News Release

DALLAS AREA CHAPTER FOUNDING forward A Future Rooted in Liberty

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DR. KENNETH COOPER TO PARTICIPATE IN BOOK SIGNING AT FOUNDING FORWARD DALLAS AREA CHAPTER 55TH ANNUAL ACCOLADES AWARDS DINNER ON TUESDAY, NOVEMBER 3

"Father of Aerobics" and George Washington Honor Medal Recipient will sign copies of his 20th book, "Grow Healthier as You Grow Older"
Accolades Dinner tickets available online or by mail

Dallas, TX—The Dallas Area Chapter of Founding Forward today announced that a special book signing with Dr. Kenneth Cooper will be part of the 55th annual Accolades Awards Dinner on **Tuesday, November 3** at the Communities Foundation of Texas, 5500 Caruth Haven Lane in Dallas.

Tickets for the Accolades Awards Dinner are now on sale online or via mail. More information can be found at foundingforward.org/chapter/dallas-tx/. **Accolades begins with a reception at 6:00 p.m. followed by dinner and the program at 7:00 p.m.**

Each year, the Dallas Area Chapter honors individuals and organizations for their contributions and efforts to make America a better place for everyone with those awards presented at the Accolades Dinner. **Dr. Kenneth Cooper, a preventative medicine pioneer, "father of aerobics", and one of the honorees at the November 3 Accolades Dinner, will be signing copies of his 20th and most recent book, *Grow Healthier as you Grow Older*.** The book signing will take place beginning at 6:15 p.m.

The 2026 Accolades Awards Dinner honorees (21):

***President's Salute Award*—Dallas Morning News Opinion Team** for exemplifying the highest standards of citizenship and its commitment to the civic role of a local free press.
2026 George Washington Honor Medal Recipients:
Adult Community Honorees
--Dr. Kenneth H. Cooper, Founder & Chairman, Cooper Aerobics for his visionary leadership in preventative medicine through exercise, diet, and lifestyle behaviors.
--Texas Rangers Baseball Foundation for its impact and programs to honor those who serve—military and first responders.
--**Ray Fletcher, Red River Sea Cadets,** Gainesville, TX for its support of youth leadership, seamanship, and community service. The color guard for the Accolades Dinner will be performed by members of the Red River Sea Cadets.
--Ashlee Kleinert, Ruthie's Fueled by Good, Dallas, TX for serving the South Dallas community as a "fresh start" employer through its food trucks.
--Jason Mark Morgan, Veterans Outpost, Nevada, TX for supporting military veterans and first responders on its 48-acre ranch.
***Public Communications Honoree*—Fort Worth Report** for its work as a free, member-supported digital news source and specifically for its series, "52 Faces", honoring unsung community heroes.
***Educator Honoree*—Darryl Rudd, John Lewis Social Justice Academy, Dallas ISD** for the creation of Social Justice Friday with student debates on democracy.
***Youth Community Honoree*—Slone McNutt**, Dallas, TX, for co-founding the *Alamo Letter Society* with the mission of honoring the Alamo by installing plaques on all 254 Texas courthouses.
***Youth Essay Honorees*—** Manas Agarwal, JP Balfour, Andrew Blanchard, Bailey Braidfoot, Anna Doak, William Foster, Lauren King, Katherine Marvin, Maria Paredes Leon, Tyler Pyle, Khai Tran, Mason Yoon.

The 2026 Youth Essay topic highlighted the Declaration of Independence in honor of America's 250th---*In what ways is the Declaration of Independence still relevant today?*

The Founding Forward Dallas Area Chapter sent seven students from five area high schools to the Spirit of America youth leadership conference at the organization's education campus at Valley Forge, Pennsylvania for a four-day program from March 26-29, 2026. In addition, the Dallas Area Chapter sponsored 16 teachers from Collin, Dallas, Denton, and Tarrant Counties to attend graduate programs in Philadelphia this past summer. Students or teachers interested in attending 2027 Founding Forward programs can contact the chapter's Vice President-Education Kyle Norwood at kn108714@gmail.com.

For information on becoming a member of the Founding Forward Dallas Area Chapter, please contact the chapter's Vice President-Membership Sam Bonney at Bonneylaw43@gmail.com.

ABOUT FOUNDING FORWARD: In February 2024, Founding Forward was formed through the merger of two longstanding American institutions: Freedoms Foundation at Valley Forge (the previous affiliation of the Dallas Area Chapter) and the Union League Legacy Foundation. Its mission is to inform and engage citizens through transformational educational experiences grounded in American history. These experiences enable students, teachers, and citizens to understand, appreciate, and practice the principles, rights, and responsibilities of American citizenship.