

Chief Bill Scott Steps Down, Heads South to Build L.A. Metro Police

By Evan Ward

Bill Scott didn't rush. He clocked out smooth, the way he clocked in.

Eight years running San Francisco's Police Department, and he calls it quits not with controversy, but with numbers, calm, and a clear conscience.

"You don't do a job like this for eight years unless you believe in something," Scott said Wednesday, standing next to Mayor Daniel Lurie on the steps of City Hall. "It's been the honor of my life."

He wasn't just spinning it. Crime's down nearly 30%, and this year's homicide rate is the lowest in San Francisco since the Beatles hit the charts. Under Scott's watch, the department pulled itself out of state oversight after a

years-long reform process.

Now, he's headed back to Los Angeles, where he spent 27 years as a cop before getting tapped by then-Mayor Ed Lee in 2017 to lead SFPD. But he's not going back to retire. He's been named the first-ever chief of the new L.A. Metro Police Department—an agency being built from scratch to patrol trains, buses, and the infrastructure ahead of the 2026 World Cup and 2028 Olympics.

"This is about building something new," Metro officials said in their announcement. Scott's job: create a department from the ground up and steer it through global events.

At the San Francisco press conference, Lurie praised Scott as a "friend" and credited him with using modern tech to fight crime in a city facing



Chief Bill Scott

a serious officer shortage. Scott agreed to stick around for the next six weeks to help with the transition.

No drama, no scandal, no torch-and-pitchfork exit. Bill Scott's heading back to L.A., but he leaves behind a leaner department, a safer city, and a legacy built on calm under fire.

The next chief hasn't been named, but they'll have big shoes to fill—and a bar set high.

'Love Must Be Louder Than Hate': NAACP Raises Over \$340K for Black Child Targeted in Racist Verbal Attack

By Stacy M. Brown
Black Press USA Senior
National Correspondent

Outrage has turned to action in Rochester after a white woman launched a racist verbal assault on a 5-year-old Black child at a public park—an incident that has sparked national condemnation, a surge of community support, and a flood of donations aimed at helping the young victim heal.

The Rochester Branch of the NAACP said the incident, which occurred on April 30, was a deliberate and threatening act of racial hate—not a misunderstanding or isolated outburst. According to the organization, the child, who is also reportedly on the autism spectrum, was targeted with repeated



The Rochester Branch of the NAACP said the incident, which occurred on April 30, was a deliberate and threatening act of racial hate—not a misunderstanding or isolated outburst

racial slurs, including the n-word. The woman did not express remorse and doubled down when confronted by a bystander. "This was not simply offensive behavior—it was an intentional racist,

threatening, hateful, and verbal attack against a child, and it must be treated as such," the Rochester Branch of the NAACP said in a statement.

Continued on page 4

MAYOR LURIE INVITES PROPOSALS FOR NEW 100% AFFORDABLE HOUSING IN EAST CUT NEIGHBORHOOD

SAN FRANCISCO – Mayor Lurie today announced a new request for proposals (RFP) to develop 100 percent affordable housing on Transbay Block 4 West in the growing East Cut neighborhood in downtown San Francisco.

Issued by the Office of Community Investment and Infrastructure (OCII), the RFP seeks proposals to develop, own, and operate approximately 300 units of mixed-use affordable rental housing for low-income families, low-income seniors, and households who have experienced homelessness. The project will also include one ground-floor community-serving commercial space.

Mayor Lurie has taken bold steps to make San Francisco more affordable for future generations while fostering a 24/7 downtown, including his



Project Will Create 300 Homes for Low-Income Seniors and Formerly Homeless Families

Family Zoning proposal and two ordinances to facilitate conversions of empty offices into much-needed homes. He also cosponsored legislation with District 6 Supervisor Matt Dorsey that unanimously passed the Board of Supervisors, unlocking potential for more housing in the East Cut and

SOMA neighborhoods.

"Our administration is working every day to ensure that the next generation of San Franciscans can afford to raise their kids here, but we must also keep doing everything we can to support our residents

Continued on page 2

At Home in San Francisco: Harris's First Major Speech Since Election Loss Was Rousing Call-to-Action

By Edward Henderson,
California Black Media

Former Vice-President Kamala Harris delivered her first extensive public remarks since her defeat in the 2024 Presidential Election.

To cheers and a standing ovation, Harris spoke at the 20th Anniversary Gala of Emerge, an organization that recruits and trains Democratic women to run for office. The event was held in San Francisco on April 30.

"Right now, we are living in their vision for America," said Harris, who some California capital insiders believe will soon announce her candidacy for governor.

"This is not a vision that Americans want. We are living in a moment when the checks and balances upon which we have historically relied have begun to buckle," continued Harris. "And we here know that when the checks and

balances ultimately collapse, if Congress fails to do its part, or if the courts fail to do their part, or if both do their part, but the president defies them anyway, well, friends, that is called a constitutional crisis. And that is a crisis that will eventually impact everyone."

In her speech, Harris praised Emerge for its work and impact around the United States. Since it was founded in 2002, the organization — founded in California — has trained over 6,500 Democratic women to run for office and more than 1,200 alums of the program serve in government today at different levels.

The California division of Emerge has more than 200 women serving and an extensive list of alumnae preparing to run in upcoming elections across the state.

"I am not here tonight to offer all the answers, but I am here to say this," Harris continued. "You are not alone, and we are all in this together. And straight talk, things are



Kamala Harris

probably going to get worse before they get better. But we are ready for it. We are not going to scatter. We are going to stand together, everyone a leader, and emerge. You have a special role to play. Organizing is as important as ever. Mobilizing is as important as ever. Running for office is as important as ever. So please, everyone here, please keep doing what you are doing. And to everyone,

Continued on page 2

Sun Reporter



(ISSN 0890-0930)

Dedicated to the cause of the people--
that no good cause shall lack a champion and evil shall not thrive unopposed.

Published weekly by
Sun-Reporter Publishing Co.
1286 Fillmore Street
San Francisco, CA. 94115
Periodicals Postage Paid At
San Francisco, California
POSTMASTER:

Send address changes to -
Sun-Reporter Publishing Co.
1286 Fillmore Street
San Francisco, CA. 94115
Phone: (415) 671-1000
Fax: (415) 671-1005
E-Mail address:
SunReporter@SBCglobal.net

Website:
www.TheSunReporter.com
Subscription Rates:
\$20 per year; 30 cents per copy.
Member of National Newspaper
Publishers Association, Inc., and
California Publishers Association.
Sun-Reporter has a six-column
format, 1.895" per column with .125"
between each column.
Carlton B. Goodlett, PH.D., MD.,
Editor/Publisher
1945-1997

Amelia Ashley-Ward
Editor/Publisher

California Now Ranks 4th Largest Economy in the World

Bo Tefu | *California Black Media*

California's economy has reached a historic milestone, officially becoming the fourth largest in the world.

According to newly released data from the International Monetary Fund (IMF) and the U.S. Bureau of Economic Analysis (BEA), the Golden State's nominal GDP rose to \$4.1 trillion, positioning it just behind the United States, China, and Germany in global economic rankings.

"California isn't just keeping pace with the world, we're setting the pace," Governor Gavin Newsom said. "Our economy is thriving because we invest in people, prioritize

sustainability, and believe in the power of innovation."

In 2024, California outpaced the world's top three economies in growth, posting a 6% GDP increase compared to the U.S. (5.3%), China (2.6%), and Germany (2.9%). The state's economy has grown steadily over the past four years, averaging 7.5% annual growth. While projections suggest that India may overtake California by 2026, the state remains a dominant force in the global economy.

This news underscores California's role as the economic engine of the United States. Home to Silicon Valley, Hollywood, and the Central Valley's vast agricultural belt, California leads the nation in job creation, venture capital investment, and green technology deployment. From

clean energy and artificial intelligence to biotech and entertainment, California's diverse industries have positioned it as a bellwether for global innovation and growth.

The state also boasts the fifth busiest port complex in the world—the ports of Los Angeles and Long Beach—connecting U.S. goods to global markets. Meanwhile, California companies accounted for nearly half of all U.S. venture capital deals in 2023, a clear indicator of investor confidence and entrepreneurial strength.

Cultural exports remain an underrated economic force. Events like Coachella and Stagecoach alone generate nearly \$700 million annually for local communities, while California's film and television industry



The state also boasts the fifth busiest port complex in the world—the ports of Los Angeles and Long Beach—connecting U.S. goods to global markets.

contributed over \$70 billion to the economy last year. Tourism, higher education, and renewable energy continue to drive regional development and employment.

As the world transitions

to a post-pandemic economy, California's model of inclusive growth, environmental stewardship, and technological leadership offers a glimpse into the future of prosperity.

Kamala Harris Continued from page 1

let's lock it in."

A'shanti F. Gholar, President and CEO of Emerge, says she is committed to developing new training strategies and empowering new candidates to help shift the balance of power in the country and combat some of the damaging policies the Trump Administration is trying to enact.

"California is where Emerge began and one of the many states where we have

seen extraordinary growth and success," Gholar told California Black Media. "We're fortunate to count a number of inspiring candidates and electeds, among our alums in the Golden State, including U.S. Congresswoman Lateefah Simon, Lieutenant Governor Eleni Kounalakis, and Controller Malia Cohen, and look forward to continuing to provide our comprehensive training programs that help women run for office and win."

Harris also took time to

highlight other leaders in Washington who she believes are leading the charge in maintaining the checks and balances politically. She is inspired by Democratic leaders representing points of view across the political spectrum, "including congressional leaders like Cory Booker, Chris Van Hollen, Chris Murphy, Jasmine Crockett, Maxwell Frost, AOC, and Bernie Sanders. All who, in different ways, have been speaking with more this moment so here's one of

the other things I wanted to talk about tonight and to highlight so look some people are describing what's been happening in recent months as absolute chaos."

Termed out, California Gov. Gavin Newsom is wrapping up his final stint in office.

A number of pollsters believe Harris would be the frontrunner if she decides to run. A recent survey conducted by Politico and UC Berkeley's Citrin Center asked "respondents to select from a list of possible

emotions about how they felt about Harris running for governor." Respondents could select multiple options from the list of emotions: joyful, mostly excited, indifferent, outraged, hopeless, or other.

Among registered Democratic voters, 33% felt joyful over her potential run and 41% felt mostly excited, Politico said. Roughly a quarter said they were indifferent, and "negative emotions hovered in the single digits."Related

Gabriel Graves - College Corps Cohort Inspires Inland Empire Students to Put Their Best Foot Forward

By Charlene Muhammad
California Black Media Contributor

Gabriel Graves is not your typical returning college student.

With more life experience than most of his peers, his passion for technology led him back to school, putting his art business on hold to pursue his dream of becoming an engineering researcher.

The #CaliforniansForAll College Corps program has been instrumental in his journey. As a Riverside City College student representative and a member of the Math Engineering Science Achievement (M.E.S.A.) program, he values the opportunity to serve others while gaining hands-on experience.

"Being part of College Corps means waking up every day knowing that my time and efforts are helping others," Graves says. "It's about realizing that your life isn't just your own—people are relying on you to show up and be present so the entire community can thrive together."

Through College Corps, Graves has built relationships with inspiring mentors and peers. "Every day, I connect with people who motivate me—like Darci, my supervisor; Jess, my fellow Ambassador; Alex, my cohort fellow; and Myesha, my colleague and fellow Associated Students of Riverside City College (ASRCC) Senate Committee Chair. They keep me inspired and remind me why this work matters."

Though he doesn't always

think about it in the moment, Graves knows his participation aligns with his broader purpose. The feedback he receives from students reassures him that programs like College Corps have a meaningful impact—especially in underserved communities.

"Even if just one student tells me I helped them on a quiz, those small wins add up. Many students I work with feel overlooked by the system, and I strive to make sure they feel seen—not just academically, but personally."

Graves approaches every interaction with empathy. "When I walk into a classroom, I don't know if a student had breakfast or if they stayed up all night due to family struggles. That perspective shapes the way I engage with them, ensuring they feel supported."

Balancing his College Corps duties, academic workload, and personal life isn't easy, but Graves credits his M.E.S.A. counselor, Vanessa Nunez, for helping him find moments to rest. At the same time, his way of managing everything is simple—he works even harder.

His deep sense of purpose fuels his commitment to serving others. The recognition he receives is rewarding, but what drives him most is honoring the sacrifices of his loved ones.

"I owe so much to my mother. She gave everything to ensure my siblings and I had not just food and shelter, but a mother who truly cared. She was always present, always doing her best for us," he reflects.

For students considering College Corps, Graves has simple yet powerful advice:



When I walk into a classroom, I don't know if a student had breakfast or if they stayed up all night due to family struggles. That perspective shapes the way I engage with them, ensuring they feel supported." - Gabriel Graves

"This is an incredible program—but like anything in life, you only get out what you put in. Show up, give it your all, and you'll have a truly special experience."

He encourages others to take a leap of faith. "When

I started as a participant, I never imagined I'd be in a position to inspire others. You never know what's possible until you take that leap. Put your best foot forward, and you'll be amazed at what you can achieve!"#30#

Mayor Lurie Continued from page 1

today. That's what we are doing with this project," said Mayor Lurie. "As we reenergize downtown, we are bringing 300 units of 100% affordable housing to the growing East Cut neighborhood. OCII is already bringing thousands of new homes to our city, and I'm excited to continue supporting their work and our

city's comeback."

OCII is driving the creation of three vibrant and inclusive neighborhoods in San Francisco. Beginning under the leadership of the San Francisco Redevelopment Agency Commission and now under the Commission on Community Investment and Infrastructure, over 22,000 new housing units, including over 7,500 affordable units, are

being created in Mission Bay, Transbay, and Hunters Point Shipyard/Candlestick Point.

"We've made incredible progress on the Transbay plan that set forth a vision for a thriving, mixed-income and mixed-use neighborhood" said Supervisor Dorsey. "This request for proposals is an exciting next step in fulfilling the long-awaited affordable housing on this

site. These jobs, homes, and amenities will be an incredible addition and investment."

"Mayor Lurie is spearheading initiatives to bring more live, work, and play opportunities to downtown. This strategy means identifying where additional housing can and should be developed, and OCII's projects play a critical role in that strategy," said Thor Kaslofsky, OCII

Executive Director. "Transbay Block 4 will provide critical affordable housing and will provide local professional and construction job opportunities. We look forward to bringing a development team on board that is as excited as we are to get started."

Block 4 West is an approximately 26,400 square-foot portion of the Block 4 parcel that was

acquired by OCII from the Transbay Joint Powers Authority in 2021. Block 4 West is at the corner of Howard Street and Beale Street, and adjacent to an approximately 18,975 square-foot eastern portion of Transbay Block 4 (Block 4 East). Block 4 East will be held for the future development of a mixed-income residential tower.

The DEI Deception: White Women Benefit, Black Americans Blamed

By Stacy M. Brown
Black Press USA Senior
National Correspondent

While President Donald Trump and his allies at the Heritage Foundation work to gut diversity, equity, and inclusion (DEI) programs across America, a dangerous narrative continues to spread—that DEI is some handout to Black Americans.

But the truth, backed by decades of data and recent studies, reveals a different picture entirely: the primary beneficiaries of DEI have not been Black people, but white women. Since returning

to the White House, Trump has waged a relentless war on what his administration calls “woke” policies. His rhetoric has stoked resentment against DEI, falsely painting it as favoritism for Black Americans. Yet, according to experts and multiple studies, white women have long been the ones gaining the most from these very initiatives. “Actually, everyone but Black folks benefit [from DEI],” Texas Congresswoman Jasmine Crockett said in an earlier published interview. “We were always the intended target to benefit, but the way that most policies are written, people learned how to game the system.”

Reecie Colbert, a political

commentator, told the Root that this false narrative has been pushed strategically. “The notion that Black people are the primary beneficiaries of DEI, despite evidence to the contrary, has fueled irrational hostility—often from those who benefited most,” she said. According to data compiled by Zippia and cited in The Root and Philly Women’s Network, 76% of Chief Diversity Officers in corporate America are white, and 54% are white women. A Forbes analysis found that white women hold nearly 19% of all C-suite positions, while women of color account for just 4%. White women have also received the lion’s share of affirmative action

benefits in both employment and education. A 2025 study cited by the League of Women Voters revealed that as early as 1997, at least 6 million white women held positions they would not otherwise have obtained without affirmative action.

Yet Trump continues to vilify DEI, recently expanding tariffs that hurt companies like Nike and Adidas while using “anti-white” rhetoric to justify his DEI rollbacks. These moves are not just cultural, they are economic. McKinsey & Company reports that companies with diverse teams are 35% more likely to outperform their industry peers financially. Meanwhile, Black professionals are still fighting

to be seen and supported. The 2019 Coqual report, Being Black in Corporate America, found that Black professionals are more likely to face racial prejudice at work, less likely to receive sponsorship, and more likely to be passed over for promotions—even when equally or more qualified. Lanaya Irvin, CEO of Coqual, noted the disconnect. “The barriers Black employees face to advancement seem to be largely invisible to their white colleagues,” Irvin stated in the report. With DEI programs now being slashed from corporations and universities and Trump purging federal workers and programs that support equity, the cost is not being borne by

those who’ve benefited most but by those who’ve fought hardest just to be included.

“Despite decades of DEI, white men still hold the vast majority of C-suite positions,” diversity consultant Susan X Jane stated. “No matter what the administration is saying, there is no evidence of anti-white discrimination”. Dr. Walter Greason put it plainly in a previously published interview. “Diversity, equity, and inclusion initiatives offered a compromise to narrowly tailor goals in response to white fears,” Greason stated.

“And now, those same people who benefited are trying to burn it all down.”

TARGET CEO ATTEMPTS DAMAGE CONTROL AFTER WEEKS OF SILENCE AND MOUNTING BACKLASH

By Stacy M. Brown
Black Press USA Senior
National Correspondent

Target CEO Brian Cornell acknowledged in an email to employees this week that a months-long lapse in communication has created uncertainty.

The retailer is grappling with falling foot traffic, public boycotts, and criticism over its retreat from diversity goals. According to the Minneapolis Star Tribune, Cornell’s message to staff admitted it has been “a tough few months.” It said media coverage, social media chatter, and internal conversations “may have left you wondering.” He insisted, however, that Target’s values have not shifted. “I recognize that silence from us has created uncertainty, so I want to be very clear:

We are still the Target you know and believe in,” Cornell wrote. Since the beginning of the year, the retail giant has faced a storm of challenges. President Donald Trump’s tariffs on global imports have squeezed the company’s margins. Target’s decision to scale back its diversity, equity, and inclusion (DEI) initiatives prompted widespread backlash from Black leaders and organizations. “Black consumers helped build Target into a retail giant, and now they are making their voices heard,” said Dr. Benjamin F. Chavis Jr., president and CEO of the National Newspaper Publishers Association (NNPA). The NNPA is a trade association representing the 198-year-old Black Press of America. Earlier this year, the Black Press began a public education and selective buying campaign in

response to Target abandoning its commitment to Black America. “If corporations believe they can roll back diversity commitments without consequence, they are mistaken,” Chavis stated.

The company has yet to respond to repeated requests for meetings and comment from The Black Press. Target has lost more than \$15 billion in revenue this year, seen its stock price fall by as much as \$27.27 per share, and is facing multiple lawsuits tied to its DEI policy changes. Cornell’s email still struck a tone of reassurance, calling the company’s values of “inclusivity, connection, drive” non-negotiable. “We’re committed to sharing more of that impact with you and our guests because it reinforces our values and shows the real heart of our team,” he wrote. Still, retail analysts

were sharply critical. Neil Saunders, managing director at GlobalData Retail, said the email fails to address the root causes of public concern. “They say, ‘Our products and experience are second to none.’ Well, actually, no, they’re not. That’s not true anymore,” he said. According to data from Placer.ai, foot traffic to Target stores has dropped for 11 straight weeks, with only a slight uptick during the week of April 14 and April 21. Overall, foot traffic declined 3.3% in April.

In recent weeks, Cornell met with Rev. Al Sharpton and leaders of the boycott movement to discuss Target’s DEI pullback. He also met with Trump to outline the damaging impact of tariffs on retailers. Neither meeting was believed to have been mentioned in his message to employees. Rev. Jamal Bryant,



The retailer is grappling with falling foot traffic, public boycotts, and criticism over its retreat from diversity goals.

who launched a national Target Fast to protest the company’s direction, has called for continued mobilization and accountability. Retail consultant Carol Spieckerman said the CEO’s email failed to take responsibility. “His email acknowledges but doesn’t take responsibility for any of the concerns and controversies surrounding the company,” she said. “The tone implies that things are happening

around and to Target that are out of its control.” Both Spieckerman and Saunders described the message as unfocused. “It’s a really jumbled email,” Saunders said.

“And you know if it’s come from Brian Cornell, it’s probably been through about 30 different people and various PR teams, and it still comes out as this big, jumbled mess.”

Diddy’s Day in Court: Jury Selection Begins

By Stacy M. Brown
Black Press USA Senior
National Correspondent

Jury selection began today in Manhattan in the federal trial of Sean “Diddy” Combs, who faces multiple charges, including sex trafficking, transportation to engage in prostitution, and racketeering conspiracy.

The music and business mogul has been held in custody since his arrest on September 16, 2024, at the Park Hyatt

New York. The arrest, caught on hotel surveillance video, was widely circulated. Combs initially faced three charges, but in April 2025, a superseding indictment added two more, bringing the total to five. Despite a request from his defense team to delay the trial due to the new charges, U.S. District Judge Arun Subramanian denied the motion. Opening statements are scheduled for May 12. The trial is at the Daniel Patrick Moynihan U.S. Courthouse in

Manhattan. While open to the public, it will not be televised due to federal court rules.

Federal prosecutors accuse Combs of operating a long-running criminal enterprise within the entertainment, fashion, and music industries. The government alleges that Combs used his influence to lure women into his circle, where they were coerced into commercial sex acts—sometimes under the guise of romantic or professional relationships. Prosecutors

argue that the acts meet the threshold of trafficking under federal law, even in cases where the exchange wasn’t strictly monetary. The government’s team includes six female prosecutors led by Assistant U.S. Attorney Maurene Comey, daughter of former FBI Director James Comey. The defense is led by Marc Agnifilo and Teny Geragos, joined by Brian Steel, Alexander Shapiro, Anna Estevao, and Xavier Donaldson.

Four alleged victims are expected to testify. Only one—singer and ex-partner Cassie Ventura—is publicly named. The others will testify anonymously under pseudonyms. Ventura filed a civil lawsuit in November 2023 alleging sexual abuse and trafficking, which Combs denied before settling the matter privately the next day. A central piece of evidence in the trial is hotel footage showing Combs physically assaulting Ventura in 2016.

Prosecutors cited the footage as justification to deny bail. Combs’ attorneys attempted to exclude the video, claiming it was edited and irrelevant to trafficking. The judge rejected that argument and ruled the footage admissible. Marc Agnifilo, Combs’ lead attorney, said the video does not prove trafficking.

“It’s our defense to these charges that this was a toxic, loving 11-year relationship,” Agnifilo stated during a pre-trial hearing.

The Sun-Reporter

EDITORIAL

We wish to plead our own cause.
Too long have others spoken for us.
Freedom's Journal, March 16, 1827.

ALEXIS HERMAN: GRACE, GRIT AND GLUE

BY JULIANNE MALVEAUX

Nominated by President Bill Clinton, her confirmation was no easy feat. During her hearings, members of our sorority, Delta Sigma Theta Incorporated, crowded the Senate chambers in our unmistakable red and white. We made a point – Black women are here, and we have her back. Ultimately, the succumbed to our

presence, with 85 of them voting in her favor.

Alexis was a southern Belle, a velvet hammer. She was full of grace, with graceful ways, but anyone who encountered her should know that grace was not to be confused with weakness. She was grace and she was grit, because who, without grit, could manage a strike between UPS and its unionized workers. Package delivery was hobbled for fifteen days, only settled when

Secretary Herman moved into the same hotel that Teamsters leaders and UPS management stayed. She shuttled between conference room, not trying to be graceful, but simply direct. Yet she was graceful, because she carried herself that way, and a 1997 commerce-crippling strike was settled.

Alexis was grace, always grace, often administered with a bit of a southern twang. It’s not fay-ar, she sometimes drawled when losing a card

game. It ain’t riiight, she sometimes said, when losing. Win or lose, she was always gracious, always ready with the pat on the shoulder, the generous hug. She was, indeed, the perfect daughter of her mentor, Drouthy Irene Height, the longest-serving President of the National Council of Negro Women.

Alexis took her Height legacy seriously. After leaving government service, she created consulting firms that dealt with diversity and minority hiring issues. She served on Fortune 500 boards, including Coca-Cola and Exelon. She mentored hundreds of young people and helped place them in impactful positions. And she was the glue that brought people together.

If you attended a gathering in her sprawling home in Northern Virginia, you’d not only connect with friends and colleagues, you’d eat well, connect fulfillingly, celebrate milestones like new books, impending births or more, but you’d also observe Alexis taking a person or two aside for a private conversation. She was glue. She brought people together. She was committed to the collective.

I never heard Secretary Herman raise her voice, but I often saw her firm. She was grace, but she didn’t play.



Dr. Julianne Malveaux

She was kind but she didn’t roll over. She attracted a coterie of loyal friends and colleagues, because she was, indeed loyal and graceful.

I am among the many mourning the loss of the Honorable Alexis Margaret Herman, among the many grateful for her legacy. As labor is being attacked in the graceless shadow of this feckless administration, her voice is missed and her legacy looms large. She was committed to women’s empowerment, especially Black women’s empowerment. And she was committed to diversity, having worked to convince corporate America that Black women were more

than cooks and maid. She passed the baton to Black women leaders, who will lift her up as they do the work of advancing women in the workplace.

Her loss is a national loss, but for me it is also a personal loss. I met her as an undergrad, and she welcomed me to Washington, DC when I moved here in 1994. She graced me with her presence when I left Bennett College in 2012.

She was present during many of my milestones, gracious, kind, supportive, amazing. She will rest in grace and power, her legacy a blessing and lesson for each of us.

WHEN THE BIRDS STOP SINGING

By Ben Jealous

Where I grew up in California, on quiet mornings, you could hear the birds before anything else – finches, warblers, sparrows. They made the dawn feel like something alive. Those songs filled the sky with beauty and made the world feel whole.

Now, those voices are going silent.

A new study published last week in Science brought stunning news. Three out of every four of the 500 North American bird species in the study are in decline. Seventy-five percent. It is a collapse happening in real time, in our backyards, in our forests, in our skies.

This is not a mystery. It is not a natural cycle. The reasons are clear – and they are all human-made.

We are destroying bird habitats across this continent. Wetlands, forests, grasslands – paved over or poisoned. We are using pesticides that kill off the insects birds depend

on for food. We are building in places that block nesting and migration. And, of course, we are heating the planet in ways that are driving entire species to the edge.

This study is not just a report. It is a warning. And we should treat it as such.

Birds are essential workers in our natural systems. They pollinate plants. They eat pests. They spread seeds that help entire forests grow. When birds vanish, entire ecosystems unravel. The decline of birds is not a small crisis. It is a signal of something much bigger.

We are not just losing birds. We are losing balance. We are watching the Earth’s systems go out of rhythm. That is the extinction crisis.

Many people still do not realize we are living through a mass extinction – what scientists are calling the sixth in Earth’s history. But unlike the one that killed off the dinosaurs, this one is driven by us. Species are disappearing at a rate thousands of times faster than normal. We are making this planet unlivable for the creatures we share it

with – and eventually, if we are not careful, for ourselves.

And yet, there is still hope.

We have done hard things before. We have solved problems that once seemed impossible. In the middle part of the last century, America’s greatest birds of prey were pushed to the edge of extinction. The bald eagle. The peregrine falcon. The osprey. All were being poisoned by DDT, a pesticide that was weakening their eggshells until whole generations were lost.

But in 1962, a scientist named Rachel Carson wrote a book called Silent Spring. She told the truth. She connected the dots. And people listened. The movement she sparked led to the banning of DDT. It led to the creation of the EPA. And it helped bring our great raptors back from the brink.

Today, in places like Chicago, peregrine falcons are nesting on skyscrapers. In Maryland, where I live, bald eagles fly over the Chesapeake Bay again. That happened because people fought for it. That is the power of action guided by truth.

We also saw what the world could do when faced with the hole in the ozone layer – another man-made crisis. In the 1980s, scientists sounded the alarm. The world came together to ban the chemicals causing the damage. Now, the ozone layer is healing. We are seeing progress because we acted boldly and together.

We can do the same for birds – and for nature itself.

It starts with honesty. We must name what is happening: a man-made collapse of ecosystems. We must reject the lies coming from those who want to bury the science, downplay the damage, or pretend that nothing is wrong. We know the truth. And the birds – or the silence where they used to be – are telling it too.

Then we must act. We need to protect the land birds depend on – from forests to shorelines to native grasslands. We need to reduce pesticide use and restore pollinator-friendly habitats. We need to pass strong laws that defend biodiversity. And most of all, we need to stop burning the fossil fuels that are driving the climate crisis and accelerating species



Ben Jealous

loss all around the world.

Birds are not the only canaries in this coal mine. When I was a boy in Pacific Grove, CA – known as Butterfly Town, USA – they came by the tens of thousands. These charismatic critters, each one lighter than a feather, were heavy enough in their great numbers to bend the tree limbs on which they would land. The same butterfly sanctuary that was home to that marvel this year counted fewer than 250 monarchs. From the monarchs to the meadowlarks, we are watching life itself vanish in plain sight.

Simply to go outside – to

walk through a field, sit under a tree, hike through a park, or step into the ocean – reveals the deep truth that we are not separate from nature. We are part of it. What happens to the birds, happens to us.

And what history shows – from banning DDT to saving the ozone layer – is that we still have the power to change course when we choose to face the truth.

Let this study be our alarm. Instead of having to face the terrible question of how much time we have left, let us focus on what we do now: that the time to act is right now.

NAACP \$340K Continued from page 1

“Public parks should be safe, inclusive spaces for children and families—not sites of hate and trauma.”

A widely circulated video of the incident drew sharp backlash, as did the woman’s subsequent move to launch a fundraising campaign for herself. She identified herself as Shiloh Hendrix and claimed she needed financial help to relocate in the aftermath.

In less than 24 hours, her campaign raised nearly \$150,000. As of this week, it has surpassed \$600,000, with many of her supporters openly defending her use of racial slurs and demonizing the child. In response, the Rochester Branch of the NAACP acted quickly, launching a GoFundMe campaign to support the young victim and his family. That campaign has since raised \$341,484 in just two days, thanks to an outpouring of support from

across the country and around the world. The NAACP has since closed the fundraiser at the family’s request. “From the beginning, this campaign was rooted in a powerful truth: no child should ever be dehumanized, and love must always be louder than hate,” the NAACP said. According to the organization, 100% of the funds raised—minus standard platform fees—will be placed in a trust account solely managed by the child’s parents. “No member of the Rochester


Branch of the NAACP has received—or will receive—funds from these donations,” the organization clarified.

The incident has drawn attention to a rising tide of hate and bigotry not only in Rochester but across the nation. Over the past year alone, the Rochester NAACP has documented a troubling number of racially motivated acts in the area, including racist slurs painted on a bridge near Century High School,

a noose and effigy used to intimidate a Black family, and swastikas and racial epithets spray-painted on the home of a local representative. Islamophobic and antisemitic acts have also increased. “This is not an isolated incident,” the NAACP said. “It is part of a troubling and painful trend that continues to escalate across the country.” Community members seeking to do more are encouraged to support the NAACP’s ongoing work through the

Rochester Branch’s Fighting Fund for Freedom at <https://rochesterbranchnaacp.betterworld.org/donate>.

“This is about more than one incident. It’s about who we are as a community and what we choose to stand for,” the Rochester Branch of the NAACP said. “Help us match the funds raised in defense of hate with an equal force of love, justice, and action.”



THE SUN-REPORTER

RELIGIOUS SECTION

THE BAY AREA'S CHURCH NEWS & ACTIVITIES



Sunday School Lesson

By
Shunda Criswell

The Holy New Jerusalem

Lesson Text: *Revelation 21:9-14, 22-27*
Related Scriptures: *Hebrews 11:8-16; 12:22-29; 1 John 1:5-7*
Place: *from Patmos*
Time: *96 A.D.*
Golden Text: *“I saw no temple therein: for the Lord God Almighty and the Lamb are the temple of it. And the city had no need of the sun, neither of the moon to shine in it; for the glory of God did lighten it” (Revelation 21:22-23).*

Here in Revelation 21:9,

“One of the angels of chapter 16 who had poured out a bowl of wrath on the earth then invited John to see the New Jerusalem as a bride. Come, I will show you the bride, the wife of the Lamb. Carried by the Spirit to a high mountain, John saw the New Jerusalem coming down out of heaven from God, shining with the glory of God. One of the seven angels, who had held the seven bowls filled with the seven last plagues (see Revelation

21:9; Revelation 16:1–21), shows John the new Jerusalem (see Revelation 21:10). Although believers will dwell across the entire new creation, the angel focuses John’s attention on the new earth’s capital. Because it will be arrayed with God’s glory, this city will be more radiant than a cut diamond (The Tony Evans Commentary, Revelation 21:11). The overall impression of the city as a gigantic, brilliant jewel compared to jasper, clear as crystal indicates its great beauty. John was trying to describe what he saw and to relate it to what might be familiar to his readers. However, it is evident that his revelation transcends anything that can be experienced. The jasper stone known today is opaque and not clear. It is found in various colors, and John apparently was referring to the beauty of the stone rather than to its particular characteristics. Today one might describe that city as a beautifully cut diamond, a stone not known as a jewel in the first century. As in the earlier references to

the New Jerusalem as a bride, here again it is a city, not a person or group of people. This is confirmed by the description of the city which follows. (Revelation 21:9-11, The Bible Knowledge Commentary). In Revelation 21:12-14, “The city’s massive high wall (see Revelation 21:12) signifies the identity of its inhabitants. First, the names of the twelve tribes of Israel’s sons [are] inscribed on the gates (see Revelation 21:12), signifying that believers from Old Testament Israel will be present within it. Second, the city wall is pictured with twelve foundations and the twelve names of the twelve apostles of the Lamb are written on the foundations (see Revelation 21:14). This signifies the presence of believers from the church, which was established in the New Testament era. Old and new covenant followers of the Lord will dwell together in the new creation. John saw a gigantic city, “square” in shape (v. 16), and surrounded by a great, high wall with 12 gates. The 12 gates bore the names

of the 12 tribes of Israel. The number 12 is prominent in the city with 12 gates and 12 angels (v. 12), 12 tribes of Israel (v. 12), 12 foundations (v. 14), 12 apostles (v. 14), 12 pearls (v. 21), 12 kinds of fruit (22:2), with the wall 144 cubits—12 times 12 (21:17), and the height, width, and length, 12,000 stadia, about 1,400 miles (v. 16). The city has walls north, south, east, and west with three gates on each side (v. 13) and with an angel standing guard at each gate (v. 12). (Revelation 21:12-13, The Bible Knowledge Commentary). There will be a temple in Jerusalem during the tribulation and during the millennium. But there will be no temple in the new Jerusalem because a representation of God’s presence will no longer be necessary. We will have his direct presence. (Revelation 21:22). In Revelation 21:23-26, “There will be no sun or moon needed in the city because the glory of God illumines it, and its lamp is the Lamb (Revelation 21:23). Our sun is ninety-three million miles away, yet its power is

sufficient to illumine the earth. God’s presence, though, can replace the sun with ease because the Lord possesses an even greater degree of power and radiance. That it will never be night there, it suggests believers’ glorified bodies will never get tired and need to sleep. Moreover, we won’t get bored. On the new earth, there will be nations and kings (Revelation 21:24) functioning in a national context and bringing their glory and honor into the city (Revelation 21:26). Everyone will come to the new Jerusalem as a highlight of their lives on the new earth. And why not, given its splendor? (The Tony Evans Commentary). And finally in Revelation 21:27, “While the invitation to dwell in this city is universal, the requirements to enter are specific: **Nothing unclean will ever enter it, nor anyone who does what is detestable or false, but only those written in the Lamb’s book of life, who have received Jesus as their Savior by faith. Hallelu-jah!!! Be Blessed Saints!!!**

SUBSCRIBE

The Sun Reporter

A News Journal Dedicated To The Cause Of The People

THE SUN-REPORTER

CHURCH DIRECTORY

Little Zion Baptist Church
1245 Divisadero Street
San Francisco, CA

Sunday School 9:00am
Morning Worship 11:am
Evening Worship 6:pm

El Bethel Missionary Baptist Church

Rev. Keva L. McNeill,
Pastor

1320 Golden Gate
San Francisco, CA.
921-4850, 921-0878

Church School 9: am
Children's Church 10:am
Morning Worship 10:45
qm
Bible Study 1-2pm & 6:30-
7:30pm
Prayer meeting
Wednesday 12:00 Noon

St. Peter's Missionary Baptist Church

1601 Newcomb Avenue
San Francisco, CA.
94124
Rev. Dr. J.P. Alexander

Church School 9:30 am
Morning Worship 11: am
Tuesday Usher meeting 7:pm
Wednesday Bible Study 7: pm
Tuesday Choir Rehearsal 7: pm
Prayer and Teacher meeting
Wednesday 7:30PM

Neighborhood Baptist Church

608 Hayes Street
San Francisco, CA

Rev. Lane Hawkins

Sunday School 9:30
am
Morning Worship 11: am
Evening Worship 6: pm
Bible Class Monday 5: pm

Cornerstone Missionary Baptist Church

6190 3rd Street
San Francisco, CA.
94124
Phone: (415) 822-4071
Fax: (415) 822-0156

Rev. Kenneth R. Reece
Pastor

Sunday School 9:00 am
Morning Worship 10:25: am
Communion Every 1st Sunday
Baptism Every 2nd Sunday
Prayer Meeting/Bible Study 6:30-8:30 pm Wednesday
Abundant Life Recovery Ministry 6:30 pm Mondays

Evergreen Baptist Church

6270 3rd Street
San Francisco, CA.

Rev. Jackey Wilson
Pastor

Sunday School 9:15
am
Morning Worship 10:40:
am
Wendesday
Teacher's Meeting 6: pm
Sr. Mission 5: pm
Children's Bible Study 5: pm
Bible Study 6:45 pm
Saturday
Food Pantry 10-11 am

Ascension Baptist Church

1311 Quesada ave.
San Francisco, CA.
94124
(415) 822-9488

Rev. Anthony Anderson

Morning Worship 10:15:
qm
Bible Study
Tuesday 6:30 PM
Church School
Wednesday 7: pm
Communion every 1st Sunday

Shekinah Christian Fellowship

790 Tennessee St.
San Francisco, CA.
94107
(415) 646-0747

Ella Henderson, Bishop
& Founder of SCF

Tyrone and Demetra Hillman
Pastor
Sunday School - 9:am
Morning worship - 10:15 am
Radio: Sunday 9:30 am KQYA
TV: Tuesday and Friday 8:30am
KTUN Total Living Network

Ebenezer Baptist Church

275 Divisadero Street
San Francisco, CA.

Sunday School 9:15 am
Morning Worship 10:45: am
Evening Worship 7:30 pm

Mount Calvary Baptist Church

4000 Middlefield Rd.
(Cubberly Community CTR)
Palo Alto, CA. 94306
(650) 569-6944
Rev Roy Northington
Pastor

Sunday School - 10:am
Morning worship - 11:00 am
Wednesday 7: pm
Bible Discussion
Come and Listen to Rev. Roy Northington, a gifted speaker, as he delivers the most powerful and timely message of our day and age. Prepare to be changed. Expect to be changed

Living Word Church of God In Christ

12 Westlake Ave
Daly City CA. 94014

Rev. Derrick Lomax
Pastor

Sunday School - 10:00: am
Morning worship - 11:30 am
Wed Bible Class 8:00 pm
Friday Prayer Service 8:00 pm

Sun Reporter

CLASSIFIED ADS (415-671-1000)

ADOPTIONS

PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-877-879-4709 (Cal-SCAN)

ANNOUNCEMENTS

Place these house ads sporadically throughout your classified sections to promote the network - Thank you!

DID YOU KNOW 7 IN 10 Americans or 158 million U.S. Adults read content from newspaper media each week? Discover the Power of Newspaper

Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW 144 million U.S. Adults read a Newspaper print copy each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

EVERY BUSINESS has a story to tell! Get your message out with California's PRMedia Release – the only Press Release Service operated by the press to

get press! For more info contact Cecelia @ 916-288-6011 or <http://prmediarelease.com/california> (Cal-SCAN)

AUTOS WANTED

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. FREE 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care of. Call 800-731-5042 (Cal-SCAN)

Got an older car, boat or RV? Do the humane thing. Donate it to the Humane Society. Call 1- 800-743-1482 (Cal-SCAN)

GET CASH FOR CARS/TRUCKS!!! All Makes/Models 2000-2016! Top \$\$\$ Paid! Any Condition! Used or wrecked. Running or Not. Free Towing! Call For

Offer: 1- 888-417-9150. (Cal-SCAN)

AUTOS WANTED/LUXURY KILL AD - DO NOT RUN

WANTED! Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid 707 965-9546 (Cal-SCAN)

CABLE/SATELLITE TV

Switch to DIRECTV. Lock in 2-Year Price Guarantee (\$50/month) w/AT&T Wire-

less. Over 145 Channels PLUS Popular Movie Networks for Three Months, No Cost! Call 1- 800-385-9017 (Cal-SCAN)

DISH TV - BEST DEAL EVER! Only \$39.99/mo. Plus \$14.99/mo. Internet (where avail.) FREE Streaming. FREE Install (up to 6 rooms.) FREE HD-DVR. Call 1-800-357-0810 (Cal-SCAN)

FINANCIAL SERVICES

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-

966-1904 to start your application today! (Cal-SCAN)

HEALTH / FITNESS

ELIMINATE CELLULITE and Inches in weeks! All natural. Odor free. Works for men or women. Free month supply on select packages. Order now! 844-703-

9774. (Cal-SCAN)

HEALTH / MEDICAL NEW AD - OXYGEN - Anytime. Anywhere. No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved!

FREE info kit: 844-359-3976. (Cal-SCAN)

VIAGRA and CIALIS USERS! Cut your drug costs! SAVE \$\$! 50 Pills for \$99.00. FREE Shipping! 100% Guaranteed and Discreet. CALL 1-800-624-9105 (Cal-SCAN)

Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-800-273-0209 Promo Code CDC201625. (Cal-SCAN)

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace -little or NO cost to you. Medicare Patients Call Health Hotline Now! 1- 800-796-5091 (Cal-SCAN)

HELP WANTED

Sales RepresentativCalifornia Trade Association located in Sacramento is seeking someone with strong knowledge for Advertising, print, digital and social media solutions, great with detail, an amazing attitude, and a passion for selling content and integrated partnerships. 3-5 years experience a plus.

We offer a competitive base salary, commission and bonus plan, along with great benefit package. Email Resume and Salary History to jobs@cnpa.com. EOE (Cal-SCAN)

HOME SECURITY

Protect your home with fully customizable security and 24/7 monitoring right from your smartphone. Receive up to \$1500 in equipment, free (restrictions apply). Call 1-800-918-4119 (Cal-SCAN)

INSURANCE/HEALTH

Lowest Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

LAND FOR SALE/ OUT OF STATNEW AD - WEEK OF 01/15

NORTHERN AZ WILDERNESS RANCH \$236 MONTH - Quiet & secluded 37 acre off the grid self-sufficiency ranch bordering 640 wooded acres of State Trust

lands at cool clear 6,200' elevation. Minutes from historic pioneer town & fishing lake. True wilderness with free roaming wildlife, no urban noise & dark sky nights. Blend of evergreen woodlands & grassy

meadows with sweeping views across surrounding uninhabited wilderness mountains and valleys. Abundant groundwater, rich loam garden soil & maintained road access. Camping and RV use ok.

\$27,500, \$2,750 dn. with no qualifying seller financing. FREE BROCHURE with additional property descriptions, prices, photos, topo map, weather chart, area info. 1st United Realty 800.966.6690. (Cal-SCAN)

LEGAL SERVICES

Xarelto users have you had complications due to internal bleeding (after January 2012)? If so, you MAY be due financial compensation. If you don't have an attorney, CALL Injuryfone today! 1-800-425-4701. (Cal-SCAN)

Under Legal Services - e

DID YOU KNOW Information is power and content is King? Do you need timely access to public notices and remain relevant in today's hostile business climate? Gain the edge with California Newspaper Publishers Association new innovative website capublicnotice.com and check out the FREE One-Month Trial Smart Search Feature.

For more information call Cecelia @ (916) 288-6011 or www.capublicnotice.com (Cal-SCAN)

MEDICAL SUPPLIES/EQUIPMENT

Safe Step Walk-In Tub! Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

MISCELLANEOUS

SAWMILLS from only \$4397.00- MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N (Cal-SCAN)

MISCELLANEOUS FOR SAL

HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70¢ a day! Call 855-404-7601(Cal-SCAN)

PERSONALS-ADULT

Meet singles right now! No paid operators, just real people like you. Browse greetings, exchange mes-

sages and connect live. Try it free. Call now: 800-945-3392. (Cal-SCAN)

REAL ESTATEPlace this house ad under Real Estate & Run e - Thank you!

DID YOU KNOW Information is power and content is King? Do you need timely access to public notices and remain relevant in today's highly competitive market? Gain an edge with California Newspaper Publishers Association new innovative website capublicnotice.com and check out the Smart Search Feature. For more information call Cecelia @ (916) 288-6011 or www.capublicnotice.com (Cal-SCAN)

SENIOR LIVING

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted,local experts today! Our service is FREE/no obligation. CALL 1-

800-550-4822. (Cal-SCAN)

TAX SERVICES

Do you owe over \$10,000 to the IRS or State in back taxes? Our firm works to reduce the tax bill or zero it out completely FAST. Call now 855-993-5796 (Cal-SCAN)

We're here during your time of need.

It's one of the most difficult times you'll ever face. Whether sudden or somewhat expected, you are never really prepared to deal with the loss of a loved one. There are so many details to take care of. Where do you begin? Who do you call?

As your local funeral home, we will help you incorporate your heritage into a meaningful "going home" celebration. With compassion, sensitivity and integrity, we will listen, counsel, lighten difficult decisions, and handle the smallest of details as you capture memories and honor the life of your loved one.

And while you may prefer not to think about it, you can take comfort in knowing we are here when you need us most.

DUGGAN WELCH

3434 17th Street - San Francisco, CA 94110 - 415 491 4990

Vaughn O. Nixon
Sons, Nephew and Staff
"Our Family Serving Your Family"

St. John Missionary Baptist Church
825 Newhall Street
Reverend Mervin Redmond, Pastor
San Francisco, CA 94124
(415) 826-5639 or 550-9324

Sunday
Sunday School 9:00 AM
Morning Worship 10:25 AM
Children's Ministry 10:25 AM
Nurture for Baptist 6:15 PM
Wednesday
Prayer Services/Bible Study
Midday 11:30 AM
Evening 6:45 PM
Communion – 1st Sunday
For information about other activities
Call (415) 826-5639 or visit us at
www.stjohnsf.org

COSMOPOLITAN BAPTIST CHURCH SF PRESENTS

Sunday **MORNING GATHERING**

EXPERIENCE

SUNDAY CHURCH SCHOOL | 9:30 AM
MORNING WORSHIP | 11 AM

COSMOPOLITAN BAPTIST CHURCH SF
199 Farallones St., San Francisco, CA 94112
Reverend Dr. A. Ray Gentle, Senior Pastor

669) 900-9128 Meeting ID 897 8156 8380 LIVE [Facebook.com/CosmopolitanBaptistSF](https://www.facebook.com/CosmopolitanBaptistSF)



Food for Heart



ANATOMY OF A Heart-Healthy Burger

SWAP THE SAUCE
Replace secret sauces and mayonnaise with mustard or ketchup.

REPLACE RED MEAT
Try healthier alternatives to beef like turkey or plant-based patties.

LOAD UP ON VEGGIES
Add lettuce, tomato, and other vegetables to your burger for added nutrients, fiber, and flavor.

BETTER BUNS
Whole wheat buns have more fiber and nutrients than white buns.

Celebrate Heart Month by preventing heart disease with small, daily steps provided by the leading dietitians at Stanford Health Care.



For more information and heart-healthy tips, visit us at stanfordhealthcare.org/foodforheart





Defining the Future of Connectivity

Every day, thousands of Comcast engineers and technologists are building connectivity solutions that change the way we work, live and play. With 94% of devices connected to WiFi in the home, our Xfinity gateway is built to deliver a fast, reliable connection with capacity to connect hundreds of high-bandwidth devices at once. Fast, smart, reliable, and everywhere.

comcastcorporation.com/wifi