

DEMOCRATIC PRIMARY RUNOFF EARLY VOTING ENDS - JULY 10, 2020



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SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

The Dallas Post Tribune

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July 9 - 15, 2020

State Fair of Texas cancelled due to COVID-19



UT Vice President and Athletics Director Chris Del Conte said in a statement though they respect and understand the decision to cancel the State Fair of Texas, they fully anticipate the annual Red River Showdown with Oklahoma will be played at the Cotton Bowl in October as planned.

“As we’re doing with all of our fall season planning, we will continue to monitor the situation closely, work through contingencies and make the best possible decisions we can with the health, safety and well-being of everyone involved as our number one priority,” Del Conte said.

He did not say if spectators will be allowed at the game.

The 2021 State Fair of Texas is scheduled to run September 24 through October 17 at Fair Park.

AUSTIN, Texas (AP) — The 2020 State Fair of Texas has been cancelled due to coronavirus concerns, the fair’s board of directors said Tuesday.

“This was an extremely tough decision. The health and safety of all involved has remained our top priority throughout the decision-making

process,” Gina Norris, board chair for the State Fair of Texas, said in a statement.

This is the eighth cancellation in the fair’s 134-year history. Previous cancellations include during World War I, the 1936 Texas Centennial Exposition and World War II.

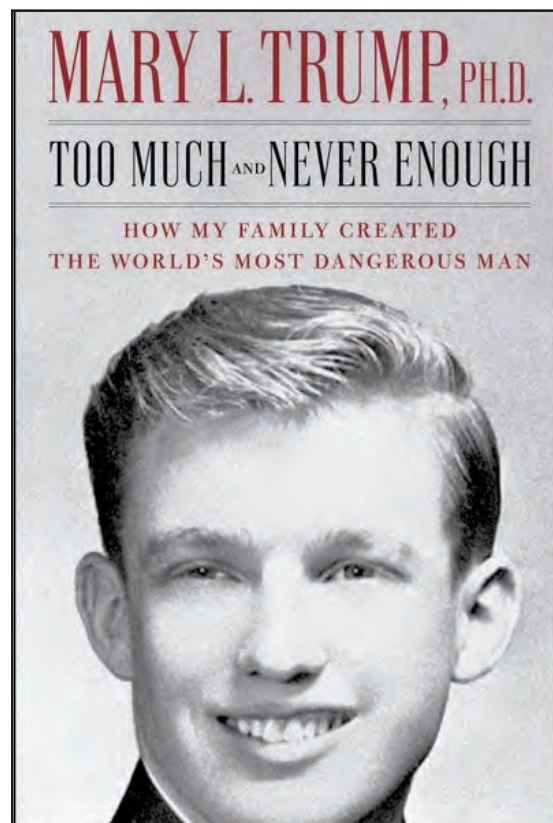
Dallas County has reported more than 27,000 confirmed COVID-19 cases including a reported rise of more than 1,200 on Monday. Statewide, Texas has confirmed more than 198,000 cases. Dallas Mayor Eric Johnson said in a statement that the cancellation

was a safe and responsible decision.

“COVID-19’s spread is rampant in our community, and public health must come first,” Johnson said. “We all have to do what it takes to slow this virus so we can save lives and livelihoods and get back to doing what we enjoy.” The board said the

future of football games such as the University of Texas and University of Oklahoma Red River Rivalry — which is traditionally played at the Cotton Bowl Stadium during the fair — will be decided by the NCAA, respective conferences and the participating universities.

Mary Trump’s book offers scathing portrayal of president



By LARRY NEUMEISTER and JILL COLVIN

NEW YORK (AP) — President Donald Trump’s niece offers a scathing portrayal of her uncle in a new book, blaming a toxic family for raising a narcissistic, damaged man who

poses an immediate danger to the public, according to a copy obtained Tuesday by The Associated Press.

Mary L. Trump, a psychologist, writes that Trump’s reelection would be catastrophic and that “lying, playing to the lowest common denominator,

cheating, and sowing division are all he knows.”

“By the time this book is published, hundreds of thousands of American lives will have been sacrificed on the altar of Donald’s hubris and willful ignorance. If he is afforded a second term, it would be the end of

American Democracy,” she writes in “Too Much and Never Enough, How My Family Created The World’s Most Dangerous Man.”

Mary Trump is the daughter of Trump’s elder brother, Fred Jr., who died after a struggle with alcoholism in 1981 at 42. The book is the second insider account in two months to paint a deeply unflattering portrait of the president, following the release of former national security adviser John Bolton’s bestseller.

In her book, Mary Trump, who is estranged from her uncle, makes several revelations, including alleging that the president paid a friend to take the SATs — a standardized test widely used for college admissions — in his place.

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Rep. Sherman remembers anniversary of 2016 Dallas PD tragedy

Lancaster, Texas — State Representative Carl Sherman (District 109) commented Tuesday on the anniversary of the tragic Dallas Police ambush in Dallas on July 7, 2016.

Five officers were killed, and nine officers and two civilians injured on this day in 2016 in the Dallas police ambush, which was the deadliest attack on police officers since September 11.

“I would like to take this day to remember these fallen officers who were killed in the line of duty,” Rep. Sherman said.

Most of the victims were ambushed during the protests. These victims were DPD Senior Cpl. Lorne Ahrens who had been with the department since 2002, DPD Officer Michael Krol, 40, who had been with the department since 2007, DPD Sgt.



State Representative Carl Sherman

Michael Smith, 55, who had been with the department since 1989, DPD Officer Patricio “Patrick” Zamarripa, 32, who had been with the department since 2011 and DART Officer Brent Thompson, 43, who had been with the department since 2009 and was the first DART officer to be killed in the line of duty since the department began in 1989.

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EDITORIAL PAGE

THE CONGRESSIONAL BLACK CAUCUS STATEMENT ON TRUMP'S ANNOUNCEMENT TO WITHDRAW FROM W.H.O.



CONGRESSIONAL BLACK CAUCUS

Washington, D.C. – The Congressional Black Caucus released the following statement on President Trump's announcement to withdraw from the World Health Organization (WHO):

"The move to withdraw from the World Health Organization (WHO) in the midst of a pandemic highlights this administration's gross mismanagement of this global health emergency and a complete abdication of international responsibility and leadership. As past administrations have done successfully before, we should be investing in our response capacity and rallying the entire world to respond in a unified fashion to the crisis before us. To abandon this international effort as our death toll continues to rise past 130,000 is abhorrent. What is required is a comprehensive, global response. The WHO plays a vital role in supporting and enforcing international health regulations, educating the public, and strengthening the ability of health systems to prevent, detect, and respond to outbreaks. Retreating from global health institutions at this time will only hinder our ability to fight the Coronavirus and put our national security and American lives at risk. This is the time to work with the international community to defeat this coronavirus. This is yet another attempt to shift the blame away from the administration's failure to adequately handle this crisis and listen to its own public health advisors."

CONGRESSWOMAN JACKSON LEE ENDORSES ROYCE WEST IN U.S. SENATE RACE

DALLAS--On Monday, Houston Congresswoman Sheila Jackson Lee endorsed Texas State Sen. Royce West in the July 14th Democratic Primary Runoff for United States Senate.

"Some electoral races are simply too important to not to be involved, and the Texas senatorial race is one of those races," Jackson Lee said. "It is without hesitation that I endorse Senator Royce West. He is a statesman and a true public servant of the highest order; he is also my friend," Jackson Lee said.

Jackson Lee noted that, at this critical moment in American history, Royce West is particularly suited to help solve the challenges facing our country. "Royce West authored and passed one of the first body camera laws in this nation. Body cameras have brought a great deal of transparency to the interactions between citizens and police. This is one reason the House of Representatives recently addressed body cameras in the Justice in Policing Act we recently passed," Jackson Lee noted.

"In addition, Royce West provided tremendous leadership in passing the James Byrd, Jr. Hate Crimes Act in Texas, as well as the state's racial profiling law," Jackson Lee continued.

"That level of experience with the issues facing our nation today is rare in a candidate for public office. Royce West is the man for this moment in history," Jackson Lee noted.

Congresswoman Jackson Lee also noted West had accomplished much for Texans, on other issues, during his tenure in the Texas Senate. "Royce has served in the Texas Senate since 1993 and is committed to progressive ideas," Jackson Lee said. "He is always well-versed on policy issues and he has worked on key legislation in the state including creating uniform college admissions applications for all students, increased funding for at-risk youth programs, worked to award greater compensation to victims of violent crimes, a vision to create the first public university and law school within the city of Dallas which helps college to be both affordable and accessible, among many other things," Jackson Lee noted.

"Senator West's work to establish new standards for childcare, his support of women's reproductive rights, comprehensive immigration reform, fair wages, common-sense gun legislation, institute more efficient uses of criminal justice resources by creating a system of sanctions and I know that he supports the George Floyd Justice in Policing Act of 2020, are all among the many reasons he has earned my support and Texans' votes," Jackson Lee continued.

West said he was honored by Jackson Lee's endorsement. "Congresswoman Sheila Jackson Lee is a leading force in criminal justice reform, women's rights and constitutional rights for Americans in the U. S. Congress, all issues that are close to my heart. I look forward to working with her to make change in Washington", West said.

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Rep. Sherman remembers anniversary of 2016 Dallas PD tragedy

Continued from Page 1

May this tragic event never be forgotten and a reminder to strive to change our culture and

contrition in this nation," Rep. Sherman added.

Sherman concluded "Texas leads the nation in the number of police officer fatalities in the line of

duty in 2019. Policing methods need to be reimagined to better protect officers and to restore faith in law enforcement.

"May these devastating

events be eradicated and may our country come together in a positive manner to determine solutions to end these types of t r a g e d i e s .

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P. 214-371-2024



Pastor Daryl R. Carter

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Morning Worship - 10:45 a.m.
Evening Worship - 7:00 p.m.



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Dallas, Texas 75215
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www.mountmoriahdallas.org

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Sammie Berry
Minister

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Sunday Bible School
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Sunday Worship
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7:00 p.m.


Wednesday Bible Class
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Early Worship 8:00 a.m.
Bible Classes 9:45 a.m.
Morning Worship 10:45 a.m.
Bible Classes 5:00 p.m.
Evening Worship 6:00 p.m.

WEDNESDAY
Devotional Service 6:30 p.m.
Bible Classes 7:00 p.m.

THURSDAY
Bible Class 11:00 a.m.
Support Groups 6:30 p.m.

A Journey Through the Gospel of St. John

"What A Well Of A Meeting"
St. John 4:1-6

As our discussion of this passage begins, it is apparent that the incessant opposition of the Pharisees to Jesus' popular ministry will not wane. In the previous chapter, the Jews had already despised the person of Christ (3:26), then they denounced His testimony (3:32); now, in this chapter, we find the Pharisees' arousing jealousy of the popular ministry of Jesus: a despised Nazarene, having a great following, even making and baptizing more disciples than John the

Baptist, though Jesus never baptized (4:1-3). Also, what is crystal clear in our passage before us is: "the callous indifference of the Nation of Israel to her neighbors, the Samaritans. Israel, who should have been a missionary nation to the poor, despairing and desolate Samaritans, despised the Samaritans. They allowed cultural and religious differences to be an issue in meeting the most crucial need of the Samaritan people. Israel was privileged and blessed with being a nation through whom God dispensed His revelation, yet she was callously indifferent to the spiritual need of the poor, despised and desolate Samaritans. But what about us today? We have God's revelation, and being God's chosen (elected) people today, are we sharing the word with the despised Samaritans of our day? We must

not forget that our spiritual condition before we became saved resembled this Samaritan adulteress that Jesus meets at Jacob's well. We must not allow our spiritual status of being saved preclude us in sharing the word with somebody who is devoid of spiritual life. In our mundane walk of life, we will come in contact with those who stand in dire need of hearing the gospel message (the death, burial and resurrection of Jesus Christ) I Corinthians 15:1-4. Our supreme example, Jesus Christ, did not allow cultural nor religious differences prevent Him from witnessing to the despised Samaritan woman. "What a well of a meeting" He had with this Samaritan outcast! After leaving Judea, to escape opposition from the Pharisees (v. 3), He departs to go into Galilee. But He did not take the route that a normal

orthodox Jew would take, for verse 4 states: "And He must needs go through Samaria." Again, He did not allow the prevalent prejudice situation between the pure Jews and the half-breeds (Samaritans) keep Him from meeting the greatest need of this Samaritan outcast. Jesus went straight through Samaria and there He sat upon a well, "and it was about the sixth hour" (4:4-6). In the bible, six is the number of man, and oh what a meeting it would be if man would only converse with God who has the remedy to meet his or her deepest need! May God truly bless!

by **Rev. Johnny C. Smith**
Editorial Columnist



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COVID-19 RELIEF DRIVE SERVED 175,000 lbs OF GOODS

In one of Dallas' food deserts, The Chris Howell Foundation distributed food and PPE essentials

DALLAS (July 3, 2020) — 175,000 pounds of fresh produce, protein, and PPE care kits were distributed to local Dallas families by The Chris Howell Foundation (CHF), in partnership with Skyline Ranch this past Saturday, June 27.

As the number of coronavirus cases rise across the state and many families suffer the economic impact of business shut-downs, access to food is critical and PPE items are essential.

CHF, at its recent stop along a series of COVID-19 Community Relief Drives, served 3,000 families in one of Dallas' food deserts. The location was Skyline Ranch on E. Wheatland Road in Dallas.

Volunteers distributed 7,000 boxes that included food as well as masks, difficult to secure hand sanitizers and soaps that made up the PPE care kits.

The next drive is Saturday, July 11 in Ft. Worth in partnership with Texas Capital Bank and Services of Hope. CHF is inviting volunteers to lend their hands and hearts at

the additional drive-thru events, planned through August.

Upcoming Schedule of CHF COVID-19 Relief Drives:

- **Saturday, July 11, 2020** – Ft. Worth
10am CT to 2pm CT:
1301 Evans St., Ft. Worth, TX 76104
Partners: Texas Capital Bank and Services of Hope
 - **Saturday, August 1, 2020** - Dallas Back-to-School Drive
10am CT to 2pm CT:
Skyline Ranch 1801 E. Wheatland Road Dallas, Texas 75214
Partner: Skyline Ranch
 - **Saturday, August 22, 2020** – Ft. Worth Back-to-School – (Location TBD)-
10am CT to 2pm CT
- These events are expected to continue to serve thousands of families, each. Volunteers and partners are invited.
- To help vulnerable families get back on their feet during the COVID-19 pandemic or for more information, visit www.chrishowellfoundation.org.

OP-ED: Black People Suffer Disproportionately from Dementia Crisis



By Dr. Lucille Ridgill

Its increasing toll is also due to untreated or inadequately treated hypertension and diabetes causing vascular dementia. This occurrence is due to the progressive destruction of the vascular supply. The disease progresses slowly so that family members and physicians are shocked when it becomes apparent.

Unfortunately, there's not much you can do to prevent Alzheimer's at this time, but you can check your glucose and blood pressure regularly and take anti-hypertensive and diabetes medications as prescribed to delay or prevent vascular dementia. It is important to make sure family members understand their susceptibility and take action as necessary.

Alzheimer's disease (the most common type of dementia) is the 6th leading cause of death among White people, but the 4th leading cause of death for Black people like me. The Black population age 65+ is projected to more than double in size in the next 10 years, which means dementia diagnoses in our community also could more than double in number. Dementia is called a "silent epidemic" among Black people because many of us refuse to acknowledge or discuss this horrific disease. As a physician who has a close family member who was recently diagnosed with dementia, I feel the great loss of the ever-decreasing communication with my loved one and that is very painful.

See Page 6



I CAN'T STAY HOME BUT I CAN STAY SAFE.

Don't bring home COVID-19 to your family:

- Wash your hands often or use hand sanitizer.
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Trump pushes state, local leaders to reopen schools in fall

By COLLIN BINKLEY

President Donald Trump launched an all-out effort pressing state and local officials to reopen schools this fall, arguing that some are keeping schools closed not because of the risks from the coronavirus pandemic but for political reasons.

"They think it's going to be good for them politically, so they keep the schools closed," Trump said Tuesday at a White House discussion on school plans for the fall.

Dr. Robert Redfield noted that COVID-19 cases tend to be mild in young people, adding that the greatest risk is transmission from children to more vulnerable populations. He said the CDC encourages all schools to reopen with customized plans to minimize the spread of the coronavirus while giving students access to school services.

"It's clear that the greater risk to our society is to have these schools close," Redfield said. "Nothing would cause me greater sadness than to see any school district or school use our guidance as a reason not to reopen."

The Centers for Disease Control and Prevention has sent mixed signals on the issue, saying students should return to the classroom but also noting that virtual classes present the lowest risk of COVID-19 spread. Speaking at Trump's event, however, the agency's director said unequivocally that it's better for students to be in school than at home.

SPORTS/LOCAL NEWS PAGE

7 Day Weather Forecast for DFW

Thursday, July 9

H - 94°
L - 75°

Friday, July 10

H-96°
L-78°

Saturday, July 11

H-100°
L-78°

Sunday, July 12

H-98°
L-78°

Monday, July 13

H-98°
L-78°

Tuesday, July 14

H-98°
L-76°

Wednesday, July 15

H-96°
L-75°

NFL Will Play Black National Anthem at Games



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By **Stacy M. Brown**,
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When Colin Kaepernick took a knee during the playing of the national anthem to bring awareness to social and other injustices faced regularly by Black and Brown individuals in America, the

National Football League, President Donald Trump, and others wrongly associated the quarterback's actions as a protest against the U.S. flag and the nation's military.

In the aftermath of the police killing of George Floyd, protests and demonstrations have awakened America and most of the world to the

plight of African Americans who long have suffered injustice, inequality, and an overall lack of understanding.

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"The league taking the opportunity to play "Lift Every Voice and Sing"

(the Black national anthem) is sweet. It's a great way to honor those who started this movement year and years ago," tweeted Jacksonville Jaguars wide receiver Chris Conley.

"For those who aren't familiar with it, this song seeks to remind us of our past as a country and to strive to be better. It speaks to all of us, not just Black people, even tho it became a rallying cry for Blacks in the Jim Crow era. It is a beautiful message birthed from pain," Conley added.

"To those claiming the song is derisive, I ask which part? Much like America the Beautiful is played to honor, this song is the same. It's isn't for "just Black people" it's for all who acknowledge the past and press toward a

better future."

As noted in Sports Illustrated, Lift Every Voice and Sing has an extensive history since its first inception as a poem in 1899. According to the NAACP, its lyrics were penned by writer and NAACP leader James Weldon Johnson (a Jacksonville native). It was eventually adopted for music by his brother, John Rosamond Johnson. Years later, it was adopted by the NAACP as the organization's official song.

According to the NAACP, the song was first performed in Jacksonville at a school where James Weldon Johnson was the principal. As part of a celebration of Abraham Lincoln's birthday on February 12, 1900, Lift Every Voice and Sing

was publicly performed by 500 school children at the Stanton School.

The NFL has recently acknowledged it was wrong in how it handled Kaepernick, who has mostly been black balled from the game. Commissioner Roger Goodell has said he now would encourage teams to sign the former Super Bowl quarterback.

Because Goodell has reversed course and said he would allow kneeling, the league came under enormous criticism from President Donald Trump, who now is calling for a boycott of the NFL.

Sen. Ted Cruz called the decision to play the Black National Anthem "asinine," further fueling racial tensions that have already boiled over since the Floyd killing.



By **HELEN GIDDINGS**,
former Texas State
Representative

The emergence of the devastating Covid-19 crisis has forced every nation and people everywhere to recognize our interconnectedness. This Coronavirus pandemic has shifted the way we live, communicate and do business. It has cost many people their livelihoods and, as of May 28, 2020, infected almost 6 million people globally. Still growing, the heart-breaking number of deaths is more than 350,000, to date. Indeed, all of us are left with an indelible mark and forced to actively adjust financially, psychologically, and emotionally. The impact would have been greater but for the dedication, courage and resilience of so many. We all recognize Covid-19 is brutal and is challenging us in ways we never could have imagined in our lifetime. Although every ethnicity and demographic has been catastrophically affected by this disease, the elderly and people of color lead as the greatest impacted.

In addition, no popula-

tion in the racial identity spectrum has been hit harder than African Americans, who make up 13.4 percent of the US citizenry. According to recent national reports, African Americans are dying at three times the rate of whites. While these numbers are greatly disturbing, they are, unfortunately, not entirely surprising. For some time now in Texas, we have been well aware of significant health disparities between Caucasians in contrast to African Americans and U.S. Hispanics. Perhaps not coincidentally, the legislative policies have a direct impact on the support that addresses those concerns.

In 1989, the late State Representative Fred Blair passed legislation to create the Council on Minority Health Affairs. This interagency committee held statewide hearings to gather information and bring attention to the discrepancies in health services between whites and people of color. Those hearings led Mr. Blair to the creation of the Texas Office of Minority Health. Although made with heroic stride, unfortunately, he

was unable to obtain an appropriation to fund the office. In 1993, during my first year in the Texas Legislature, I picked up his mantle and successfully authored legislation funding the Office of Minority Health (OMH). Over the years, several legislators, most notably, Representative Garnet Coleman and former State Representative, Dawnna Dukes, continued leading efforts to stabilize and strengthen the OMH. In 2017, partisanship ruled the day and legislators dismantled the Office. They, instead, chose to withhold funding and ignore the need to collect data that could lead to improving the health status of people of color.

It is time to honor the facts, reinstate funding and reinvent the Office of Minority Health. A serious dissecting of the evidence will certainly reveal how lack of access to healthcare, socio, and economic inconsistency factor in the Covid-19 crisis; showing those most impacted by the virus are often uninsured or have inadequate coverage. An even more comprehensive analysis would not only

show how difficult it is to manage diabetes, heart disease, high blood pressure and other illnesses, but to do so without health insurance. Many African Americans who fell ill or died have poor working conditions and are essential/service workers who seldom have the option to work remotely. These individuals often work in crowded environments and rely on public transportation; where social distancing is difficult, inevitably increasing their risk of Covid-19 exposure.

There are a host of unanswered questions regarding the treatment of African Americans during this pandemic. Were African Americans insensitively turned away for testing and/or treatment? Are these experiences real? Did ambulances refuse to transport them? Questions like these are posed, as many credible research studies have validated that medical treatment for people of color is so often disproportionately different from that of whites who present the same symptoms. The multi-layered reminders mirroring the intent and

devastation of the Tuskegee Syphilis Experiment conducted on African Americans by the United States Public Health Service from 1932 to 1972 ruminates in our hearts and minds.

At the surface, these issues may appear to be solely African American. But, they are the whole of American issues; they penetrate to the soul of who we are. Yes, Texas needs a healthy economy. Conversely, we need a full workforce that is robust, productive and can not only get us there, but allow us to thrive through the next level.

Maternal and infant mortality, diabetes, heart disease, and high blood pressure are only some illnesses that ravage the African American community as a byproduct. Social and economic imbalances and their effects -- low-income worker conditions, a desert of nutritional foods availability that often create reliance on fast foods, coupled with lack of transportation to get to medical appointments-- must be addressed. Billions of dollars that should help to take care of

Texas who suffer mild to severe health challenges are being unrightfully redirected to other states.

Governor Greg Abbott created the Supply Chain Strike Force to provide medical solutions to contain Covid-19. He similarly created a Strike Force for recommendations on reopening the economy. To implement a Governor appointed task force for a more all-encompassing healthcare and truly bring balance to health incongruity could make a significant difference in the advancement of Texas. Wise and nonpartisan leadership is the portal for which true change can occur. There is a great need to address bias that hinders wholesome patient and provider engagement for everyone. Accountability is essential. Communication is crucial. Action towards a structure that acknowledges the breadth of humanity as an undeniable oneness, while simultaneously embracing the importance of properly dispersing resources accordingly, would just make good sense.

What do you say... Governor?

BLACK IS KING

A Film by Beyoncé



A new visual album written, directed and executive produced by Beyoncé is on its way.

Black Is King will celebrate Black resilience and culture, and premiere globally on Disney+ on July 31, according to a press release. The album is based on the music of The Lion King: The Gift, the Beyoncé-curated

soundtrack album for the Lion King animated remake released last July, in which she voiced the character of Nala.

"The visual album from Beyoncé reimagines the lessons of The Lion King for today's young kings and queens in search of their own crowns," reads the statement from Disney and from

Beyoncé's company, Parkwood Entertainment.

The film, which was in production for one year, will star the album's featured artists as well as special guest appearances. A minute-long teaser video is available on Beyoncé's website.

The press release says the album honors the voy-ages of Black families

throughout time, and tells the story of a young king's journey through betrayal, love and self-identity. Guided by his ancestors, father and childhood love, he earns the virtues needed to reclaim his "home and throne."

"These timeless lessons are revealed and reflected through Black voices of

today, now sitting in their own power," it reads. Black Is King "is an affirmation of a grand purpose, with lush visuals that celebrate Black resilience and culture. The film highlights the beauty of tradition and Black excellence."

The announcement comes on the heels of Beyoncé's latest surprise,

a single called "Black Parade" that she released on Juneteenth. She announced on her website that proceeds from the song will benefit Black-owned small businesses in need through her BeyGOOD initiative.

"Black excellence is a form of protest," the post said. "Black joy is your right."

BACK TO SCHOOL

MLK Back to School Drive-Thru Festival

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MLK, JR. COMMUNITY CENTER
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REGISTER VIA EVENTBRITE: JULY 6-JULY 31
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-REGISTRATION IS REQUIRED-

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OP-ED: Black People Suffer Disproportionately from Dementia Crisis

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Failure to do so can lead to delayed medical care and caregiver burnout of family members.

That's why it is important for Black people to use "Alzheimer's And Brain Awareness Month" as inspiration to remedy this situation.

One major reason Black people suffer disproportionately from Alzheimer's is we are underrepresented in dementia research, in part because many of us are unwilling to donate our brains to research or participate in brain studies due to distrust of the medical system. The good news is that this problem

is dissipating as more physicians and health care workers of color enter the healthcare system.

Another reason is Black people suffer disproportionately from diseases linked to a higher risk of dementia, including high blood pressure and type 2 diabetes. It is no coincidence that two-thirds of my Medicare patients (67%) suffer from vascular and Alzheimer's disease, 71 percent have diabetes and 75 percent have high blood pressure.

The Black community must demand that lawmakers significantly increase financial resources to reduce dementia among people of color, but we also must

take personal responsibility for improving our eating habits and lifestyle to reduce our susceptibility to it. If fresh fruits and vegetables are not available where you live, you can buy them at the increasingly available farmers market or grow them in your own garden, increasing your exercise activity, while providing you with good, healthy food.

However, since dementia is incurable, we also must do advance planning for the care we would want in case we get dementia, so we don't have to suffer needlessly by involuntarily receiving treatments we don't want to artificially extend our

life during the last, most debilitating stages of dementia. For example, when we have lost everything that matters to us: the memory of loved ones, of our life, our identity, and the ability to speak.

In fact, people with dementia may endure implanted defibrillators, mechanical ventilation, feeding tubes, and other invasive interventions—all given with the intention to extend life—but often at a cost of diminished quality of life and prolonged suffering.

Dr. Lucille Ridgill is an internist and primary care provider for adults in Rancho Palos Verdes, CA.

Edited for space

Free virtual summer camp starts July 13! Weekly activities for ages 7-12!



Dallas Park and Recreation is offering a FREE live virtual camp for ages 7-12!

Camp times are 1-3 p.m. Monday-Thursday starting July 13 to August 13. Space is limited to 75

participants! Sign up for all five weeks today!

Go to <https://tinyurl.com/ybqsd9nz>

Visit DallasParks.org for details!



Credo of The Black Press

The Black Press believes that America can best lead the world away from racial and national antagonisms when it accords to every person, regardless of race, color or creed, full human and legal rights. Hating no person, fearing no person, the Black Press strives to help every person in the firm belief that all are hurt as long as anyone is held back.

Mary Trump's book offers scathing portrayal of president

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She writes that his sister Maryanne Trump did his homework for him but couldn't take his tests and he worried his grade point average, which put him far from the top of the class, would "scuttle his efforts to get accepted" into the Wharton School of the University of Pennsylvania, where he transferred after two years at Fordham University in the Bronx.

"To hedge his bets he enlisted Joe Shapiro, a smart kid with a reputation for being a good test taker, to take his SATs for him," she writes, adding, "Donald, who never lacked for funds, paid his buddy well." White House spokesperson Sarah Matthews called the allegation "completely false."

Mary Trump also writes, in awe, of Trump's ability to gain the support of prominent Christian leaders and white evangelicals, saying: "The only time Donald went to church was when the cameras were there. It's mind boggling. He has no principles. None!"

She says that, as a child, Donald Trump hid favorite toys from his younger brother and took juvenile stunts — like Fred Jr. dumping a bowl of mashed potatoes on his then-7-year-old head — so seriously that he harbored resentments even when his eldest sister, Maryanne, brought it up in her toast at his White House birthday dinner in 2017.

She paints Trump, who often called her "Honeybunch," as a self-

centered narcissist who demanded constant adulation — even from his family — and had little regard for family members' feelings. Trump's crude rhetoric on the campaign trail, she said, was nothing new, reminding her "of every family meal I'd ever attended during which Donald had talked about all of the women he considered ugly fat slobs or the men, usually more accomplished or powerful, he called losers."

The book is, at its heart, a lengthy psychoanalysis of the Trump family by a woman trained in the field, who sees the traits of her uncle that critics despise as a natural progression of behaviors developed at the knees of a demanding father. For Donald Trump, she writes, "lying was defensive —

not simply a way to circumvent his father's disapproval or to avoid punishment ... but a way to survive."

Publisher Simon & Schuster announced Monday that it would be publishing the book two weeks early, on July 14, after a New York appellate court cleared the way for the book's publication following a legal challenge.

Mary Trump wrote that she considered speaking out against her uncle at various times, including the summer of 2016, but was reluctant to do so for fear of being "painted as a disgruntled, disinherited niece looking to cash in or settle a score."

After the events of the last three years, she writes, "I can no longer remain silent."