



# North Dallas Gazette

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## Election night brings highs and lows in Dallas County

By Ruth Ferguson  
Rachel Hawkins  
and David Wilfong  
NDG Staff and Contributors



Sen. Ted Cruz speaking to supporters last summer (Image: Rachel Hawkins / NDG)

You win some, you lose some. That is the best way, to sum up, the midterm results locally and nationally for the Democrats. Indeed, the local Dallas County Democratic Party was excited to oust the Dallas District Attorney and to claim victory over a long-time Republican U. S. Congressman. However, many across the state and country were disappointed to see the re-election of U.S. Senator Ted Cruz.

These are just a few of the races which kept local voters glued to their screens awaiting updates on the votes throughout the evening on Nov. 6.

### Dallas City Council, District 4

In a very crowded field, no candidate garnered enough votes to receive the necessary 50 percent or more of the ballots cast. Therefore, the City of Dallas will host a runoff election on Dec. 11 for the vacant seat representing District 4 on the Dallas City Council.

The two top candidates were Carolyn King Arnold, who received 26 percent with 3,641 votes, and Keyaira Saunders who won 17 percent with 2,431 votes.

When reached by phone by the *North Dallas Gazette*, Arnold shared, "We know we have got work to do, we are still in campaign mode."

An election in December is rare in

Dallas County, and as the holiday season begins, voters are even more distracted. Also, the local, state and national polls are no longer on the ballot, leaving voters typically no longer focused on campaign news.

"The challenge here is we got to get people back to the polls," Arnold acknowledged.

She expressed concern for how long the residents of District 4 has lacked representation at the horse-shoe, especially as the Council and city staff continue work on the Master Plan.

"We are the only district that does not have representation," Arnold stated. "We want to continue the work we started with building the Master Plan with our stakeholders that address public safety, job cre-

ation, and intergenerational services that will benefit the community as a whole. Extremely honored if I get that opportunity to complete the process."

Arnold was previously a council member for District 4 from 2015 to 2017. Saunders also ran in 2015, gaining 177 votes.

The winner will serve the remaining six months of the previous councilmember, Dwaine Caraway's term, and then will have to face re-election in May.

### Dallas County

#### Commissioner Pct. No. 2

The Democrats did have their loses locally, including Wini Cannon's bid to serve as County Commissioner

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Rufus and Jenny Triplett

### READERS SOUND OFF!!!

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On the GO??? But still need to be in the KNOW!!! Bookmark [NorthDallasGazette.com](http://NorthDallasGazette.com) on your phone or mobile device!!!





## Kim Trosper

“Live. Love. You”. That sums up the work of ultra-inspirational Women’s Empowerment Coach Kim Trosper, founder, and CEO of Sassy Women Coaching. She helps women to free their “Inner Sassy Woman” and get their Sassy Mojo back... while keeping things fun and positive! Trosper recently announced she is offering 6 months of Unlimited Coaching that is absolutely transforming women’s lives. The enthusiasm surrounding the 6-month Coaching Program is high and rising and women are getting results.

“I often get asked how I define a Sassy woman,”



commented the energetic Trosper. “A Sassy woman is a woman who knows what she wants, goes after what she wants and gets it by being her authentic self. A Sassy woman comes in all shapes, sizes, colors, and

ages. She lives life on her terms. My six-month unlimited customized program leaves women ‘knowing their worth plus tax’ and killing any sense of doubt and remembering they were ‘Born Worthy.’”

According to Trosper, the goal at Sassy Women Coaching is to inspire one million women globally to recognize their own stunning self-worth. This is done by learning how to bust through limiting beliefs that holds you stuck and not living the life you want.

Trosper continues, “I show women how to replace their inner critic with an inner supporter working from the inside out starting at

the foundation. Unfortunately, we as women are constantly and often subtly being told from a young age by society that we aren’t good enough because of the color of our skin, the shape of our body, texture of our hair, that we are broken and need to be fixed. Those negative and untrue messages start from the outside and then we continue that negative dialogue on the inside with our inner critic that negating self-talk, I call ‘Stinkin Thinkin’ – which will steal your dreams, keep you from making the amount of money you deserve, steal your peace of mind, and keep you stuck in dead end unhealthy relationships etc.

It’s been with us for many years and it’s not a quick fix to eliminate.”

“Through my personal experiences of high stress, broken heart, toxic relationships, negative self-talk ‘Stinkin Thinkin,’ limiting beliefs and not loving myself enough. I can and have helped 100’s of women find their way back to knowing they are worthy and practicing self-love. I will help you get crystal clear on what you want and provide a roadmap on how to get there,” Trosper says.

Trosper is certified by Les Brown as a Speaker, Coach and Trainer and holds a Bachelor’s Degree in Human Services. She speaks for a

variety of demographics such as church’s, substance abuse centers, and weight loss groups. She does Corporate Trainings on Leadership, Sales, Customer Service and Goals.

Her daily podcast “Sassy Woman Minute” where she shares a one minute daily tip on self-love, self-acceptance and loving yourself first can be found on iTunes, Alexa, Podbean and Google Play. She also offers her free book You Were Meant to F.L.Y. (First Love You) and Little Guide to Big Affirmations on her websites.

For more information, be sure to visit [www.kimtrosper.com](http://www.kimtrosper.com) and [www.sassywomancoaching.com](http://www.sassywomancoaching.com).

## Rufus and Jenny Triplett

Atlanta, GA — An affirmation or words of positivity have been the daily go to for millions of people to get through the monotony of disappointments that weighs us down. From a stressful job, a road raging commute, a helicopter life or toxic relationship, affirmations are what we see daily on social media and are nothing new to making you feel better about life.

Jenny and Rufus Triplett, Ebony Magazine’s Couple of the Year for 2012 and best-selling authors of Surviving Marriage in the 21st

Century, 13 Easy Tips That Can Help You Get to 20 Years and Beyond, and Jobs for Felons – From Inmates to Entrepreneurs, are one of the very few professional husband and wife teams who do just about everything together as a married couple. Having survived and recently celebrated 29 years of marriage being attached at the hip, their list of accomplishments are long as well as the testimonials of what they are doing to help save marriages and philanthropic projects for inmates, former inmates and their



families.

Jenny and Rufus have always kept it 100 percent real during their almost three decades of matrimony. They have survived military service, a head on collision, the death of a child, incarceration and much more. All of

these events has strengthened their marriage in surmountable ways. Their trademarked Surviving Marriage movement is sparking much needed conversations and providing the tips needed to survive the foundation and institution of

the family that it has always been. The his and her t-shirts provide a way for those that believe and support the movement to wear and share with pride as couples. The Triplets have been named an inspiring couple by numerous media outlets and featured as marriage tipsters in Ebony, Essence, Black Enterprise, Redbook and Ladies Home Journal magazines, just to name a few. They have also been spotlighted for love and parenting on TLC and Dr Phil.

As heavily scheduled speakers, certified prison volunteers and activists, the Triplets saw how they

could bring a positive vibe to the ills that are currently happening not just in the USA but globally. The popularity of the subject matter on topics such as marriage, but also diversity and inclusion, and the style in which they attack it has taken them around the world with speaking engagements and marriage workshops in London, Dubai, Cuba, and Bucharest, Romania and their marriage book has been translated into three other languages. Both marriage and job books are now known as “Playbooks” be-

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## NDG Readers Sound Off...

### Vistage Names Southern Regional Team

Before Joining Vistage, please read about my experience at [www.VistageChairVerdict.com](http://www.VistageChairVerdict.com)

-- Eran Salu

### Frisco Library offering movies, TV shows and audio-books via digital service

Unfortunately Frisco library is discontinuing Hoopla, how is our tax money being spent?

Hoopla provide books,movies, music free with the use of a library card.

While more cities join Hoopla Frisco library board decide to stop the service.

Luckily voting is tomorrow.

-- Carla

### Next-generation MOOCs tackle budget-cuts at state universities

Really very useful information, thanks for sharing.

-- Avinash

On the first day of early voting, the North Dallas Gazette shared a photo from a Richardson polling location via Instagram

trackeybuckett replied: "I want to like any post with John Turner being repped and/or funding for public schools, but I've never liked a photo displaying Session signs before...and I'm not sure I can bring myself to do so now."

Via Twitter to @NDGEditor

Let's VOTE this HATE OUT VOTE BLUE @TexasTribune @TFLN @Rangers @SouthPadreTexas @CorpusChristiHS @CorpusChristiNC @HoustonTX @HoustonNoLimits @HoustonNews1 @AP\_NorthDakota

@NDGEditor @northdakotan @georgiayds @georgianewstv @NashvilleTenn @CalSunday @dailyCal @NewYorker @GMA ---- Nancy Donohue @Pinkflowers1

Thanks to our friends at the North Dallas Gazette for helping us celebrate #SchoolBusSafetyWeek by sharing some of our top safety tips! ---- First Student @FirstStudentInc

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# Hate and Horror — When Does It Stop?

By Julianne Malveaux  
NNPA Contributor

As strange as it seems, I now view the Bush years with nostalgia. Both Big Bush (POTUS 41) and his son Shrub (POTUS 43) incurred the ire of Democrats, with Shrubs Supreme Court-complicit theft of the 2000 election prompting anger and protests. Both Bushes, perhaps because of their love of country, comported themselves as gentlemen despite the protests. In the face of Democratic anger, they exuded civility. And why not? Each won his election, each loved the country, neither had to be mean or hateful to Democrats, people of color, immigrants, Jewish people, the GBLTQ community or anyone else. While they did not budge on their ideology, neither painted their political opponents as enemies.

Fast forward. Now we have a President who lost the popular vote by 3 million. He bullied his way into the Republican nomination, doing the kind of name-calling that we’d put a 5-year-old on a timeout for. And he has blustered his way into the Presidency with the same invective,

hate, anger, and crowd-pleasing tirades that marked his campaign. Even when he attempts to be decent, which means merely reading from the teleprompter language someone else has drafted, he has to stop, mid-comment, to pat himself on the back and remind us that he is “being good.” Really! A 70-year-old man trumpets that he is “being good” and he expects applause.

The tragedy of Trump is that his Republican allies have not condemned his nonsense because they see political gains in his “leadership.” Motivated by 45, Cesar Sayoc has “allegedly” mailed at least 15 pipe bombs to Democratic political figures that Trump has criticized. Instead of doing the decent thing (like calling his predecessors, Presidents Obama, and Clinton to pledge to use federal resources to get to the bottom of this madness), he spent time speculating that perhaps this was a Democratic set-up.

During the same week that Sayoc was arrested, on October 24, a white man, Gregory Bush, 51, tried to break his way into First Baptist Church, a Black church in

Jeffersontown, Kentucky, a suburb of Louisville. When he failed to gain entry to the church, he went to a nearby Kroger and shot a Black woman Vicki Jones, 67, in the store. Then he shot Maurice Stellard, 69, in the parking lot, in front of his 12-year-old grandson. A white man had the possibility of shooting him to stop him, but when Bush assured the white man that “white people don’t shoot white people,” he let him go. Thankfully, law enforcement officers caught him, but it took them four days to declare his crimes a hate crime. Why?

The end of a week when hate prevailed was the occasion of the worst crime of that week. Robert Gregory Bowers, 46, entered the Tree of Life Synagogue in Pittsburgh and massacred 11 people. The oldest was a Holocaust survivor in her 90s, the youngest, a pair of disabled brothers in their 50s. Bowers has now pleaded not guilty to 44 counts of murder, attempted murder and hate crimes. Our hateful President, despite community pleading, insisted on visiting Pittsburg for a photo op (he says to pay his respects).

It is futile to think that a man who uses hateful rhetoric as his stock in trade will back down, even as it is clear that the rhetoric is working. It is pointless to think that Republicans will call him to task because they are gaining too much from his hate. It is fruitless to think that some of the Republican white men in power – Senator Mitch McConnell, House Speaker Paul Ryan, Senator Lindsey Graham, and others – will talk to white men like Gregory Bush, Robert Gregory Bowers, and Cesar Sayoc – to explain why their actions are unacceptable. The new reality is that we have an unchecked leader who spews hate and his loyal army follows with hateful actions, whether it is assaulting people who come to his rallies, chanting ugliness, or sending bombs and killing people.

The week of October 22 may have been one of the saddest weeks in our nation’s recent history. Hate is hate is hate is hate, and we have to resist it all! Republicans of conscience, where are you.

*Julianne Malveaux is an author and economist, for more info visit [www.julianne-malveaux.com](http://www.julianne-malveaux.com)*

## The fight has just begun

By Congresswoman  
Eddie Bernice Johnson

The midterm elections are now over and unprecedented numbers of people in Texas and throughout the country cast their ballots for candidates of their choice.

We are still faced with local and national political climates in which some elected officials practice voter suppression without shame or reservation. Their methods are simply little more than modern-day poll taxes.

Some state legislators utilize gerrymandering when creating congressional districts. There seems to be an attitude, held by some with

wealth and power, that is tainted by a distrust and contempt for those they consider the “other,” people who do not look like them, who do not dine with them, whose first language is not the one that they speak and whose faith is different from the one that they profess.

At the root of President Trump’s desire to end birthright citizenship is distaste for those that are different, and a fundamental misunderstanding of the 14th Amendment to the United States Constitution.

If that were not enough, the Secretary of Commerce, Wilbur Ross, wants census forms, and those who actually interview residents, to

ask whether or not respondents are citizens of the United States.

When challenged on the origin of the proposed question, Ross said that its inclusion was requested by the Justice Department. When asked about Ross’ statement, a Justice Department spokesperson contradicted the secretary.

The question of whether or not such a question should be included is currently being litigated in federal court and is being watch very closely by me and other advocates of equitable voting rights.

Those who advocate including the question are aware that it would have harmful effects on minority

participation in the Census. These people are fearful that the government will use the information to harass them and their relatives and many believe it will be less stressful if they do not participate in the 2020 county.

I urge everyone to participate in the Census! Its numbers determine how federal funds are allocated, and how congressional districts are drawn.

This proposal of Secretary Ross is simply another way of retarding social and economic progress and full equality. Hopefully, the courts will see it for exactly what it is, another effort to suppress voting, and to cling to power.

**NDG endorsement for the runoff election in Dallas City Council, Place 4**

**Dallas City Council District 4 Carolyn King Arnold**





# Strength training critical for active, independent aging, says Irving PT

To the 43 million Americans who have low bone density, putting them at high risk of osteoporosis, Irving physical therapist Ted Kern has an important message: exercise is good medicine. But not just any exercise – weight-bearing, muscle-strengthening exercise.

“As people get older, bone density certainly becomes an issue for many people, which can lead to unexpected falls, broken bones and even the onset of osteoporosis,” said Kern, clinic manager of Las Colinas Physical Therapy in Irving. “But studies have proven that doing regular, weight-bearing exercise like jogging, walking, aerobics, dancing and resistance training can actually strengthen your bones. It’s a true ‘use it or lose it’ scenario.”

And while this benefit of strength training for older adults is a powerful one, it’s simply just one in a list of proven reasons why seniors



Danielle Cerullo / Unsplash

should make strength training a part of their lifestyles and fitness regimens.

While a reduction in strength is often considered an inevitable part of getting older, Kern says that people of all ages should feel empowered to take charge of their overall health (including strength training) as they age.

Along with diet and regular check-ups with both a physician and a physical therapist, an exercise regimen that includes elements of strength

and resistance training can help slow some of the effects of aging – this, while also allowing one to maintain a high quality of life through activity and independence.

According to Kern, the many proven benefits of weight-bearing and resistance exercise include:

**Rebuilding Muscle:** People do lose muscle mass as they age, but much of this can be slowed and even reversed through strength and resistance exercise. And of course,

a stronger body has a direct impact on issues related to balance, fall prevention and independence.

**Reducing Fat:** We also tend to more easily put on weight as we get older. Studies show, however, that while older adults gain muscle mass through strength training, they also experience a reduction in body fat.

**Reducing Blood Pressure:** Studies have also shown that strength training is a great (and natural) way to reduce one’s blood pressure, even for those who “can’t tolerate or don’t respond well to standard medications.”

**Improving Cholesterol Levels:** Strength training can actually help improve the level of HDL (“good”) cholesterol in the body by up to 21 percent, while also helping to reduce to levels of LDL (“bad”) cholesterol.

**Strengthening Mental Health:** This goes with all exercise, including strength training. Maintaining a high level of fitness can combat anxiety, depression, issues with stress, etc. Exercise is also great for memory!

“Whether walking, jogging, hiking, dancing, etc., we recommend 30 minutes of weight-bearing activity

every day,” Kern said. “It’s also necessary to set aside another two to three days of strength and resistance training each week, which can include free weights, weight machines, Pilates, yoga, and so on.”

Kern adds that for the sake of both health and safety, a thorough strength, movement and balance assessment should precede any new exercise regimen, especially for older adults – assessments that physical therapists like those on the Las Colinas Physical Therapy team are uniquely qualified to perform.



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**YOUR HOLIDAY DESTINATION IS DARTable**

## Curbing health care costs before and after Open Enrollment

By Scott Flannery

Technology continues to reshape how people navigate the health system, putting access to information at our fingertips and creating a more seamless and interactive experience. At the same time, these advances may help people become savvier users of health care, helping simplify and personalize their journey toward health.

The revolution can be important to remember during open-enrollment season, which occurs during the fall, when people select or switch their health benefits for 2019. For people with employer-provided coverage, open enrollment usually occurs during a two-week period between September and December; for people enrolled in Medicare, enrollment runs from Oct. 15 to Dec. 7; and individual state exchanges from Nov. 1 to Dec. 15.

With that in mind, here are tips people should consider to use technology and online

resources to help make more informed healthcare decisions during open enrollment and year-round:

See **COSTS**, Page 12

**VOTE**  
**Carolyn King Arnold**  
District 4, Dallas City Council

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## Lace Up Your Sneakers for a weekend with BMW Dallas Marathon

The 2018 BMW Dallas Marathon Weekend is now offering four new races just for kids and encourages families to stay active by taking part in these family-friendly activities. Children ages 12 and under are welcome to participate in the new shorter

distance options, which include: 100m, 400m, 800m, or 1-mile races. The events are scheduled for Dec. 8-9.

“The addition of kid’s races to the 2018 BMW Dallas Marathon Weekend is something that has been in the works for some time and

is very special to us,” said Paul Lambert, President of the Dallas Marathon. “This year’s race weekend will be a destination for athletes and families of all fitness levels, and we’re excited to watch the community come out to teach children that staying

active can be fun.”

Registration for the kid’s events is now open and participants are encouraged to register early to ensure availability. A one-time \$10 registration fee grants children access to one of the four event options and includes a t-shirt

and participation medal. Parents or guardians are welcome to participate with their children, free of charge.

The BMW Dallas Marathon Weekend directly benefits Texas Scottish Rite Hospital for Children. The Dallas Marathon has donated

more than \$4 million to the hospital since naming Scottish Rite as its primary beneficiary in 1997.

For more information, registration updates and event details, please visit [www.bmwdallasmarathon.com](http://www.bmwdallasmarathon.com).

## Parkland promotes literacy through Reach Out and Read program

Most children don’t expect to leave the doctor’s office with a special gift. But pediatric patients of Parkland Health & Hospital System look forward to their next check-up because they know they’ll be rewarded with a new book they can take home to read with their parent. In an effort to increase literacy among its patient population, young and old, Parkland participates in the national literacy program Reach Out and Read.

The program was founded in 1999 and implemented the same year at Parkland’s Community Oriented Primary Care health centers (COPCs) throughout Dallas County, encouraging countless children to develop their language skills, learn and grow through reading. In just the past 18 months, more than 12,300



Parkland

books have been distributed to young Parkland patients. The books are provided through donations from Reach Out and Read Texas, Half Price Books, the Parkland Foundation and other donors.

“The program is aimed at families whose first language is not English. The goal is to encourage parents to read to their children

while they learn to speak English, too. It’s a way to kick start the learning process at home,” said James Perez, Administrator, COPC and Parkland’s Reach Out and Read coordinator.

Dallas County is home to more than 2.6 million residents and an estimated 42 percent of them speak a language other than English at

home, according to 2017 estimates from the U.S. Census Bureau.

Through the Reach Out and Read program, a new, age-appropriate book is provided to every child age 6 months to 5 years after each visit to one of Parkland’s COPCs for a routine physical checkup. Books are offered in English, Spanish and bilingual formats. As part of the program, doctors and nurses offer guidance to parents about the impor-

tance of reading aloud with their children every day.

“It’s a great program that encourages parents to read to their kids to prepare them for school,” said Raul Rodriguez, MD, lead pediatrician at Parkland’s Garland Health Center. “Along with the books, we explain to parents why literacy in the home is vital.”

During preschool years, children served by Reach Out and Read score three to six months ahead of their

non-Reach Out and Read peers on vocabulary tests, research shows.

According to Dr. Rodriguez, families enjoy the reading material. Luis Flores, 37, and son Ricardo, 2, of Mesquite agree. “We love the program. Dr. Rodriguez gave my son his first book,” Flores said. “Even though he is just two, my son knows the colors and is starting to count. He loves the books.”

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## TRIPLETT, continued from Page 2

cause they outline strategies that can be referred back to time and time again to help get back on track.

The Triplets are co-hosts of the podcast, Prisonworld Radio Hour and cohosts of the TV show, Lifestyles with Rufus & Jenny. They use both of these platforms to discuss and educate on the issues that can imprison the thinking of thriving relationships and also to keep their thousands of global watchers and listeners abreast of injustices and the need to be active in social justice. The trademarked Black.Woke.Dope. t-shirts, and now hoodies, were launched after the Triplets started seeing a number of news articles about Black children being bullied because of how they looked. “We have an obligation to

encourage and protect our youth. They are our future. We have to let them know how worthy they are and that they can be themselves,” says Jenny. “We’re actually quite surprised that we have had youth as young as nine years old purchase the shirts. We had to add extra smalls to the inventory. Teenagers love them as well,” says Rufus.

Jenny and Rufus are media personalities for marriage and social justice and have appeared in print, radio and TV for contributing commentaries and advice on SiriusXM, Huffington Post, CNN, ABC, FOX, CBS, Virginia this Morning, MSN.com and the Los Angeles Times. Their powerful and inspiring Ted Talk, The Power of No, is receiving rave reviews. It travels the

journey of rejection and how continuing to pivot, in spite of, can lead to success. They are the first African-American Muslim couple to do a talk.

For more information about the Triplets and their Amazon best-selling Surviving Marriage book series, log onto [www.rufusandjennytriplett.com](http://www.rufusandjennytriplett.com) or you can find them on Facebook, Twitter or Instagram @rufusandjenny. They can also be reached at 678-389-2646 or [info@rufusandjennytriplett.com](mailto:info@rufusandjennytriplett.com).

For more information about and how to order and support the affirmation apparel, visit

[www.blackwokedope.com](http://www.blackwokedope.com) and you can also follow on Instagram @blackwokedope. Partial proceeds are channeled towards helping returning citizens from incarceration.

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# A District with a Lot to be Thankful For



**Joyce Foreman**  
Dallas ISD  
District 6  
Trustee

November marks a time of thankfulness for the good that surrounds us. And when I consider the excellence demonstrated by students, teachers and administrators in District 6, I am filled with points of pride and reasons to be thankful.

Each year I look forward to the MLK Oratory Competition that encourages writing and oratory skills among

our elementary students. This year I'm cheering on the District 6 students who have entered the competition. So, I commend the following students for their courage and preparation to compete:

- Layla James - Rondald McNair Elementary School
- Jeremiah Wilson - T. L. Marsalis Elementary School
- Ayleen Morales - Thomas L. Tolbert Elementary School

Not only am I thankful for the communication skills that our students are developing, but also for the diligent efforts of their parents and teachers to help them

prepare.

And speaking of teachers, I am beyond thankful for the dedicated teachers in District 6. They are the facilitators of growth and learning in our classrooms each day. Kudos to the Campus Teachers of the Year:

- Rickey L. Long - David W. Carter High School
- Traci Moton - Kathlyn Joy Gilliam Collegiate Academy
- Kimberly Williams - John Leslie Patton, Jr. Academic Center
- Tracey Giardina - Justin F. Kimball High School
- Thomas Flagg - William Hawley Atwell Law Acad-

emy

- Kemesia Jeffery - T. W. Browne Middle School
- Marcus Barrientos - Zan Wesley Holmes, Jr. Middle School
- Tamara Thomas - D.A. Hulcy STEAM Middle School
- Shastan Liddell - Boude Storey Middle School
- Akilah Smith - Birdie Alexander Elementary
- Kimberly McClendon - Jimmie Tyler Brashear Elementary
- Byron Punch - John W. Carpenter Elementary
- Fabiola Reynaga - Barbara Jordan Elementary
- Chantrelle Lovett -

Umpfrey Lee Elementary

- Mishawndria Freeman - Thomas L. Marsalis Elementary
- Daniza Scott - Ronald E. McNair Elementary
- Carlos Diaz-Garica - Maria Moreno Elementary
- Sara Cruz - Clinton P. Russell Elementary
- Robert Brodner - Leslie A. Stemmons Elementary
- Tamra Smith - T. G. Terry Elementary
- Shreese Phillips - Robert L. Thornton Elementary
- Eboni Walker-Byrd - Thomas Tolbert Elementary
- Shannon Thornton - Adelle Turner Elementary
- Stacy Bailey-Lard -

Mark Twain Leadership Vanguard

- Delaina Jackson - Daniel Webster Elementary
- Pilar Mendoza - Martin Weiss Elementary

## Thankful for Opportunities

Finally, I'm thankful for the opportunities that are made available to students in District 6 and districtwide. The application window to Dallas ISD specialty schools like magnets, Montessori programs, collegiate academies and more is now open through January 31. Learn more and apply today at [dallasisd.org/yourchoices](http://dallasisd.org/yourchoices).

## Thousands attend Discover Dallas ISD school shopping experience

More than 1,300 families—and about 4,000 total people—took a big step toward finding their dream school at the Discover Dallas ISD school shopping experience held Nov. 3 in Downtown Dallas.

Discover Dallas ISD featured representatives from 60 district schools that offer specialty programs such as

magnets, Montessori, single-gender and collegiate academies. The district designed the user-friendly, customer-service rich experience with parents in mind.

"I appreciate how Discover puts all these different schools with outstanding programs conveniently under one roof," said Rachel Castillo, a mother of

a young child who will attend first-grade next year. "This is a very worthwhile way to spend a Saturday morning."

For the first time, Discover provided an opportunity for parents to complete and submit applications for their child onsite. Parents completed more than 700 applications at the event.



## Sleep Cycle Survey: Teens and parents agree school is exhausting

GOTHENBURG, Sweden — New survey data released from Sleep Cycle, the best-selling alarm clock application, reveals how school schedules affect the quality and quantity of sleep for kids and teens.

The survey of more than 1,000 U.S. adults and teens conducted by Propeller Research on behalf of Sleep Cycle in September 2018 found that schoolwork keeps kids and teens up too late, early school start times have them falling asleep in class, and even teens are on board with nap time.

### Americans Kids Aren't Getting Enough Sleep

The majority of parents (70 percent) agree that their children need a minimum of 8-9 hours of sleep to be well-rested, but nearly half (46 percent) report that their children get 7 hours or less.



Hutomo Abrianto / Unsplash

Additionally, while more than three-quarters (77 percent) of American parents got naps when they were children in kindergarten, 4 in 10 say their child did not.

This makes for some cranky kids. When they don't get enough sleep, parents report that their children:

- Are moody — 64 percent
- Are grumpy and disagreeable — 61 percent
- Get into more trouble at

school — 28 percent

- Make worse life choices — 20 percent

Homework doesn't help: The vast majority (88 percent) of teens say they must stay up late to finish school projects — 59 percent on a weekly or daily basis.

### Late to Bed and Early to Rise

School start times also have more than a little to do with it: More than half (52 percent) of American parents and 61 percent of

American teens think school starts too early.

- 55 percent of teens feel their school work suffers because of the early start time
- 59 percent say that early school start times inhibit them from being productive later in the day
- 70 percent feel they would have more productive school days if school started later — 64 percent of parents agree

About a quarter of teens (27 percent) say they begin to feel alert after 9 a.m., but the majority (39 percent) don't start feeling alert until after 10 a.m.

Another 10 percent say they don't ever feel alert in class.

According to the National Sleep Foundation, "when schools shift their schedules, teens benefit. For example, seven high schools in Min-

neapolis moved their start times from 7:25 a.m. to 8:30 a.m. and tested the outcomes for their students. As a result of the change, the teens got five or more extra hours of sleep per week, and attendance and enrollment rates went up, as did alertness. Meanwhile, student-reported depression went down."

### Are Naps the Answer?

Almost half (46 percent) of parents feel the school day is also too long. Teens agree:

- 87 percent have had difficulty staying awake during class because they are tired
- More than two-thirds (69 percent) have actually fallen asleep
- 56 percent report feeling worn out at the end of each school day
- All but 3 percent say they come home tired at

least one day a week

More than three-quarters (76 percent) of parents feel their child would benefit from a designated nap or rest time at school — teens included. The vast majority (78 percent) of teens agree that they would benefit from a nap or rest in the course of the school day.

"American students are burning the candle at both ends — staying up late to do homework and waking up early to be back in class. It's a vicious cycle," said Carl Johan Hederth, CEO of Sleep Cycle. "Parents can help by trying to establish a regular bedtime and by using Sleep Cycle to wake kids in their lightest phase of sleep so they can start each day feeling refreshed — even for those early classes."



# Plano residents invited to participate in Texas Recycles Day on Saturday

Plano is offering a solution for residents with gently used items they are looking to donate or papers that need shredding. Texas Recycles Day is Saturday, Nov. 10 and it is a chance to get rid of old elec-

tronics just collecting dust in the closet. Bring your used items to this collection event at Chase Oaks Church from 9 a.m. - noon. The items will be collected and redistributed to those in need, without ever

having to leave your car.

Organizers say this event is not just about clearing out your closet, but about the positive impacts reuse and recycling can have on the people around you.

In just three hours at last year's event, the Plano community donated 65,424 pounds of items to be reused and recycled. As a result, 118 young women went to prom in dresses donated. Enough

yarn was gathered to create 800 knit hats for chemotherapy patients.

The coats provided kept 183 homeless people warmer during the winter. Transportation became easier for chil-

dren and adults in need thanks to the 103 used bicycles refurbished by volunteers. Plano residents can stay cooler and breathe easier thanks to the 170 trees saved from the paper shredding.

## Carrollton offers free cooking oil disposal for residents

The City of Carrollton will hold a Cease the Grease event for residents to properly dispose of cooking oil, meat fats, lard, shortening, and grease often left over from large holiday meals.

Stop by the City of Carrollton Central Service Center (2711 Nimitz Lane) from 8 a.m. to 6 p.m. on Monday, November 26 or Tuesday, November 27 to properly dispose of grease and cooking oil for free.

Often times, plumbing problems can result from

pouring oils and food scraps down household drains.

Pipe blockage can be prevented by scraping the excess from plates, pots, pans, utensils, and grills into a can or the trash. The garbage disposal is no place for grease. Proper disposal of grease will keep it out of the sewer system and prevent damage to sewage and drain pipes as well as the environment.

If everyone takes preventative measures, there

will be less plumbing issues in homes and no sewage overflows into parks, yards, or streets.

This is the 11th year Carrollton has coordinated Cease the Grease and the first year to be sponsored by Metro Grease Service.

For details on the event, contact Carrollton Water Utilities at 972-466-3425. Visit [cityofcarrollton.com/FatFreeSewers](http://cityofcarrollton.com/FatFreeSewers) for more information as well as educational activities for the kids.

## Looking for help...



For your convenience, the City of Carrollton now offers the opportunity to support Carrollton Animal Services by making online donations. Visit [cityofcarrollton.com/ASdonations](http://cityofcarrollton.com/ASdonations) to donate a fixed amount of \$5, \$10, \$25, \$50, or \$100, or express your generosity with an amount of your choosing. You can also stop by the Carrollton Animal Services & Adoption Center (2247 Sandy Lake Road) with a donation of \$10 or more and receive a free tumbler. All money donated to Animal Services goes directly to helping the animals in Carrollton's care. For more information about both cash and material donations to Carrollton Animal Services, visit [cityofcarrollton.com/ASdonations](http://cityofcarrollton.com/ASdonations). (Photo: Pixabay)

# GET BACK \$960 in your Social Security check each year

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**Arlington**

The **Veterans Day Salute** will be held on Nov. 13 starting at 1 p.m. at Metro Center at the Arlington Fielder Baptist Church, in Arlington. This event will feature performances by Newman students and words from their leadership and special speaker. Join our staff and students as they honor military veterans from their community for their selfless service and noble sacrifice. Stay to enjoy our favorite patriotic anthems, such as "O I Love America" and "Standing Up for Freedom." Stand with Newman's Civil Air Patrol Company as they present the soul-stirring colors, then pledge your personal allegiance to the flag and the beloved nation it represents. Stay to enjoy a reception and encouraging conversation after the Salute. For any questions contact (682) 207-5175.

**Carrollton**

The City of Carrollton's Neighborhood Partnership Office is now accepting

nominations through Friday, Dec. 28 for the **Volunteer of the Year Award**, the Neighborhood leadership Award, and the Outstanding Community Organization Award. Additionally, the City's Parks & Recreation Department is accepting nominations for the Jimmy Porter Award. All four awards will be presented at the 12th Annual Citizens' Evening in February. For more information on the Carrollton Volunteer Awards or to make a nomination, visit [cityofcarrollton.com/volunteer-awards](http://cityofcarrollton.com/volunteer-awards). To learn more about the City's many volunteer opportunities, visit [cityofcarrollton.com/volunteer](http://cityofcarrollton.com/volunteer).

**Dallas**

Union Gospel Mission Dallas (UGM Dallas) announced the kick off of their annual **Coat Drive** to run until Nov. 21. UGM Dallas will collect new or gently used men's, women's and children's coats, gloves, scarves, and hats at Calvert Place located at 3211 Irving Blvd location in Dallas,

Monday through Friday 11 a.m. - 2 p.m. and 4 p.m. - 6 p.m.

"Winter is hard for the homeless. Our annual Coat Drive allows us to gather and distribute necessary items to help alleviate the cold and provide warmth for those who so desperately need it," stated Bruce Butler, CEO of Union Gospel Mission Dallas. "We want to thank the community who so generously donates to help those less fortunate. Last year, we had a precious woman who knit around 75 hats we were able to hand out"

The **2018 Etsy Dallas Jingle Bash** will be held on Nov. 10 from 10:30 a.m. to 5 p.m. at Fashion Industry Gallery (F.I.G.), in Dallas. Etsy Dallas' Jingle Bash, a premier handmade shopping event and party, will showcase the very best in local handmade apparel, bags, jewelry, home décor, accessories, art, pottery and more. Hand-picked artists, crafters and designers from near and



far gather at the Jingle Bash for one-of-a-kind one-stop shopping. Admission is FREE and kids and strollers are welcome! Get there early if you want to be one of the first 50 shoppers to snag one of our coveted Bash Bags filled with swag from our talented vendors!

**Garland**

The **Urban Flea** will be held on Nov. 10, from 9 a.m. to 4 p.m. at 509 W. State St., in Garland. The Urban Flea is Garland's Downtown market of stylish vintage finds and re-purposed goods. Dozens of vendors showcase unique antiques, handmade items and simply pretty things. Live music completes this experience in a Historic district surrounded by "Mom & Pop" shops and restaurants. A percentage of the proceeds from the event go towards Church

@ the Square local mission. <http://squarechurch.net/>. For more information contact 972-272-2400.

**Highland Village**

The **Tri-Town Amazing Race** will take place on Nov. 10 starting at 9 a.m. at Doubletree Ranch Park, In Highland Village. Check in begins at 8 a.m. Be prepared to get a little dirty and wet as you complete challenges at 10 pit-stops throughout Flower Mound, Highland Village, and Lewisville. Each pit-stop will provide physical and mental challenges to encourage team bonding. Recruit your family or friends to form a team of 2-4 people. Tickets are \$30 for teams of 2 and \$15 each additional team member. For more information and to register, please visit [hvparks.com](http://hvparks.com). Cost includes light breakfast, lunch, and swag gift!

**Plano**

**Diabetes 360** will be held on Nov. 20 and Nov. 27, from 8 a.m. to 5 p.m. at three

offices located in Arlington, Las Colinas, and Plano. The offices close for lunch from noon to 1 p.m. This event will offer free diabetes risk screenings. These screenings include: alc blood test, blood glucose test, blood pressure measurement, and body mass index (bmi) measurement. No health insurance is required and no appointment is necessary. For more information visit [Diabetes360.com](http://Diabetes360.com).

**Rockwall**

The **Horse Schooling Show** will be held on Nov. 10 starting at 9 a.m. at Black Star Sport Horses, in Rockwall. In its annual series of schooling shows, Black Star Sport Horses hosts European warmbloods for non-rated horse competitions. Shows are held in a covered arena at the venue's 250-acre farm. Spectators can watch riders of all levels, starting with introductory levels in the morning and higher levels of dressage in the afternoon.

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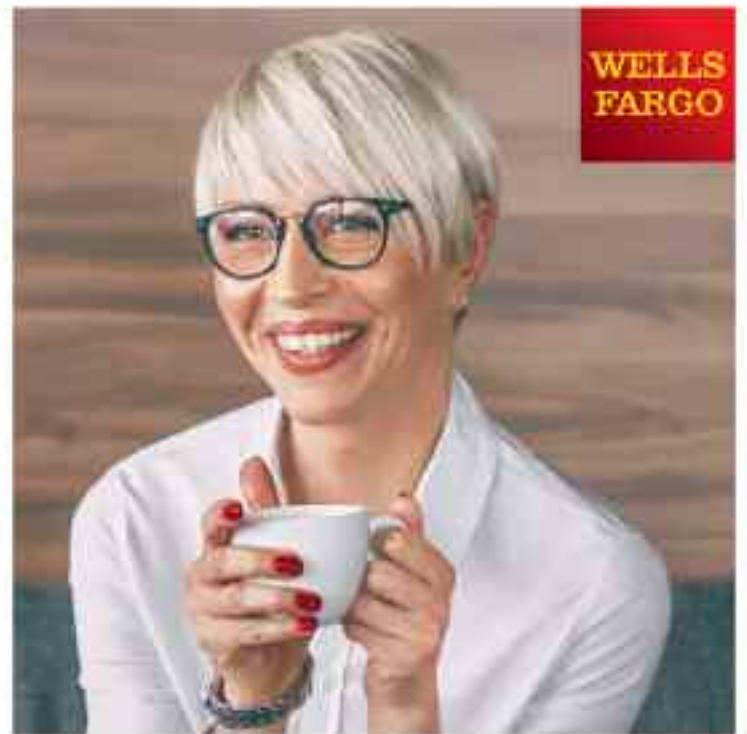
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**\*Important things to know about this offer:**  
**Checking and Savings Bonus Eligibility:** Only open consumer checking accounts are eligible for this offer, including new internet banking checking accounts. All personal banker MTDs, their "Working" Greenhouse by Wells Fargo, and the program Wells Fargo Assist<sup>SM</sup> Card are not eligible for this offer. All online new savings accounts are eligible for this offer, including Time Deposit (TD). This is a stock/ret. non-qualified offer. A valid bonus offer code will be provided to each customer while registering with a banker. You cannot be a current owner of a Wells Fargo consumer checking or savings account, a Wells Fargo internet member, or a recipient of a customer checking or savings bonus in the past 12 months (final date bonus per contract). Offer is only available to customers in the following states: AK, DC, IL, IN, MI, NC, NY, WA. **Bonus Qualification:** 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 opening, set up and receive at least three consecutive monthly direct deposits of at least \$500 each month. During this time, your account balance must be at least \$1,000 at any time. A new Wells Fargo deposit is the customer's salary, pension, Social Security, or other regular monthly income (if a) accumulated: 1000 or more, electronically deposited through the Automated Clearinghouse (ACH) network to this checking account by your employer, or an outside agency. A new Wells Fargo direct deposit is transferred from one account to another of 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 and within the next 90 days maintain a balance of at least \$25,000 in new money and within the next 90 days. New money is defined as at least \$25,000 in new deposits from sources outside of Wells Fargo Bank, N.A. or its affiliates. Due to the new money requirement, accounts may only be opened at your local branch. Offer subject to change and may be discontinued at any time. Offer cannot be paid without a valid ID. Taxpayer Identification Number (TIN) is required with any other business deposit offer. Minimum new money deposit requirement of at least \$25,000 is for this offer only and cannot be transferred to another account to qualify for any other promotion. **Household Offer:** If you select to take advantage of another consumer promotion after receiving a minimum qualifying deposit, you will be ineligible to the bonus and the new money deposit is subject to that offer's respective terms and qualifications. Those who take advantage of the Savings Bonus offer cannot also take advantage of any Wells Fargo promotion related later in the same promotional period. Offer cannot be transferred, purchased, sold, transferred, or traded. **Bonus Payment:** We will deposit the \$500 bonus in your new consumer checking account within 45 days after eligibility and qualification have been met. Checking account must remain open in order to receive the bonus payment. You are responsible for any federal, state, or local taxes due on your bonus, and we will report it as income to the tax authorities. We may be subject to applicable law. Contact your tax advisor. New accounts open subject to approval. Checking and savings accounts are subject to monthly service fees; please refer to the Consumer Account Fee and Information Schedule available at [wellsfargo.com/terms](http://wellsfargo.com/terms). Savings, checking, and credit accounts that are paid for a banker for more details. The consumer savings account eligible for this offer are internet banking accounts with variable interest rates. For example, Wells Fargo Way2Save<sup>SM</sup> Savings plan or Annual Percentage Yield (APY) 1.00% or all other on-line savings & investment opening deposit of \$25. The APY is accurate as of 11/12/2018 and may change at any time without notice. Fees may vary by service.  
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# Dallas Cowboys believe they still have hope

By Dwain Price  
NDG Sports

ARLINGTON – With an excellent chance to inch closer to the mountain top spot in the NFC East, the Dallas Cowboys fell like a rock. A very hard rock.

Coming off a bye week and playing at home on Monday Night Football while having two weeks to prepare to play a below average Tennessee football team, the Cowboys stumbled their way to an embarrassing 28-14 loss to the Titans before a stunned crowd of 90,466 at AT&T Stadium. The loss dropped the Cowboys to 3-5 at the season's midway point and put them two games behind the Washington Redskins (5-3) in the heated race for first place in the NFC East.

Actually, Dallas was in prime position to possibly put the game against the Titans away in the first quarter. The Cowboys were nestled in the red zone three times in the opening quarter, but the only thing they had to show for it was a 4-yard touchdown pass from quarterback Dak Prescott to new wide receiver Amari Cooper.

On the Cowboys' two other first-quarter possessions in the red zone, Brett Maher missed a 38-yard field goal and Prescott inex-



Dallas Cowboys led by Dak Prescott and Ezekiel Elliott were looking forward to a better season in 2018. So far it is not working out that way (Image via Flickr Keith Ellison CC 2.0)

plicably tossed an interception in the end zone. Those pair of missteps gave the Titans new life.

"I think the main thing is we had two no-scores in the red zone," running back Ezekiel Elliott said, while summing up this devastating loss. "It's hard to win a game in the NFL if you have two no-scores (in the red zone).

"We can't leave points on the field. We came out hot, but we didn't finish."

The team that did finish – the Titans – broke loose from a 14-14 tie at intermission by scoring twice in the second half while turning the Cowboys' life com-

pletely upside down.

"No one wants to come out of the bye week or any week with a loss," defensive tackle Tyrone Crawford said. "So the frustration is high.

"So we've got to go into the lab, see what we did wrong and fix it going into next week."

It was obviously mind-boggling to see the Cowboys fall flat with so much at stake.

"It's shocking," Crawford said. "We started off fast, we (forced) some turnovers and we were excited."

But that excitement was tempered by the fact the Cowboys couldn't seize the

moment, couldn't find the end zone and couldn't put away a Tennessee team that entered the game sporting a three-game losing streak.

"On the defensive side of the ball we don't worry about that," linebacker Jaylon Smith said in reference to the missed scoring opportunities. "All we do is control what we can control, and that's getting turnovers, getting off the field.

"We didn't get off the field on third downs (Monday) and that's something that we prided ourselves on, but we were unsuccessful."

Tennessee was a remarkable 11-of-14 on third down situations and rode that efficiency all the way to the winner's circle.

The Titans staggered the Cowboys' defense with a textbook 15-play, 80-yard drive that consumed nearly nine minutes in the first half to tie the game at 7-7. And Tennessee sealed this one with 4:38 remaining when quarterback Marcus Mariota scrambled nine yards to paydirt to complete an eight-play, 64-yard drive.

"I thought we did some good things in this game, really in all three phases of our team," coach Jason Garrett said. "It was certainly not good enough.

"We had some early opportunities that we didn't

cash in on, got some take-aways. Over the course of the game they just did a much better job on third down, they were able to stay on the field repeatedly on third down and some long down-and-distance situations."

The Cowboys' newest wide receiver, Cooper, finished the game with five receptions for 58 yards and that short TD catch. Elliott, meanwhile, was held to 61 yards on 17 carries.

Also, Prescott was 21-of-31 for 243 yards, a pair of touchdowns and that critical interception in the end zone when he threw into double-coverage while trying to locate Cooper.

"It's just as simple as I tried to force the ball," Prescott said. "They added in guys in my face and I just have to throw the ball out the back of the end zone at that point. I just forced it.

"Our defense got us a turnover there, we're up seven points. I go down there and try to force that ball and give it right back to them. It's a 14-point swing. They go down there and get a touchdown and tie it up. That's the difference right there -- 14 points."

To a man, the Cowboys know they can't keep blowing games if they have designs on winning the NFC East.

"We were in a rhythm early and for whatever reason we couldn't get into that rhythm in the second half," right guard Zack Martin said. "But we're only two games back with eight games to play.

"There's a lot of football left. That's what we've got to focus on. One week at a time and chip away at this thing and we'll have a shot at it."

While that may be true, the Cowboys hit the road to play the defending Super Bowl champion Philadelphia Eagles on Sunday at 7:20 p.m. in a contest that classifies as a must-win game.

"We're not out of it," Elliott said. "We're only two games behind the division.

"We have a lot of ball left. We just got to figure out fast how to get things right."

A trip to the lab – as Crawford suggested -- just may do the trick.

"I didn't expect to be here with a 3-5 record, so it's very tough," Prescott said. "We've got to do better and it starts with me. It starts with me first all the way.

"I'm very disappointed coming off the bye week cleaning things up. I felt good going into this one, and to come out with this loss and be 3-5 is very disappointing."



The Coast Guard Honor Guard takes part in "Flags Across America" at Arlington National Cemetery, Arlington, Va. Coast Guard photo by Petty Officer 2nd Class Lisa Ferdinando

## Veteran's Day celebrations in DFW

Annually on Nov. 11, America pauses to say thank you to the those who have served the country as a member of one of the armed forces. Several events are planned throughout Dallas Fort-Worth.

### Addison

For a quarter century, Cavanaugh Flight Museum has shared the largest collection of flying historic and

military aircraft in the Southwest with fans of aviation and military history. In celebration of that history, the beloved museum will hold a **25th Anniversary Open House** on Saturday, Nov. 10.

During this special event, North Texas aviation buffs will have the chance to see, touch and even FLY in many of the planes in the unparalleled Cavanaugh collection. Each of Ca-

vanaugh's public hangars will feature open cockpit tours of aircraft, allowing visitors not only to see these unique planes but to climb into them.

The Cavanaugh Flight Museum will offer discounted flights throughout the day in its new Huey and other aircraft. Ground activities include aircraft tours and even a Sherman Tank demo.

Cavanaugh Flight Mu-

seum is located at 4572 Claire Chennault. Tickets are free for Veterans, \$12 for adults and \$6 for kids.

### Carrollton

The City of Carrollton will honor the service and sacrifice of local military members and their families at the annual **Veterans Day Celebration** on Friday, Nov. 9 at the Carrollton

See VETS, Page 10

Enter to Win!  
Ticket Giveaway

NDG Entertainment Ticket Giveaway!!! Visit us on Facebook to win tickets to the the hottest events in Dallas/Fort Worth!!!!



# Busta Rhymes, basketball and more in DFW this week

By: Tiffany Gilbert  
NDG Entertainment

Seeing how election season is over, it only makes sense to detox from the political noise and have a little fun! Here's what we suggest:

**Busta Rhymes** is performing at Trees in Deep Ellum on Thursday, Nov. 8, at 7 p.m.

Showcasing talent from all over the DFW Metroplex and beyond, **Texas Lottery Live** is a series of free concerts exhibiting the best entertainment representing a wide array of genres. Texas



Vishnu R. Nair / Unsplash

Lottery Live is hosted on the main stage situated in the heart of Toyota Music Factory on Texas Lottery Plaza. This week's show features DJ Mr. Black and starts at 8 p.m.

Come watch **Oklahoma City Thunder At Dallas**

**Mavericks** showdown on Nov. 10 starting at 8 p.m. at the American Airlines Center. More information can be found at [VisitDallas.com](http://VisitDallas.com).

Watch **Utah Jazz At Dallas Mavericks** face off on Nov. 14, starting at 7:30 p.m. at American Airlines

Center. Come out for a good game and a great time. Tickets can be found at [Mavs.com](http://Mavs.com).

Get your holiday fix early by visiting **Holiday At The Arboretum** featuring The 12 Days Of Christmas starting Nov. 14 at the Dallas Arboretum. The 12 Days of Christmas at Night, features 12 elaborate 25-foot-tall Victorian gazebos filled with the charming costumed characters, whimsical animals and winter scenes made famous by the beloved Christmas carol. Visit The Dallas Arboretum website to learn more and purchase tickets.

Come home for the holidays when you check out **Holiday In The Park At Six Flags Over Texas** starting Nov. 16. This will be Six Flags biggest Holiday in The Park celebration in its park's history. There will be thousands of sparkling lights, Christmas carols, snow hills to slide on, smores, and plenty of holiday treats. To learn more visit the Six Flags Over Texas website.

Eisemann Center Presents Page Turner Adventures' production of **The Magnificent Circus Mystery** on Sunday, Nov. 18 at 2:30

p.m. in the Hill Performance Hall at the Eisemann Center. A steamer trunk, a mysterious book, and a hat belonging to Harry Houdini begin a show filled with magic, juggling, unicycling, and physical comedy. The audience must solve clues, overcome obstacles, and figure out a 90 year-old-secret as they help to create the story from beginning to end. Based on a real character, the kids are empowered to write about people and events in their own lives, while discovering how authors develop story ideas. Tickets and more info at [EisemannCenter.com](http://EisemannCenter.com).

# Ava DuVernay confirms Prince documentary is in the works

By Stacy M. Brown  
NNPA Correspondent  
[@StacyBrownMedia](https://twitter.com/StacyBrownMedia)

In about three minutes, singer Alicia Keys captured the very essence of the late pop megastar, Prince.

Now, over the course of nearly two or more hours, famed movie maker Ava DuVernay will capture the "Purple Rain" hitmaker's life and career on film. DuVernay on Tuesday confirmed that she's been tapped to direct a new documentary on the icon, who died in 2016 at the age of 57.

"Prince was a genius, a joy and a jolt to the senses. He was like no other," DuVernay wrote in a Tweet confirming that she's working on the documentary for Netflix.



NNPA / Wikimedia

"He shattered preconceived notions, smashed boundaries, and shared his heart through his music. The only way I know how to make this film is with love and great care. I'm honored to do so and grateful," she said.

Prince Rogers Nelson

was born on June 7, 1958, in Minneapolis, Minnesota. His early music career saw the release of the albums, "Prince," "Dirty Mind," and "Controversy," which his biography aptly notes drew attention for their fusion of religious and sexual themes.

He then released the pop-

ular, critical and successful albums "1999," and "Purple Rain," cementing his superstar status with No. 1 hits like "When Doves Cry," and "Let's Go Crazy."

A seven-time Grammy winner, Prince had a prodigious output that included later albums like the seminal "Sign O' the Times," "Diamonds and Pearls," "The Love Symbol Album," and "Musicology."

The latter was released in 2004, the year Prince earned induction into the Rock and Roll Hall of Fame.

"There are many kinds," Alicia Keys said in a three-minute plus induction speech, as she inducted Prince. "But there is only one Prince. There is only one man who is so loud who makes you soft, so

strong he makes you weak, so honest you feel kind of bashful," she continued.

"So bold, he defies you to be subtle and so super bad he makes you feel so super good."

When news of Prince's sudden death in 2016 spread, Outkast's Andre 3000 was among the millions who paid tribute to Prince.

"Back in the day, entertainers were singers, they were dancers, they had great style, they had great personality," he said.

"We've lost a lot of that today, and so when it comes for me to do music, Prince is most definitely one of my greatest inspirations."

DuVernay said she and her production crew have paid regular visits to Paisley

Park, Prince's iconic home and music studio in preparation for the film, which is expected to include previously unreleased concert, rehearsal and other footage as well as scores of never-before-heard music.

While the late singer's estate has agreed to give DuVernay full control of the project, reportedly, Prince himself choose her to make the film.

"Before he passed away, Prince reached out to the 'Queen Sugar' creator directly about working together, I've learned," Deadline Hollywood's Dominic Patten and Dino-Ray Ramos wrote in the publication, which also noted that DuVernay is working on a film about the Central Park Five.

## VETS, continued from Page 9

Senior Center (1720 Keller Springs Road) from 11 a.m. to 1 p.m. Guests will be treated to lunch and a patriotic concert performed by the New Horizons Band Dallas. Registration for this event is restricted to veterans and a guest, or to widow(er)s of a veteran and a guest. Pre-registration is

required by Monday, November 5. Sign up at the Carrollton Senior Center or call 972-466-4850.

### DFW

This Veterans Day Applebee's Neighborhood Grill & Bar is on a mission to proudly serve **one million free meals to neighbor-**

**hood military heroes.** For the 11th year, Applebee's restaurants nationwide will invite all veterans and active-duty military to visit their local restaurants on Veterans Day to enjoy a complimentary full-size entrée from an exclusive menu. Since 2008, the neighborhood grill and bar has served 8.9 million free meals to veterans and ac-

tive-duty military on Veterans Day. Veterans and active-duty military will be able to choose their free meal from an exclusive menu of eight delicious and hearty entrees. More info here.

### McKinney

The public is invited to join the City of McKinney and McKinney Armed

Services Memorial Board in honoring the brave men and women who have served in the U.S. military.

First, there will be a **Veterans Day Tribute** at 11 a.m., Nov. 10 at Veterans Memorial Park in McKinney, 6053 Weiskopf Ave. This event will include a missing man formation fly-over, patriotic music and the

parading of the colors. The following day, a Sundown Ceremony will be hosted at 5:26 p.m. at Veterans Memorial Park.

The ceremony will include the reading of the names displayed on the Wall of Honor followed by the playing of taps and will last approximately 45 minutes.



# Debt and rising home costs continue to defer homeownership

By Charlene Crowell

Do you ever get the feeling that when it comes to news about the nation's economy you're in a different world?

I certainly do. And what's more, I think much of America – especially Black America -- feels the same.

A decade has passed since the housing collapse. In that time, bank profits are back and continue to rise. Despite occasional trading fluctuations, the stock market remains profitable for most investors. Then there's the low rate of unemploy-

ment that is often cited as if economic strides have included nearly everyone.

But unemployment data does not reflect the vast number of people who today are working and earning less, otherwise known as the underemployed.

People who toil at jobs that pay less than in previous years often have a work ethic that is bigger than their paycheck. Even for those who take a second job, the extra and modest earnings seldom free them from hoping they have enough money to make it through each month.

I also think about the

families who sacrificed retirement or building savings to give their children a college education. Both new college graduates, their parents and sometimes grandparents are startled at the amount of debt they share and how long it will take to fully repay it.

Whatever happened to the American Dream of owning a home and giving your children a better life than you experienced as a child? Is this 'dream' being deferred or denied?

The stark reality is that between the rising cost of college and the equally rising costs of homeown-

ership, much of the country that works for a living is in a financial catch-22.

This contention is borne out by an updated consumer survey that annually measures profiles of both home buyers and sellers. Each year, the National Association of Realtors (NAR) surveys consumers who purchased a primary home in the past year. For 2018, NAR used a 129-question survey of consumers who purchased a home between July 2017 and June 2018.

Summarizing results, NAR concluded that current housing trends are affected by "mounting student debt

balances", along with rising interest rates, higher home prices and larger down payments.

"With the lower end of the housing market – smaller, moderately priced homes – seeing the worst of the inventory shortage, first-time home buyers who want to enter the market are having difficulty finding a home they can afford," said NAR Chief Economist Lawrence Yun. "Homes were selling in a median of three weeks and multiple offers were a common occurrence, further pushing up home prices."

Despite the financial hur-

dles noted by the NAR survey, there was a single glimmer of encouraging news. For the second year in a row, single female buyers are successfully pursuing their own American Dream. While married couples comprise 63 percent of home buyers, single females represent 18 percent, purchasing homes at a median price of \$189,000.

But for the rest of the home buying market, NAR found that the past year meant a median home purchase price of \$250,000 required a median household

See HOME, Page 12

## VOTE, continued from Page 1

Pct. No. 2. Republican J.J. Koch retained the seat by gaining 51.85 percent of the vote to her 44.96 percent. Libertarian candidate Alberto J. Perez garnered 3.19 percent.

Late on Nov. 7, Cannon thanked her supporters and promised to continue to help the community.

"Democrats won big last night and I am happy about that," Cannon started. "Thanks to all who voted, donated, campaigned, block walked and encouraged me to move forward. Many said that it was ridiculous to run but I believed otherwise. We got nearly 45 percent of the vote and maybe next time, if there is a next time, we'll get enough votes to win. Let's see how things work out. In the interim, I'm practicing law and helping out where I can. #Stillinthe struggle."

### Dallas County Judge 101st Judicial District

The Democrats continued to be victorious in sending African American women to serve as judges in Dallas County. Staci Williams, endorsed by NDG, won her second term to serve on the bench of the 101st District Court. She defeated Mike Lee in a cake walk by 64.18 percent to his 35.82 percent.

"I am delighted that the citizens of Dallas County have re-elected me to the 101st District Court," Williams shared with NDG by phone the day after her re-

election. "I will continue to be fair, community oriented and a servant leader," she added.

### Dallas District Attorney

In one of the many long-debated races in Dallas, Democrat John Creuzot unseated Republican Faith Johnson as Dallas District Attorney. Creuzot took the lead by 20 points most of the night, capturing more than 60 percent of the votes.

He was a Dallas County judge for 21 years and was known for being a reformer. He created a program to help criminal justice reform.

Johnson, who held the position since 2016 when she was appointed by Gov. Greg Abbott to take the previous DA, Susan Hawk place, was mostly known and praised for recently prosecuting a white officer after shooting an unarmed black teenager.

Creuzot on Nov. 7 posted a thank you message to his supporters via his Facebook page.

"Last night our campaign earned 60 percent of the vote to win the race for Dallas County District Attorney. I am so grateful to the voters of Dallas County for supporting my campaign, and I will enter my new role with seriousness and dedication. Soon the work will begin as we work on our mission to bring real criminal justice reform to Dallas County. I am ready to serve and make a real difference. This victory

is about you and changing the way our system works so that it is fairer and more transparent. Excited to get started!" State Representative District 105

Although Democrats were able to retake the U.S. House of Representatives, in Texas the State House will remain a solid red on both sides. However, the Democrats did have several victories locally including Terry Meza, a native of Irving, defeating her former opponent Rodney Anderson. She is the new representative for District 105 following a decisive victory of 54.7 percent to his 45.3. Her campaign strategy included a direct outreach effort to the Muslim community, with Irving being one of the most diverse cities in the country, Meza believed in making sure all voices felt heard.

### State Representative District 115

Republican Matt Rinaldi discovered that not only did voters not forget his antics of calling ICE on Latino protesters, but they apparently did not support the move. He was handily defeated by Julie Johnson to represent District 115. Johnson received 56.73 percent of the votes to Rinaldi's 43.27 percent.

An delighted Johnson thanked her supporters via Facebook on Election Night. "We did it!

After twelve months of giving it everything we had, tonight we won a seat in North Texas that has been

held by Republicans for over 40 years! We pushed the reset button in District 115 and affirmed what most of us have known for some time--Texans want their leaders to put people over politics."

### U.S. Senate

In Texas, the focal point of Democratic hopes rested in the campaign of Beto O'Rourke against incumbent Republican Ted Cruz. With polls bouncing around leading up to the election there was plenty of room for optimism. Indeed, as the first few percentages of precinct reports began being reported, media scoreboards showed Beto in the lead by more than 150,000 votes at one point. But as rural county totals started trickling in, Cruz regained the lead and built on it. Dallas County went to O'Rourke by 66 percent, as did most large metropolitan areas. However, in the end, Cruz retained the seat, winning by a margin of 51-48.

"This team, of which we are all members, in some way, it's going to stay together," O'Rourke said. "It's going to continue to aspire to do great things. Now it may be in individual races in individual communities. It may have nothing to do with politics, but just each of us, and sometimes together, finding how we make life better for one another in our communities, or in this state, or in this country. There are so many great candidates who are going to come out of this campaign whose work I

look forward to supporting, and following, and cheering on."

### U.S. House of Representatives, Texas District 32

There certainly was an isolated Blue Wave that crashed onto the shores of Texas' 32nd District in the U.S. House of Representatives. Democrat Colin Allred chalked up a convincing win over long-time incumbent Republican Pete Sessions in a district which was thought by many to be safely in GOP hands. Late campaign season polls indicated Sessions was in trouble, and on election night Allred took the win with a 52-46 margin.

"If there is any national

lesson to take from this race; it's that we can work together, that you don't have to run in a district that is built for you, that you can run in the place that means something to you, that if you run on the right things, if you campaign on positive messaging about what you're for instead of just what you're against, that if you lean into hope instead of fear, that you can win," Allred said. "The most patriotic emotion in our country is hope. Hope has taken us from a collection of colonies to the most powerful country in the history of the world. It has built a democracy that is the envy of the world, but we have some work to do in restoring it."

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## Freed's Furniture turns out lights on 80-year family business

After four generations, family-owned Freed's Furniture is going out of business with the retirement of owner Howard Freed, and the retailer will liquidate inventory from its two stores and distribution center.

The 80-year-old family-owned and operated furniture retailer that has served the Dallas-Fort Worth Metroplex will sell off its entire inventory beginning

Nov. 8 at each of its locations: in Dallas at 4355 LBJ Freeway at Midway Road; and in Plano at 600 West 15th Street at Central Expressway.

The going-out-of-business sale offers drastic price reductions on contemporary, transitional and traditional furniture for every room in your home – living room, dining room, bedroom, home office, home theater,

and youth furniture, plus over \$1 million in home accessories.

"It has been our honor and our pleasure to serve our customers for four generations, and we hope to see you during our going-out-of-business sale to thank you for allowing Freed's to be a part of your home, your parent's home and even your grandparent's home," said owners Debbie and Howard

Freed.

Freed's Furniture was founded in 1938 by Howard's grandfather, Dave Freed, a Russian immigrant and cabinet builder by trade. The company was first known as National Furniture Supply because that was the name on the building Dave leased on Deep Ellum in 1938, and he could not afford to replace it. Dave, and his wife, Eva, had four chil-

dren, Bernard, Pearl, Joe and Sol, who (along with Pearl's husband, Aaron Klausner) all joined their parents in the furniture business and eventually changed the name to Freed Furniture Company, Inc.

Most of the grandchildren worked in the family business through the years, but it was Joe and Eileen's son, Howard, along with his wife, Debbie, who took over and

re-invented the company in 1991 with the slogan "You Can Afford Your Dreams," which has represented the vision of the family business for nearly 30 years.

Debbie and Howard's son, Clay Freed, joined the company in 2005 and represents the fourth generation of the family business. With the store's closing, Clay will follow his passion and pursue a career in real estate.

## COSTS, continued from Page 4

**Understand Your Options:** More than three-quarters (77 percent) of people with health benefits say they are prepared for open enrollment, while 20 percent consider themselves unprepared, according to a UnitedHealthcare survey. However, some people don't devote much time to researching their options: 42 percent of survey respondents said they devote less than one hour to the open enrollment process. To help people improve their health literacy, there are public resources such as JustPlainClear.com, which provides definitions for thousands of healthcare terms that are important to understand to help people

maximize the value of their benefits.

**Walk Your Way to Improved Health and Savings:** A growing number of people are using wearables to more accurately understand their daily activity levels, while an estimated 35 percent of employers now integrate this technology into their well-being programs. As these devices become more common, there may be opportunities for people to develop healthier habits and earn financial rewards. For instance, some wearable device programs may enable people to earn more than \$1,000 per year by meeting certain daily walking goals. Likewise, websites such as

achievemint.com enable people to earn cash rewards for walking.

**Select the Setting for Care:** There are many different care settings to consider depending on the nature or severity of an illness or injury, including the emergency room, urgent care, primary care, virtual visits and convenience care clinics. Visits to the emergency room – while necessary for people who experience a significant or serious medical issue such as persistent chest pains, broken bones and head or eye injuries – can cost patients up to 10-times more than a visit to urgent care or other care settings, so comparing where to go for care could save \$1,500 or more per treat-

ment. Public websites provide people with information to help compare care options based on specific needs.

**Learn to Comparison Shop:** More than one-third (36 percent) of Americans say they have used the internet or mobile apps during the last year to comparison shop for health care, up from 14 percent in 2012, according to the UnitedHealthcare survey. Health care quality and cost varies widely within a city or neighborhood, so comparison shopping may yield lower out-of-pocket medical costs.

*Scott Flannery is the CEO of UnitedHealthcare Texas and Oklahoma*

## PARKLAND, continued from Page 5

"We want children to see books and reading as something that's fun," Dr. Rodriguez said. "Our pediatric patients view the books as a reward for visiting the doctor, which can sometimes be a frightening experience for them."

Dr. Rodriguez said Reach Out and Read is now a routine part of pediatric visits at Parkland COPCs and when the books aren't there, patients notice. "Not so long ago we had a child come in for a checkup, but the doctor who saw him forgot to give him a book. A few days later, the child returned for a sick visit. As soon as I walked into the room he told me, 'I was here the

other day, but I didn't get a book.' I immediately told him not to worry and we got him his book," Dr. Rodriguez laughed.

Flores said he appreciates the program and the staff at Parkland for caring for his family, beyond their medical needs. "Our goal as a family is to become fully bilingual. The books and the support from Parkland are helping us achieve our goal."

For more information about Reach Out and Read, please visit [www.reachoutandreadtexas.org](http://www.reachoutandreadtexas.org). For more information on services at Parkland, please visit [www.parklandhospital.com](http://www.parklandhospital.com).

## HOME, continued from Page 11

income of \$91,600 for a successful mortgage application. Additionally, the nation's median home down payment now is 13 percent, or \$32,500 for that \$250,000 priced home.

How long does it take for families to amass \$32,000 for a home down payment? Longer than most families would want to wait, I'm certain. According to new research by the Urban Institute, median wealth for Black parents is \$14,400 compared to white parents at \$215,000, and \$35,000 for Hispanic parents.

"As the NAR report shows, the share of first-time homebuyers continues to lag far behind historical norms," commented Mark Lindblad, a Senior Re-

searcher with the Center for Responsible Lending (CRL). "Efforts should be directed toward pairing low-down payments with affordable and responsible mortgage products so that low-income households and borrowers of color have equal access to the opportunities that come from owning a home of one's own."

Lisa Rice, President and CEO of the National Fair Housing Alliance shared a similar view to that of Lindblad.

"The NAR's survey underscores the persistent difficulty under-served communities face when trying to purchase housing," said Rice. "With a median purchase price of \$250,000 and down payment of \$32,500,

homeownership remains out of reach for far too many and this exacerbates stress on rental housing prices."

The most recent figures from the Census Bureau report that nation's 64.4 percent homeownership rate in the third quarter of 2018 was not statistically different from that of 2017 when it tallied 63.9 percent. Geographically, homeownership in the Northeast, Midwest and South remained the most stagnant.

In stark contrast, the financial outlook for the 64 percent of Americans who already own a home brought a hefty median equity gain of \$55,000 when they sold their residence over the past year. Additionally, after selling their

homes, 44 percent traded up to a large home.

In other words, if you can find a way to become a homeowner, the costs incurred will likely be outweighed by the economic gains.

But making that important financial transition from renter to homeowner will become harder as mortgage interest rates climb from the historic lows of recent years. Additionally, should home inventories remain low, the likelihood of 'supply and demand' economics will keep driving prices higher as well.

"Now more than ever," added Rice, "we need radical policies that will spur the development of affordable housing in all communities."

*Charlene Crowell is the Deputy Director. She can be reached at [Charlene.crowell@responsiblelending.org](mailto:Charlene.crowell@responsiblelending.org).*

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# Upcoming DFW area job fairs

Nov. 12

## Warehouse - General Labor - Job Fair

The Warehouse - General Labor - Job Fair will be held on Nov. 12 from 9 a.m. to 1 p.m. at 2100 North Highway 360, Suite #102, in Grand Prairie. You will need to visit their office and fill out an application taking only 15 minutes. They will then evaluate your skills, match you to a position and schedule a time for you to return to their office with two forms of ID for an orientation. They will be looking for the following positions: order selectors, ride on electric pallet jack, loaders/unloaders, forklift operators, reach truck operators, shipping/receiving clerks, inventory control, office clerical, kitchen staff, and custodial.

Full-time and seasonal positions are available. For more information, you can contact the office at (972)426-8005.

Nov. 13

## Verizon Wireless - Corporate Hiring Event

The Verizon Wireless - Corporate Hiring Event will take place on Nov. 13 from 11 a.m. to 2 p.m. and 5 p.m. to 7 p.m. at Verizon Wireless Corporate Office, in Irving. They will be searching for a business customer service representative for a full-time position. Requirements: customer service, sales, excel experience, reviewing and analyzing reports, and project management.

Please plan on spending 30 min at the event. Please bring your resume with you to the event. Completing the online application prior to the event is strongly encouraged and will speed up the process. Please bring your resume with you to the event. Please note, interviews will be held after the event. Be sure to dress business casual.



Nov. 13

## Hiring Event Dallas Love Field Airport

The Hiring Event Dallas Love Field Airport will be held on Nov. 13, from 10 a.m. to 4 p.m. at 8001 Lemon Ave, in Dallas. They will be looking for a full time line service technicians (Airplane Fuelers). As a Line Service Technician, you will provide ground support to arriving and departing aircraft and customer service for crew members and their passengers. \$1500 sign on bonus(conditions apply), positions immediately available, must have a current driver's license and willing to submit drug screen and background check. Must apply online:

www.signatureflight.com/employment. For more information and to apply visit www.weflyjobs.com.

Dec. 5

## Dallas Job Fair

Dallas Job Fair will be held on Dec. 5 from 11 a.m. to 2 p.m. at Doubletree by Hilton Dallas-Market, in Dallas. Whether you are a seasoned executive-level professional, just beginning your career, or anywhere in between, our events can connect you with as many valuable employer contacts in three hours as you would make in weeks of job searching on your own. Hiring managers will be onsite and ready to offer first and second interviews to qualified candidates. We recommend that you: - Arrive at the career fair no later than 11am - Wear business professional attire - Bring at least 10-15 copies of your updated resume - Display an engaging and motivated

attitude PLEASE NOTE: the event in order to meet managers and to be considered You must actually attend directly with hiring managers for their positions.



Sealed proposal for RFP CY-205422 Comprehensive Marketing Services Closing date is November 27, 2018

Sealed Proposal for RFP RV-205420 Pumps & Sewage Ejectors Closing Date is November 28, 2018

Sealed proposal for RFP JB-205423 Special Education Support and Services Closing Date is November 28, 2018

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**BETHEL BIBLE FELLOWSHIP, CARROLLTON (A PLACE TO BELONG)**

**NOTICE: Pastor Woodson serves the community by providing "Professional Therapy and Counseling Services" on a "Sliding Fee" scale. To schedule an appointment call the Pastoral Counseling Center at 972-526-4525 or email the church at [www.bethelbible-fellowship.org](http://www.bethelbible-fellowship.org)**

Discover Hope and Help for daily living; and, you don't have to be a member to come. The Connect-2-Reflect (C2R) meetings are held in comfortable and relaxed homes, one in Carrollton and one in Plano, refreshments are served. Call the church for details.

**November 11, 9:45 a.m.**  
As we worship in our newly renovated Sanctuary, please join us in our quiet time, "Prayer and Meditation" at 9:45 am followed by Morning Worship. You will be blessed and inspired, as we celebrate service to God, our community and all mankind.

**November 14, 7 p.m.**  
Join us in Wednesday's Prayer and Bible Study Class with Senior Pastor Woodson, Pastor Larry Gardner, and others conducting a new book study with "Boundaries" when to say yes or how to say no by Dr. Henry Cloud and Dr. John Townsend, with supporting chapters and verses. Spiritual maturity is God's desire for you; it's Time to Grow in the Word of God.

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972-492-4300  
[www.bethelbiblefellowship.org](http://www.bethelbiblefellowship.org)

**FELLOWSHIP CHRISTIAN CENTER CHURCH IN ALLEN "THE SHIP"**

**November 11, a.m.**  
Join us in our Sunday Morning Services as we praise and worship God in the Jocyie Turner Fellowship Hall, followed by our Worship Services; and bring someone with you, you will be blessed. It's for God's glory and honor.

**November 14**  
Join us in our Wednesday's 12 Noon-Day Live, Prayer and Bible Study class and/or our Wednesday Night Live, Prayer and Bible Study at 7 p.m. to learn more about God's Word. Be encouraged by God's plan for your maturity and His glory; and most of all; be prepared to grow.

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**INSPIRING BODY OF CHRIST CHURCH, Let's Go Fishing! MATTHEW 4:19**

**November 9, 7 p.m.**  
All men are invited to Men's Ministry meeting each Friday night at 7 p.m.,

(IBOC promotes proactive male leadership.)

**November 11, 10 a.m.**  
Don't forget to invite family and friends to join us for our Morning Service as we celebrate our Lord and Savior, Jesus Christ.

**November 12, 7 p.m.**  
You are invited to Monday School to see what God has to say to us.

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**November 11, 10 a.m.**  
Join us for Morning Worship Service as we praise

and worship God for His Honor and His glory. Don't forget to comeback at 7 p.m. for our Brazilian Church.

**November 14, 7 p.m.**  
You're invited to our Wednesday's Bible Study class; you will learn what God has to say to us. Come to be encouraged by God's plan for your spiritual growth and His glory.

Dr. Sam Fenceroy, PhD  
Senior Pastor and  
Pastor Gloria Fenceroy  
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through Shiloh; grow in Christ through the study of God's Word; and Serve God through service to each other and to the world. John 12:26.

**November 11, 10 a.m.**  
You are invited to our 134th Church Anniversary. There will be only one combined

**See CHURCH, Page 15**

**Paid Internship opportunity for writers, college students in the Dallas Area**

The *North Dallas Gazette* has an internship position available. The goal is to provide students and aspiring writers an opportunity to gain published clips, experience and professional feedback. The position is for up to 20 hours a week at \$8.00 per hour. Applicants must have reliable transportation.



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# Sacrificing at a cost



Send email to: [businessoffice@northdallasgazette.com](mailto:businessoffice@northdallasgazette.com) to sign up for Sister Tarpley's weekly electronic newsletter.

... "I will not sacrifice to the Lord my God burnt offerings that cost me nothing." - 2 Samuel 24:24

A story is told of a young Christian man named George who was having lunch with an older man named James who had a certain amount of notoriety in his life. After the men spent some time getting to know each other, James asked George, "How can I help you?" Those words surprised George who said that it was coming from a man who obviously already had many requirements on his time. George's first thought was that he was impressed with James. George's next thought was to wonder whether it was a genuine offer or just an effort to impress him with James' humility and Christian piety. David discovered that James was sincere.

This encounter reminded George that each of us must be willing to give to others without a motive to get anything in return.

It is simply an act of serving others. Jesus said that we must consider others more important than ourselves. When is the last time you did something for an-

other without a motive of getting anything in return? When King David came to offer a sacrifice and pray for the removal of a plague on Israel, he was given the opportunity to make the sacrifice without the cost of purchasing the sacrificial animals. But King David replied to Araunah, "No, I insist on paying you for it. I will not sacrifice to the Lord my God burnt offerings that cost me nothing." So King David bought the threshing floor and the oxen and paid fifty shekels of silver for them. King David built an altar to the Lord there and sacrificed burnt offerings and fellowship offerings. Then the Lord answered his prayer in behalf of the land and the plague on Israel was stopped (2 Samuel 24:24-25).

King David, understanding the principle of giving, he said that he could not offer anything to God that did not cost him something.

Otherwise, it was not a sacrificial gift. When was the last time you sacrificed for another with no expectation of getting anything in return? We can all give something to others, such as our time, our money, or our expertise. This is real Christianity that models the Spirit of Christ. The

next time you meet with someone, why not consider how you might be a blessing to that person. Why not ask, "How can I help you?"

Tell God His name is to be hallowed. Tell Him that you know that He is all-knowing, all-seeing, and all-powerful. Praise Him for His magnifi-

cence. Ask Him to help you, every adult and even teenager's be the witnesses that you should be. There are young people that are watching us. They look up to us. They imitate us. They learn from us. Pray that all we do and say is honorable, good, true and pure. This

day pray that our hearts, minds, eyes, hands, mouths, feet all do things that are pleasing to God and good examples for the young people, it's our responsibility. Don't forget to thank God for His inspiration and guidance in the precious Name of Jesus.



My last link to the past, only three of 17 children of James and Maggie Smith Baker are still here for our family to enjoy, (L to R): Aunt Willie Mae Baker Thomas, Aunt Elnora (Toby) Baker Childs and Uncle Charlie Baker as our family celebrated Aunt Toby's 100th birthday, November 2, 2018 in Mexia, Texas

**NDGtv**  
North Dallas Gazette takes a moment to reflect on the past with **Historical Perspectives from Sister Tarpley**. Hear what it was like growing up in a very different Dallas when Booker T. Washington was a black school. Sister Tarpley graduated from there and went on to college and later became a city councilmember in Carrollton.  
**Look for NDGTV at NorthDallasGazette.com**



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**CHURCH,**  
continued from Page 14  
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# NDG Book Review: My Love Story gives insight to a music legend

By Terri Schlichenmeyer

Just wait.

Two words that are impossible to hear, especially if you have big plans. Hold on, don't veer off-course, work the plan, hard as it may be. Just wait. As in "My Love Story" by Tina Turner, good things really do come to those who do.

If you've come to this book solely because of the name of the author, you probably don't need to be told about her early adult life. Even so, it bears repeating:

Anna Mae Bullock was born in November, 1939, on a farm near a tiny Tennessee



town. Hers was a difficult childhood; her mother, who mostly rejected Anna Mae, tired of her marriage and abandoned it when Anna Mae was eleven years old. Two years later, Anna Mae's father abandoned the

family, too, so Anna Mae moved to St. Louis to live with her estranged mother.

She took one important thing with her.

"Even as a little girl," says Turner, "I knew I could sing... I was born with that talent. My voice was my gift and I knew how to use it."

Because her sister was old enough to go to St. Louis clubs, Anna Mae managed to tag along and that was where she met Ike Turner, a womanizer who ignored Anna Mae until he heard her sing. Not long afterward, he started paying her to be onstage and they became friends. He was

"ugly," she was "skinny and all voice," but they were a team until they started sleeping together, she became pregnant, they got married-not-married, and the fighting began.

Ike seemed to feel as though he owned Turner; for sure, he owned her name, since he'd registered it as a trademark. He told her what to do and where to be, didn't trust her, beat her, slept with other women and didn't bother to hide it. She endured it, waiting for things to get better, until one hot July night, she fought back, and she ran...

Admittedly, a story you (sort-of) already know

makes up the bulk of this book. If you've come to it for the promise of the title, you'll read about "My Love Story" in the first 18 pages. So why pick it up, then?

Wait. There are a few rock-your-world moments inside author Tina Turner's memoir, things she says she's never admitted before, memories she'd rather not revisit, nuggets that were rumors 'til now. These come wrapped in steely pulses of determination and power, all saucy and flip-pant but studded with soft notes of pain as Turner also tells about illness, family, personal losses, and missed opportunities.

But wait: this isn't a poor-me tale. Though Turner writes (with Deborah Davis and Dominik Wichmann) about challenges, gratefulness beams between sentences. So do words of inspiration, so-whatever humor, and that wonderful romance.

Wait. That love story you're promised? It's a perfect bow atop a not-anywhere-near perfect life, and for readers who want a memoir with a minimum of gratuitous name-dropping, but heavy on sassitude and triumph, "My Love Story" tells it right.

So why wait?

# Lucy McBath: Mother on a Mission

By Nsenga K. Burton, Ph.D.  
NNPA Contributor

When her son Jordan McBath was alive, Lucy McBath would ask God to use him to make the world a better place. "That was my greatest prayer," says McBath who was devastated when Jordan's life was cut short at age 17. McBath admits his death was the first time in her life she had ever questioned God. In 2012, Jordan was murdered by Michael Dunn who objected to Jordan and his friends playing loud music at a Florida gas station. McBath says she learned a very good lesson about faith from that experience. "When you're asking God to use you, you don't always get to choose what that looks like," she says quietly. "I realized I was being used — we were being used — to make this world better."

McBath, who is running for the 6th Congressional District of Georgia against incumbent Karen Handel, believes God is continuing to use her as she continues her journey to create change. While Jordan's murder prompted McBath to push for common sense gun laws, she was actually born into an activist family. McBath is the daughter of Lucien Holman and Wilma Holman, a man who served as the NAACP



Lucy McBath campaigns for Georgia's 6th Congressional District seat. (Lucyforcongress.com)

Illinois branch president for twenty years and a mother who worked as a nurse.

She spent her childhood traveling with her family, attending marches and rallies for civil rights and fighting alongside more storied civil rights leaders like Dr. Martin Luther King, Jr. It was during these experiences, McBath learned the importance of fighting for what you believe. "I learned to stand up for what I believe and to challenge systems and beliefs that don't afford everybody to have the same sense of democracy," she says.

McBath talks about the importance of grassroots organizing and how essential organizing is to having a cultural shift. "Anytime there is a cultural shift in our society, people are out their mobilizing, marching and making their voices heard." Most im-

portantly, she also learned, "It only takes one person to begin a movement."

McBath has done just that as national spokesperson for Everytown for Gun Safety and Moms Demand Action for Gun Sense in America. Fueled by the need for change, McBath also served as Faith and Outreach leader for both.

McBath names the book of Esther as her favorite book in the Bible. In a nutshell, Esther and her cousin Mordecai, who were Jewish, persuaded Esther's husband King Ahasuerus to retract his order for the annihilation of all Jews — an order put in place after his Chief Minister Haman coerced him. Instead Haman was hanged in the gallows intended for Mordecai and the Jews were spared and defeated their enemies.

McBath is committed to

doing what's right and defeating those whose actions would ruin people's lives. McBath worked with Everytown and Moms, founded her own charity, Champion in the Making Legacy Foundation, to help cover costs for students attending traditional or technical schools and served as a surrogate for the 2016 Hillary Clinton for President Campaign as one of the "Mothers of the Movement."

A woman who has spent the last six years lobbying Georgia's Congressional, State House and State Senate delegations to enact common sense gun violence prevention laws could very well have continued in that vein. After Clinton's loss in the 2016 election, McBath decided she needed to do more.

"After losing the election, I thought to myself, what do I do? Where do I go? How do I continue to build upon what we have done?" she offers.

"After Parkland happened, I realized the legislators have the power to create the change. It just had to stop. It had to stop," says McBath growing silent. After a moment of reflection, McBath begins speaking again. It is clear McBath's desire for change is painful and personal. "I had already been dealing with our gun violence/prevention - testifying and listening to the amendments and time and time

again watching the Republican Party have a disdain for common sense gun laws," she offers. "When the Parkland children stood up, I thought why are we not standing behind them. Why are we not helping them save their own lives? If not now, then when?"

Clearly, the time is now, and the election is in a few days and McBath has continuously beaten the odds, having secured the Democratic nomination. It took a lot of faith, time, money and effort to go down this path to potential lawmaker. "I had already been in Washington. I've already done a lot of work folks do. I testify, negotiate, advocate. I just thought that Jordan's legacy," her voice trails off. "If this is how to continue to save lives, then it would be more tragic not even to try."

McBath is doing more than just trying, despite being called a "Gun Grabber," by GOP opponents. The woman who wants common sense gun laws has been labeled an extremist by 2nd amendment activists, which is ironic. "We have an extremist culture here that has been perpetrated by the NRA leadership. I don't want to cast stones at all NRA members, but if you are a law-abiding gun owner, you don't have a reason to be worried," she says.

While McBath's name is

connected most often to gun and violence prevention, the two-time breast cancer survivor is also fighting for access to healthcare. McBath is thankful for her great healthcare benefits as a Delta Airlines employee for 30 years, but understands her situation is not the norm for many of her constituents.

"I don't want anyone in my district to be faced with not having access to health care - faced with a healthcare crisis. When I know the incumbent tried to defund Planned Parenthood, I know what that means especially for women, most of whom are women of color." McBath has a plan and a desire driven by the loss of her only child to get her constituents there.

Listening to McBath, one has to marvel at her strength and resiliency. When asked what would Jordan think of her congressional run, she smiles gently. "I think Jordan would have been very surprised. He would have said Mom go for it! What I'm doing is what I was teaching him to be."

*Nsenga K. Burton, Ph.D. is culture and entertainment editor for NNPA/Black Press USA. She is also founder & editor-in-chief of The Burton Wire, an award-winning news blog covering the African Diaspora. Follow her on Twitter@Ntellectual.*