fearful that the image could encourage enslaved Africans in French colonies to rebel.

The phrase “Am I not a man and a brother?” became widely associated with emancipation history.

The precise words of the former slave and abolitionist Sojourner Truth at the 1851 Ohio Women's Rights Convention have been lost to history. However, she was widely reported as using the refrain “Ain't I a woman?” – the parallel to “Am I not a man” – to argue for women's rights that incorporated Black as well as white citizens.

In 1837, American poet John Greenleaf Whittier wrote the broadside “Our Countrymen in Chains,”

clearly describing the enslaved person as a citizen and speaking of the horror of a market-driven America: “What! God's own image bought and sold! Americans to market driven, And bartered as the brute for gold!”

The pamphlet was illustrated by the woodcut image of a man in chains, repeating the model from the Committee for the Abolition of the Slave Trade and Wedgwood and Sèvres medallions.

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Continued Men Page 4

the biggest difference in his health journey, Eisenger responded with immense gratitude for the role that education played.

“Parkland taught me a lot about my health beyond just diagnosing me. They explained everything from why things are happening, what to expect and how I can prevent my symptoms from coming back,” he stated. “It gave me the confidence I needed to take control of my health.”

The U.S. Centers for Disease Control and Prevention (CDC) states that heart disease is the leading cause of death for men in the United States,

followed by cancer. Prostate cancer is the second-leading cause of cancer death in American men, behind lung cancer. It's estimated that about 1 in 8 men will be diagnosed with the disease during their lifetime, according to the American Cancer Society.

“Eating a heart healthy diet and exercising regularly will reduce your cardiovascular risk, which is the risk of having a stroke or heart attack,” Dr. Varkey emphasized. “Those healthy habits partnered with seeing your primary care doctor and engaging in preventive screening tests such as colonoscopies, prostate exams and regular lab tests will allow us to catch dis-

eases and cancers early.”

But anxieties and nerves revolving around health are always looming, especially when it comes to test results.

“Patients often tell me they don't want to do the screenings because they don't want to go looking for problems,” Dr. Varkey shared. “I always tell them whether we do the screening or not, if there is something of concern it will cause symptoms down the line and at that point it could be too difficult to treat. These screening tests allow us to catch things much earlier and treat them in the least invasive way.”

Dr. Varkey recommends that men of all ages get to

know their blood pressure, body mass index, cholesterol and blood glucose numbers. “This is information you receive during your annual physicals or check-ups but being informed about your own numbers will help you track any changes and know when to bring up any concerns to your physician.

Parkland experts note that a regular visit to a healthcare provider should include risk assessments for future medical problems, screenings for cancer (including testicular, colon, prostate, skin and other cancers), vaccination updates and goal setting for a healthy lifestyle and diet.

Don't tough it out just

because you can. Dr. Varkey says it is always best to discuss any symptoms that are new to you as soon as they happen. The following are common symptoms that warrant a conversation with your doctor:

- Chest pain and/or shortness of breath - may be symptoms of a heart attack, pneumonia, pulmonary embolism, or asthma. If chest pain is sudden, severe or accompanied by other symptoms such as nausea, dizziness or shortness of breath call 911 right away.
- Fatigue - may result from exhaustion, lack of sleep, or stress, but it

can also indicate congestive heart failure, diabetes, arthritis and other diseases.

- Vision problems – while not always related to aging, they can indicate problems such as glaucoma, cataracts, diabetic retinopathy or macular degeneration.
- Change in bowel habits – could be a sign of food intolerance or an inflammatory bowel disease. Colon cancer screenings should also be considered.
- Changing moles – any changes in a mole or freckle's size, shape, color or texture should be checked out by a dermatologist.

APPLY FOR DISASTER ASSISTANCE

DisasterAssistance.gov



Dallas Residents Eligible for FEMA Assistance

The Federal Emergency Management Agency (FEMA) has approved the addition of Dallas County to the Presidential Disaster Declaration for last week's storms. City of Dallas residents living in Dallas, Collin, and Denton counties impacted by the severe weather are eligible for

FEMA Individual Assistance. The program provides financial and direct services to eligible individuals and households affected by a disaster who have uninsured or under-insured necessary expenses and serious needs. To apply, homeowners and renters can:

- Go online to disasterassistance.gov/
- Download the FEMA App for mobile devices
- Call the FEMA helpline at 800-621-3362 between 6:00 AM and 10:00 PM. Help is available in most languages.

3 Ways to Apply for Disaster Aid

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Hunter Biden Convicted on Three Felony Charges Amid Political Turmoil

By Stacy M. Brown



Photo Credit: NNPA Files

Hunter Biden, the embattled son of President Joe Biden, was found guilty of three felony counts of lying on a federal firearms application in 2018. At a crucial time for President Biden's reelection campaign, a Wilmington, Delaware, jury delivered the verdict.

Biden, 54, faced the jury grimly as the verdict was announced. The charges include lying to a federally licensed gun dealer, making a false claim on a federal firearms application, and possession of an illegally obtained gun from October 12-23, 2018. The offenses carry potential penalties of

up to 25 years in prison, though first-time offenders in similar cases often avoid jail time if the weapon was not used in a violent crime.

The case centered on Biden's purchase of a handgun during a trying time in his life that included crack cocaine addiction, numerous rehab stays, divorce, financial difficulties, and associations with prostitutes. Despite these struggles, President Biden expressed unwavering support for his son in a heartfelt statement.

"As I said last week, I am the president, but I am also a dad," the president stated. "Jill and I love our son, and we are so proud of the man he is today. So many families who have had loved ones battle addiction understand the feeling of pride in seeing someone you love come out the other side and be so strong and resilient in recovery. As I also said last week, I will accept the outcome of this case and will continue to respect the judicial process as Hunter considers an appeal. Jill and I will always be there for Hunter and the rest of our family with our love and support. Nothing will ever

change that." The incident is not the first time a president's family member has drawn unwanted attention.

Notably, President Jimmy Carter's brother Billy was embroiled in scandal after becoming an agent for Libya under dictator Moammar Gadhafi, receiving substantial payments that sparked allegations of influence-peddling. During President George H. W. Bush's tenure, his son Neil faced scrutiny for his role in the Silverado Savings and Loan crisis, which resulted in a civil action and a \$50,000 settlement.

Similarly, Roger Clinton, the younger brother of President Bill Clinton, was a constant source of controversy, earning the Secret Service codename "Headache." He received a presidential pardon from his brother in 2001 for a previous cocaine conviction. Additionally, former President Donald Trump was famously convicted last month in New York on 34 felony charges related to a hush-money scheme involving an extramarital affair with an adult film star.

Project 2025 and Election-Year Hate Group Spike Pose Risks for People of Color

By Stacy M. Brown

People of color have made unprecedented progress in policymaking during the Biden-Harris administration. This has been overlooked in the misinformation, disinformation, and support of convicted felon and presumed GOP presidential nominee Donald Trump by well-known and influential African Americans such as Ice Cube, Stephen A. Smith, Rep. Byron Donalds, Supreme Court Justice Clarence Thomas, Ben Carson, Sexxy Red, Snoop Dogg, Don King, Mike Tyson, Ye, Killer Mike, Azealia Banks, Lil Wayne, DaBaby, Kodak Black, Chief Keef, Benny the Butcher, and Waka Flocka Flame.

All that progress likely will come to a grinding halt if Trump and his far-right supporters, who are running on a dangerous manifesto, win reelection. Republicans and Conservatives want to take America back to the days of Jim Crow and beyond.

And those concerned say the proof is in the proverbial pudding as white nationalist and anti-Black, Hispanic, and LGBTQ groups have surged to record levels in the United States, fueled by the mainstreaming of hard-right politics ahead of a presidential election cycle, according to the Southern Poverty Law Center

The SPLC, which has published an annual report since 1990, documented 835 active anti-government groups, up 133 from 2022's count, and 595 hate groups, an increase of 72 over the previous year's

figure. Notably, white supremacy hate groups saw a 50% surge in 2023, the highest jump ever recorded by the SPLC, growing to 165 from 109 in 2022. However, white power and neo-Nazi rallies across the U.S. decreased to 143 in 2023 from 191 in 2022.

The SPLC also noted a 33% rise in anti-LGBTQ organizations over the last year, bringing the total to 86.

"What we're seeing now should be a wake-up call for all of us," said Margaret Huang, SPLC's president and CEO, on a call with reporters. "Our 2023 report documented more hate and anti-government extremist groups than ever before. With a historic election just months away, these groups are multiplying, mobilizing and making, and in some cases already implementing, plans to undo democracy."

The SPLC reported an increase in in-person events and leafleting by hate groups, tracking nearly 7,000 flyer incidents last year, many featuring language derived from racist and antisemitic conspiracies.

These groups have also launched campaigns to gain influence in mainstream politics, notably through the conservative Heritage Foundation's Project 2025 manifesto which outlines aspirations for anti-abortion, anti-free press, and anti-LGBTQ priorities should presumed GOP presidential nominee and convicted felon Donald Trump win in November. Critics warn that

the comprehensive plan could have severe consequences, particularly for communities of color.

The comprehensive overhaul of the federal government outlined in the 900-page "Mandate for Leadership" includes significant policy shifts and a reimagined executive branch, covering both domestic and foreign policies, a personnel strategy, and a 180-day playbook designed to "rescue the country from the grip of the radical left," according to the project's website.

"It is not enough for conservatives to win elections," the website states. "With the right conservative policy recommendations and properly vetted and trained personnel to implement them, we will take back our government."

Project 2025 has drawn criticism for its authoritarian nature, including during a recent House hearing on where Texas Democratic Rep. Jasmine Crockett challenged Gene Hamilton, one of the project's authors.

"It calls for eliminating the Department of Education, eliminating the Department of Commerce, and deploying the military for the use of domestic law enforcement against protesters under the Insurrection Act of 1807," Crockett said. "It also has the repealing of Schedule F status for thousands of federal employees to allow a president to replace career civil servants with unqualified partisan loyalists. It also prohibits the FBI from combating the spread of misinforma-

tion and disinformation like Russia and China who are actively trying to interfere with American elections."

Crockett condemned the plan, stating, "I don't know why or how anybody can support Project 2025... in the United States of America, dictatorships are never funny—and Project 2025 is giving the playbook for authoritarianism, as well as the next dictator, to come in."

Adding to the alarm, Trump declared he would be "a dictator on Day 1" if re-elected.

Additionally, the Center for American Progress highlighted how Project 2025 would devastate local transit systems, particularly affecting communities of color and undermining economic growth. The plan proposes eliminating funding for the Federal Transit Administration's (FTA) core programs and discretionary Capital Investment Grants (CIG) program.

"Public transit is a vital component of our modern transportation system, providing affordable, safe, and efficient mobility to millions of Americans every day," said Kevin DeGood, director of Infrastructure Policy at CAP. "Project 2025 would badly harm local transit systems that support regional economies from coast to coast and increase costs for commuters."

Rep. Crockett's warning rings clear: "Project 2025 is giving the playbook for authoritarianism, as well as the next dictator, to come in."



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