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Study demonstrates racial inequities uncovered in hospital admissions for heart failure

People who are black or of Latin American descent with heart failure are less likely to be admitted to specialized cardiology units, a disparity that may help explain long-known racial differences in heart failure outcomes, according to new research published in the American Heart Association's journal *Circulation: Heart Failure*.

The retrospective, single-center study is one of the first to demonstrate that racial inequities in the type of care received, either specialized cardiac care or general care, for patients admitted to the hospital with heart failure may drive subsequent racial inequities in heart failure outcomes. Researchers reviewed hospital admissions and discharges for 10 years to yield nearly 2,000 patients treated for heart failure at Brigham and Women's Hospital in Boston.

After adjusting for a variety of demographic and clinical factors, the analysis found:

- Patients who self-identified as black were 9 percent less likely to be admitted to specialized cardiac care units.
- Patients who self-identified as Latinx, a gender-neutral term describing a person of Latin American origin or descent, were 17 percent less likely to be admitted to



Not all patients are treated equally when facing a life-threatening heart emergency according to the findings of a new study. (Photo: Natanael Melchor / Unsplash)

specialized heart units.

- Female heart failure patients and those older than 75 were also more likely to be treated on a general medicine floor.

Admission to a heart specialty unit was independently associated with a 16 percent lower rate of hospital readmission within 30 days. Readmission during the first month of discharge generally may signal poorly managed disease, but often foreshadows worse outcomes and worse overall prognosis in heart failure, the researchers said.

"These outcomes are both unjust and avoidable, and in no way

unique to a single institution," said co-lead study author Lauren Eberly, M.D., M.P.H., who was a resident physician at Brigham and Women's Hospital when the study was conducted. "We hope that our findings will encourage other institutions to investigate how racial bias influences care decisions at their center as Brigham and Women's Hospital supported our inquiry. We recommend that care delivery be designed to prioritize the care of our most marginalized patients. Only then can we start to

See HEART, Page 4



Healthcare in America

- See Page 3



Tiny patients gear up for Halloween

- See Page 4



10 propositions in the Nov. 5 General Election

- See Page 5



DISD makes move toward racial equity

- See Page 6



Microsoft to bring more jobs to Irving

- See Page 7



Cowboys get Bennett in trade deal

- See Page 9



Racebending in live action adaptations

- See Page 9



Sister Tarpley: Spiritual Strongholds

- See Page 15

Inside...

People In the News	2
Op/Ed	3
Health	4
Community	5
Education	6
Irving / Carrollton / Plano	7
City Briefs	8
Entertainment	9-10
Marketplace	11-12
Career Opportunity	13
Church Directory	14-15
NDG Book Review:	16

See Page 2

READERS SOUND OFF!!!

See Page 2 to see what NDG readers are saying about the latest news!



Anu Emmandi



Catarina Macario

People In The News...

NDG Quote of the Week: "Give us the ballot, and we will no longer have to worry the federal government about our basic rights."
- Dr. Martin Luther King, Jr.

Anu Emmandi

National Merit Scholar Anu Emmandi BS'19 had already been accepted into an engineering college in Michigan when a friend told her about the honors program at The University of Texas at Dallas. On a whim, Emmandi decided to visit the campus.

She came away with a good feeling about being an honors student at a smaller school. As an out-of-state student, she especially looked forward to having a built-in peer group that was academically engaged and culturally diverse.



"It was compelling that the campus was growing rapidly and knowing I could be part of that. I could help shape the culture of the school, make my mark and get a fantastic education at the same time," Emmandi recalled.

The Hobson Wildenthal Honors College was a large part of the reason she chose UT Dallas, she added. Marking its fifth anniversary of being under one roof, the college now serves 1,344 honors students at UT Dallas. This fall, 195 new National Merit Scholars joined UT Dallas, a record for the University. In 2017-18, UT Dallas had the eighth-largest incoming class of National Merit Scholars among all U.S. universities.

"I knew I would be supported in my goals," Emmandi said. "We were constantly asked about how we could make UTD a better place and what resources the Honors College could provide for us. We were rarely told no."

'Wish and a Prayer'
The UT System Board of Regents approved the Honors College in 2014 to coordinate, initiate and promote programs that advance excellence in undergraduate education. It was renamed the Hobson Wildenthal Honors College in 2017 at the request of Margaret McDermott, who established a \$10 million endowment for under-

graduate research. The new name recognized the contributions of Wildenthal, who joined the University in 1992 and, beginning in 1999, served as executive vice president and provost for the next two decades.

Dr. Ted Harpham, dean of the Honors College and Mary McDermott Cook Chair, started working with about 40 honors students in 1998 when the college was just "a wish and a prayer." Today, housed in the Cecil and Ida Green Center, the college offers three honors programs — Collegium V (CV), National Merit Scholars and Terry

Foundation Scholars — that provide a four-year cohort experience for incoming freshmen, as well as other programs to enrich the academic experience of UT Dallas students.

Harpham, an associate provost and professor of political science, said being under one roof enables the college to coordinate its activities and programs for students whose academic interests often overlap.

"The Honors College lets us expand to our different audiences without losing their distinctiveness," he

See Emmandi, Page 6

Catarina Macario

(Stanford University) Sao Luis IS a city of a million on a peninsula jutting into the Atlantic Ocean in Brazil's northeastern state of Maranhao.

Originally an indigenous village, Sao Luis was settled by the French in 1612 and is marked by colonial buildings with distinctive tiles and cast-iron balconies. The Palace of the Lions, home of the state governor, displays French art and furniture. Nearby is the grand 17th-century La Ravardiére Palace.

But these lavishly built landmarks contradict one



simple fact, that Maranhao is one of the poorest states in Brazil, a country that endured years of military dictatorship and now largely accepts the reality of governmental corruption.

To come from Maranhao

to a place like Stanford University is to realize a fantasy, one set forth by Jose and Ana Maria Macario for their daughter. Today, Catarina Macario cruises past palm trees and through the Quad on a fold-up electric scooter. She majors in communication at one of the world's finest educational institutions and plays soccer better than any college player in the United States.

To be 12 is to be young. But for Catarina Macario, it was old enough to make a life-changing decision.

The e-mail that arrived in the inbox of Chris Lemay wasn't unusual. As a coach at one of the stron-

gest youth soccer clubs in the United States, he frequently received messages just like this:

"My daughter is interested in playing soccer in America and we're coming for a visit."

Lemay, the under-14 girls' coach of the San Diego Surf, was cordial: "Sure, we'd be happy to have your daughter come out and join us for a training session."

He also was skeptical. Nearly every one of these types of correspondences fails to work out.

"To be honest, I responded and kind of forgot about it," he said.

Several weeks later, Lemay got another message: "We're coming."

When 12-year-old Catarina, father Jose and brother Estevao traveled from Brazil and arrived at the San Diego Polo Fields, they were committed to a life in the U.S. for the long haul. The only question was where?

It was a fall weeknight practice at the massive soccer complex in Del Mar, a suburb that crawls up the canyons and along the dry ridges and mesas north of San Diego. At first, Macario stood on the edge of the field communicating through her own ges-

tures and with help of the translations of player Bianca Caetano-Ferrara, who spoke Portuguese. Eventually, Catarina asked if she could join the other girls. Lemay motioned for her to do so.

Moments after stepping onto the field, a pass came flying toward Macario. She collected the ball cleanly with a fluid crisp motion. The control and elegance of the simple movement suggested mastery.

Lemay was dumbstruck. Macario had been on the field mere seconds and the coach already was amazed

See Macario, Page 16

NDG Readers Sound Off...

Former Congressman John Conyers passed away at the age of 90

Rest in peace Senator Conyers

- Barbara Robertson

What is going on? The Iconic Blacks are dying off close to 20/20 election? Is this coincidental? Elijah Cummings now this renown Black Iconic John Conyers?

- Linda L Johnson

NCAA agrees to allow student athletes to earn money using their

name, image and likeness

The NCAA is attempting to get in front on this issue before a government or court plan is imposed on them. Right now, everyone (coaches, athletic conferences, TV networks, etc.) is making big money off college football except the players. Yes, the players get scholarships, but the cost of those scholarships pale in comparison to the revenue the players generate for other individuals and entities.

- Richard Buse

Another African American victim killed by a cop in their home in DFW

...we can't sit in our apartment eating ice Cream...we can't be in our home playing games...we can't let our children play with toy guns...we can't have a picnic in a public park...we can't walk down the street carrying candy...we can't do s**t...this is the status of our continuing black holocaust...

- Lenell Freeman

Apart from black and white, there is another is-

sue here. It now seems as if you can be killed in your own home for any reason or no reason at all. If the LEO feels threatened by your presence he can and most likely will fatally shoot you. Here is my question. What do you do if YOU feel threatened by a police officer? If you shoot and kill you will be charged with murder. If you talk back you will be charged with resisting arrest.

- Namtip Yigroeg

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Deadly and dangerous — Healthcare in America

By Ray Curry
Secretary-Treasurer, UAW

Laughter is the Best Medicine, says the Reader's Digest version of America.

But, not when it's the only medicine, responds to America that far too many have known and continue to know. Not when the United States alone is one of the world's top 33 most developed countries that does not have a form of universal health care that covers all of its population.

I guess I am just not in on the joke when I see people either going without health care — something that ought to be a human right — or struggling to the breaking point to keep on top of huge medical bills when sickness or infirmity hit.

Funny how that just isn't funny. Actually, it is a national tragedy.

A tragedy when African Americans in disproportionate numbers lack insurance coverage. For too many folks in this country, you are free to laugh — just not till it hurts.

The system is sick

Here are some not-so-fun facts.

According to the Kaiser Family Foundation (KFF), which focuses on major health care issues facing the nation as well as the U.S. role in global health policies, as of year-end 2016, 27 million Americans in this country were without medical coverage.

That number was significantly down from the more than 44 million in 2013 — just before the Affordable Care Act (ACA) kicked in. But in 2017, the current administration took office, and ... VOILA!

After much purposeful meddling and dismantling, a year later we saw 700,000 people moving back into the uninsured column. These are the latest stats

from the KFF, but the folks there know the score under the current administration. Ongoing efforts to alter historic gains in health insurance coverage via the ACA or to make receipt of Medicare contingent on work (another Republican initiative) they say, "may further erode coverage gains seen under the ACA."

That statement carries with it profound life and death implications, that have the potential to affect families from coast to coast, in neighborhoods and communities all over America.

The KFF aren't the only ones who know what that will mean for working Americans. I think we all know that assaults on the ACA are an assault on the health and wellbeing of millions of Americans.

Scared ... just plain scared

So, what does it mean to be without healthcare in America? It is truly frightening on so many levels.

How about facing each day without knowing if medical care is even available for your family? How about having to postpone necessary care and forego preventive care — such as childhood immunizations and routine check-ups? How about no regular doctor, limited or no access to prescriptions, and only seek medical attention when it's bordering on too late and winding up in the hospital or worse?

And, how about the shameful fact that in today's America, when a loved one falls ill or is in need of medical care, too often it's the devastating financial burden that is the focus, rather than being able to concentrate on healing. This is not the America I know and love, and it is certainly not the America I want to know.

On a macro level, the fact that we don't insure

all of our people adds up this way: The U.S. spends two to three times as much per capita on health care as most industrialized nations. Elsewhere, governments regulate and negotiate the price of drugs and medical services; elsewhere there is no need for a vast private health-insurance bureaucracy.

And how do African Americans fair in all this? While Obama and the ACA have opened up some new roads, too often we continue down a dangerous path. Here are some even-less-than-fun facts:

- Non-elderly African Americans are younger, more likely to be poor, and less likely to have a full-time worker in the family compared to non-elderly whites.

- Non-elderly African Americans face endemic health disparities compared to their white counterparts, such as poorer overall health, and conditions such as obesity, diabetes and asthma.

- Uninsured African Americans are more likely to fall into the coverage gap, earning too much for Medicaid but not enough for tax credits.

- And, African Americans are more concentrated in those southern states that somehow see no need to expand Medicaid.

So, what's to be done?

I am a union man, so I am going to talk from my gut. The state of our health care here is not some Norman Rockwell painting nor is it some kid bravely waiting for the nurse to give him that booster shot during the monthly visit by the county health department's mobile clinic.

We must do better. RIGHT NOW.

I'm sorry to say it's bad news for so many Americans and the ACA made it better, but things are start-

ing to backslide. I belong to the UAW. We first proposed comprehensive health coverage for all Americans back in the 1940s and we haven't stopped as our bargaining and our policies have shown over the years. Not even slowed down.

Our goal is universal health care — coverage for everyone — and we have spoken loud and clear about the skyrocketing cost of prescription drugs; against those who would deny coverage for those of us with pre-existing conditions; against those who would scuttle provisions like Section 1557 of the ACA which combats discrimination based on race, color, national origin, sex, age or disability.

All these reforms are under threat. So, we fight on.

We have recently signed on to a grassroots campaign to lower the cost of prescription drugs. "Lower Drug Prices Now!" is a coalition comprised of 53 state and national organizations that are committed to forcing bold prescription drug reforms that will stop Big Pharma price-gouging and put people ahead of profits. No more should working Americans have to make decisions between putting food on the table and filling their insulin prescription.

I truly believe, as my union brothers and sisters do, that with universal health care, working people can turn to employers for higher wages, for job security and retirement security because health care would be off the table.

I will end this way.

How about this? Instead of some folksy panacea-like laughter is the best medicine while we turn back the clock, we go with a healing prescription of democracy and access to affordable, quality health care for one and all.

Parkland's tiniest patients celebrate Halloween with spooky-cute costumes

It's spooky season! That means soon kids will dress up as their favorite character while asking for sweet treats at your front door. And staff at Parkland Memorial Hospital is making sure that even the tiniest newborns and their families in the neonatal intensive care unit (NICU) get in on the fun. Up to 90 NICU babies at Parkland will celebrate their first Halloween with handmade costumes thanks to Parkland child life specialists who hosted a costume craft party on Oct. 16.

"For most families, having a baby in the NICU is a completely unexpected and scary experience," said Jennifer Porter, a NICU-certified child life specialist. "Dealing with the hospitalization of a child is difficult, especially for parents of newborns. Part of our



Maya Gonzalez, daughter of Bianca Felix and Carlos Gonzalez of Dallas, born Sept. 2, 2019, dressed as jelly for Halloween as part of Parkland Memorial Hospital's NICU Halloween celebration (her twin sister Mia was dressed as peanut butter).

job as child life specialists is to help families cope with this stressful life event by providing opportunities to focus on positive things — like celebrating Halloween by creating costumes for their babies who are unable to be home with family during the holidays."

NICU staff members, volunteers and parents

gathered before Halloween to help create a costume for every baby in the unit. The adorable costumes included a rainbow, emojis, and costumes for twins, such as peanut butter and jelly.

Martha Moreno, 26, a Dallas residents whose baby has been in the NICU for two months, said she appreciates events like

these. Her son Isaiah will be dressed as Boss Baby for Halloween, a character she believes best fits his already-developing personality.

"I chose that costume because he's strong, doesn't give up and just likes being a boss about things," said Moreno, smiling. "Out of nowhere he is just doing so much better. We have a bunch of hope that he will soon come home."

Crystal Summersett, 34, of Dallas, is the mother of Madison, a baby girl born prematurely at 29 weeks. She attended the Halloween craft party with her husband and mother, where they made three costumes with the intention of donating two to NICU babies whose parents couldn't attend the party.

"Madison's costume is Zero from the 'Nightmare

before Christmas," because that was our wedding theme," said Summersett. "We were married on Halloween, so we just wanted to stick with that."

The child life specialists at Parkland gathered supplies like felt, ribbon, glitter and hot glue purchased through an annual grant during the weeks before the costume craft party. All parents of NICU babies were invited to attend the event. Those who couldn't make it were assured their baby would still have a handmade costume, courtesy of staff and volunteers who took part.

"Our NICU staff is dedicated to helping our smallest and most fragile patients heal and thrive and to helping their parents and families cope with all the emotional challenges they experience," said Regina

Reynolds, MSN, RNC-NIC, NEA-B, Director of Nursing-Nursery Services at Parkland. "Anything we can do to bring smiles and a sense of normalcy is worth the effort and celebrating Halloween is just one of the many ways we try to help."

In FY 2018 Parkland's state-of-the-art Level III neonatal intensive care unit had 1,466 neonatal inpatient discharges, with an average daily census of 70. Length of stay ranges from a few days to several months, depending on the infant's condition. The 96 private NICU rooms include sofa-beds that allow family members to stay overnight with their little ones. Parkland opened the first neonatal intensive care unit in Dallas in 1973.

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

Some people with anxiety would rather worry than relax

(Futurity) Some people with anxiety may actively resist relaxation in favor of worrying, according to new research.

The study suggests it's a

way to avoid a large jump in anxiety if something bad really does happen.

Researchers found that people more sensitive to shifts in negative emo-

tion—quickly moving from a relaxed state to one of fear, for example—are more likely to feel anxious while taking part in relaxation exercises.

The results could help benefit people who experience "relaxation-induced anxiety," a phenomenon that occurs when people actually become more anxious

during relaxation training, says Michelle Newman, professor of psychology at Penn State.

"People may be staying anxious to prevent a

large shift in anxiety, but it's actually healthier to let yourself experience those shifts," Newman says.

See ANXIETY, Page 8

HEART, from Page 1

eliminate inequity." Eberly is now a cardiovascular medicine fellow at the University of Pennsylvania.

Racial inequities and higher readmission rates among minority populations have been documented in previous studies, however, this study's findings suggest that admission practices may provide a partial explanation behind these well-known racial disparities in heart failure outcomes. The researchers emphasize that the observed disparities in outcomes likely stem from structural and systemic differences in care rather than biological differences in disease progression for people of different ancestries.

"Future research on health inequities should seriously consider looking beyond biological dif-

ferences between races to critical issues of inequities in access to care as key drivers of racial disparities," said a senior study author Michelle Morse, M.D., M.P.H., a hospitalist at Brigham and Women's Hospital and assistant professor of medicine at Harvard Medical School.

The factors behind the difference in admission patterns are likely multifactorial, the researchers said, but reflect inequities in outpatient access to outpatient cardiology care: black and Latinx patients were not under the care of a cardiologist as an outpatient at the time of hospitalization—the strongest predictor of admission to a cardiology unit, according to the study. Levels of perceived discrimination and mistrust in the healthcare system may also lead to differential

self-advocacy for admission to a specialized service by patients from different backgrounds. While structural drivers are likely the major drivers, the authors feel that implicit bias is ubiquitous and probably contributes as well.

The study was not designed to uncover the reasons behind the higher readmission rates among those treated in the general medicine unit. However, the difference in outcomes may be driven by the greater expertise, improved overall care and specialized support services with focus on cardiac illness that are available in cardiology units. The researchers noted that premature discharge, inadequate transitions of care from the hospital to home and lower rates of cardiology follow-up for those admitted to general medicine may also

worsen patient outcomes.

Decision tools and guidelines for admissions staff and racial equity training for clinicians could help close the gap in access to specialized cardiac care and to improve outcomes. Increased staff education could also help to standardize heart failure care between cardiology and general medicine units. Additional tools may include strategies to ensure that all patients are followed by a cardiologist after leaving the hospital, the researchers said.

"Research has shown that structural inequities are pervasive throughout health care systems. But identifying inequities is the first step in a process. With significant institutional support and leadership commitment, we have begun the important work of addressing these inequities. We hope other institu-

tions and clinicians will be equally committed to addressing inequities in their own contexts, systems and care settings," said senior study author Eldrin Lewis, M.D., Ph.D., a cardiovas-

cular specialist at Brigham and Women's Hospital and associate professor of medicine at Harvard Medical School. "Equity must be central in everything we do as physicians."

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Texas voters to weigh in on 10 propositions in Nov. 5 election

There will be 10 ballot proposals put before Texas voters in the November election. Below are the descriptions of each measure according to the House Research Organization.

Proposition 1: Allowing municipal court judges to hold office in more than one municipality.

"Proposition 1 would amend Texas Constitution Art. 3 to allow a person to hold office as municipal judge in more than one mu-



nicipality at the same time, regardless of whether the person was elected or appointed to each office."

Proposition 2: Allowing TWDB to issue more water development project

bonds

"Proposition 2 would add sec. 49-d-14 to Art. 3 of the Texas Constitution to allow the Texas Water Development Board (TWDB) to issue additional general obligation bonds for the Economically Distressed Areas Program account. The bonds would be used to provide financial assistance for developing water supply and sewer service projects in economically distressed areas of the

state. TWDB could issue the bonds in amounts such that the aggregate principal amount of the bonds issued under the amended section that were outstanding at any time did not exceed \$200 million."

Proposition 3: Allowing temporary property tax exemptions after a disaster

"Proposition 3 would amend Texas Constitution Art. 8, sec. 2 to allow the Legislature by general law

to provide that a person who owned property in a governor-declared disaster area was entitled to a temporary exemption from property taxes by a political subdivision for a portion of the property's appraised value. The law could provide that if the disaster was declared on or after the date the political subdivision adopted a tax rate for the year, a person would be entitled to the exemption for that year only if the

exemption was adopted by the governing body of the political subdivision. The Legislature could prescribe the method of determining the amount and duration of the exemption, as well as any other eligibility requirements."

Proposition 4: Prohibiting a state individual income tax

"Proposition 4 would add sec. 24-a to Art. 8 of the

See **BALLOT**, Page 12

City of Dallas names street in honor of Nowitzki

The City of Dallas, in partnership with The Dirk Nowitzki Foundation and the Dallas Mavericks, hosted a Street Naming Ceremony on Wednesday to unveil "Nowitzki Way" and honor Dirk Nowitzki's 21-year NBA career and contributions to the city of Dallas.

"Since he came to Dallas from Germany more than two decades ago, Dirk has made a tremendous impact

on our city. His work ethic and his play on the court were legendary, and his philanthropic efforts continue to be sublime," said Mayor Johnson. "It is fitting that we are renaming a street to honor him both as a person and as the greatest Maverick of all time."

Dallas Mayor Eric Johnson, Mavericks Team Owner Mark Cuban, Mavericks Head Coach Rick Carlisle,

Nowitzki, Mavericks players and a host of other special dignitaries were in attendance.

"To have a street named after me is such a huge honor. This city has given me much more than I could have ever imagined, and I will forever be grateful," said Nowitzki. "Thank you, from the bottom of my heart."

The ceremony was held

outside of American Airlines Center at noon in Victory Plaza and was open to the public.

Last month, the Dallas City Council unanimously approved the renaming of Olive Street, between North Field Street and Victory Avenue, to Nowitzki Way. The street rename was spearheaded by Mayor Pro Tem and longtime Mavs fan Adam Medrano.



The City of Dallas honored Mavs legend Dirk Nowitzki with the renaming of a section of Olive Street on Wednesday. (Photo: Keith Allison / Wikimedia)

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Racial Equity at Dallas ISD: Innovation changes the landscape of public education for underserved

A year and a half ago, with support from the superintendent and the Trustees the Dallas ISD's Racial Equity Office was established to identify and remove obstacles to creating a level playing field for all students to succeed. The department is already making a positive impact with an intentional, focused and measurable approach. During its first year, the office worked to identify inequities in the district, not only in student achievement, but in student access to things such as technology, specialized programming and well-maintained facilities. As it celebrates its first year and a half, the office has led the way in the implementation of three major initiatives that are reshaping the landscape of quality education for Dallas' children.

Expanded Free Pre-K

Decades of studies have shown the positive impact early learning has on a



Dallas ISD

child's education. Yet, the cost of quality early learning programs prohibits many children from participating. Executives with the Racial Equity Office worked with the district's Early Learning department to develop the pre-K scholarship policy to address structural racial inequities. The new pre-K scholarships bring the long-lasting benefits of prekindergarten to more families. The State of Texas has six eligibility requirements for

families to qualify for free pre-K. The district's new scholarship policy opens three additional ways families can qualify for free pre-K in Dallas ISD.

"It's to the advantage of our district and students to have as many students participate in our pre-K program as possible," said Leslie Williams, Racial Equity Office deputy chief. "We know the data shows that when our students participate in pre-K programs,

they go on to significantly greater success in the following years."

Opening Dialogues through Introduction of Inclusive History Electives

America has often been likened to a patchwork quilt with bits and pieces coming from many sources. Unfortunately, American history courses often do not include the stories and contributions of persons of color. To address the need for a more inclusive curriculum, the Racial Equity Office gathered a team of local and national scholars to work on drafting an ethnic studies curriculum. The result is an innovative African American Studies course that was introduced on 23 campuses this school year. The course is being offered as an elective and provides students the opportunity to learn about mathematics, art, sociology, music and literacy through historical and

cultural lenses. Two years ago, Dallas ISD incorporated a course on Mexican American studies. The African American Studies curriculum is currently under review by the State Board of Education for adoption and implementation statewide. "Now students from all over the state will benefit from the work that has been accomplished," Williams said.

One-to-One Technology

As part of the district's long-range technology plan, all ninth through 12th-grade high school students are receiving Chrome books for use at school and at home. But what about the students who live in technology deserts where Wi-Fi access is limited? Having a Chromebook alone doesn't provide these students with equitable access to online resources. Thanks to a generous donation from Sprint's 1Million Project Foundation, 5,747 students at Lincoln, Madi-

son, Roosevelt, South Oak Cliff, Pinkston, and Wilmer-Hutchins high schools received free hotspots along with their Chromebooks. This is a game-changer for these students, providing equitable access to online resources not just at school, but also at home.

The work being done by the Dallas ISD Racial Equity Office has far-reaching impact. But despite these major innovations, the work has just begun. "The plan is for the Racial Equity Office in Dallas ISD to set the standard for the country," Williams said. "We plan to have school districts from all over this country to benefit from our collaborations with district departments and industry partners." We invite you to connect with the Dallas ISD Racial Equity Office by following us on our website at DallasISD.org/racialequity and on social media.

Learning Express Toys of Dallas hosts book drive for Walnut Hill Elementary

Learning Express Toys of Dallas are collecting books and school supplies for the Walnut Hill Elementary School due to the recent damage caused by the storms.

The fundraiser begins now and will run through Thanksgiving, Nov. 28.

The toy store is stocked

with books, markers, construction paper, stickers, and various supplies that students can use at school. Customers can take 25% off their purchase of items donated to the school.

Store owner Kathryn Cook saw the importance of helping the school, as several of her employees have

children that attend the affected elementary school.

"We feel so sorry for the children, parents, and faculty of Walnut Hill Elementary School that we knew we needed to do something to help. Offering a discount and collecting donations to be delivered to the school is our way of giving back dur-

ing such a difficult time." Cook said.

To donate, please visit Learning Express Toys of Dallas, at 4500 Lovers Lane, Dallas, Texas. For more information, visit the store's Facebook page at facebook.com/LEARNINGEXPRESS-DALLAS.



Markus Spiske / Unsplash

EMMANDI, from Page 2

said. "It gives us the capacity to do things. People look to us for leadership in honors programs. It's all geared toward academic excellence."

The Honors College also raises UT Dallas' visibility among top prospective students across the country who are seeking direction and support for their academic interests, Harpham added.

"These are bright students who could do four or five things. They have really high expectations. We help them meet faculty mentors who can help them build their resume while in college," he said. "Honors College is an incubator for academic excellence."

Beyond providing an outstanding academic experience, the Honors College enables students to experi-

ence cultural performances and sponsors roundtable series that offer a forum for intellectual inquiry and discussion.

Leaving a Legacy

Valerie Brunell, assistant dean of the Honors College, said honors students are "academically focused and professionally driven." They also give back to the University by serving as leaders, setting the pace for receiving distinguished scholarships that are open

to all students and launching student organizations that benefit the entire campus.

"They come in with a goal, and they are taking everything UTD offers. They also want to leave things that will outlive them. There's a positive peer pressure, and they bring out the best in each other," said Brunell, who directs the National Merit Scholars, the Collegium V Honors and the Liberal Arts

Honors programs.

Honors students have helped establish the University Emergency Medical Response team, the Innocence Project, Radio UTD and Comet Opera. Others lead sustainability projects, such as setting up a food recovery program to help reduce food waste on campus.

Because they seek international experiences as part of their academic career, honors students are

also driving the expansion of the University's study abroad programs. Sublett was an exchange student in Munich and Cologne, Germany. Ho studied at Philipps-Universität Marburg in Germany. Emmandi studied in Seoul, South Korea, which she called "a life-changing semester."

"People constantly went out of their way to help me at UTD. Personal connections and support meant everything," Emmandi said.

Microsoft Corp. is adding to their workforce in Irving

Governor Greg Abbott last week announced Microsoft Corp. is expanding its operations in Irving, further establishing its Las Colinas site as a strategic regional hub in the area.

"Today's investment by Microsoft is further evidence of Texas' rise as a global technology hub," said Governor Abbott. "I thank Microsoft for their continued investment and will continue to promote policies that expand these



beneficial partnerships and bring more jobs to the Lone Star State."

Officials from Microsoft spotlighted the importance of Texas having a talented pool of workers.

"Microsoft has been in Texas for more than two decades. We have a robust workforce here already and we are excited to continue growing that – expanding our talent base and opportunities in North Texas," said Raamel Mitchell, Microsoft Las Colinas campus director.

Localizing the mayor and economic leaders emphasized the impact on the city and surrounding community.

"We are excited that Microsoft has renewed its commitment to Irving-Las Colinas and believe it's a testament to our business-friendly climate and high quality of life for companies and their employees," said Irving Mayor Rick Stopfer. "As a valuable corporate stakeholder in our community, we look forward to working with Microsoft as it builds its workforce and creates thousands of valuable technology jobs

in Irving."

"Microsoft's expansion of its workforce and investment into its corporate campus represents the type of project we're actively recruiting to add to our already thriving business community," said Beth Bowman, President & CEO of the Irving Economic Development Partnership. "The successful retention of this target industry demonstrates that Irving-Las Colinas is one of the world's

premier business destinations. We look forward to supporting Microsoft, its employees and future workforce as they integrate into our diverse community with attractive amenities and a high quality of life."

As part of this expansion, Microsoft will create 575 new jobs and invest more than \$31 million in capital. A Texas Enterprise Fund (TEF) grant of \$4,874,850 was extended to Microsoft Corporation.

DCCCD summit to focus on sustainability as a social justice practice

When colleges adopt sustainability practices at an institutional level, they help ensure social justice, renewable energy, and quality education.

Dallas County Community College District hopes to expand on that mission during its annual Sustain-

ability Summit set for Fri., Nov. 8, from 8:30 a.m. to 4 p.m. at Eastfield College located at 3737 Motley Dr., in Mesquite.

This year's theme for the conference is "Sustainability as a Social Justice Practice: Developing Resilient Strategies."

This information-sharing event supports the district in its role of transforming lives and communities through higher education. DCCCD uses the 17 Sustainable Development Goals as a teaching and learning framework at the summit and in the class-

room.

DCCCD Chancellor Dr. Joe May has been a firm supporter of DCCCD's commitment to be a sustainability thought leader in the community.

"Our intention is to educate and inspire citizens as well as our students and

educators to look for opportunities to make a positive difference in the community," May said.

The speakers at this conference will share their ideas for solving the climate crisis and their thoughts about creating a cleaner, healthier and safer world,

said Georgeann Moss, the district's executive administrator of sustainability.

"Although the challenges are complex and the 17 Sustainable Development goals are audacious, everyone in the community can

See SUMMIT, Page 11



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Dallas

Oasis Center Orientation is scheduled for 11 a.m. - 12:30 p.m. at Frazier House, 4600 Spring Ave., in Dallas. Contact mlee@oasisctr.org to register. Oasis Center is a faith-based nonprofit organization that assists at-risk youth and formerly incarcerated individual's transition back to society.

A Conversation with Allison Jean will be an evening featuring an interview with the mother of Botham Jean. It is scheduled for Saturday, Nov. 2 at 6 p.m. at the Light of the World Church of Christ located at 7408 S. Hampton Road in Dallas.

The Stork's Nest Charity Fund of Dallas, a 501(c)(3) non-profit organization, announces its 14th Annual **"Taste of Blue"** Wine and Spirits Tasting event. This event will be held at the Bella Luna Event Hall (Dallas, Texas) on Saturday, Nov. 9, from 7-11 p.m. Highlights include wine and spirits from "The Lone Star State," coupled with hors-d'oeuvres with a unique Texas twist.

Tickets may be purchased online at www.memberplanet.com/campaign/kap-pazpb/tob2019.

Individuals must be 21 years or older to attend this event. The Stork's Nest Charity Fund of Dallas also reserves the right to refuse service to anyone.

All proceeds from the "Taste of Blue" will benefit the Stork's Nest Charity Fund of Dallas.

Carrollton

Tween Hangout - Ages 9-12 are invited to Josey Ranch Lake Library (1700 Keller Springs Road) on Monday, November 4 for some unstructured fun. Video games, board games, and various crafting and maker supplies will be available. All Tween Hangout sessions begin at 4:30 p.m. each Monday through December 30. To learn more about Tween Hangout or other Library tween programs, call 972-466-4800.

The City of Carrollton will honor the service and sacrifice of local military members and their families at the annual **Veterans Day Celebration** from 11 a.m. to 1 p.m. on Monday, No-

vember 11 at the Carrollton Senior Center (1720 Keller Springs Road). 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 widow(er)s of a veteran and a guest. Pre-registration is required by Tuesday, November 5. To learn more, call 972-466-4850.

Garland

Garland Recovers from EF2 Tornado - Thank you to the numerous City departments, neighborhood groups and businesses, volunteers and residents who have helped those impacted by the EF2 tornado that hit portions of southwest Garland Sunday, Oct. 20. Your actions show the resiliency and strong sense of community in our city. View a video of the tremendous community efforts.

City brush and bulky crews will continue to work the affected area Monday, Oct. 28. Residents are asked to put **ONLY** recyclable materials in the blue recycle carts. If additional green trash carts are needed, contact Environmental



City of Garland

Waste Services at 972-205-3500 or via Garland eAssist and request temporary use of an additional green cart. Be sure to identify yourself as a resident of the storm-impacted area.

Garland Power & Light has restored power to all tornado-affected customers who can safely accept electric service.

The City of Garland estimates about 175 residential and commercial structures were damaged in Sunday's storms, at least 36 with major damage and five destroyed. Property damage is estimated at \$20 million.

Visit GarlandTX.gov to learn more and for additional resources.

America Recycles Day on Nov. 2 residents can recycle your old electronics and clothing for free from 11 a.m. to 2 p.m. at the Recycling Center, 1426 Com-

merce St.

Garland ISD elementary and Garland home schools will be participating in the annual Clothing Recycling Competition, with prizes awarded for the most weight in clothing and textiles collected.

Richardson

The Comer Collection: "Echoes of History" exhibit at University of Texas at Dallas provides a collective memory of historic events is often inextricably linked with the place of its occurrence. In this exhibition, photographers Noel Clark, Jeanine Michna-Bales and Kim Stringfellow explore how the Civil War, the Underground Railroad and the Homestead Acts altered the U.S. landscape and are indelibly imprinted on the land. Curated by UT Dallas PhD candidate Jessica Ingle. The exhibit is available for viewing at the Nebula Gallery, McDermott Library Monday - Friday: 8 a.m. - 5 p.m. until Dec. 20.

Registration begins Nov. 1 for **Richardson's 47th Annual Christmas Parade**, to be held Saturday, Dec. 7 on the east side of

Richardson and benefiting Network of Community Ministries. This year's parade theme is "A Lone Star Christmas." Individuals and groups are encouraged to interpret the theme with costumes, vehicles and floats.

The registration form and parade rules can be found online. Deadline for registration is Nov. 24. For more information, including how to become a Friend of the Parade and receive reserved seating and a parking pass, contact Heidi Scalice at Heidi.Scalice@cor.gov or 972-744-7850. www.cor.net/ChristmasParade

The **2019 Richardson ISD Spirit Run 5K and Walk/Fun Run** will be held Saturday morning, Nov. 2 at Galatyn Park. The event benefits students, teachers and the RISD Excellence in Education Foundation.

Adult registration is \$30 for the 5K, which begins at 8:30 a.m. and \$25 for the Walk/Fun Run, which begins at 8 a.m. Packet pickup is Friday, Nov. 1 from 11 a.m.-7 p.m. at Heights Recreation Center. <https://schools.risd.org/risdfoundation>

ANXIETY, from Page 4

"The more you do it, the more you realize you can do it and it's better to allow yourself to be relaxed at times. Mindfulness training and other interventions can help people let go and live in the moment."

Nonstop worry

The study also sheds light on why relaxation treatments designed to help people feel better can potentially cause more anxiety, says Hanjoo Kim, a graduate student in psychology.

"People who are more vulnerable to relaxation-induced anxiety are often the ones with anxiety disorders who may need relaxation more than others," Kim says. "And of course, these relaxation techniques were meant to help, not make someone more anxious. Our findings will hopefully serve as a cornerstone for providing better care for

these populations."

While researchers have known about relaxation-induced anxiety since the 1980s, the specific cause of this phenomenon has remained unknown, Newman says. When Newman developed a contrast avoidance theory in 2011, she thought the two concepts might be connected.

"The theory revolves around the idea that people may make themselves anxious intentionally as a way to avoid the letdown they might get if something bad were to happen," Newman says.

"This isn't actually helpful and just makes you more miserable. But, because most of the things we worry about don't end up happening, what's reinforced in the brain is, 'I worried and it didn't happen so I should continue worrying.'"

Anxious relaxation

As reported in the Journal of Affective Disorders, researchers recruited 96 college students. Participants included 32 people with generalized anxiety disorder, 34 people with major depressive disorder, and 30 controls with neither disorder.

When the participants arrived at the lab, the researchers led them through relaxation exercises before having them watch videos that may elicit fear or sadness.

The participants then answered a list of questions designed to measure how sensitive they were to changes in their emotional state. For example, some people may feel uncomfortable with the negative emotions the videos incited right after relaxing, while others might find the relaxation session helpful in dealing with those emo-

tions.

Next, the researchers led the participants through a relaxation session once more before having them fill out a second survey. They designed these questions to measure the participants' anxiety during the second relaxation session.

After analyzing the data, the researchers found that people with generalized anxiety disorder were more likely to be sensitive to sharp spikes in emotion, like going from feeling relaxed to feeling scared or stressed. Additionally, this sensitivity linked to feeling anxious during sessions intended to induce relaxation.

The researchers found similar results in people with major depressive disorder, although the effect wasn't as strong.

Kim says he hopes the results may help clinicians provide better care for people with anxiety.

"Measuring relaxation-induced anxiety and implementing exposure techniques targeting the desensitization of negative contrast sensitivity may help patients reduce this

anxiety," he says. "Also, it would be important to examine relaxation-induced anxiety in other disorders, such as panic disorder and persistent mild depression."

Source: Penn State

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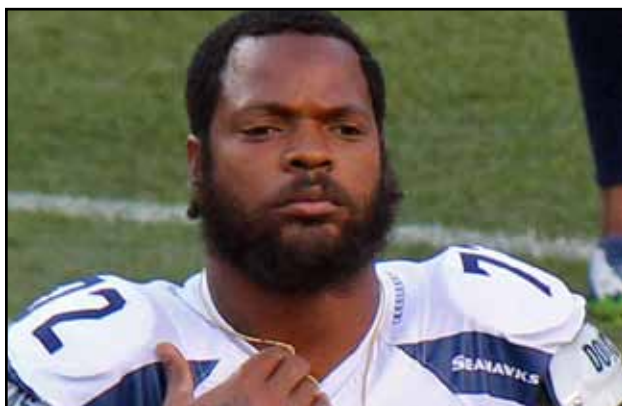
Dallas Cowboys expect Michael Bennett to immediately fill a void

By Dwain Price
NDG Sports

FRISCO — The Dallas Cowboys weren't just satisfied with going into their bye week last week while owning sole possession of first place in the NFC East.

In the days after demolishing the Philadelphia Eagles, 37-10, on Oct. 20 to run their record to 4-3, the Cowboys took time to bolster their defensive line by acquiring defensive linemen Michael Bennett. This is the same Michael Bennett who has 65.5 sacks in 11 seasons, has been to three Pro Bowls, and helped the Seattle Seahawks capture the 2013 Super Bowl.

Needless to say, the folks



Jeffrey Beall / Wikimedia

at the Cowboys' headquarters at The Star in Frisco are dancing down the aisles about this attest acquisition.

"We're happy to have him," defensive end DeMarcus Lawrence said. "He has a lot of plays he has to learn, he has a new system that he has to be a part of."

"He has a lot going on with moving his family. It's so much things that he has to do in just a short little time."

Bennett, 33, was playing this season for the New England Patriots but was suspended by the team for arguing with defensive line coach Bret Bielema.

That resulted in the Patriots suspending Bennett for one game, then he was subsequently traded to the Cowboys for a conditional seventh-round draft pick.

"It's America. You can voice your opinion about how you feel about certain situations," Bennett told reporters after he returned from his suspension. "That's what I did."

"I got suspended. Lost money. What am I supposed to take away from that? There's no love lost. It's just how it is."

On his weekly radio show on 105.3, The Fan, Cowboys owner Jerry Jones said of Bennett: "He's known as a great locker room personality."

There's nothing negative about him as an individual.

"He's got war daddy in him when he gets on the field. I know that he'll fit us great."

Bennett fills an immediate void because the Cowboys recently lost defensive lineman Tyrone Crawford, who has been placed on injured reserve due to a hip injury and will be eligible to return from injured reserve in eight weeks. And with an extra week of preparation before the Cowboys play their next game — it'll be Monday night at 7:15 on the road against the New York Giants — Bennett should have the balance of his defensive schemes in-

tact and ready to try them out against one of the Cowboys' fiercest rivals.

Indeed, Bennett adds much-needed depth to the defensive front line. And the Cowboys didn't have to pay a high price to get him.

"It's more just bringing the best out of a person, which makes it exciting because you need someone to push you and never get comfortable with where you're at," defensive end Robert Quinn said of Bennett. "We know the talent we have on the D-line."

"Now it's about just going out there and doing it. We've got all the pieces. It's about going out there and executing."

Blerd Binder: Racebending in live action adaptations

By Noah Washington
NNPA Contributor

HOLY COW! Last week, a historic moment happened in Nerd Culture: the casting of Catwoman for director Matt Reeves' *The Batman*.

As far as Blerd Culture is concerned, the casting of Zoe Kravitz (*Aquaman*, Jason Momoa's stepdaughter) as Catwoman is big news on a number of different levels.

Racebending of fictional characters (changing of a character's perceived race or ethnicity during the adaptation of a work from one medium to another) has become a hot topic in today's age of comic book renaissance.

Sometimes, it heavily divides fans. Sometimes, it has fans screaming for joy. Sometimes, nobody cares. But each time the decision is met with commentary.

In this article, we will talk about Zoe Kravitz's casting, times when racebent casting was awesome, times when racebent casting failed, why it is an important conversation to have, and how it affects the audience and fans.

Zoe Kravitz's Catwoman casting brings me a feeling of nostalgia as I can't help but think of Eartha Kitt's turn as Catwoman from the *Batman '66* show. Based on what Matt Reeves has said about his interpretation of Batman and his surrounding characters, the film will be a story that harkens back to the Dark Knight's detective roots.

Kitt was one of the earliest actors who racebent a character when she took over the role from White actress Julie Newmar in the third season of the iconic TV show. The casting change was reportedly made because Newmar was filming another movie at the time.

It's worth noting that Kitt was one of the most recognizable actors to appear the role during the show's run. Her personification of the character is as close to perfect and unique as she could have gotten without literally plucking the illustrated character from the pages of a comic book.

Another example of racebending was Marvel's casting of Samuel L. Jackson as Nick Fury, even though the race of the character has

already been changed in the comics before Jackson was even cast.

According to the site, comicbook.com, "I still buy comic books, so I go to this store in L.A., Golden Apple, and I was in there one day and I'm passing the rack and I see this thing, *The Ultimates*, and I go, 'Wow, it looks like me,'" Jackson recalled. "So I started looking, and it's like, Nick Fury looks just like me, and I'm reading, and he goes, 'Well, if they make a movie about us, who do you want to play you?' and Nick Fury goes, 'Samuel L. Jackson.' I go, 'I didn't give anybody my permission to use my image in a comic book.'"

Jackson goes on to explain that, after calling his agent and explaining how and where he discovered his likeness in a comic book, "She said, 'Let me call somebody,'" the actor shared. "So she calls Marvel and they say, 'Well, we are thinking about making these movies and, hopefully, if we make them, he would play Nick Fury.' I'm like, 'For real?'"

When the news of Jackson being cast was revealed to the public, the internet

went into a frenzy. However, after more than 10 years of playing the character, Nick Fury has become indelibly associated with Mr. Jackson.

Eartha Kitt and Samuel L. Jackson are just two examples of how racebending a character with the right actor can deliver amazing results for a television show or feature film.

These two performances were met with the type of acclaim and mainstream success that is indicative of blockbuster hits. Not because they look different from the original presentations of the characters they portrayed, but because they were the right actors to embody the characters transition from 2D comics to television and film.

However, Kitt and Jackson's success hasn't changed the underlying controversy and question: Why not just create new diverse characters?

While purists may always have issues with new interpretations of legendary characters, there's often a business reason driving the decision to change an existing character instead of developing new characters

with a focus on diversity.

At a time when comic book properties are seemingly optioned for television, film and theater projects on a weekly basis, the reason that producers and others don't just go and make new characters is a matter of economics: Financing these projects is expensive, and to ensure adequate return on investment, the most popular characters with highest consumer awareness are usually chosen as the centerpiece of the show or film franchise.

Some existing characters are so popular that it's almost be impossible to develop a new character with any reasonable hope of achieving a similarly high level of popularity without significant investment.

Investing to make a completely new character popular enough to be a box office draw, just to cast an actor of color in a role, when there is an existing character that is perfect for the story, makes no sense. Especially since, in many cases, the goal is to find the best actor for the role and, frequently, an actor of color is cast that perfectly embodies role.

Of course, there are times when a racebending isn't only controversial, it's also wrong. I am talking about in cases of *White Washing*, where instead of replacing a white character with a minority actor, a minority character is played by a white actor.

And now that most dreaded moment when the entire collective nerd community cringes: Whenever *The Last Airbender* is brought up in conversation.

Nearly all of the anime's/cartoon's superb characters — heavily based in Asian culture — were replaced with White actors that did not represent those original characters in characteristics, appearance, or even name.

When none of these qualities are present, then they might as well be new characters. This was one case of racebent casting that served no purpose and is insulting to the original material, the creators and the fans that truly love *Avatar: The Last Airbender*.

This is an issue that shouldn't be happening in the 21st century. Scar-

See BLERD, Page 16

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

NDG Entertainment: Still plenty of toys, spooks and plays in the Dallas area

By Madison Dolo
NDG Entertainment

Halloween celebrations continue throughout this weekend in Dallas and Fort Worth for those who are not ready to let go of their thrills and chills. Or you can get outdoors (assuming the rain has finally stopped) to enjoy the forest in Dallas city limits, you did know we have a forest right? Finally, if you want to be warm, dry and entertained there are plenty of plays on stage around the metroplex.

Dias de los Muertos Flower Crown Workshop – Looking for something crafty to do this weekend, here's the perfect event for



Sister Act starring Cherish Robinson is on stage at the WaterTower Theatre (Image: Delynda Moravec)

you. Learn how to make beautiful flower crowns in celebration of Dias de los Muertos. Enjoy live music and wine while you create beautiful accessories on Friday, Nov. 1 from 4 p.m. to 6 p.m. at the OUTLAW Taproom at 4150 N. MacArthur Blvd., in Irving. More info at IrvingTexas.com.

Cutting Edge Haunted House in Fort Worth is consistently named one of the top Haunted Houses around. Close the spooky season with one last scare by testing your bravery in one of the largest haunted houses. They are open nightly at 9 p.m. and 10:30 p.m. More details at CuttingEdgeHauntedHouse.com.

Halloween Costume Party strut your stuff and show off your Halloween costume. Drink the night away as you close out spooky celebrations on Friday, Nov. 1 from 5 p.m. to Midnight at the Lone Star Taps and Caps in Fort Worth.

North Dallas Toy Show is perfect for kids and kids at heart. Dive back into your childhood and reminisce about old vintage toys. The show is scheduled for Nov. 2 – Dec. 7 from 9 a.m. to 3 p.m. at the Dallas Event Center located 4343 Sigma Rd., Ste. 600 in Farmers Branch. The cost is only \$2.

Into the Great Trinity Forest is your opportunity to get lost in beautiful nature as you walk along the amazing Trinity River on the Ned and Genie Fritz Texas Buckeye Trail. Get some fresh air while gazing at the gorgeous forest around you on Saturday, Nov. 2 from 10 a.m. to Noon. Lunch will be avail-

able for purchase at The Market at Bonton Farms.

On Stage in

Dallas this week

Theater fans can find the following shows on stage around town:

• **Ann** – A look at the legacy of Texas Governor Ann Richards at the Dallas Theater Center until Nov. 10.

• Dallas Summer Musicals presents **An Evening with the Best of Broadway** on Friday, Nov. 1 at 7:30 p.m. for one night only.

• **Hear Me – Voices of #MeToo** is on stage Tuesday, Nov. 5 at the Bath House Cultural Center. The production provides diverse voices sharing their tales of

sexual harassment.

• Teatro Dallas presents **Villa** is a story about reclaiming your country. Guillermo Calderon puts the audience in the room with three women charged with deciding the future of the Villa Grimaldi, an infamous detention camp of Chile's Pinochet government.

• WaterTower Theatre kicked off its 24th Season with **Sister Act**, which will run until Nov. 10 on the Terry Martin Main Stage at the Addison Theatre Centre. This hilarious musical comedy based on the hit film starring Whoopi Goldberg. Tickets and info at watertow theatre.org.

Rapper ScHoolboy Q's CrashH Tour to hit the Dallas stage on Nov. 5

GRAMMY nominated Top Dawg Entertainment recording artist ScHoolboy Q hit the road with CrasH Tour 2019 and will touch down in Dallas on Tuesday, Nov. 5 at the South Side

Ballroom.

ScHoolboy Q has found widespread critical acclaim and earned multiple Grammy Award nominations since joining the ranks of Top Dawg Entertainment.

His platinum-certified breakthrough album Oxmoron: a 2014 release garnered a Grammy Award nomination for Best Rap Album and landed three hit singles on the Billboard Hot

100. ScHoolboy Q's sophomore album Blank Face LP scored a Best Rap Album nomination at the 2017 Grammy Awards, with lead single "THat Part" (ft. Kanye West) nominated for

Best Rap Performance.

In 2018, ScHoolboy Q teamed up with 2 Chainz and Saudi for "X," a track from Black Panther: The Album that went on to amass over 146 million

Spotify streams to date. Released in April 2019, his most recent full-length CrasH Talk debuted at #3 on the Billboard 200, mark-

See TOUR, Page 11



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Five ways to get more business leads and clients on LinkedIn

By: Shawn Hill
NDG Guest Contributor

LinkedIn is the hot new social media platform. Yes, that LinkedIn. The same one that you put up a page on years ago and never went back. Now it is the cool place for businesses to hang.

It is not surprising when you look at the numbers:

- More business to business leads come from LinkedIn than Facebook and Twitter combined.

- 61 million LinkedIn users are business executives, and 40 million are in decision making positions.

- LinkedIn could be the difference between a closed door and a closed deal.

Having said all that, most people that come over to



LinkedIn will not generate leads or clients. The lack of a plan of attack, that will not be you. After you finish reading the following tips, you will now be able to meet your business goals on LinkedIn.

Step up your LinkedIn game to gain business suc-

cess

Step 1. Be there. All right, I know it is obvious. But many people will read this article, look at all the data and still not join or update their profile on LinkedIn.

You can't win if you don't play. Just by making

the decision and putting in the effort, you will be miles ahead of your competition.

Step 2. Optimize your profile. You never get a second chance to make a first impression. Your profile is your business on LinkedIn. It is your face. Make sure you are featuring your best face.

Now there are several things you can do to optimize your profile.

- Make sure you have a nice headshot.

- Make sure you have a compelling headline to grab your client's attention.

- Make sure you have an ideal client in mind so your profile can speak directly to them.

Step 3. Identify your ideal client. One of the biggest mistakes people

make on LinkedIn is they try to market to everyone. However, if you market to everyone, ultimately, you market to no one.

Your profile can be optimized to speak to the needs or concerns of your ideal client. Your Connection request will stand a much better chance of getting approved if your profile speaks to a specific group.

Step 4. Engage. Just because you put up a profile does not mean leads, and clients will start flooding your inbox. It just does not work that way. I recommend sending between 10-30 highly targeted Connection requests a day.

Step 5. Bring value. Share original content. Curate articles and share them with the community and

your connections. Sharing useful information will separate you from most people on LinkedIn who merely come and consume.

I have just given you five ways to get leads and clients on LinkedIn. Now, implementation is up to you.

When you see me over there, send an invite.

Shawn Hill is The LinkedIn Coach. He helps businesses generate leads and clients on LinkedIn. After over 25 years in corporate America, he now turns his knowledge to help small businesses have success on LinkedIn. For a limited time, he is offering a free profile analysis. Contact Hill at shawnhi77@gmail.com, connect with him on LinkedIn, or visit the-linkedincoach.com.

Delegation entices Boston companies to 'Go Big in Texas'

Texas executives and economic developers traveled to Boston last week to share information with Boston-based companies about the benefits of expanding or relocating to Texas. Led by Texas Economic Development Corporation (TxEDC), in partnership with the Governor's Office of Economic Development and Tourism (EDT), the

mission seeks to spread the message that companies can "Go Big in Texas" among an audience of corporate executives, site selectors and others involved in expanding and relocating businesses.

"Texas offers businesses an unrivaled workforce and an economic climate unlike anywhere else in America," said Governor Greg Ab-

bott. "With low taxes, reasonable regulations, and robust infrastructure, Texas has emerged as America's premier destination for investment and economic diversification. I invite more companies to invest in Texas and join us on the path to greater economic prosperity."

"Texas and Boston share an innovation mindset

and strong technology and health sciences clusters," said Robert Allen, President, and CEO of Texas Economic Development Corporation. "For companies looking to expand, Texas offers a highly-skilled talent pool, unparalleled access to the United States and beyond and lower costs on everything from land and real estate to utili-

ties. I encourage companies across industries to consider making an investment in Texas."

Boston-based online home goods retailer Wayfair announced its expansion in Texas in 2016, bringing nearly 875,000 square feet of distribution space to Lancaster in southern Dallas County. Construction began in late 2017 with the facility

officially opening in September 2018. Wayfair CEO Niraj Shah cited the skilled talent pipeline from Texas A&M University as a key reason for the company's expansion in this region.

Additionally, Steward Health Care, the largest private hospital operator in the nation, moved its headquarters from Boston to downtown Dallas in 2018.

TOUR, from Page 10

ing the third consecutive Schoolboy Q album to hit the top three on the chart. With appearances by artists like Kid Cudi, Ty Dolla \$ign, and 21 Savage, CrasH Talk features the single

"Numb Numb Juice"—hailed by Vulture as a "reminder why he's one of the best rappers we've got."

NAV's 2019 album, *Bad Habits*, debuted directly at the top of the Billboard 200

chart at #1. The project is an elevation of everything fans have come to know from the musician, as it harnesses all of NAV's power as a musician, coupled with undeniable hits as seen with "Tap (ft. Meek Mill)" & "Price On My Head (ft

The Weeknd), together accumulating over 250 million streams and the former spending ten consecutive weeks at Billboard's Hot 100.

To date NAV has earned over 4 billion global streams and has four RI-

AA-certified Platinum singles to his name, including "Some Way" feat. The Weeknd, solo single "Myself", "Wanted You" feat. Lil Uzi Vert, and "Biebs In The Trap" with Travis Scott. Earlier this year he headlined his own sold out

tour across North America and played another sold out show at London's historic O2 Forum. His goal to show the world the breadth of his talent has paid off as seen with #1 charting, critical acclaim and sold out shows worldwide.

SUMMIT, from Page 5

be a part of the solution," Moss said.

The summit's keynote speaker is Ian Garrett. He will address the intersection of sustainability, social justice and resiliency. His topic is: "We Made It Up: Creativity as a Driver of Change."

Garrett, an associate professor of ecological design for performance at

York University, received his undergraduate degree from Rice University and his MFA from California Institute of the Arts. He is co-founder and director of the Center for Sustainable Practice in the Arts (CSPA), a think tank for sustainability in the arts and culture, and an Assistant Professor of Ecological Design for Performance at York Uni-

versity in Toronto.

For additional information about Garrett, please refer to the following links: <https://www.linkedin.com/in/toasterlab/> or <http://www.ianpgarrett.com/about/>

"For Dallas County residents to survive and thrive, we need a strong economy, a healthy environment and the peace of mind that comes from feeling safe in our communities," Moss

said. "This summit offers ideas to help us achieve those goals."

The summit is open to the public as well as students and employees of DCCCD. The following groups will be particularly interested in the summit's topics:

- Corporate and business managers
- Business owners
- Facilities personnel
- Social justice advocates
- Teachers and adminis-

trators

The summit will include 20 breakout sessions and two workshops. Topics include:

- Social equity
- Facilities management
- Institutionalizing sustainability
- Resource and energy efficiency
- Teaching sustainability (K-16)

The DCCCD Sustain-

ability Summit premiered nine years ago at Eastfield College and rotates annually to one of DCCCD's seven colleges.

There is no charge. However, participants must register by Nov. 4 to be eligible for the complimentary lunch. To register and for a complete schedule of breakout sessions, visit www.dcccd.edu/sustainabilitysummit.

Real estate investors benefit as competition eases hard money lending terms

By Christopher G. Cox
Managing Editor/ Publisher
Realesavvy.com

In the wake of the housing crash that shook the U.S. economy in the mid-to late 2000s, real estate investors had few borrowing options as financial institutions severely tightened lending practices.

According to Nathan Trunfio, president of Lending for Pennsylvania-based Direct Lending Partners (DLP), this led to the rise of so-called hard money lending, where those willing to make real estate loans could demand returns of 15-20 percent and four to five points.

As a result of the bursting of the housing bubble, there



istockphoto / NNP4

were a lot of properties that needed to be foreclosed on, Trunfio said.

"They were foreclosed on, but people were still in them or banks were holding them on their books and they needed to find a way to dispose of them," he continued.

This created opportunities for investors to buy low, Trunfio explained. Many of these properties needed to be renovated and

banks did not have the infrastructure to handle the renovations themselves.

"Real estate investors needed a source of capital," he said, "so they would turn to hard money loans, which were largely based on the value of the asset."

Although the term "hard money lending" is still in common use, this lending practice has evolved to show a softer side. Trunfio notes that for many years a hard money loan was viewed as a "bad news loan," one associated with some sort of "distressed situation where someone needs to pull equity out of a property." These loans, he continued, typically reflected "some type of turmoil or big need that isn't necessar-

ily going to result in a good situation."

In the current lending environment, Trunfio said, people are looking to utilize a loan for the purpose of "navigating a business plan on a piece of real estate."

"I call it soft money," Trunfio notes, "because the approach that is taken is a combination of the analysis of the strength of a real estate investor and the asset. We are in the business of providing short-term bridge loans to experienced real estate investors."

Asked why a borrower would seek one of DLP's bridge loans as opposed to a more traditional loan from a bank, credit union or other lending institution,

Trunfio says there are a number of reasons.

"The main reason," he notes, "is that nowadays banks have credit policies that are too tight. They can't move quickly enough, and they won't lend on an asset that needs renovation, or that needs a tenant, or something along those lines."

Trunfio notes that DLP works with a wide array of investors from singular individuals and small teams to organizations of 20-50 people.

Our loans are to real estate investors – I call them serial investors – who invest in real estate as a way to make their money, whether it's a primary or secondary focus."

For about the last 10 years, Trunfio said, more and more institutional investors have begun to recognize that there are many financially savvy borrowers with sound investment plans.

This has led to increased lending competition which allows investors to find loans requiring 8-12 percent interest and one to three points, as opposed to tougher terms in the immediate wake of the crash.

"Hard money has evolved into opportunistic money for real estate investors," said Trunfio, "which helps the economy in a number of ways by providing more housing where there is currently a housing shortage."

BALLOT, from Page 5

Texas Constitution to prohibit the Legislature from imposing a net income tax on individuals, including on individuals' shares of partnership or unincorporated association income."

Proposition 5: Dedicating sporting goods sales tax revenue to TPWD and THC

"Proposition 5 would add sec. 7-d to Art. 8 of the Texas Constitution, automatically appropriating the net revenue received each state fiscal year from the collection of the sporting goods sales tax to the Texas Parks and Wildlife Department (TPWD) and the Texas Historical Commission (THC). The Legislature could by general SJR 24 by Kolkhorst (Cyrier) law limit the use of money appropriated under the proposition. Proposition 5 would prohibit money automatically appropriated to TPWD and THC under the proposal from being considered available for certification of the budget by the comptroller as provided by Texas Constitution Art. 3, sec. 49a(b)."

Proposition 6: Increasing CPRIT's bond authority from \$3 billion to \$6 billion

"Proposition 6 would amend Texas Constitution Art. 3, sec. 67(c) to increase from \$3 billion to \$6 billion the maximum amount of general obligation bonds the Texas Public Finance Authority could provide for, issue, and sell on behalf of the Cancer Prevention and Research Institute of Texas."

Proposition 7: Allowing increased distributions to the Available School Fund

"Proposition 7 would amend Texas Constitution Art. 7, sec. 5(g) to allow the State Board of Education, the General Land Office, or another entity that had responsibility for the management of revenues derived from Permanent School Fund land or other properties to distribute each year to the Available School Fund revenue derived during that year from the land or properties, up to \$600 million by each entity each year."

Proposition 8: Creating the Flood Infrastructure Fund

"Proposition 8 would add sec. 49-d-14 to Art. 3 of the Texas Constitution to create the Flood Infrastructure Fund as a special fund in the state treasury outside

the general revenue fund. As provided by general law, the fund could be used by the Texas Water Development Board without further appropriation to provide financing for drainage, flood mitigation, or flood control projects, including: planning and design activities; work to obtain related regulatory approval to provide nonstructural and structural flood mitigation and drainage; or construction of flood mitigation and drainage infrastructure. Separate accounts could be established in the Flood Infrastructure Fund."

Proposition 9: Exempting precious metals held in Texas depositories from property taxes

"Proposition 9 would amend Texas Constitution Art. 8 to authorize the Legislature to exempt from property taxes precious metal held in a precious metal depository in Texas. The Legislature could define "precious metal" and "precious metal depository" for purposes of the exemption."

Proposition 10: Allowing retired law enforcement animal transfer without fee

"Proposition 10 would add sec. 521 to Art. 3 of the Texas Constitution to allow the Legislature to

authorize a state agency or a county, municipality, or other political subdivision to transfer without fee a law enforcement dog, horse, or other animal to the animal's handler or another qualified

caretaker upon the animal's retirement or at another time if it was in the animal's best interest."

Full descriptions, along with noted criticisms of each ballot proposal are

available online at <https://hro.house.texas.gov/pdf/focus/amend86.pdf>.

Early voting continues this week through Friday, Nov. 1. The election is Tuesday, Nov. 5.

Investors Liquidation Sale: Laurel Land Cemetery Burial Plot For Sale (one space) Section # 3, Space # 15, Lot # 20



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Ongoing Census Bureau

The Census Bureau conducts continuous surveys to supply the nation with important statistics on people, places and our economy. Local field workers know their communities best, and are instrumental in conducting surveys with residents on a variety of topics. Visit census.gov to apply.

Ongoing City of Dallas

The City of Dallas' HR Dept is currently accepting apps for the Budget and Contract Administrator position. Bachelor's degree in a business/public administration, human resources or healthcare administration field, plus 7 yrs exp.

For more info and to apply, visit: <http://bit.ly/2NcCfVP>.

Ongoing House of Blues

Want a cool job in live music? House of Blues Dallas is hiring! Spruce up your resume and join us on



Monday, August 26th for a Job Fair in our Cambridge Room from 1-5PM. All departments are hiring. View job openings at <http://livenationentertainment.com/careers>.

On-going First Fridays Virtual Job Fair

Every month computer professionals can participate in the monthly job fair in the comfort of your PJs. Job Seekers must complete profile on https://tao.ai/p/fff/_dfw

#FirstFridayFair (#FFF) is estimated to be largest attended career fair with around 8,000 professionals and 500 recruiting companies. The data science and software development focussed career fair is delivered right at your desktop. No need to travel anywhere, just signup and wait for TAO.ai to organize your interactions.

Through Nov. 8 Seeking movie lovers

Alamo Drafthouse Las Colinas Job Fair movie lovers are invited to come and meet the Alamo Drafthouse Las Colinas management team and possibly walk away with a brand new job at the Las Colinas Job Fair.

There's no need to fill out an application before you arrive, just show up between Noon and 4 p.m. every Monday and Friday through Nov. 8 to chat with one of the Las Colinas managers. Dress is casual and you just need to bring a passion for film, food, people and beer. The address is 320 W Las Colinas Blvd. Building A2, in Irving.

Nov. 6 Healthcare professionals

ResCare is hosting a National Day of Hiring on Wednesday, Nov. 6 from 10 a.m. to 5 p.m. in Arling-

ton. The event will be held at Educare located at 701 Directors Dr. Registration available at Eventbrite

Nov. 7 Invite-only hiring event for vets

Orion Talent hiring events are free to attend, but are by invitation only. Please visit oriontalent.com for more information.

An Orion Hiring Conference is your chance to interview with hiring managers for positions that are a match with your background, skills and preferences. The conference will feature positions throughout the region. Orion focuses on corporations that value the unique skills and experiences of the military service member, and often the interviewers are Orion Alumni.

Attendance is by invitation only, and you will have private interviews with Hiring Managers that are pre-arranged based on your background and preferences, allowing you to research the company and industry beforehand. In addition, Orion offers a full day of interview preparation, briefings on the interviewing companies and positions (often times presented by the hiring managers themselves), and opportunities for you to network with other job seekers as well as the client companies.

Nov. 14 Dallas ISD is hiring!

The Dallas Independent School District is hosting a fall Teacher Job Fair on Thursday, Nov. 14 at Emmett J. Conrad High School from 5 p.m. to 7 p.m.

If you are interested in gaining a teaching position for the 2019-2020 school year, Dallas ISD encourages you to attend. Come and experience the opportunity to interview with their campus principals and leaders.

If attending, please ensure to register prior to the event in order to receive job fair updates and information.

Teacher openings available in all levels. If you require special accommodations, please notify the recruitment team at futureteacher@dallasisd.org.

Nov. 21 Vets @ Jerry's World

RecruitMilitary.com is hosting their next Dallas area job fair at the AT&T Stadium on Nov. 21 from 11 a.m. to 3 p.m.

The job fair will take place in the AT&T Endzone West, please enter the stadium through Entry "J." Parking is free in Lot 10.

Event Success Tips

- Review the exhibitor list and conduct research to help you engage effectively.
- Visit every exhibitor -

CORE Construction, Inc., as Construction Manager at Risk, will be accepting proposals from qualified subcontractors for the City of Dallas Fire Station #36 Project. Bid Packages are available through the CM by emailing philipsuder@coreconstruction.com. Proposals are due by Tuesday, November 19th, 2019 @ 2:00 PM. No bids will be accepted after this time. CORE Construction, Inc. is an EOE firm and encourages all qualified M/WBE firms to submit a proposal.

find the hidden opportunity that might be perfect for you.

• Take a moment to practice your 30-second elevator pitch.

• Make eye contact and confidently greet each recruiter with a smile and firm handshake.

• Deliver your elevator

pitch and engage in conversation.

• Get the recruiter's contact information and ask about the best way to follow-up.

• Within 24 hours, follow-up with every company that interests you.

More details and registration at recruitmilitary.com.



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November 3, 9:45 am

Please join us in our quiet time, "Prayer and Meditation" followed by Morning Worship. You will be blessed and inspired as we celebrate service to God, our community and all mankind.

November 6, 7 pm

You are invited to join us for Wednesday's Prayer and Bible Study Class with Senior Pastor Woodson, Pastor Larry Gardner, Pastor Bernadette and others as we study a new book, Immerse, The Bible Reading, Poets, 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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November 3, 9:30 am

You are invited to join us in our Sunday Morning Services as we praise and worship God in the Joycie Turner Fellowship Hall, followed by our Worship Services; and bring someone with you, you will be blessed. It's for God's glo-

ry and honor.

November

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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November 28, 2019.

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may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not open the windows of heaven and pour you out a blessing that there will not be room to receive." - Malachi 3:8-10

November 1, 7 pm

All men are invited to Men's Ministry meeting each Friday night at 8 pm, (IBOC promotes proactive male leadership.)

November 3, 10 a.m.

Please join us for our Morning Service; and don't forget to invite family and friends to join us as we celebrate our Lord and Savior, Jesus Christ.

November 4, 7 p.m.

You are invited to Monday School to see what God has to say to us in His Holy Word.

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November 3, 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 6, 7 pm

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.

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November 3, 8 and 11 am

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November 4, 7 to 8 pm

Every Monday Night

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Youth Church Sanctuary (Chapel)

November 6, 7 pm

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

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Spiritual Strongholds



Sister Tarpley
NDG
Religion
Editor

"The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds."

(2 Corinthians 10:4)

One of the great discoveries I made in later years in my walk with God has to do with living in victory over generational strongholds. The Bible speaks of punishing the children for the sins of the fathers to the third and fourth generations. (Exodus 20:5)

The only way out of living under the curses of generational strongholds is to acknowledge them before the Father and repent of their reign in our lives. This breaks the curse's future effects.

A stronghold is a fortress of thoughts that controls and influences our attitudes. They color how we view certain situations, circumstances or people.

When these thoughts and activities become habitual, we allow a spiritual fortress to be built around us. We become so used to responding to the "voice" of that spirit, that its abode in us is secure. All of this happens on a subconscious level.

As a Christian, I discovered that some people have been influenced by a generational stronghold of insecurity and fear that was manifested in control.

This subconscious fear motivated some to become a workaholic, to seek recognition through activities, to control others' behavior to avoid failure, and to have a relationship with God that was activity-based instead of relationally-based.

One day God will bring about a number of catastrophic events that will force them to look at what was behind these events.

They will find that the influence of these strongholds was at the core of these symptoms. The Bible speaks of this war on our souls.

For though we live in the world, we do not wage war as the world does. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

And we will be ready to punish every act of disobedience, once your obedience is complete (2 Corinthians 10:3, 5-6).

The steps to freedom for some came when someone shared that these were sins that they were harboring and in order to walk free of their influence, they needed to repent of them.

It was through the power of the cross that they no longer needed to be subjugated by their presence. Once they took this step, they began to walk free of their influences.

Besides salvation, this became the most important discovery in their entire Christian walk. Their rela-



Mr. Bradford & Mrs. Janet Ross are members of Bethel Bible Fellowship Church where they enjoy serving God and the community. They have two children, a son, Nicholas, a graduate of Newman Smith High School (NSHS) and a 2015 UT Tyler graduate with a degree in Business Management; and a daughter, Brooke a NSHS graduate also; and a Spelman College 2018 graduate with a degree in Chemistry.

NDG



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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tionship to Christ changed immediately.

They began to hear God's voice. They began to trust Christ in areas they never thought possible. They could truly experience the love of Christ for the first

time. What are the true motivations of your heart? Have you ever looked deeply at these motivations? You might find that these subconscious motivations may

See TARPLEY, Page 16



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NDG Book Review: *One Day: The Extraordinary Story of an Ordinary 24 Hours in America*

By Terri Schlichenmeyer

What did you do the last Tuesday in July?

For that matter, what did you do yesterday? If you're like most people, you have to stop and think or consult a calendar, reconstruct your day or mentally retrace your steps. So where were you yesterday or last week or three Wednesdays ago – or, as in the new book “One Day” by Gene Weingarten, where were you on December 28, 1986?

While kicking around concepts with a friend one night, Gene Weingarten stumbled upon a book idea: why not take a random



day from the years 1969 to 1989, and really dig into the dimensions of it, from the point of view of people who lived it? His friend liked the idea and so they literally had the date picked out of a hat.

The day they got – December 28, 1986 – couldn't have been a worse choice. It's the least news-active time of year in a year that seemed rather uneventful. How could Weingarten tell a story if nothing ever happened?

Ah, but author John D. MacDonald died on that day.

With that one fact as launching point, Weingarten begins at midnight in Virginia, as a surgeon gets out of bed in the middle of the night to perform a heart transplant and save a woman's life. It's something good thing that came from something very bad.

At 5:35 a.m., an iconic weather vane disappeared from a campus cupola in Rhode Island. Ten minutes later, at a Tennessee sleepover, an eleven-year-old girl defied her mother by playing a video game, one that resonated years later when the girl's own daughter was fifteen. At 6:30 a.m., a newlywed in Arizona wrote in her diary about her already-failing marriage; five minutes after that, a woman's broken body was found beneath a bridge in California. In Maryland that day, two men died of AIDS but only one admitted it. Not long after 8 a.m. in Iowa, a man

spent his birthday breakfast thinking about his marriage; and before 6 o'clock that evening, a Washingtonian encountered not one, but two brushes with death, and survived.

Sixty seconds, times sixty minutes, times twenty-four hours leaves a lot of time to alter an outcome and change a life forever. In “One Day,” you'll get a round-the-clocks' worth of significant-for-someone events, and more.

The “more” is here because author Gene Weingarten is a Pulitzer prize-winning news writer, and these stories prove why: they have the feel of a long-

form feature, the kind you love to relax with on a Sunday morning; the kind that introduce you to someone who, at the end of the article, you'll feel like you know.

Sometimes, you might know too much as each chapter twists up and back again with humor and a lightly-Hitchcockian tension that makes such tales so compelling and sympathetic and heart-grabbing.

The worst part about this book? Much like a truly memorable vacation, “One Day” just doesn't last long enough. It makes you want to read more, and you should do that today.

BLERD, from Page 9

lett Johannson's casting in Ghost in the Shell should never have happened. I understand that actors should be able to do what they were hired to do and “act.” but some roles were not meant for certain people. We have to be inclusive of the actors that might not be able to find work outside of the roles that are in their perceived purview.

On the other side of things, there are times where storyline and lore of the original source material would truly stop a character's race from being changed. One of the

most notable examples is the iconic character, Bruce Wayne.

The Wayne family is said to have had a hand in bringing Gotham City to life and had wealth going back generations as early as the 1700s in America. It would be very hard for an audience to believe that an African American had Wayne family wealth in the 1700s during the period of slavery. That doesn't mean that Batman can't be black, but that Bruce Wayne shouldn't be black.

There is also the old argument that “if you make a



Zoë Kravitz speaking at the 2018 San Diego Comic Con International, for “Fantastic Beasts: The Crimes of Grindelwald”, at the San Diego Convention Center in San Diego, California. (Photo: Gage Skidmore / Wikimedia Commons)

character who was already White suddenly Black, why can't Black Panther be White?” I will happily give you the answer to that

question. Some character's lore and location make the character who they are. T'Challa, the Black Panther, is an African King

who is native-born and, similar to the case with Bruce Wayne, it would be very hard to write that character as any other race.

We should save our criticism of racebent casting to situations where the casting excludes marginalized groups that would not have been represented otherwise.

We in nerd culture tend to make judgments before we see the final product. Good or bad, casting choices usually come down to the ability of the actors cast in the role and how they well they embody the interpretation of the character the director envisions.

This is an important discussion as we should just allow these actors to show us their interpretation of these iconic characters before we make judgments. But we also need to have cultural awareness so that we know when a culture is taken advantage of or appropriated, as is too often the case with white washing.

Remember, this is about who the younger generation can look up to with pride and see themselves in.

We now live in an age where superhero Films and TV shows are released in droves. There is plenty of room at the table for everyone to feel welcomed.

MACARIO, from Page 2

at what he witnessed.

“It was so smooth and silky,” Lemay recalled. “I remember thinking, Wait a second ... This kid can really play. It didn't take but one touch for me to go, ‘Wow.’”

Seconds later, Macario beat a player on the dribble and fired the ball into the top corner of the net. Even the other players were in awe.

“She took one shot and everyone was like, Oh my gosh, this girl's good,”

Caetano-Ferrara said.

“Now, I'm running, saying, ‘The answer's yes! We want her!’,” Lemay said. “It didn't take but 30 seconds.”

When Lemay got home, he told his wife, Tami, “This is the best female soccer player I've ever seen.”

Catarina Cantanhede Melonio Macario is the reigning Hermann Trophy winner as the nation's best collegiate player. She led Stanford to a national championship as a fresh-

man and is hoping to do it again as a junior.

Macario is threatening every scoring standard in the Stanford record books. She has won some form of a national player of the year award in each of her first two full seasons. But those accomplishments and honors don't explain the half of it.

They don't explain the sequence at Washington State in which Macario caught a ball on her right thigh, bounced it off her right foot and volleyed, with the outside of her right

foot, a dipping shot into the upper left corner for a goal. Three touches and the ball never touched the ground.

“It just kind of happened,” Macario said. “Sometimes things just, like, happen. That was pretty cool.”

Awards don't explain the free kick from 30 yards that spun lazily into the upper left corner of the goal against Oregon last year, or the one-two right thigh-full volley strike against the Ducks as a freshman.

Or the stepover, outside-touch right, cutback left,

left-footed grounder inside the right post against Penn last month.

“So many goals that she's scored, I just shake my head,” said Paul Ratcliffe, Stanford's Knowles Family Director of Women's Soccer. “She scores so many great goals. Usually, as a player, you remember one highlight goal. She's got probably 10 already. Easily 10.”

In this year's opener at Penn State, Macario, in tight quarters inside the box, evaded five defenders before scoring, prompting

ESPN.com's Graham Hays to tweet: “Stanford's Catarina Macario with a goal of the season candidate 17 minutes into her season. Sounds about right.”

“The best creative player I've seen in a long time,” Ratcliffe said. “Everyone gets better when you play with Catarina, and that's probably the greatest compliment you can have as a player, that you make everyone around you better. It's very rare that you get the complete player, and she is the complete player.”

TARPLEY, from Page 15

be preventing you from experiencing the fullness of Christ in your life.

Ask God to reveal these to you and then repent of their influences.

Ask Him if other people see you as a faithful friend or a burdensome buddy? Pray that you will be the kind of person that other people love

and appreciate; not a person that others want to avoid. And pray that you will be a good friend to others.

“A man that hath friends

must show himself friendly: and there is a friend that sticketh closer than a brother” (Proverbs 18:24).

Ask God to help you im-

prove your friendship skills ... and to be an example of His love in all you do. Thank God in Jesus' name and give God praise.