

# A Five Hundred Year Old Shared History



By Stacy M. Brown, NNPA Newswire Correspondent @StacyBrownMedia

The transatlantic slave trade is often regarded as the first system of globalization and lasted from the 16th century through much of the 19th century. Slavery, and the global political, socio-economic and banking systems that supported it, constitutes one of the greatest tragedies in the history of humanity both in terms of scale and duration.

The transatlantic slave trade was the largest mass deportation of humans in history and a determining factor in the world economy of the 18th century where millions of Africans were torn from their homes, deported to the American continent and sold as slaves, according to the United Nations Educational, Scientific and

Cultural Organization - or UNESCO.

The transatlantic slave trade that began about 500 years ago connected the economies of three continents with Spain, Portugal, the Netherlands, England and France acting as the primary trading countries.

"The transatlantic slave trade transformed the Americas," wrote Dr. Alan Rice, a Reader in American Cultural Studies at the University of Central Lancashire in Preston in the United Kingdom.

"Three factors combined to cause this transformation. Large amounts of land had been seized from Native Americans and were not being used," Rice said. "Europeans were looking for somewhere to invest their money and very cheap labor was available in the form of enslaved Africans [thus] the Americas became a booming new economy." The transatlantic slave trade also formed an essential bridge between Europe's New World and its Asia trade and, as such, it was a crucial element in the development of the global economy in the 18th century, Professor Robert Harms wrote for Yale University's "Global Yale."

Harms, a professor of History at Yale and chair of the Council on African Studiescontinued:

"There was one basic economic fact – little noticed by historians – that provides the key to the relationship between the direct trade and the circuit trade.

"When a French ship arrived in the New World with a load of slaves to be bartered for sugar, the value of the slaves equaled about twice as much sugar as the ship could carry back to France. For that reason, the most common form of slave contract called for fifty percent of the sugar to be delivered immediately and the remainder to be delivered a year later.

"The second delivery carried no interest penalty, and so the slave sellers were in effect giving the buyers an interest-free loan." In total, UNESCO estimates that between 25 to 30 million people — men, women and children — were deported from their homes and sold as slaves in the different slave trading systems.

More than half – 17 million – were deported and sold during the transatlantic slave trade, a figure that UNESCO historians said doesn't include those who died aboard the ships and during the course of wars and raids connected to the slave.

The trade proceeded in three steps. The ships left Western Europe for Africa loaded with goods which were to be exchanged for slaves.

Upon their arrival in Africa, the captains traded their merchandise for captive slaves. Weapons and gun powder were the most important commodities but textiles, pearls and other manufactured goods, as well as rum, were also in high demand.

The exchange could last from one week to several months. The second step was the crossing of the Atlantic. Africans were

transported to America to be sold throughout the continent. The third step connected America to Europe.

The slave traders brought back mostly agricultural products, produced by the slaves. The main product was sugar, followed by cotton, coffee, tobacco and rice.

**Continues on Page 3** 

Dallas Singer-Songwriter Clayton Morgan Tops iTunes Canada Chart

# LUNG CANCER RESEARCH



"Morgan appears to be on his way to soaring to new heights" – **Markus Druery, Neufutur Magazine** "It's been several days. It's been several hours. It's

been a long time. I still have this song stuck in my head" – **Gustave Carlson, Vents Magazine** "Clayton Morgan warms up his listeners with a hot

and spicy track" – Mindy McCall, NoDepression Magazine

It's been quite a summer for Dallas r&b/soul/dance singer-songwriter Clayton Morgan. His critically acclaimed single, "Taste For Love" were released on June 29th, 2018. The remixes and official music video dropped on July 16th. Since then, the video has been named as an Indie Best Videos Festival Selection, and the single has been racking up airplay, charting on the Airplay Today charts.

Now, one of the remixes, "Taste For Love (Deep House Remix)" has topped the iTunes Canada Electronic Songs chart. The track reached the pole position on Thursday, September 13th, ahead of releases by Thom Yorke, Major Lazer, and FatBoy Slim.

"Yes, monumental! Omg! This is great news!" said Clayton, upon hearing of his #1 status. "Thank you to a blassing"

all of the fans for supporting this track. What a blessing."

**ABOUT CLAYTON MORGAN:** Based in Dallas, TX, Clayton Morgan released his critically acclaimed single, "Taste For Love" back in June. The son of Four Sonics member, Eddie Daniels, Morgan has proven to be one of the most original and talented new artists to come out of the area, this year. Music played a big role in Clayton Morgan's upbringing, both at home and at school. Clayton was regularly part of school musicals, choir groups and drama clubs. Outside of school, he always looked up to his father as his mentor and was also heavily influenced by a wide range of singers, including Michael Jackson, Janet Jackson, Prince, Madonna and Whitney Houston, to name a few. All of these ingredients combined, have no doubt, been the main contributing factor toward Clayton's unique and authentic vocal style.

For more information, please visit http://www.claytonmorgan.com http://www.claytonmorgan.com/ https://twitter.com/claymorganmusic

https://www.facebook.com/ClaytonMorganMusic https://soundcloud.com/user-340267820

### FOUNDATION'S DALLAS FREE TO BREATHE WALK TAKES PLACE IN DALLAS, TX SATURDAY, OCTOBER 20, 2018



**Dallas, TX** – Dallas residents are taking a giant step forward in the fight against lung cancer, participating in the Lung Cancer Research Foundation's Dallas Free to Breathe Walk. On Saturday, October 20, 2018, hundreds of local residents and members of the lung cancer community will hit the pavement for a 2-3 mile walk starting at the Ronald Kirk Pedestrian Bridge, then enjoy a leisurely stroll along the Trinity River, all in an effort to help raise lung cancer awareness and increase research funding for this deadly disease. "Lung cancer is the number one cause of cancer death not only here in the US, but around the world," says Brendon M. Stiles, MD, Lung Cancer

Research Foundation Board Chair. "This is the eighth year we've gathered in Dallas to fight lung cancer as a community. And together, we are making a difference by funding research that has the potential to improve outcomes for those affected by lung cancer."

Check-in for the event will open at 10am. The rally will begin at 10:45am, and will include inspirational messages from patients, survivor's and medical professionals that are leading the way in the fight against lung cancer. The walk will start at 11am.

Funds raised from the Dallas Free to Breathe Walk benefit the Lung Cancer Research Foundation and its mission to improve lung cancer outcomes by funding research for the prevention, diagnosis, treatment and cure of lung cancer. This support directly impacts the Lung Cancer Research Foundation's ability to fund lung cancer research through its Scientific Grant Program.

The Lung Cancer Research Foundation funds basic, clinical and translational lung cancer research, all aimed at improving lung cancer outcomes. To date, the organization has awarded 348 research grants, totaling \$31 million.

There is no fee to register for the Lung Cancer Research Foundation's Dallas Free to Breathe Walk. Anyone who raises \$100 or more will earn an official event t-shirt. To register and begin fundraising, visit lcrf.org/dallas.

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By 2020, 65 percent of all jobs will require postsecondary education and training beyond high school. Previously, courses teaching higher-order thinking skills like critical thinking and problem solving were reserved for the economically advantaged and "gifted and talented."

The federal government has a responsibility to invest in the success of every student. The Every Student Succeeds Act (ESSA) requires that acquisition of those higher-order thinking skills be the standard for every student but your involvement is needed to make those requirements realities.

To learn more about ESSA and how you can get involved, visit www.nnpa.org/essa.

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# EDITORIAL PAGE

## Is Landmark Commission & Postcard Sale of Southern Dallas Conjoined? Part A

My Day

By Dr. J. Ester Davis

Landmark Commissions really do what? What is the difference between landmark and historic?

Or the word preservation? I wonder about historic preservation versus demolition permits versus maintenance, upgrading, progress of a neighborhood. Please pay attention folks. The real concern . . . is it a form of cultural sabotage? Now hold that point. Are the residents of Southern Dallas who are still in their homes, occupied by the first generation or subsequent ones, being treated with the due process that represents the future? The future of black homeownership in America? My opinion sense wonder is clear. Are the Landmark Commission and the endless post cards received in the mail by certain zip codes conjoined at the hip, head and backbone in the sale/promotion of Southern Dallas around the world? A lot to unpack here. Let's start this week with the Landmark Commission.

The basic idea creating historic districts and the other names that followed was to preserve the character and identify of an area for the future. The Hamilton Park Historic District in North Dallas is well documented. It was an area set aside for African Americans soldiers returning home from World War II. It has been reserved not so much by commissions, but by the determined civic- minded occupants and their descendants. History further documents that other areas of the City of Dallas have/had the same historic value and identify. For instance, Forest Avenue Hospital, built by black doctors in Southern Dallas because they could not practice medicine in the white hospitals still resonates deep in the hearts of African American Dallasites.

According to some voting neighbors and neighborhoods, especially in Southern Dallas, the Landmark Commission for the City of Dallas has a checkered past. It operates as a bogus, pseudo, quasi judicial body belaboring the review process for installation of gutters, solar panels, windows and door screens of some homes in the Southern Dallas area, while the rest of us receive postcards in the mail to buy our homes. . . because you are a "good candidate for our acquisition needs". Or my favorite postcard:

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Think about this. The Landmark Commission requires an application for alterations to existing historic landmark properties. Any home that qualifies for both landmark and historic, not to mention preservation of... is going to need regular maintenance... which dictates substantial labor cost not to mention a litany of bureaucracy partners from appropriation-ness to inspection staff to a consensus definition of enhanced and perpetuated structure.

Questions for the Landmark Commission contact your city council person or 214.671.9260. We are interested in the number of postcard sale notices you are receiving in the mail.

Ester Davis, Writer. Producer. Speaker. BlogTalkRadio.com Email: estyler2000@aol.com

# A Five Hundred Year-Old Shared History

#### Continued from Page 1

The circuit lasted approximately eighteen months and, in order to be able to transport the maximum number of slaves, the ship's steerage was frequently removed, historians said.

Many researchers are convinced that the slave trade had more to do with economics than racism. "Slavery was not born of racism, rather racism was the consequence of slavery," historian Eric Williams wrote in his study, "Capitalism & Slavery."

"Unfree labor in the New World was brown, white, black, and yellow; Catholic, Protestant, and pagan. The origin of Negro slavery? The reason was economic, not racial, it had to do not with the color of the laborer, but the cheapness of the labor," Williams said.

Also, contrary to "the popular portrayal of African slaves as primitive, ignorant and stupid, the reality is that not only were Africans skilled laborers, they were also experts in tropical agriculture," said editor and social media and communications expert, Michael Roberts.

In a dissertation for op-ed newsearlier this year, Roberts said, Africans were well-suited for plantation agriculture in the Caribbean and South Also, the high immunity of Africans to malaria and yellow fever, compared to white Europeans and the indigenous peoples of the Caribbean and South America, meant Africans were more suitable for tropical labor. "While Native Americans' labor were initially used, Africans were the final solution to the acute labor problem in the New World," Roberts said. "The slave trade was one of the most important business enterprises of the 17th century. The undisputed fact is that the nation states of Europe stabilized themselves and developed their economies mainly at the expense of millions of Black African people," he said. During the 16th Century, when Europeans first made regular contact, West Africa had highly developed civilizations and Africans were keen to trade their gold, silver, copper, Ivory and spices for European pots, pans, cloth and guns. However, Europeans soon became more interested in exploiting the people of Africa and forcing them into slave labor. Most of the slaves were taken from the West coast, but some were kidnapped further inland from the interior. "The biggest lesson to be learned from this dark and evil chapter in human history is that exploiting fellow humans for cheap labor never pays off in the long run," said Pablo Solomon, an internationally recognized artist and designer who's been featured in 29 books and in newspapers, magazines, television, radio and film. "The acts of using fellow humans as beasts of burden to save a few bucks always ends up costing more in the long run both in real money and in societal decay," Solomon said.

tion of enslaving anyone. They were mainly interested in the trade in Atlantic products like salt, sugar, wax and dye wood. At the beginning of the 17th century, however, the Dutch established small plantation colonies on the coast of Guyana, the area between the Orinoco and Amazon rivers," he said.

"Most of the early settlements were populated with Dutch colonists and a few indigenous slaves. The Dutch embraced the slave trade and slavery on a large scale for the first time in Brazil."

The slave trade also brought a great deal of wealth to the British ports that were involved.

Researchers noted the count of slaves and slave ships that came through the main British ports in 1771, when the average working person earned \$35 in British currency per year and a single slave in good condition could be sold in the Caribbean for \$25.

Liverpool had 107 ships and transported 29,250 slaves, historians noted.

London had 58 ships carrying 8,136 slaves while Bristol had 23 ships that transported 8,810 slaves.

Additionally, researchers said Lancaster had 4 ships that transported 950 slaves.

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"Any rationalization of misusing fellow humans is both evil and ignorant," he said.

One aspect of the transatlantic slave trade that would greatly enhance its understanding is that the English began to enslave and export Irish persons to the Caribbean in the time of Oliver Cromwell, said Heather Miller, an educator and writer with expertise in the teaching of reading and writing, who holds graduate degrees from Harvard and MIT.

Cromwell was known for his campaign in Ireland that centered on ethnic cleansing and the transportation of slave labor to the Barbados.

"Irish enslaved persons worked alongside African enslaved persons in the Caribbean," Miller said.

However, historians generally agree that the most cruel and exploitative people have been the African.

"From the moment when Europeans took their slaves from a race different from their own, which many of them considered inferior to other human races, and assimilation with whom they all regarded with horror, they assumed that slavery would be eternal," historian Winthrop D. Jordan wrote in his dissertation, "White Over Black: American Attitudes Toward the Negro."

While tribal leaders assisted in the capturing of some African slaves, its without any doubt that foreigners were overwhelming the most egregious in their pursuit of men, women and children who would be placed in the horrors of forced labor and inhumane treatment.

The transatlantic slave trade would become the largest forced migration in history.

It started at the beginning of the sixteenth century and, until the mid-17th century, Spanish America and Portuguese Brazil were the major slave markets for European slave traders.

The Dutch participation in the transatlantic slave trade started in the 1630s and ended at the beginning of the nineteenth century, according to Henk den Heijer, professor emeritus in Maritime History at the Leiden University in Germany.

During that period, the Dutch shipped 600,000 Africans to the colonies in the New World.

"Initially, the Dutch were against slavery which was considered to be a catholic heresy. This antislavery point of view can be easily explained," den Heijer said.

"Dutch seafarers first ventured across the Atlantic without the inten-

From 1791 to 1807, British ships carried 52 percent of all slaves taken from Africa while, from 1791 to 1800, British ships delivered 398,719 slaves to the Americas.

While it was the British who stood as the most progressive couriers of whatever was transported through the sea, many other countries chartered ships and descended upon African nations to capture slaves.

Ships sailed to Africa loaded with guns, tools, textiles and other manufactured goods and crews with guns went ashore to capture slaves and purchase slaves from tribal leaders.

Slave ships spent months travelling to different parts of the coast, according to historians who described the devastation on a webpage titled The Transatlantic Slave Trade.

Captives were often in poor health from the physical and mental abuse they suffered.

The air in the hold was foul and putrid, according to historians.

From the lack of sanitation, there was a constant threat of disease. Epidemics of fever, dysentery and smallpox were frequent. Captives endured these conditions for months. In good weather the captives were brought on deck in midmorning and forced to exercise.

They were fed twice a day and those refusing to eat were force-fed.

Those who died were thrown overboard. The combination of disease, inadequate food, rebellion and punishment took a heavy toll on captives and crew.

Surviving records suggest that until the 1750s, one in five Africans on board ship died.

At least two million Africans – 10 to 15 percent – died during the infamous "Middle Passage" across the Atlantic.

Some European governments, such as the British and French, introduced laws to control conditions on board. They reduced the numbers of people allowed on board and required a surgeon to be carried.

The principal reason for taking action was concern for the crew, not the captives, historians said.

The surgeons, often unqualified, were paid head-money to keep captives alive. By about 1800 records show that the number of Africans who died had declined to about one in 18.

When enslaved Africans arrived in the Americas, they were often alone, separated from their family and community, unable to communicate with those around them.

"When we arrived, many merchants and planters came on board and examined us. We were then taken to the merchant's yard, where we were all pent up together like sheep in a fold," according to a published description from "The Interesting Narrative of the Life of Olaudah Equiano."

"On a signal the buyers rushed forward and chose those slaves they liked best."

Sold, branded and issued with a new name, the enslaved Africans were separated and stripped of their identity.

In a deliberate process, meant to break their will power and make them totally passive and subservient, the enslaved Africans were "seasoned," which meant that, for a period of two to three years, they were trained to endure their work and conditions – obey or receive the lash.

It was mental and physical torture.

"The anniversary of the Transatlantic Slave Trade needs to be marked in some way, not celebrated, but recognized and memorialized because of the effects this decision had then that still affects the world today," said Dr. Jannette Dates, dean emerita at the School of Communications at Howard University in Washington, D.C.

"The Black Press continues to play its historic role in keeping issues of significance to African Americans in the forefront for black people's awareness, knowledge and better understanding of our history," Dr. Dates said.

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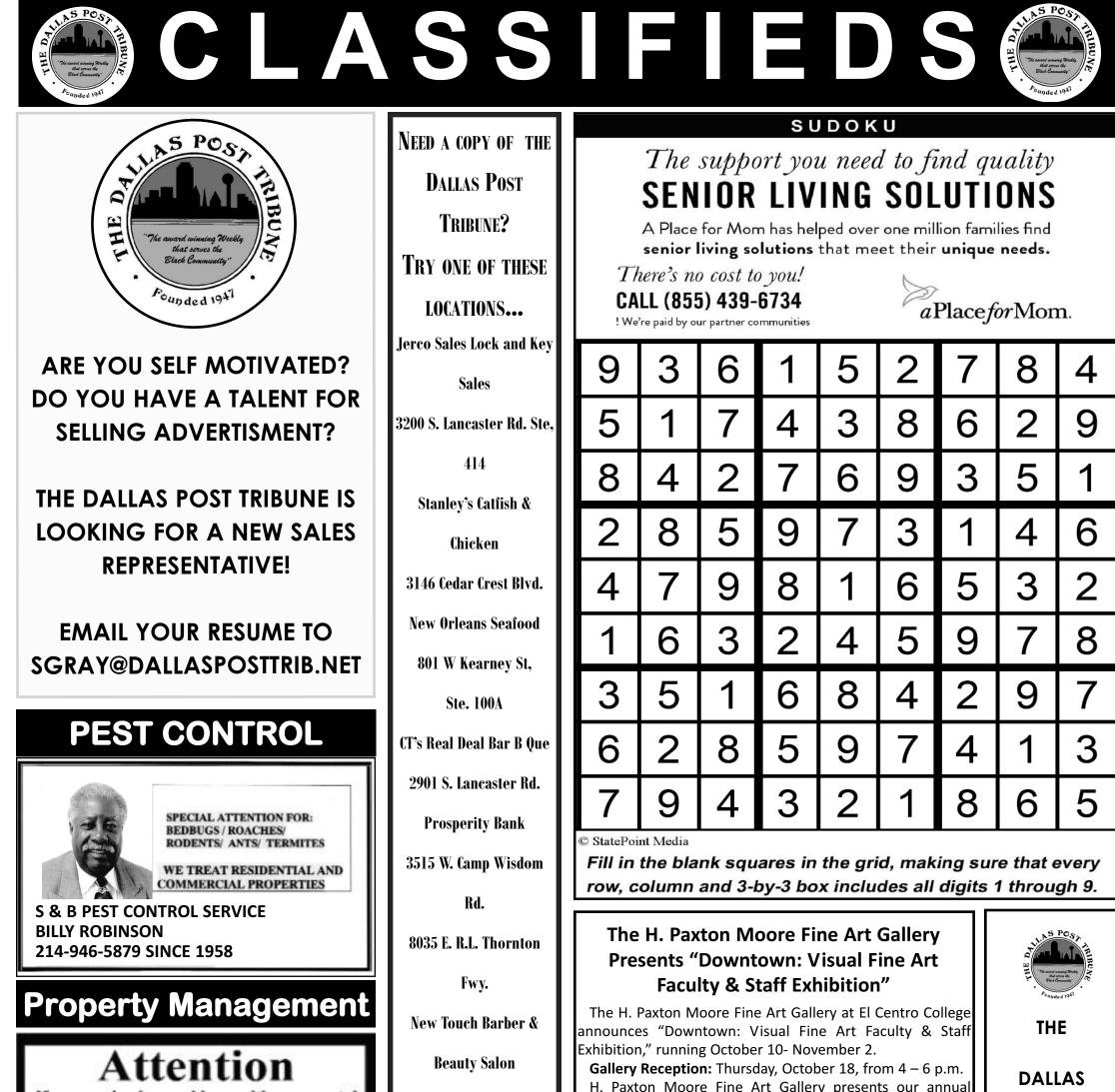
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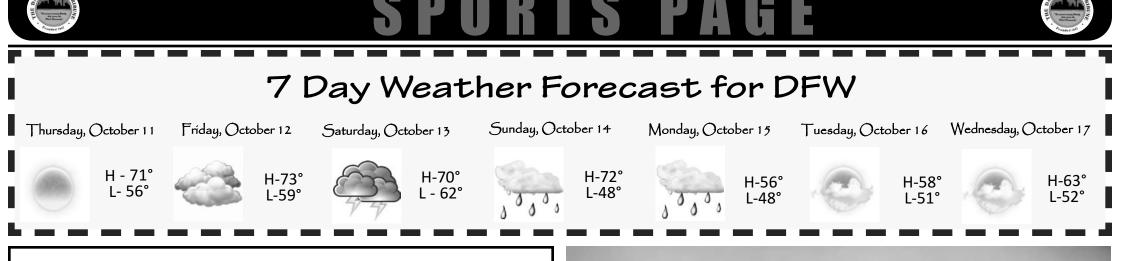
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Page 5



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### Big receivers making the big plays for No. 9 Texas



AUSTIN, Texas (AP) — Facing third-and-long, Lil'Jordan Humphrey caught a quick pass on a play designed to get Texas a few yards.

Then came a load of Longhorns teammates. Next came the surge.

With his legs churning and Texas pushing, Humphrey and the Longhorns moved the pile another 10 yards. The play picked up 19 yards, Texas converted on 4th-and-2 and finished the drive with a touchdown that would prove critical in a 48-45 win over Oklahoma.

Coach Tom Herman called it "the play of the game."

"It was a snapshot, a demonstration of our culture of toughness, our culture of not giving up," Herman said.

It was also the latest big play from Humphrey and Collin Johnson, two giants on the outside who have given Texas some of the biggest moments and touchdowns in a 5-1 start that has catapulted the Longhorns to the top of the Big 12 and their first top 10 ranking since 2010. Texas hosts Baylor on Saturday.

"I feel like we're one of the best receiver groups in the nation," Humphrey said. "We can't be stopped at times, really at all."

The highlights of a five-game win streak would back that up. Humphrey and Johnson have combined for 65 catches and eight of the team's 12 passing touchdowns. Both had touchdown catches against Oklahoma and

Humphrey even threw one to Johnson on the first possession; it came on a play named "Jordan," with Humphrey lined up in the backfield for a direct snap and he faked a run before jumping and tossing the ball to Collins. With Humphrey a threat to run, no Sooner defender dropped off with Johnson, who was wide open in the end zone. The throw could not have been easier.

Humphrey became the first Longhorn to have a touchdown pass and reception in

the same game since David Ash did it in the 2011 Holiday Bowl.

"I knew that was going to hit right when they called it," Johnson said. "When we called it in practice, it hit every time. They (Oklahoma) thought LJ was going to run it in. You don't know what he's going to do."

Herman has called Humphrey a "Swiss Army knife" kind of player who can do anything. Quarterback Sam Ehlinger has been able to count on Humphrey and Johnson to catch just about anything he throws their way, and usually with big results.

The two are a nightmare matchup for defensive backs: Johnson is 6-foot-6 and Humphrey is just 2 inches shorter. Humphrey consistently breaks tackles to pick up first downs while Johnson has a distinct advantage on jump balls. Ten of their 15 catches against Oklahoma resulted in first downs - or touchdowns. Humphrey's 47-yard catch-and-run score against Southern Cal is Texas' longest offensive play of the season. Johnson's diving touchdown catch against TCU is maybe the most acrobatic.

Johnson played every offensive snap against Kansas State and all but one against Oklahoma. He's just waiting to match Humphrey as a pass-

"When they call my number, I'm going to throw it down," Johnson said.

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### Usain Bolt to get start in trial game for soccer club in Australia

(AP) — Usain Bolt says his performance in a trial game on Friday could determine his future with the Central Coast Mariners in Australia's A-League and his quest to play professional football.

The eight-time Olympic sprinting champion is expected to start for the Mariners against a Macarthur South West United team in western Sydney. United plays in a second-tier competition.

"This is going to be a big game. I think it will determine if the club makes up its mind on what to do with my career," Bolt said Wednesday.



The Mariners begin the A-League regular season on Oct. 21 in Brisbane against the Roar. Bolt, who holds the 100- and 200-meter world records, has retired from competitive track and field.

After being used as a winger in his first brief trial appearance in late August, Bolt hinted at a positional change for the match at Sydney's Campbelltown Stadium.

Coach Mike Mulvey "said he wants to play me up top more," Bolt said. "The couple of games that I played, I didn't play with the first team.

"There's a few first-team boys in the team for Friday. So I'll get different service, better service, because they're more seasoned and more mature. So he just told me to make sure I'm focused and push myself, and I'll just take the chances when I get them."

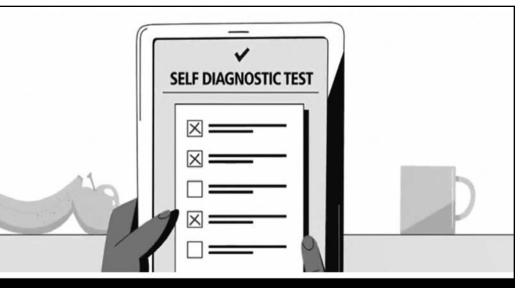
The 32-year-old Jamaican track great said was pleased with his progress in football.

"That's always a good step, when coaches are satisfied with the fitness to put me in the starting lineup. That's always a big step," Bolt said. "I can say I've been improving, (but) you won't know what level you're at until you actually play a competitive game."

In late September, Mulvey said he could wait until January before making a final decision on Bolt's status with the team.

Bolt saw his first action for the Mariners on Aug. 31, playing 20 minutes against a Central Coast invitational side. He played the entire second half against the North Shore Mariners on Sept. 19, when he alternated between left wing and forward.





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- Open a new consumer savings account with a minimum deposit of \$25, and within 10 days, deposit at least \$25,000 in new money, and maintain a balance of at least \$25,000 for 90 days
- This limited-time offer expires November 16, 2018. Visit a participating\* Wells Fargo branch and talk to a banker today!

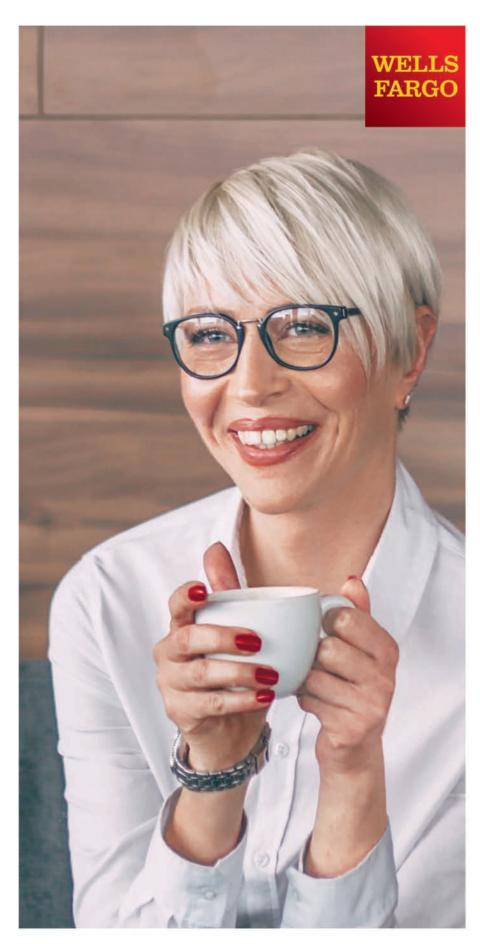
Your bonus will be deposited into your new consumer checking account within 45 days after eligibility and qualifications are met.

Established 1852	Find a branch near you:	
Re-Established 2018	wellsfargo.com/locator	

#### \*Important things to know about this offer:

\*Important things to know about this offer: Checking and Savings Bonus Eligibility: Only certain consumer checking accounts are eligible for this offer, including non-interest bearing checking accounts. Ask a personal banker for details. *Teen Checking*.<sup>34</sup> Greenhouse by Wells Fargo, and the prepaid *Wells Fargo EasyPay*\* Card are not eligible for this offer. All consumer savings accounts are eligible for this offer, excluding Time Accounts (CDs). This is an exclusive, non-transferable offer. A valid bonus offer code will be provided to each customer while meeting with a banker. You cannot be: a current owner on a Wells Fargo consumer checking or savings bonus in the past 12 months (limit one bonus per customer). Offer is only available to customers in the following states: AK, DC, ID, MN, NJ, NE, TX, WY. Bonus Qualifications: To receive a \$500 bonus: 1. Open a new, eligible consumer checking account with a minimum opening deposit of \$25 by November 16, 2018. Within 150 days of account obalance must be at least \$1.00 or more. *A qualifying direct deposits of at least* \$2500 each month. During this time, your account balance must be at least \$1.00 or an outside agency. *A non-qualifying direct deposit* is a transfer from one account to another, or deposits made at a Wells Fargo branch or an outside agency. *A non-qualifying direct deposit* is a transfer from one account to another, or deposits made at a Wells Fargo branch or ATM. AND 2. Open a new, eligible savings account with a minimum opening deposit of \$25 by November 16, 2018 and within 10 days of account opening, deposit at least \$25,000 in new money into either the new checking or new savings account, al wallistes. Due to the new money ideposit of \$25 by November 16, 2018 and within 10 days of account opening, deposit at least \$25,000 in new money ideposit of \$25 by November 16, 2018 and within 10 days of account opening, deposit at least \$25,000 in new money into either the new checking or wavings account, al maintain at least a \$25,000 cumulative ac Fees may reduce earning

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### Parkland offers no-cost screening mammograms, health education events

DALLAS - Each year survival," said W. Phil Evans, all new cases in the U.S. are services for 30,000 and diagnoses and treats 400 patients with breast cancer – volumes that greatly exceed most other hospitals. Parkland treats 20 percent of all breast cancer cases in Dallas County and that number is expected to rise as the Health Care Advisory Board predicts a 15 percent increase in breast cancer cases in Dallas County over the next five years.

Parkland Health & Hospital MD, division chief of breast found in women younger than System provides breast health imaging at Parkland and UT 50 years of age. Most women should begin yearly screening with mammography at age 40.

October 6 Singing Hills Baptist Church Hope Center

October 26

tions. Hosted by Parkland and Buckner Wynnwood-Family the Susan G. Komen Foundation, the event on

The breast cancer patients cared for at Parkland are racially and ethnically diverse, often younger and diagnosed at later stages in the disease than national and regional norms.

Southwestern and director of the UT Southwestern Center for Breast Care. "We want to ensure that women in Dallas County know their risk factors, Parkland is offering events recognize early warning signs of the disease and have the opportunity to be screened to find cancer early."

With the advances in screening and treatment, the death rate from breast cancer has decreased by 40 percent since 1990. According to the Centers for Disease Control and Prevention, most breast cancers are found in women who are 50 or older, but breast cancer also affects younger "Early diagnosis is a key to women. About 20 percent of

During October, Breast Cancer Awareness Month, throughout Dallas County to promote breast health and breast cancer awareness. Events will present breast health education (ages 16 and up) and provide no-cost mammogram screenings (ages 35 and up) to uninsured and underinsured women. All sessions are from 8 a.m. – 1 p.m. To register and ensure your eligibility for no-cost mammograms, please call the contact person for the event you wish to attend, below:

6550 University Hill Blvd. Dallas 75241 Contact: Vickie Henry 214-266-4398

#### October 13

College Park Baptist Church 6360 J. J. Lemmon Road Dallas 75241 Contact: Jamilya Harris-White 214-266-1640

#### October 20

Binational Health Fair Mountain View College 4849 W. Illinois Ave. Dallas 75211 Contact: Lisa Padilla 214-266-0514

2006 Didsbury Circle Dallas 75224 Contact: Monica Moran: 214-266-3059

October 27 – Come Together for the Cure Light of the World Church of Christ 7408 S. Hampton Road Dallas 75232

Contact: Lisa Padilla 214-266-0514

Come Together for the Cure Symposium. Join breast cancer experts, advocates and survivors at a special symposium featuring workshops that will provide answers to your ques-

Saturday, Oct. 27 will feature speakers discussing ways to prevent other breast and other types of cancer, like gastrointestinal and lung cancer. Mammograms will be provided for those registering in advance.

#### October 31, 2018

Moorland Family YMCA 907 E. Ledbetter Drive Dallas 75216 Contact: Monica Moran 214-266-3059

To learn more about services at Parkland, visit www.parklandhospital.com

#### Parkland urges participation in National Prescription Drug Take Back Day

DALLAS - Expired, unused and unwanted medications in our homes can end up in the wrong hands or can leach into soil and water. In an effort to prevent accidents and improper disposal of potentially harmful substances, twice a year Parkland Health & Hospital System and the Dallas County Hospital District Police Department participate in the National Prescription Drug Take Back Day.

This fall's National Drug Take Back Day event will take place from 10 a.m. - 2 p.m., Saturday, Oct. 27 at Parkland's Simmons Ambulatory Surgery Center, 4900 Harry Hines Blvd., Dallas 75235. The event is free and open to the public. Other Parkland drop-off sites include:

- Bluitt-Flowers Health Center, 303 E. Overton Road, Dallas 75216
  Southeast Dallas Health Center, 9202 Elam Road, Dallas 75217
- Garland Health Center, 802 Hopkins St., Garland 75040
- Vickery Women's Health Center, 8224 Park Lane, Ste. 130, Dallas 75231
- deHaro-Saldivar Health Center, 1400 N. Westmoreland Road, Dallas 75211

"Our main goal is to help prevent accidental poisonings, misuse and overdoses by offering convenient places throughout the community for people to drop off medications that are expired or are no longer needed," said Miranda Skaaning, Parkland Sustainability Manager.

During the April 28 National Drug Take Back Day, Parkland sites received 316 pounds of medications (the Garland Health Center collected 141 pounds alone). Collection sites across Dallas County received a combined total of 6,602 pounds; 82,978 pounds were collected statewide, bringing the grand total to 949,046 pounds collected nationwide.

According to the 2015 National Survey on Drug Use and Health, 6.4 million Americans abused controlled prescription drugs. The study shows that a majority of abused prescription drugs come from a close source.

"Abused medications are frequently obtained from family and friends, often from the home medicine cabinet, and their misuse is very dangerous and often tragic," said Muhammad Nasir, MD, Senior Lead Staff Physician at Parkland's Bluitt-Flowers Health Center. "That's why it's important for folks to clean out their medicine cabinets and turn in unneeded or expired medications safely."

During the event medications can be turned in anonymously. Community members can drive into the parking lot, hand the medications to a law enforcement officer and drive away with no questions asked

For more information about the proper way to dispose of prescription and over-the-counter medications, contact the poison experts at the North Texas Poison Center at Parkland, 1-800-222-1222 or visit www.poisoncontrol.org.



The Women's Chorus of Dallas starts the 2018-19 season in a free concert with South Dallas Concert Choir, featuring New Arts Six and the women's chorus of Carter High School at Oak Cliff Presbyterian Church. Join us for an inspiring program of songs about building bridges and the unifying power of music!

> >Saturday, October 13, 2018 at 4:30 PM Oak Cliff Presbyterian Church 6000 S Hampton Rd Dallas, TX 75232

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