

FAMILY Lifestyle HEALTH

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DON'T FORGET SLAVERY

By Evelyn Allen

JOHNSON I implore you, not to forget slavery, which is the most shameful, disgraceful and evil blight in America's history. Slavery lasted for over 400 years and was the black man's holocaust. An entire race of people were demonized to justify it's existence. America thrived due to slavery. Slave labor was the basis of America's economy. Products, particularly cotton produced by slave labor brought wealth to the south and established industrialization in the north. Shipbuilding, essential for bringing stolen humans to America's shores, added further to enrich the New England States. America's foundation was built with slave labor and the country saved by the participating sacrifices of black Americans who have fought and died in every one of its wars. The first man to die in the Revolutionary War was Crispus Attucks, a black man. The Tuskegee Airmen turned the tide when America was loosing WWII in Europe. Upon their return home their heroics went unannounced and many were court marshaled and a dishonorable discharge was issued because they attempted to enter an Officers Club where German war prisoners were dining. My husband, a former documented Tuskegee Airman was denied the right to have his daughter born in a Washington D.C. Hospital

where my Obstetrician sent

us. That hospital was lo-



cated in the shadow of the nation's capitol. I, in the final stages of labor, was drug from the hospital onto the sidewalk, over my husband's protests, as we were told colored babies could not be born in that hospital. It was my dream to become a Registered Nurse I was denied an education in Pittsburgh, Pennsylvania and told it was because I was colored, although my grades excelled over most of the white girls accepted. Thank God for Howard University, an icon among black Colleges and Universities, which welcomed me, and for all other black colleges which educated black citizens. Howard University Lawyers, noted scholars of Law, and who's Law School at one time was the only law school in the country to teach Civil Rights Law, opened the doors of white Institutions for integrated learning nationwide. I urge you to look back and remember the horror of Slavery and its aftermaths, segregation and discrimination, which

remains in existence to this day. Therefore, so as to prevent reoccurrence and denial of Slavery's past existence, one must look back. Remember, however that we must look back, but not become bitter less we destroy ourselves and become a useless or tragic Pillar of Salt. Bitterness, hatred and anger prevent intelligent action to insure future justice and equality.

Ignorance continues to exist in the recognition of contributions made to America by Afro-Americans. Not only did the black man build this country's foundation and fight for it's survival, Afro-Americans have made countless contributions which have enhanced and enriched America. These contributions enabled white Americans and white emigrants to prosper and build personal wealth which enhanced them and prevails to enrich their descendants today, as well as their future generations. Segregation and discrimination denied Afro Americans the same opportunities to attain the wealth

and prosperity they, as d scendants of slaves, made possible for others. Wealth was denied and in some instances stolen from black Americans. Some were able to achieve in spite of the monumental odds set against them. Their talents and genius have been unrecognized, and those able America. America cannot to produce under continuforget Slavery! ous and relentless, negative pressure have been denied

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recognition. The fruits of

their talent and labor have

been deliberately eliminat-

ed from our history books

and documentary media. It

SLAVERY reasons that I, having been blessed as an author, will continue my efforts to educate the reader to the truth regarding black life in America and destroy prevailing stereotypes. This is possible only because my late husband, Raymond L. Johnson, Sr., an original Tuskegee Airman and civil rights attorney, founded Lynray Press for black authors to educate and relate the black experience as it truly exists. All of America has suffered due to the evils of segregation and discrimination. We must keep in mind, however, that if it had not been for

enlightened, morally responsible white citizens, slavery might not have been abolished. We are fortunate to count those white Americans who have stood beside Afro Americans in their battle for equality and against prejudice as an intelligent, responsible majority of our citizenry. Examples include our revered and highly esteemed, late President Abraham Lincoln, who abolished slavery; John Brown who lost his life and those of his three sons in an uprising to free slaves and the young white men who went south to register black citizens to vote and were murdered. America deserves the truth, not myths and omissions, regarding slavery, lynchings, rape, murders, segregation and discrimination suffered by Afro-Americans in the building of

"PILLAR of SALT" This is a powerful story of an African -American man's struggle to raise and educate his son in a period of overt discrimination and segregation in America. Diversified characters portray the reality of the period as you live with John Barker and his son, Johnny, during the 1930's and 40's era of the great depression. Poverty, joblessness and hunger are constant barriers although life is colorful in an integrated, northern setting. Neighbors are supportive and coexist. A series of women play important roles in Jess' life. Although skin color is a barrier, love blooms and tragedy results. A destructive bitterness is born from the seeds of discrimination. Jess' ambition for his son, Johnny's reactions, love and reality bring this novel to a historic conclusion. The reader will live with

and witness the discrimination of the time, and the experience will serve as a yardstick for measuring social progress in America's history.

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"GET THE SHOW ON THE ROAD", is the story of a young, black woman, Africa Jones' struggle for a college degree, which she determines will be her ticket out of poverty. She works full time as a Nurse's Aide and attends Nursing School at Los Angeles State University. Her pay check is needed to help support her family consisting of her mother, teen age brother, sister and sister's baby son. Quite unexpectedly she meets and falls in love with a handsome, young physician, Kevin Hildenbrandt , from a wealthy, socially prominent family. She quickly learns the pain of family rejection. The ups and downs of their tumultuous love affair weaves a story of trust, passion and disillusionment and threatens Africa's plans for her future. Dreams and reality expressed here are shared by many who will laugh, cry and delight in this col-

"PILLAR OF SALT" and "GET THE SHOW ON THE ROAD", Novels by Evelyn Allen Johnson can be purchased at Barnes and Noble.com, Amazon. com or at your favorite Book Store. E -Books are also available on Amazon's- KINDLE, Barnes and Noble's- NOOK and other E-Books. Evelyn Allen Johnson's poem, "TRIBUTE TO PRESI-DENT OBAMA" and videos with her describing her novels can be found on, "YOU TUBE". Evelyn is an award winning author for her novel," MY NEIGHBOR'S ISLAND", and was named Phenomenal Woman by KJLH FM.

orful love story.

Escuela Plus Advocates Healthy Living



(from left) Dr. Nicolette Ballou, pediatrician and Es cuela Plus board member, and Dr. Sandra Roussell, Head of School, discuss healthy living with parents for Escuela's

Dr. Nicolette Ballou, board-certified pediatrician and Escuela Plus board member, was invited by Escuela Plus' Head of School, Dr. Sandra Roussell, to address the parent body on Thursday, January 30, about parenting and healthy living. Dr. Ballou explained why sugar, salt, and saturated fats are extremely detrimental to our children's health. She spoke at length about the epidemic of childhood obesity in this country. She feels that it is important for parents to explore alternative ways to celebrate special occasions other than

food, especially sweets. Dr. Ballou reinforced the importance of breakfast being the most important meal of the day, given the body has been fasting all night. Just as a car needs fuel, the body and brain need fuel to function well throughout the day. The core subjects (Reading, Math, Language Arts, etc.) are taught in the morning at most schools; hence, the need for a nutritious breakfast and morning snacks. The benefits of physical activity versus sedentary activities (hours at the computer or TV) was also discussed.

Escuela Plus is a pre

mier elementary school located in Westchester near LAX. Students work a year to two years above LAUSD grade level in all academic areas. Art, Music, Science, Physical Education, Yoga, and Tai Chi complement the academic curriculum. The school also focuses on nutrition, healthy habits, and self-esteem building. It is reinforced that there is no glass ceiling. Escuela has an outstanding summer program for students in Kindergarten through The same 5th Grade. strong academic standards are maintained and all of the auxiliary classes are also offered. In addition, the children are taken on educational field trips each week. The concentration is placed on museums given the plethora of excellent facilities in the Los Angeles area, including the La Brea Tar Pits, the California Science Center, the Natural History Museum, and LACMA. The children will also visit Westchester Park and Westchester Library weekly. When asked about her mission for the school, Dr. Roussell responded, "Escuela's goal has always been to develop the Renaissance child." More information can be found at www.escuelapluselementary.com.

GLB/NANM, Inc. Announces Annual Negro Spirituals Concert



The Georgia Laster Branch of the National Association of Negro Musicians (GLB/NANM, Inc.) will present its annual Salute to Black History Month on Sunday, February 16, 2014 in the sanctuary of the Congregational Church of Christian Fellowship at 3:00 P.M. The church is located at 2085 So. Hobart Blvd., Los Angeles 90018. This concert is free to the community. Free parking

is also available adjacent

to the church. A tax deductable free-will offering will be taken to support the scholarship fund of GLB and all funds raised by this annual concert will be used to award scholarship aid to talented, deserving young people.

The program: A Historical Extravaganza in Music will premiere the introduction of SpiriTrio, a dynamic new vocal group. Also on the program will be Althea Waites, internationally renowned pianist and winners from past scholarship competitions. Finally, the program will include the Georgia Laster Branch Symphonic Chorale under the direction of Dorothy Hayes, branch member and Scholarship Chairperson.

For further information, please call (213) 749-5892 or the GLB message center at (213) 787-6307. A GLB representative will return you call