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# Rev. Dr. William Barber addresses systemic racism, poverty and voting rights

By Stacy M. Brown NNPA Senior Correspondent

Rev. Dr. William Barber II believes that everyone has a right to live.

Through his Poor People's Campaign, Dr. Barber is continuing to build a movement to overcome systemic racism, systemic poverty, ecological devastation, militarism of the budget and the false moral narrative of white religious nationalism.

In an exclusive telephone conference with the Black Press of America, Dr. Barber and his Poor People's Campaign Co-Chair, Rev. Dr. Liz Theoharris, said America has a moral crisis.

"Democrats run from poverty and Republicans racialize poverty," Dr. Barber stated during the more than one-hour discussion.

"We have invited both sides of the political fence. We've invited the White House to come and talk with us. They've refused," stated Dr. Barber, the founder of Repairers of the Breach, a national leadership development organization, which expands upon his Moral Monday movement.

"This administration has been virtually silent on the issue of poverty. The president talked about unemployment being down, but underemployment is up. The number of people that have dropped out of the workforce is up," said Dr. Barber,



Reverend William Barber II, president of the North Carolina state chapter of the NAACP, delivered an electrifying speech during the 2017 NNPA Mid-Winter Conference in Fort Lauderdale, Fla. (Photo: Freddie Allen/AMG/NNPA)

who, along with Dr. Theoharris, and others launched the Poor People's Campaign, spearheaded initially by Dr. Martin Luther King Jr.

The Campaign conducted what it said was a 50-year audit of systemic racism, poverty, ecological devastation, and the war economy in the U.S.

They said the findings have already helped to inform and build state and local, nonpartisan fusion movements that are committed to challenging laws and policies that are antithetical to the broad tenets of social justice.

Dr. Barbara and Theoharris, who is a pastor from New York, told the

Black Press that the ranks of the Poor People's Campaign would increase as they broaden their efforts.

They noted figures that show 140 million poor and low-wealth people live in the United States – from every race, creed, sexuality, and place.

"We aim to make sure these individuals are no longer ignored, dismissed, or pushed to the margins of our political and social agenda," Dr. Theoharris stated.

With 2020 counting as a pivotal election year, Dr. Barber pointed out

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# READERS SOUND OFF!!!

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### People In The News...



**Mollie Belt** 



George Teague

NDG Quote of the Week: "I'm not quite sure what freedom is, but I know damn well what it ain't.

How have we gotten so silly, I wonder."

— Assata Shakur

### **Mollie Belt**

By Stacy M. Brown NNPA Senior Correspondent

A tragedy initially brought Mollie Belt into the world of newspaper publishing.

Now, 34 years after the tragic murder of her parents – *Dallas Examiner* Publisher and Civil Rights leader Fred Finch, Jr., and Mildred Finch – Belt's foray into the news business is nothing short of a triumph.

A former longtime government employee, Belt is set to receive the National Newspaper Publishers Association (NNPA)



2020 Publisher Lifetime Achievement Award during the trade organization's Annual Mid-Winter Training Conference in Fort Lauderdale, Florida on Friday, January 24.

The NNPA's Executive

Committee unanimously selected Belt for the honor.

With the theme, "Publishing Industry: Innovation & Sustainability of the Black Press of America," the three-day conference which begins on Jan. 23 includes training workshops, panel discussions, and presentations.

"It is with great pleasure that the NNPA Executive Committee has selected Mollie Belt for the honor of the Publishers Lifetime Achievement Award for her contributions to the NNPA for so many years," stated NNPA National Chair and Houston Forward Times Publisher Karen Carter

Richards.

"Mollie has demonstrated great leadership and guidance to uplift the publishers and the entire organization," Richards stated.

NNPA President and CEO, Dr. Benjamin F. Chavis, Jr., stated that the NNPA "resolutely congratulates Mollie Finch Belt for being selected to receive the 2020 NNPA Lifetime Achievement Award."

"Mollie's local, statewide, regional, and national leadership as the distinguished publisher of the *Dallas Examiner* exemplifies the best of the Black Press of America," Chavis stated. For Belt, the conference isn't just about accepting such distinguished honor from her peers, but it's a reminder of how important the Black Press remains to its readers, sponsors, and advertisers.

"It's imperative that we publish the news and remember at all times that we are the voice of the black community," Belt stated.

"We have to remember that we are here to print the news. I always think of what someone told me years ago, which was to not worry about getting more advertising, to just print the news, and if your editorial content is good, the advertising dollars will come," she added.

In Dallas, Belt observed that when *The Dallas Examiner* was founded it was the only Black-owned newspaper in which the community could receive hard news.

"Black newspapers are the only real voice of the community that I know of in Dallas. We don't have a black-owned television station or a black-owned radio station." Belt stated.

Born in 1943 in Dallas, Belt's mother was a mathematics instructor while her father was an attorney and

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### George Teague

The Dallas Cowboys have named George Teague, former player and Head Coach at John Paul II High School in Plano, Texas as the team's 2019 Don Shula NFL High School Coach of the Year Award nominee.

Named after Pro Football Hall of Famer Don Shula, the winningest coach in NFL history — this prestigious award recognizes high school football coaches in each NFL team market for their character, integrity, leadership, dedication to the community, commitment to player protection and onfield success.



"I am extremely honored to be nominated by the Dallas Cowboys for the Don Shula High School Coach of the Year Award," said Teague. "Being recognized by the Cowboys – a team I spent five years of my NFL

career playing for – fills me with excitement, but also with humbleness. I am grateful for this opportunity to represent the Cowboys and my John Paul II High School family with this recognition."

Teague attended the University of Alabama and was selected in the first round of the 1993 NFL Draft by the Green Bay Packers. His nine-year NFL career was spent with the Packers (1993-1995), Miami Dolphins (1997) and Dallas Cowboys (1996, 1998-2001). An active member of the Legends Community, Teague found coaching success at the high school ranks

after retiring from the professional game.

Teague took over the John Paul II High School football program in 2017 after coaching at Harvest Christian Academy, Carrollton Christian Academy and The Shelton School, where he also served as Athletic Director. In three seasons with John Paul II, Teague transformed a program that had never seen playoff action into a team confident enough to take the field in a state championship game. off-the-field workout and training program encourages growth in his student-athletes both physically and mentally while incorporating positive lifeskill, servant leadership, and character education lessons. His 2019 season included a four-game winning streak, a district victory that took 11 overtimes to claim against rival Bishop Dunne and the implementation of a game plan that took advantage of the talent on both sides of the ball.

"The Dallas Cowboys are proud to recognize George Teague for the work he is doing to build great football players, but more importantly men of character through the game of football," said Dallas Cowboys Executive Vice President and Chief Brand Officer

Charlotte Jones. "During his time with the Dallas Cowboys, George was a great example of hard work and dedication both to the team and his community. He has now transferred that championship tradition to impacting the lives of student-athletes in a positive way and we could not be prouder to recognize him for his continued dedication."

All 32 NFL market Don Shula Award nominees are invited to attend the 2020 Pro Bowl in Orlando, Florida to be recognized during the NFL's week-long celebration of football. Coaches

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### NDG Readers Sound Off...

### Rev. CW Wallace Retirement

Thank you for the article about Pastor Wallace at PRMBC. I am 36 yr. Member.

- George J Bolton

Much love pastor Wallace. My grandfather Deacon Marcus Parker, loved you and the Pilgram Rest family. I pray God will walk with you, every step....

- Omari Smith

We sure will miss his leadership, preaching the word, and singing! I sure hope he will sing or preach sometimes!

- Gloria Joe-Allen

Our church is losing an Icon, an anointed man of God. What will Pastor do now? How difficult will this transition be for him?

- Sharron Boyd

ntulations to my

Congratulations to my friend Dr. Wallace!

- Kenneth M. Davis

Such a great man. We will miss his incredible leadership, preaching, and anointing at Pilgrim Rest.

Thankful Jerome Great man of God

- Herbert O'Neil Jr.

Houston is proud, congrats Pastor service well

- Herman Clay

Well done faithful ser-

- Kevin Anderson

Congratulations sir but we all know he will continue to do God's work.

- Kelly Hogan

Amazing man of God. - *LaToya Smith* 

"I MUST BE THERE!!"
- Brenda Unique Barnes

Pastor Wallace was the best, I grew up in this

church. I sang in the choir from age 5 to 18. Went from Guide and Light to Voices if Praise. Great memories!!!

- Kristie January Harris

Fellowshipped with this church for years! #Salutes - Kuntri KRone Reagan

He use to do our fall revival in Fort Worth. Loved to hear him preach. Congratulations to him o his retirement.

- Teresa Berryman Johnson

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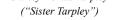
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# Redefining suffrage, unerasing black women

By Gwen McKinney

Sojourner Truth. Harriet Tubman, Ida B. Wells, Shirley Chisholm. Rosa Parks.

These household names, spanning a couple of centuries, qualify for the Suffrage Hall of Fame.

Almost a buzz word synonymous with the Year of the Woman, in 2020 the centerpiece of suffrage will be marked by the 100th Anniversary of the 19th Amendment granting women's voting rights. Referred to as a bold justice movement, suffrage will be celebrated as America's march to full democracy.

In popular parlance, can we unpack the significance of suffrage and inclusive democracy for Black women? Words matter. But the impact and impetus of their meaning matter more.

Here's a composite definition from online dictionaries:

Suffrage is the right to vote in public elections. Universal suffrage means everyone gets to vote, as opposed to only men or property holders... For example, after trying for about a hundred years, American women were granted suffrage and voted for the first time in 1920.

The 19th Amendment was adopted Aug. 18, 1920, after the required number of states ratified the constitutional measure. Though many Black women led suffrage campaigns, the 19th Amendment put white women on an empowerment tract to electoral engagement. Interestingly, the suffrage movement, festooned in the symbolic color white, is often portrayed through a narrow window uncomplicated by the strictures of race and power that framed the Amendment then and now.

Look no further than the historical landscape of that moment. Congressional approval of the Act in 1919 was the same year as the infamous Red Summer, a tumultuous white supremacist reign of terror and lynching in Black communities across the country. One year after the 19th Amendment was adopted in 1921 racist mobs set ablaze Tulsa, OK, decimating what was revered as Black Wall Street.

The Year of the Woman battle cry is perversely at odds with Black women's unbroken quest for liberation. Although lauded today as the most reliable and consistent voting bloc for democratic change, we've historically endured being marginalized, dismissed and erased.

Black women's demand to be equal and heard extends beyond the century run-up to the 19th Amendment. It was intersectional and linked with abolition of slavery, anti-lynching battles, literacy drives, sharecropper land rights campaigns and the establishment of a radical Black press that was led by many Black women suffragists.

Our suffrage quest continued through the Civil Rights Era and passage of the Voting Rights Act of 1965 which finally, for the first time, delivered the franchise to Black people in the South.

Rewind centuries earlier.

Our demand to self-govern predates the formation of this republic, beginning in 1619 when the first Africans, snatched from their ancestral home, landed on these shores. Those nameless suffrage pioneers joined with their men to resist and carry the torch for all people – Native Americans, Chinese immigrants and even Irish indentured servants - denied fundamental liberty. Then and now, we wage claims to own our bodies, voices and choices

We build on that truth by redefining suffrage beyond the limited act of casting a ballot. For Black women, the narrative is rooted in telling herstory, unerasing the achievements of yesterday and the possibilities for the future

This centennial year is an in March.

appropriate time to redefine universal suffrage through the prism of triumphs and tragedies. Trust Black women must be more than a cliché.

Unerased Black Women promises to create brave spaces and in alliance with Black newspapers across the country, unfurl a frank public conversation about Suffrage, Race, and Power.

Through a digital destination, we'll turn our ear to a beating heart of resilience, resistance, words and deed. Daughter of slaves, descendants of warriors, writers, journalists, teachers, mentors, activists – universal suffragists all - have something to say.

Frances Ellen Watkins Harper. Anna Julia Cooper. Mary Ann Shadd. Harriet Jacobs. Josephine St. Pierre Ruffin. Mary McLeod Bethune. Fannie Lou Hamer. Ella Baker. Gertrude Bustill-Mossell. Charlotta Bass. Marvel Jackson Cooke.

Most of these women can't claim household name status in the traditional suffrage roll call. But their noble stories will be unerased.

Stay tuned as suffrage, redefined, meets our truth.

Gwen McKinney is campaign director of an initiative, "Suffrage. Race. Power: Unerased Black Women," that will launch

### League of Women Voters of Texas files lawsuit demanding online motor voter registration

SAN ANTONIO — The League of Women Voters of Texas and other plaintiffs filed a federal lawsuit claiming that the state violates the National Voter Registration Act (NVRA) by not providing voter registration with driver's license applications online. "Voters have a right to clear and easy access to registration. As an organization dedicated to voter information and advocacy, the League of Women Voters

sees first-hand how barriers to registration keep eligible Texans from the ballot box," said Grace Chimene, president of the League of Women Voters of Texas. "By not providing this access to online users, the state of Texas is denying its voters their rights."

Also known as the "motor-voter law," the NVRA requires states to ensure the opportunity for voters to register to vote or update their voter registration each

time they obtain, renew, or update their driver's license. In Texas, this opportunity is only offered when eligible residents appear at a Texas Department of Public Safety office in person—not when they update or renew their license online. "The law is clear: each time a person uses a driver's license application, that application must serve as an application for voter registration," said Celina Stewart, Senior Director of

Advocacy and Litigation for the League of Women Voters of the United States. "With a growing number of people relying on online tools to renew and update their driver's licenses, the state must ensure that these residents have the same opportunities for voter registration as everyone else."

The League of Women Voters of Texas and its fellow plaintiffs are represented by the Texas Civil Rights Project.

# UNT scientist to create a new tool that may lead to treatments for chronic pain and stroke recovery

DENTON (UNT) —Ifana Mahbub, an assistant professor in the College of Engineering at the University of North Texas, is developing a wireless recording, stimulation and power system that will allow medical researchers to study and possibly treat brain diseases such as chronic neuropathic pain and poststroke paralysis.

"My goal is to develop a microscopic, wirelessly powered, wireless system that will record neural signals from electrodes inside the brain and provide stimulation in the form of visible light from tiny LEDs," said Mahbub, who works in the Department of Electrical Engineering. "This will allow researchers to study genetically modified neurons in the brain. Scientists will actually be able to monitor neural signals in real-time and see responses throughout the brain when the neurons are exposed to

light."

Today, scientists are limited to external electrodes or wires running directly from the brain for data recording, stimulation, and power. By eliminating the need for wires, test subjects will not have to wear bulky recorders and batteries. Power will be delivered through inductive coupling, the same technique used to wirelessly charge mobile devices.

Mahbub's research is

being funded through a and graduate students. \$500,000 National Science Foundation Faculty Early Career Development Program grant, The CAREER grant is one of the NSF's most prestigious awards. It supports early-career faculty who have the potential to serve as academic role models in research and education

As part of the grant, Mahbub also will design a learning curriculum for pre-college, undergraduate

"I am developing an interactive circuit design module that will teach fundamental concepts of engineering and neuroscience to students in sixth through 12th grade," she said. "I also will be mentoring students at the Northwest ISD STEM Academy and underrepresented students in STEM from UNT's own Texas Academy of Mathematics and Science."



Dr. Ifana Mahbub, assistant professor of Electrical Engineering, photographed outside the Discovery Park Clean Room at the University of North Texas, Denton on January 9, 2020. (Ranjani Groth/UNT)

# McKinney toddler in need of life-saving liver transplant

With the cost of a lifesaving transplant often exceeding \$800,000, most transplant patients are unable to shoulder that financial burden. The Children's Organ Transplant Association (COTA) is a national 501(c)3 charity dedicated to organizing and guid-

ing communities in raising funds for transplant-related expenses.

COTA works with individuals of any age with a single-gene disorder such as Polycystic Kidney Disease, Cystic Fibrosis, or Sickle Cell Disease. In McKinney, volunteers are raising funds for COTA in honor of transplant patients like a local toddler, Clark Wilcox.

Clark is the son of Chrystal and Chris Wilcox. Born in 2018, Clark was diagnosed with Alagille Syndrome. The transplant team at Dallas Children's Hospital in McKinney, Texas, has recommended a life-saving liver transplant. McKinney volunteers are raising \$50,000 for COTA to assist with transplant-related ex-

Volunteers are needed for this COTA community campaign. Individuals and groups interested in more information should contact Community Coordinator Misti Walton at mwalton@ theharborofhope.org.

COTA helps transplant patients avoid financial devastation. Transplant procedure costs range from \$100,000 to more than \$800,000. Once the transplant is complete, individuals face significant transplant-related expenses, including medication; transportation to and from the transplant center; lodging; and expenses while parents are out of work

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### Hookah smoke may be associated with increased risk of blood clots

For the first time, in a study conducted in mice, researchers found that tobacco smoke from a hookah caused blood to function abnormally and be more likely to clot and quickly form blood clots, which can increase the risk of heart attack or stroke, according to new research published today in the American Heart Association's journal Arteriosclerosis. Thrombosis and Vascular Biology (ATVB)

Researchers found that tobacco smoke from a hookah caused blood clots to form within an average of about 11 seconds, compared to an average of 5 minutes for clotting without exposure to hookah smoke. Exposure to the hookah smoke also caused other abnormalities related to the way the blood

"Hookah smoking, which is becoming more popular in Western countries, is perceived as less harmful than cigarettes, yet hookahs carry a toxic profile that is thought to be comparable or to even exceed that of traditional



cigarettes. Some studies have found that the smoke emitted from one hookah tobacco smoking episode contains significantly more harmful chemicals compared to a single cigarette," said Fadi Khasawneh, Ph.D., associate professor and chair of pharmaceutical sciences at The University of Texas at El Paso.

Hookah, also known as waterpipe smoking, is a unique method of smoking tobacco. It consists of a head (which holds the tobacco), a body, a chamber filled with water, a hose and

a mouthpiece. Charcoal briquettes are used to "burn" the tobacco.

In this study, researchers exposed mice to hookah smoke from a smoking machine that mimicked real-life smoking habits. The smoking machine used 12 grams of commercially available, flavored tobacco that included tobacco, glycerin, molasses and natural flavor with nicotine and tar. Researchers then compared platelet activity among the exposed vs. the unexposed mice.

The study simulated the type of nicotine exposure that occurs with smoking a hookah, which the researchers verified by measuring the levels of cotinine, the nicotine metabolite.

"Our findings provide new evidence that hookah smoking is as unhealthy - if not more so - than traditional cigarettes," Khasawneh said. "Smoking a hookah, cigarettes, e-cigarettes or other forms of tobacco all increase your risk for heart disease and stroke."

In May 2019, the Ameri-

can Heart Association published a Scientific Statement, "Water Pipe (Hookah) Smoking and Cardiovascular Disease Risk," to analyze available research on the health effects of hookah smoking. The Statement notes that hookah smoking results in inhaling significant levels of toxic chemicals such as carbon monoxide and particulates from tobacco that can harm blood vessels, the heart and lungs, as well as creating a dependence on nicotine.

"This study provides additional evidence that, contrary to popular belief, hookah smoking adverseaffects cardiovascular health. From 2011 to 2015, the number of United Statesbased waterpipe establishments is estimated to have more than doubled, and interest has grown among both teens and adults," said Aruni Bhatnagar, Ph.D., chair of the Scientific Statement writing group. "Although the tobacco industry has found novel ways to popularize and increase the use of new products, studies

like this highlight the high risk of hookah smoking.'

Co-authors are Ahmed Alarabi, M.D., M.P.H.: Zubair Karim, Ph.D.; Jean Ramirez, M.S.; Keziah Hernandez, M.P.A.; Patricia Lozano, M.S.; Jose Rivera, Pharm.D.; and co-leader of the study Fatima Alshbool, Pharm.D., Ph.D. Author disclosures are in the manuscript.

The National Institute of Environmental Health Sciences and the National Heart, Lung, and Blood Institute of the National Institutes of Health partially funded the study.

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Rep. Colin Allred (at left), shown with Congresswoman Eddie Bernice Johnson and the late Congressman John Lewis, was recently lauded for his efforts to work across the aisle in Washington, D.C. (Photo via Allred's Facebook Page)

## **Allred honored with 'Across the Aisle'** award for bipartisan town hall

gressman Colin Allred (D-TX) announced he received the "Across the Aisle" award from the Town Hall Project for hosting a bipartisan joint town hall with Congressman Anthony Gonzalez (R-OH) in Ohio's 16th Congressional District. The two congressmen, both former

football players, also visited Congressman Gonzalez for other places in Gonzalez's Ohio District, including a manufacturing business and a local restaurant

"Understanding each other's districts and the people we represent is so critical to forging bipartisan relationships and getting things done," Allred said. "I thank inviting me to Ohio, and the Town Hall Project for this honor. I am as dedicated as ever to working across the aisle with my colleagues in the House to deliver real results for North Texas."

The Town Hall Project is a national organization working to keep Congress accountable by encouraging Members of Congress to stay engaged with their constituents and empowering citizens to have face-to-face conversations with the public officials elected to represent them.

Allred has hosted 14 town halls since he was sworn in to represent the 32nd District in

# **Mayor Eric Johnson creates International Advisory** Council, appoints five former U.S. ambassadors

Mayor Eric Johnson recently announced the formation of the Mayor's International Advisory Council (MIAC) — a group of five Dallas residents who formerly held the rank of United States Ambassador.

Mayor Johnson appointed former U.S. Ambassadors Richard Fisher, Kathryn Hall, Robert Jordan, James

C. Oberwetter, and Jeanne L. Phillips to the MIAC. The five have expertise in diplomatic relations and international business. Phillips will serve as the inaugural chair of the MIAC.

"This is an extraordinarily talented group with unparalleled experience in international affairs," Mayor Johnson said. "I am grateful for their service to our country and to the City of Dallas."

Among the topics the mayor expects the advisory council to explore:

- The relationship between Dallas and the Washington, D.C.-based diplomatic
- The relationship between Dallas and foreign investors.
- Ways to increase trade

between Dallas and its top trade partners.

Mayor Johnson believes that Dallas can play a more significant role on the international scene. Dallas-Fort Worth ranked as the No. 2 region in Texas behind Houston for foreign direct investment, according to the Texas Trade and Foreign Direct Investment 2016 report produced by the Office of the Governor. Dallas/Fort Worth International Airport is also the No. 2 port for international trade in Texas.

"Dallas is a welcoming city that owns the country's finest international airport, occupies a central location in the United States, and has incredible attractions, a diverse population, and the headquarters of ten Fortune 500 companies," Mayor Johnson said. "I believe our city has enormous potential to improve its standing among global investors, foreign governments, and international tourists. I am excited to hear regularly from these five experts about how we can better tap into that po-

# Men & Ladies of Honor Organization moves into new headquarters at The Hope Center in Plano

Joining the ranks of such ministries as Fellowship of Christian Athletes (FCA), I am Second, First Liberty, and Hope for The Heart, Rowlett based Men & Ladies of Honor move their global headquarters to the Hope Center.

"We are excited about the collaborative opportunities that being in close proximity with other like-minded ministries provides," says Executive Director and founder Tony Rorie

The Hope Center is a beautiful and inspirational setting. It provides conference and board rooms, training facilities with smart boards, video conferencing, large meeting areas for galas or conferences, a cafe, fitness center, and prayer garden, just to name a few of the amenities.

"It will help take our ministry capabilities to a different level," said Rorie.

Men & Ladies of Honor will host an open house at the Hope Center on Tuesday, Feb. 25th, 6:30 pm at 2001 W. Plano Parkway, Plano, TX 75075. For more information please contact Daniel Rorie at daniel@themenof-

Rowlett-based Men and Ladies of Honor teach modern-day chivalry and virtue to boys and girls on public school campuses here in Texas, in other select areas of the U.S., and 13 different countries around the world.

Through The Men and Ladies of Honor programs, students are mentored and

instructed in core values and leadership, with an emphasis on good character, honor, and integrity. The mission of the Men and Ladies of Honor is to develop passionate followers of Christ, urging them to create a culture of honor. excellence and exemplary behavior in their schools and communities. We work in partnership with schools,

churches and civic leaders with a common goal: to raise up the next generation of leaders who have a solid sense of duty and honor.

2020 marks the organization's 17th year of transforming at-risk kids into leaders and world-changers with intensified expansion into public schools all over the US and around the world to date.

### **Black History Month exhibits aims to** educate Oak Cliff students

Some 10,000 Oak Cliff the achievements of such desegregation and the Na- Schools. high school students will have the opportunity to learn more about the accomplishments of African-American individuals and the importance of Blackrelated events when they view special exhibits at their schools Feb. 3-29 during Black History Month.

The 160-panel exhibits are based on U.S. postage stamps that commemorate persons as civil rights icon Dr. Martin Luther King, educator Mary McLeod Bethune, scientist George Washington Carver, baseball pioneer Jackie Robinson, writer Zora Neale Hurston and celebrated performers such as Ray Charles and Marian Anderson, as well as such accomplishments as the Emancipation Act, school

tional Museum of African American History and Cul-

The nine sets of exhibits, sponsored and funded by the Adamson High School Alumni Association for the past three years, will be on display at Adamson, Carter, Kimball, Molina, Pinkston, Roosevelt, New Tech (A. Maceo Smith), South Oak Cliff and Sunset High

Exhibit subjects include Adventure, Art, Civil Rights, Culture, Education, Government, Literary Arts, Military, Performing Arts, Science and Innovation and Sports. And, the exhibit will include the latest two Black-related stamps, honoring soul singer Marvin Gaye and TV journalist Gwen Ifill.



## Enhancing security to protect students is a top priority



Joyce Foreman Dallas ISD District 6

On Monday, January 13, I had an opportunity to attend the completion of the basketball game between Kimball High School and South Oak Cliff High School, which had been tragically interrupted two

students, parents, and community to know that I stand with our students and that neither school was responsible for the violence that happened at Saturday's game. Monday's match-up, which was not open to the public, ended with a win for South Oak Cliff, 56-54.

I am pleased that the Dallas ISD administration is enhancing security at the games, and I will be monitoring and working with the

days earlier. I wanted the administration on concerns that have been shared with me. The safety of our students is our top priority.

#### USC recruits a Kimball cornerback

The University of Southern California has offered a scholarship to Kimball High School junior cornerback Ishmael Ibraheem, as the Trojans continue to recruit Texas players.

Ibraheem is rated the nation's No. 7 cornerback and the No. 22 player in Texas

for the next recruiting cycle, according to 247sports. com.

#### Carter High Renovations on Track

Renovations/additions to David W. Carter High School are 88% complete, according to the latest project update from Dallas ISD Construction Services. The school is undergoing a \$56 million makeover, which began in April of 2018.

**Education Is Freedom** On Sunday, January 12, Baptist Church, where the nonprofit organization Education is Freedom (EIF) held a workshop that gave parents an opportunity to learn about academic options at Dallas ISD schools and receive assistance with FAFSA applications. Thank you, Ms. Ali and Education Is Freedom!

#### **Last-chance Application** Workshop

Don't miss your last chance to apply to a spe-

I visited Friendship West cialty school in Dallas ISD! Join us on Saturday, January 25, from 9 a.m. to 1 p.m. at Kathlyn Joy Gilliam Collegiate Academy, 1700 E. Camp Wisdom Road. Learn more at www.dallasisd.org/yourchoices.

> Families will be able to visit with school representatives to learn more about specialty programs and apply on-site for the school that best fits their child's needs.

### Increasing accessibility to speciality programs - Dallas ISD Racial Equity Office

Dallas ISD is rapidly becoming a district of choice where every child can find a school that best fits their unique interests, needs, and aspirations. The academic options offered are as diverse as the learners themselves. The district is proud to offer specialty school choice programs and models for students in all grades. The options include programs such as Montessori, International Baccalaureate, Talented and Gifted, Single Gender, Two-Way Dual Language, STEM/STEAM, Visual and Performing Arts, P-Tech/Early College High Schools, Career Institutes,



Collegiate Academies, and much more. While the number of program offerings has increased, there is still a segment of the community that is not taking advantage of these amazing opportuni-

The Dallas ISD Racial Equity Office and Centralized Enrollment worked in collaboration to identify communities where students meet the magnet school application requirements but are underrepresented in the applicant pool. To help families learn more about the many options available at the district's magnet and other application-based programs, the departments have scheduled a series of community-based workshops at area libraries. In addition to receiving on-site assistance in completing applications, families are assigned a mentor who will serve as a point of contact for questions and assistance throughout the application and selection

"We worked to identify communities where fewer families were applying to and enrolling in our magnet schools," said Lesley Williams, Deputy Chief of Racial Equity. "Our goal is to level the playing field for families by providing support as they navigate through the application and enrollment process to find the best-fit school for their child."

The first workshop was held at the Dallas West Library. Additional workshops are scheduled from 6 p.m. to 8 p.m. January 21 at Highland Hills Branch Library, 6200 Bonnie View Road, Dallas, 75241, and 6 p.m. to 8 p.m. January 28 at Paul Laurence Dunbar Lancaster-Kiest Branch Library, 2008 E. Kiest Blvd., Dallas, 75216. Learn more at Dallas ISD Specialty Schools at www.dallasisd.org/yourchoices.

#### **Mark Your Calendars**

Don't miss your chance to apply to a specialty school in Dallas ISD! Join us on Saturday, January 25, from 9 a.m. to 1 p.m. at Kathlyn Joy Gilliam Collegiate Academy, 1700 E. Camp Wisdom Road. Learn more at www. dallasisd.org/yourchoices. Families will be able to visit with school representatives to learn more about specialty programs and apply on-site for the school that best fits their child's needs.

fers more than 100 degrees

### Collin College breaks ground at forthcoming Celina Campus site

Officials broke ground today on the Collin College Celina Campus, a 96,000-square-foot facility serving northwestern Collin County. Scheduled to open in Fall 2021, the campus is located at 901 Choate Pkwy. (County Road 88) in Celina.

Sitting on approximately 75 acres with a picturesque natural water feature, phase one of the new campus includes classrooms, a library, computer and science labs, and student enrollment services.

"Celina is one of the fastest growing cities in the area," said Collin College District President Dr. Neil Matkin. "We are thrilled to bring higher education to northwestern Collin County, and we could not do this



Officials ceremonially break ground at the Collin College Celina Campus site on Jan. 16. Pictured are (from left) Collin College Board of Trustees Vice Chair Andrew Hardin, Collin College Board of Trustees Member Fred Moses, Collin College Board of Trustees Member Jav Saad, Collin College Founding President Dr. John Anthony, Collin College Board of Trustees Member Dr. Stacey Donald, Collin College District President Dr. Neil Matkin, Celina Mayor Sean Terry, Celina City Council Member Andy Hopkins, Celina ISD Superintendent Rick DeMasters, Collin College Board of Trustees Treasurer Dr. Raj Menon, and Celina ISD Board Secretary Jeff Gravley. (Photo: Nick Young / Collin College)

without our strong partnerships with Celina leaders."

Serving approximately 2,500 students when fully occupied, phase one of the Collin College Celina Campus will provide courses for academic transfer as well as business management, computer-aided drafting

and design, information technology, and health professions.

"The Celina groundbreaking marks a new chapter for Collin College," said Dr. J. Robert Collins, Collin College Board of Trustees chair. "Now, we will truly be serving residents throughout Collin County. With the Technical Campus and Wylie Campus opening in Fall 2020, and the Celina and Farmersville campuses opening in Fall 2021, along with our current campuses, students won't have to travel far for excellent higher education."

The Collin College Celina Campus was designed by The Beck Group and is being built using the construction-manager-atrisk delivery method by JT Vaughn Construction LLC.

Collin College serves more than 59,000 credit and continuing education students annually and ofand certificates, including new Bachelor of Science in Nursing (BSN) and Bachelor of Applied Technology (BAT) in Cybersecurity degrees. The only public college based in Collin County, Collin College is a partner to business, government and industry, providing customized training and workforce development. In addition, the college operates the Collin Higher Education Center, which has an enrollment of 3,500 each year in partnership with The University of Texas at Dallas, Texas Woman's University, Texas A&M Commerce, Texas Tech University and the University of North Texas. For more information, visit www.collin.edu.

# St. Mark's students spruce up Shelton's Bear **Creek Cemetery for MLK Day Service Project**

By Ruth Ferguson NDG Editor

Former President Barack Obama and First Lady Michelle set an example of celebrating MLK Day by spending the day volunteering at a Chicago or Washington, D.C. nonprofit. Many across America continue this tradition and spend their time off from school and work volunteering to help others.

This year as a part of St. Mark's School of Texas' MLK Day of Service, about 15 students, and several adults spent time in Irving helping to clean up the historic cemetery Shelton Bear

"I say thanks to God for



St. Mark's students spend the morning on MLK Day helping to clean Shelton Bear Creek Cemetery. (Image: Anthony Bond)

allowing all of these wonderful young men and evervone else who came to give back like this today," organizer Anthony Bond etery is a burial place that

shared. "I am eternally grateful to each and everyone who came today."

Shelton Bear Creek Cem-

predates the end of the Civil War according to deeds researched by Anthony Bond. It was awarded a historical marker by the Texas Historical Commission, a state agency for historic preserva-

According to the marker designated by the Texas Historical Commission, Minnie Sheldon (Shelton), purchased 80 acres of land in 1879 for \$130, then the Shelton family donated the property for a cemetery. During the mid-1800s, African Americans were brought to the area as slaves, after the end of the Civil War, many remained to begin their lives as Freedmen.

Last fall, the Irving Redeemer Montessori staff volunteered before the holidays to clean-up the cemetery. In recent years, a number of organizations and

individuals have donated their time and labor to help clear the area of debris and foliage.



MakiniAnita Shakur (left) and City of Irving Planning and Zoning Commissioner, Misaki Collins (right) were among the community volunteers helping to clean up Shelton Bear Creek Cemetery. (Image: Anthony Bond)

# **Carrollton Run for Rover 5k** event scheduled for February 29

Mark your Carrollton Pet Calendar: the City will host the furriest 5K benefiting our four-legged friends in the fourth annual Run for Rover race on Saturday, February 29 at 8:30 a.m.

Sign up your pup for a race supporting the Carrollton Animal Services & Adoption Center. The City is excited to offer this race to walkers, runners, and their dogs directing all proceeds to the animals at the center. Come to run wild and watch as these doggies dash to the finish line.

The race will start at McInnish Dog Park (2241 Sandy Lake Road) and will route through the adjacent sports complex for a full 5K. A shorter fun run/ walk route will be offered to smaller or older dogs, or dogs who are still working off some holiday weight. Don't have a dog? You can still participate. Or even better, swing by the Adoption Center (2247 Sandy Lake Road) where your new best friend is waiting

"Run for Rover will si-

multaneously raise money for a great cause and provide families and dogs in our community with an opportunity to have fun together doing something active," Parks & Recreation Director Scott Whitaker

This parade of canines aims to continually build awareness and resources for the animals in Carroll-

The City advocates responsible pet ownership and encourages those who can to provide homes to the

animals.

"Fundraisers like Run for Rover play an integral role in our efforts to save the animals in our care and place them in happy and healthy homes," Animal Services Manager Carl Shooter said. "Your participation creates opportunities for animals to become family pets that they may not get otherwise."

There also will be plenty of playtime, treats, giveaways, and water after the



The Run for Rover 5k allows pet owners to get out and exercise along with their furry friends. It also raises money for the Animal Services & Adoption Center. (Photo: EricSonstroem / Flickr)

### Carrollton Wellness: PT Successful in removing weight-loss barriers

Weight loss is one of the top New Year's Resolutions made by Americans each year, according to multiple sources. Yet, studies conclude that only 8 percent of people actually achieve

their annual goals, including those who seek to live healthier, more active lives.

While some may point to their busy lives and the lack of personal willpower as the reasons behind this bleak statistic, Carrollton physical therapist Nisha Mathews said that sometimes, functional limitations are to blame for making weight loss difficult, or even unsafe for certain people.

"While doctors and other health care professionals often recommend exercise as a way to promote weight loss, it's been estimated that nearly one in three of those who get this recommenda-

tations," said Mathews, of Elevate Physical Therapy in Carrollton. "These limitations can make it feel difficult, or even impossible, to follow through with a regu-

tion have functional limi-

lar exercise regimen."

Such difficulties, cording to the 2018 study published in Physiotherapy Theory and Practice, include

See PT, Page 16

### **LIVER**, from Page 4

and often living with the hospitalized child far from home. These out-of-pocket expenses add up to tens of

thousands of dollars annually for transplant families with lifetime totals often exceeding \$1,000,000. In cases where a shortfall exists, COTA helps bridge the financial gap.

Clark's family has asked for assistance from the Children's Organ Transplant Association. One hundred percent of all funds raised for COTA in honor of patients assist with a lifetime of transplant-related expenses.

Contributions may be sent to the Children's Organ Transplant Association, 2501 West COTA Drive, Bloomington, Indiana, 47403. Checks should be

made payable to COTA, with "In Honor of Clark" written on the memo line. Secure credit card gifts are accepted online at www. COTAforClark.com.

#### **Dallas**

Jazz Night at The Stoneleigh will be held every Friday in January from 5-10 PM, at The Stoneleigh, located at 2927 Maple Avenue, Dallas, TX 75201. The event is complimentary to attend. Valet is available. For more information, call 214-871-7111.

To bring in the 2020 year West Dallas Chamber of Commerce will have its Annual Meeting on Jan. 28 at 3015 at Trinity Groves. Refreshments will be served.

Omar Narvaez, Council Member, District 6 will be the guest speaker.

The MEN'S Brunch is scheduled for Saturday, Noon to 2:30 p.m. Saturday, March 28 at Lofty Spaces, 816 Montgomery St. in Dallas. Grab your brother, cousin, nephew, uncle, father, or

homeboy and reserve your seats for a day of Encouragement, Empowerment, and a little Pampering.

Comerica Bank will host its sixth annual **Prom Dress Drive**, benefitting Dallas CASA and the Boys & Girls Clubs of Greater Dallas, during the month of February. Six Dallas-area Comerica banking centers, including its newest location in the Snider Plaza area, will serve as drop-off locations for new or gently-used, cleaned formal dresses and accessories.

Donations will benefit local teens, who otherwise may not be able to afford formal attire and experience the high school tradition of prom. Comerica has donated close to 4,000 dresses to Dallas CASA and Boys & Girls Clubs of Greater Dallas in the last five years.

For more information,



visit comerica.com/prom-

The Southern Dallas Community Briefing serves as a public update for all community leaders, activists and engaged citizens for Southern Dallas. We ask that you present any upcoming events, announcements, concerns or need for support with handouts for attendees. If you would like to be added to the agenda please email info@southerndallasprogress.com.

Mon, Feb. 24, 6 p.m. to 9 p.m., at Redbird - DEC (Dallas Entrepreneur Center) located at 3662 W Camp Wisdom Rd Suite 2044.

#### Carrollton

Homebuying can be stressful. Join the Carrollton Public Library for the second session in a two-part series, Homebuying Without Stress, from 2-3:30 p.m. at Hebron & Josey Library (4220 N. Josey Lane) on Saturday, January 25. This course will take attendees on an interactive walk through the homebuying process. Participants will learn about common vernacular and pitfalls to avoid. The Homebuying Without Stress series is presented by Amanda Brown. For more information on the Library's adult programs, visit cityofcarrollton.com/library or call 972-466-4800.

### Garland

Two new **Garland Municipal Court justices** took the oath of office Tuesday, Jan. 14, at City Hall.

The ceremony for Associate Judge Natalie Banuelos and Presiding Judge John Sholden was a formal welcome by the Garland City Council that conducted interviews and made their appointments. Learn more about the judges at Garland-TX.gov.

#### **Irving**

The northern section of **Campion Trail** is closed through Jan. 27, weather permitting, due to flooding along the Elm Fork of the Trinity River. City of Irving staff continue to monitor parks and trails to ensure the safety of all users.

City staff may close any park or trail without notice to protect the community. Residents are advised to

stay clear of closed and barricaded areas in parks.

### Lewisville

Photos and artwork created by local students and selected as winners in the **27th annual Dr. Martin Luther King, Jr. Day** civic event go on display Saturday, Jan. 25, at Medical City Lewisville Grand Theater, 100 N. Charles Street.

The contest theme for this year's event was "One Human Family: A Better Vision for 2020 and Beyond." Winning entries will be announced at a community event on Jan. 20. Along with the award-winning pieces, other select entries will be on display.

Admission is free. Gallery hours are Tuesday – Saturday, 10 a.m.-5 p.m., and during public performances at MCL Grand. This exhibit runs through Saturday, Feb. 22

### South Oak Cliff High School \$52 million renovations unveiled to the public

More than 1,500 alumni, current students and neighbors of South Oak Cliff High School joined dozens of district and elected officials for Saturday's ribboncutting held to celebrate the formal opening of the renovated campus.

Gold and white outfits emblazoned with the wellknown SOC initials were everywhere as supporters greeted former faculty and classmates, took selfies with the storied golden bear in the school lobby, and wandered the halls to gaze at the dozens of athletic trophies and reminisce about their years at the school, originally constructed in 1949.

The day began with a march from Village Fair, the facility where faculty and students were housed for more than a year during the campus' \$52 million renovation. After the march, alumni from the 1950s forward braved 40-degree temperatures, drizzle and snow flurries to witness the ribbon-cutting before

pouring into the school's new competition gym for a program featuring remarks by District 5 Trustee Maxie Johnson and Superintendent Hinojosa, a throng of district and elected officials, alumni and students, and performances by the school choir and band.

Among the improvements funded by the 2015 bond program, SOC received a 2,000-seat competition gym/storm shelter, new administrative offices,

an expanded cafeteria, remodeled weight and locker rooms, new roofing, and interior and exterior renovations throughout the campus. Students and faculty returned to the new campus for classes Jan. 7.



(Above) South Oak Cliff band members perform for the crowd gathered at the opening. (Below) Members of the community got the opportunity to tour the school, seeing new changes and remembering the past. (Photos: DISD)





### Whitney Houston, Notorious B.I.G. head 2020 Rock Hall of Fame class

By Stacy M. Brown NNPA Senior Correspondent

Whitney Houston and the Notorious B.I.G. head an accomplished class who have earned induction into the 2020 Rock and Roll Hall of Fame.

Houston, who died in 2012 at the age of 48, was the preeminent voice of her generation.

In addition to two Emmy Awards, Houston earned six Grammys, 30 Billboard Music Awards, and 22 American Music Awards.

In 1992, Houston starred alongside Kevin Costner in the blockbuster film, "The Bodyguard," which earned \$411 million at the box of-

fice. The soundtrack, which featured a bevy of hits by Houston, became the second best-selling ever with more than 45 million units sold worldwide.

B.I.G., whose real name was Christopher Wallace, died after being shot in 1997 at the age of 24.

The induction ceremony will be held at Cleveland's Public Hall on May 2 and will air live on HBO and the SiriusXM Rock and Roll Hall of Fame radio station

In addition to Houston and Wallace, Depeche Mode, Nine Inch Nails, the Doobie Brothers, and T. Rex will join the 2020 class. Additionally, Jon

Landau and Irving Azoff, two of the most successful managers in rock history, will be presented with the special Ahmet Ertegun Award for their contributions to the industry.

This year's inductees count as diverse a group the Hall has seen.

"Each of those bands has helped shape the form that rock & roll has taken over the years," Michael McDonald, who is being inducted for his work in the Doobie Brothers, told Rolling Stone. "That's what I like to see the Rock and Roll Hall of Fame do: pick those bands that have sculpted what we see rock & roll as today."



Whitney Houston talking to the audience before proceeding to perform "Saving All My Love for You" during the HBO-televised concert "Welcome Home Heroes with Whitney Houston" honoring the troops, who took part in Operation Desert Storm, their families, and military and government dignitaries. (Photo: PH2 Mark Kettenhofen). Before his murder in 1997, Christopher Wallace recorded two classic albums as The Notorious B.I.G. His debut Ready to Die arrived in 1994 and helped revitalize the East Coast rap scene with massive hits like "Big Poppa" and "Juicy." (Photo: From the Official Music Video for The Notorious B.I.G. – "Big Poppa" Director: Hype Williams & Sean "Puffy" Combs)

### Adidas collaborates with Run-DMC for commemorative sneaker

By Stacy M. Brown NNPA Senior Correspondent

It's been nearly 34 years since legendary hip-hop pioneers Run-DMC "walked through concert doors, and roamed all over coliseum floors," as they performed their groundbreaking single, "My Adidas."

Now, the famed sneaker company that inspired the

1986 hit song is honoring Run (Joseph Simmons), DMC (Darryl McDaniels), and the late Jam Master Jay (Jason Mizell).

Adidas Originals an-

nounced it has collaborated with Run DMC to celebrate the 50th anniversary of the Superstar silhouette sneakers famously worn by the Hall of Famers throughout

- the winningest coach in NFL history.

The Don Shula Award

their career.

According to the footwear outlet, Sneaker Bar Detroit, Adidas will release the sneakers in three color

The first release is black and white, with high-resolution red color. The second reportedly contains a white core with black stripes and a high-resolution red color. Images for the third sneaker hasn't been released, but each includes Run-DMC branding throughout, with

the letters "JMJ" emblazoned along the heel.

The sneakers have a retail price of \$150, so it'll cost a little cash if you want to be like Run-DMC and have Adidas "funky fresh and yes cold on my feet."

**ESTATE** 

PLANNING

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FOR YOU

### **TEAGUE**, from Page 2

will have VIP access and accommodations at events including Pro Bowl practices and the Play Football High School Skills Showdown, a chance to interact with members of the football community and attend the Pro Bowl. Each coach will have an opportunity to invite a senior from his roster to participate in the Skills Showdown.

Two Shula Award finalists will each receive \$15,000 from the NFL Foundation, \$10,000 of which will go to their high school's football program. They will also attend Super Bowl LIV in Miami as guests of the NFL.

The Don Shula NFL High School Coach of the Player of the Year, current

Year winner is selected by a panel of distinguished individuals: Pro Football Hall of Fame President David Baker; Former Dallas Cowboys Personnel Director and NFL.com contributor Gil Brandt; Super Bowl XLIV winner and NFL Legends Youth Advisory Committee Member Mark Brunell; Pro Football Hall of Fame Coach and current NBC analyst Tony Dungy; Executive Director of USA Football Scott Hallenbeck; 3-time Super Bowl Champion (XXXVI, XXXVIII, XXXIX) and NFL Legends Youth Advisory Committee Member Willie McGinest; 2x AP NFL Comeback

head coach at the Sayre School (Lexington, Kentucky) and NFL Legends Youth Advisory Committee Member Chad Pennington and Pro Football Hall of Fame Coach Don Shula

winner will be announced during the 2020 Pro Bowl, Sunday, January 26 at 3:00 PM ET on ESPN and ESPN Deportes, and simulcast on ABC and Disney XD. This marks the third time the game will be available on both broadcast and cable networks. The winner will also be recognized and walk the red carpet at NFL Honors, two-hour primetime awards special the night before Super Bowl LIV on February 1 on FOX.

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### Enter to Win! Ticket Giveaway

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

### Several local groups putting productions on stage in DFW this weekend

Local theater fans have a wide range of options this weekend. Choices range from classic plays, faith-based production, a look back at secretive government experiment and beautiful music.

To Be Young, Gifted & Black – Jubilee Theatre in Fort Worth is presenting a classic. After winning fame with her play Raisin in the Sun, Lorraine Hansberry, uniquely and boldly, weaves through the life experiences that shaped her. In angry, loving, bitter, laughing, and defiantly proud turns, the story, voice, and message are Lorraine Hansberry's



Angel Blair is performing this weekend in Dallas. (Courtesy photo)

own. The show opens this weekend and runs through Feb. 23. JubileeTheatre.org *I Can Do All Things*:

An Inspirational Stage Play presented at Friendship-West Baptist Church on Jan. 25 at 6:30 p.m. Ray is recently unemployed and currently out of luck. After losing his job due to the economy, Ray finds himself deep in debt and running out of time. His dire straits make way for some desperate decisions to be made. To keep from being homeless and to catch up on bills, he attempts to take on several positions. None of which he has any experience for as a pastor, phone sex operator, and phone psychic! The money is rolling in and Ray is on top of the world, but can he really do all things or will his secrets catch up with him? Find out how it all goes down in this funny on stage

production starring Brian J. White, Darrin Henson, and Pastor Rickie Rush! You won't want to miss this! Tickets via Eventbrite.

Ms. Evers' Boys presented by The Black Academy of Arts and Letters at 1309 Canton Street on Sunday, Jan. 26 at 5 p.m. Visit Ticketmaster for more info. In an effort to get medical help for Alabama tenant farmers, their nurse, Miss Evers, convinces them to join a government study to treat venereal disease. When the money runs out, Nurse Evers is faced with a difficult decision: to tell the men that they are no longer being treated and that they

are now part of a research study to see what untreated syphilis will do to them, or follow the lead of the doctor she respects and the tenets of the nursing profession.

The Titus Art Song Recital Series – Angel Blue has enthralled audiences from the Hollywood Bowl to the Metropolitan Opera to Europe's most esteemed opera houses and concert venues. Now, thanks to Robert E. and Jean Ann Titus, TDO presents Angel Blue in a uniquely intimate setting at the Moody Performance Hall on Sunday, Jan. 26, tickets at attpac. org.

### **BARBER**, from Page 1

that voter suppression laws in many states have only contributed to poverty.

The Poor People's Campaign has noted that, since 2010, 23 states have passed racist voter suppression laws, including racist gerrymandering and redistricting statutes that make it harder to register.

Because of this, early voting days and hours have reduced, officials have purged voter rolls, and there have been more restrictive voter ID laws

Following the *Shelby County v. Holder* Supreme Court case, which gutted key provisions of the Voting Rights Act, 14 states had new voting restrictions in place before the 2016 Presidential election, and there were 868 fewer polling places across the country, according to the Campaign.

While these laws have disproportionately targeted Black people, at least 17 states saw voter suppression cases targeting American Indian and Alaskan Native voters in 2016, Dr. Barber stated.

"Thirteen states that passed voter suppression laws also opted not to accept expanded Medicaid benefits offered under the Affordable Care Act," he added.

"These attacks follow a broader pattern of restricting and curtailing democratic processes by drawing on legacies of racism to undermine local efforts to organize for better conditions," Dr. Barber stated.

As of July 2017, 25 states have passed laws that preempt cities from adopting their own local minimum wage laws. Most of these are in response to city councils passing or wanting to pass minimum wage increases.

"We found that people can work a minimum wage job and can't afford a two-bedroom apartment," Dr. Barber said. "We found out that there are 2 million people who work every day for less than the living wage. Some of them live in their cars, and they go to work every day."

Dr. Theoharris spoke of Maria, a woman they met in El Paso, Texas, separated from her family because of immigration issues.

"We waded into the Rio Grande River – the river that separates the U.S. from Mexico – with an action called "Hugs, not Walls." Maria got to see her son for the first time in 16 years. And for those couple of minutes that Maria had with her husband and her son were the first and only two minutes that she got to see her family members because of unjust immigration policy," Dr. Theohoarris stated.

The Poor People's Campaign is organizing the Poor People's Assembly and Moral March on Washington, June 20th, during which Dr. Barber said they would rise as "a powerful moral fusion movement to demand the

implementation of our moral agenda."

"The fact that there are 140 million poor and low-wealth people in a country this rich is morally indefensible, constitutionally inconsistent and economically insane," Dr. Barber added.

During the march, Dr. Barber said some of those living in poverty would attend and speak for themselves. He stated that it was essential to know that poverty comes in "all colors" and that it's more than just African Americans who are struggling.

He noted that the City of Flint was under emergency management when it decided to switch its water source from the Detroit Water System to the Flint River.

That move poisoned a community of almost 99,000, with a 42 percent poverty rate and in which 56 percent of residents are Black, and 37 percent are White.

Also, Dr. Barber noted that 6.1 million people had been disenfranchised because of felony convictions, including one in 13 Black adults

During the call, Dr. Barber continued to lash out at the current administration's controversial immigration policies. The Poor People's Campaign has found that undocumented immigrants contributed \$5 trillion to the U.S. economy over the last ten years.

They paid \$13 billion in Social Security in 2010, but

only received \$1 billion in benefits.

They also pay eight percent of their income in state and local taxes, while the wealthiest one percent pay just 5.4 percent. Yet undocumented immigrants and most lawfully residing immigrants are barred from receiving assistance under the major public welfare

programs, causing hardship for many poor immigrant families.

In fact, among the 43.7 million immigrants in the U.S., there are 19.7 million – undocumented and lawfully residing – who cannot vote, Dr. Barber noted.

"So, we have to understand the history of systemic racism. And we have to see

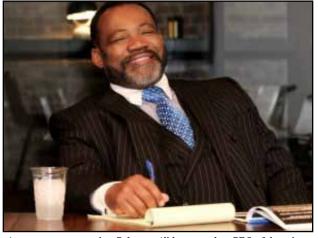
how systemic racism is impacting not just people of color, but also white people today," Dr. Barber stated. "When Reverend Barber says that repressed voter suppression can create and further poverty amongst White people, amongst Black people, amongst Latinos, amongst young people and old people."



### Nine-figure investment CEO launches 'MBA: Minority Business Access' podcast

Get ready to earn your "M.B.A." with Solomon Ali. His new podcast, MBA: Minority Business Access walks minority business owners and entrepreneurs through his tested, effective methods of circumventing what he calls "a slanted financial system towards people of color and other minorities," to successfully raise funding and scale their businesses.

As a corporate executive, Solomon Ali has served as CEO of the private equity company, Rainco Industries. Ali has generated \$100 million in assets for his vari-



As a corporate executive, Solomon Ali has served as CEO of the private equity company, now he is launching a new podcast. (Courtesy Photo)

ous companies and arranged more than \$250 million in structured investment capi-

tal and financing. Companies established through Solomon's efforts and expertise across tech and energy sectors have earned more than \$118 million in gross sales revenue during this past fiscal year. Ali has held seats on the board of three African-American owned publicly traded companies as well as simultaneously holding officer positions at these companies.

"That is monumental when you consider that out of approximately 8,000 publicly traded companies in the United States, less than twenty of those companies are African-American owned," asserts Mr. Ali.

According to Solomon

Ali, "There has traditionally been a large gap in business funding and business scalability for minority business owners." He cites African-Americans and other minority groups as having less access to financial information and less access to the right funding that will enable them to scale their businesses and eventually sell or go public, should they choose to. His new podcast focuses on the solutions to change this dynamic.

The MBA: Minority Business Access podcast features interviews with successful entrepreneurs of color and with female entrepreneurs and the proactive steps they've taken to successfully fund and scale their businesses. The podcast also includes valuable roundtable conversations and insights from Mr. Ali and his corporate team, detailing how he managed to grow his thriving eightfigure financial portfolio of businesses, and how his expertise and advice applies to entrepreneurs and small business owners.

The MBA Podcast is available for download across all podcast streaming services.

# Dallas Mavericks and Chime team up; announce exclusive multi-year strategic partnership including jersey patch sponsorship

The Dallas Mavericks announced this week a multiyear strategic partnership, including the official Jersey Patch sponsorship, with Chime, the leader in US Challenger banking. Beginning tonight, the Chime logo will be featured on the left front shoulder strap of all four official Dallas Mavericks jerseys on the court and on authentic jerseys for purchase in the Mays Hangar. The partnership also includes exclusive category rights and multiple advertising, promotional and community-focused initia-

"The experience that Chime has developed for their members is truly setting the standard in financial services, similar to



what we strive to provide to MFFLs (Mavs Fans For Life) more than 41 nights a year at American Airlines Center," says Dallas Mavericks Owner Mark Cuban.

Both the Dallas Mavericks and Chime are rec-

ognized for being at the forefront of innovation, challenging the status quo within their respective industries and building a community of loyal members and fans. The Mavs generate excitement at over

41 home games at American Airlines Center, and bring unique and exclusive experiences that make going to a game, or any Mavs event, a lifetime memory for their fans. Chime helps its members avoid fees and save money automatically with a modern, mobile approach to banking.

"We're thrilled to announce our partnership with the Mavs, one of the most exciting teams in the NBA," said Chris Britt, Chime CEO and co-founder. "At Chime, we focus on helping our members achieve financial peace of mind with banking services that are simple and free. One of our core values is to always be member obsessed and we're proud to

partner with an organization that is similarly committed to its fans and community."

"We also share the same goal of nurturing an extraordinary workplace culture," said Cynt Marshall, CEO of the Dallas Mavericks. "It's clear in spending time with the employees of Chime that every voice matters and everybody belongs, just like at the Mays."

Chime has been recognized as a Great Place to Work and, like the Mavs, are committed to investing in local communities. For example, Chime recently launched partnerships with WeThrive and Oakland Promise. As part of the partnership, the Mavs and

Chime will collaborate on the Venture Entrepreneurial Expedition: a program to guide students through their personal journey to become an entrepreneur. The Mavs launched the program in 2017 and to this date have reached thousands of middle and high school students throughout Dallas-Fort Worth.

Also as part of the new partnership, the Mavericks and Chime will collaborate on multiple community initiatives in the Dallas/Fort Worth area with a strong focus on financial literacy and education while also contributing to the overall mission of the Mavs Foundation supporting women, children and families in need.

### **BELT**, from Page 2

civil rights leader who, in 1986, founded the *Dallas Examiner*:

Tragically, after publishing just four issues of the newspaper, Belt's parents were murdered in their home.

Belt attended Spelman college for one year then transferred to the University of Denver where she graduated with a major in sociology and psychology, she was forced to take over the paper.

She did so without any experience.

Belt spent her career working as an employment counselor for the Texas Employment Commission, and she also held several positions for the city of Dallas and the federal government.

"I was the only child, I inherited the newspaper," Belt stated.

"I did not know the newspaper industry, and it was something that I had to learn on the job. My father

wasn't a newspaperman either and when I look back, there are a lot of things that we do differently today," she noted.

"We have a niche market, and we have to continuously stress that," Belt added.

"Even though we know that we now live in a digital world – and we have to have a digital presence – we also have to remember the print edition and that our community still enjoys reading the print edition and our community loves pictures."

After taking over the pa-

per, Belt decided to pour much of her resources into making the Examiner a success, in part, to carry out her parents' legacy.

In a 2013 HistoryMakers interview, Belt noted that she successfully applied for a grant from AT&T to start, "Future Speak," a publication aimed at developing young minority journalists.

She also used the Dallas Examiner to increase HIV/AIDS awareness and prevention by publishing numerous articles and special supplements, including her award-winning pieces titled, "PROBE," "Battling AIDS in Our Community" and "Innocence Lost."

Under Belt's guidance, the *Dallas Examiner* has won a host of local, state, and national awards. In 2002, the newspaper earned honors as "Best Weekly Newspaper" by the Texas Publisher's Association.

The Dallas Examiner also has captured at least twelve awards from the regional chapter of the National Association of Black Journalists, including "Best Newspaper" and "Best Practices."

For Belt, the NNPA Publishers Lifetime Achievement Award will forever stand out as most special.

"When you receive an honor from your peers, it's all the more meaningful," Belt stated.

"I get a lot of awards and honors from various organizations, some of which are related to the community. But, this one is very special, and I'm really touched," she stated.

### Women anxious about money should make these four resolutions

Women more than men doubt their abilities to make financial decisions, and as a result women often let their husbands, partners, or significant others handle planning for retirement or investing in the stock market, studies show.

But 2020 is as good a time as any to change that, says Jeanette Bajalia, a retirement-income planner, founder of Woman's Worth (www.womans-worth.com), and the author of such financial books as Wise Up, Women and Retirement Done Right.

"Most women are going to be responsible for managing their money at some time in their lives," Bajalia says. "They will be widowed or divorced, and at that point are going to have a steep learning curve if they always left the investing responsibilities to others."

To help give themselves a more secure financial future, Bajalia suggests women re-



solve in the coming year to:

· Become financially literate. "I've seen too many women suffer because of ill-informed decisions about their money," Bajalia says. "Many women, especially baby boomers, were never taught as young girls to assume financial management responsibilities." To become a good steward of your money, she says, it's important to understand various savings strategies and options, and the risks and rewards associated with those strategies. So, learn about investing and learn how to read a financial statement. "Studies have shown that people who become educated about their financial strategies and play an active role in planning and monitoring their assets end up twice as wealthy as those who don't," she says.

• Schedule a financial checkup. It's important to develop a financial plan that will provide you income in retirement, but don't just shove the plan into a drawer, Bajalia says. Situations change, and you may need to accelerate savings, reduce risks, or tweak your plan in some other fashion. Meeting with your finan-

cial professional for an annual "financial physical" will provide an in-depth assessment of where you are against where you want to be, she says.

• Create or update a legacy plan. Nearly 60 percent of Americans are missing critical legacy and estate planning documents, such as a will, a trust, a living will, or power-of-attorney documents, Bajalia says. "Women need to remember that 'estate' is not synonymous with wealth," she says. "Far too often, we don't feel like we need an estate plan because we don't have a lot of money. But lack of a legacy

plan can create a burden on those we leave behind. For most women, their greatest desire is to leave a legacy and to not be a burden on their children or other family members."

• Get healthy and stay healthy. What does this have to do with your finances? A lot, Bajalia says. The longer you live, the more likely you'll face debilitating illnesses, and those illnesses come with big medical expenses that can drain your savings. "We want to ensure that in our 50s and 60s we start really taking care of both our physical and emotional health, so it doesn't

have such a devastating impact on our wealth," she says.

"Sadly, most Americans spend more time planning a two-week vacation than they do planning their financial futures," Bajalia says. "Women who want a quality lifestyle in retirement need to put themselves in control of their own financial destinies, and the sooner the better."

Jeannette Bajalia (www. womans-worth.com) is the founder and president of Woman's Worth, where she specializes in the unique needs of women as they plan for retirement.

Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) proposes to construct several small cell monopole communications towers in the vicinity of Dallas and Irving, Dallas County, TX. The heights and locations for the proposed installations area as follows: a 36-foot tower at the approx. vicinity of 5846 Greenville Avenue, Dallas, TX 75206, Lat: [32° 51' 23.5074" N], Long: [96° 46' 7.5468" W]; a 30foot tower at the approx. vicinity of 2887 W Walnut Hill Lane, Irving, TX 75038, Lat: [32° 52' 0.3972" N], Long: [96° 59' 0.7656" W]; a 30-foot tower at the approx. vicinity of 4841 N O'Connor Road, Irving, TX 75038, Lat: [32° 51' 56.79" N], Long: [96° 56' 54.40" W]; a 30foot tower at the approx. vicinity of 4321 N O'Connor Road, Irving, TX 75062, Lat: [32° 51' 33.81" N], Long: [96° 57' 00.84" W]; a 36foot tower at the approx. vicinity of 7729 Caruth Boulevard, Dallas, TX 75225, Lat: [32° 51' 32.6524" N], Long: [96° 46' 25.9886" W]. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: Trileaf Corp, Thomas Johnston, t.johnston@trileaf.com, 2550 S IH 35, Suite 200, Austin, TX 78704, 512-519-9388.

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**On-going** 

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- U.S. Citizen or permanent resident

#### **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.

### **On-Going**

### **Customer Rep** job fairs

Pro Staff in Arlington will be hosting an in office Customer Service Representative Job Fair for a call center located downtown Dallas every Tuesday and Thursday from 10 a.m. to 1 p.m. at 700 Highlander Blvd. Suite 110. The positions pay between \$12 -\$13.50 per hour hour plus up to \$1.50 an hour in performance pay. The workdays will vary, must be available 7 a.m. to 11 p.m., with overtime as needed. Must have at least one year of customer service experi-

### Jan. 27

### Sales, Mgmt & More!

United Career Fairs is hosting a job fair on Monday, Jan. 27 at 6 p.m. sharp at the Renaissance Hotel located at 15201 Dallas Parkway in Addison. The

career fairs focus specifically on Sales, Business Development, Marketing, Customer Service, and Retail & Sales Management jobs, and offer you individual, face-to-face time with hiring managers from a variety of different companies. The job fair is held in the evening, making it easier to work around your existing job schedule.

Each company will provide a formal executive presentation about their opportunities. You will then be free to meet with hiring managers from each company that has attracted your

#### Feb. 12 **Dallas Job Fair**

Meet with top hiring companies in Dallas. Dallas Job Fair February 12Th About This Job Fair Make sure you arrive early.

Doors will open at 11 am, and the event will end at 2 pm. at the Doubletee Hotel Dallas Market Center. Tickets via Eventbrite.

### Feb. 13

#### Is there a doctor in the house?

Physician Career Fairs is hosting an event at Four Corners Brewing Company located at 1311 S. Ervay St. in Dallas from 5 p.m. to 8

Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) proposes to build a 32.5-foot monopole small cell Communications Tower at the approx. vicinity of 615 Meadow Creek Drive, Irving, Dallas County, TX 75038. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: Trileaf Corp, p.rees@trileaf.com, 2121 W. chandler Blvd, Suite 108, Chandler, AZ 85224, 480-850-0575.

AT&T Mobility proposes to collocate telecommunications tennas at a centerline of 56-feet and an overall height of 58-feet on an existing 50-foot building, at the approx. vicinity of 703 McKinney Ave., Dallas, Dallas County, 75202, Lat: [32-47-2.004], Long: [-96-48-33.804]. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: Trileaf Corp, Beth, b.thompson@ trileaf.com, 2550 S. IH-35, Suite 200, Austin, TX 78704, 512-519-9388 ext. 813.

Register at Praticematch. com. Attending employers include HCA Physician Services, Omni Family Health, Sanford Health, Lone Star Circle of Care and more

### Feb. 22 Reading, Writing

#### and Arithmetic

Southern Teachers Job Fair is scheduled for Saturday, Feb. 22 from 8:30 a.m. to 5 p.m. at the DoubleTree Hilton near the Galleria at 4099 Valley View Lane. They are seeking candidates interested in a private school teaching job.



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NOTICE: New Year, New You, Pastor Woodson serves the community by providing "Professional Therapy and Counseling Services" on a "Sliding Fee" scale. To schedule an appointment call the Pastoral Counseling Center at 972-526-4525 or email the church at www. bethelbiblefelloswhip.org

### January 26, 2020, 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.

#### January 29, 2020

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.

Dr. Terrance Woodson, Senior Pastor 1944 E. Hebron Parkway Carrollton, TX 75007 972-492-4300 www.bethelbiblefellowship.org

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### January 26, 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 glory and honor.

#### January 29

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.

Dr. W. L. Stafford, Sr., Ed. D. Senior Pastor 2450 K Avenue #300 Plano, TX 75074 972-379-3287 www.theship3c.org www.visitF3c.org

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

"Bring the whole tithe into the storehouse, that there 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

#### January 24, 7 pm

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

### January 26, 10 a.m.

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

#### January 27, 7 p.m.

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

Pastor Rickie Rush 7701 S Westmoreland Road Dallas, TX 75237 972-372-4262

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#### January 26, 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.

#### January 29, 7 pm

You're invited to our Wednesday's Bible Study class; you will learn what God has to say to us. Come

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**January 26, 8 and 11 am** You are invited to our Worship Services as we honor God for His goodness and faithfulness.

#### January 27, 7 to 8 pm

Every Monday Night Sister II Sister (Women's Mission) in the Main Fellowship Hall and the Men II Men Bible Study in the Youth Church Sanctuary (Chapel).

### January 29, 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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### King, I beautiful, and to be autiful, and to Some famous quotes of Dr. M.

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Inspiring Body of Christ



Sister **Tarpley** NDG Religion Editor

Lest we forget some of these inspiring words and quotes of Dr. King, remember the following:

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. The true neighbor will risk his position, his prestige, and even his life for the welfare of others."

"There are some things so dear, some things so precious, some things so eternally true, that they are worth dying for. And I submit to you that if a man has not discovered something that he will die for, he isn't fit to live."

"When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, Black men and White men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!"

"I believe that unarmed truth and unconditional love will have the final word in reality. That is why right, temporarily defeated, is stronger than evil triumphant."

"We've been in the mountain of war. We've been in the mountain of violence. We've been in the mountain of hatred long enough.

It is necessary to move on now, but only by moving out of this mountain can we move to the promised land of justice and brotherhood and the Kingdom of God.

fact that we must never allow ourselves to become satisfied with unattained goals. We must always maintain a kind of divine discontent."

"When our days become dreary with low-hovering clouds of despair, and when our nights become darker than a thousand midnights, let us remember that there is a creative force in this universe, working to pull down the gigantic mountains of evil, a power that is able to make a way out of no way and transform dark yesterdays into bright tomorrows. Let us realize the arc of the moral universe is long but it bends toward justice."

"We all have the drum major instinct. We all want to be important, to surpass others, to achieve distinction, to lead the parade. ... And the great issue of life is to harness the drum major instinct.

It is a good instinct if you don't distort it and pervert it. Don't give it up. Keep feeling the need for being important. Keep feeling the need for being first. But

I want you to be the first in moral excellence. I want you to be the first in generosity."

"Faith is taking the first step, even when you don't see the whole staircase."

"Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illuminates it."

"I submit that an individual who breaks a law that conscience tells him is unjust, and who will-

ingly accepts the penalty of imprisonment in order to arouse the conscience of the community over its injustice, is in reality expressing the highest respect for the law."

In the end, we will remember not the words of our enemies, but the silence of our friends."

"It may be true that the law cannot make a man love me, but it can stop him from lynching me, and I think that's pretty important." "Let no man pull you

Historical Perspectives

from Sister Tarpley

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low enough to hate him."

Like an unchecked cancer, hate corrodes the personality and eats away its vital unity. Hate destroys a man's sense of values and his objectivity. It causes him to describe the beautiful as ugly and the ugly as the true with the false and the false with the true."

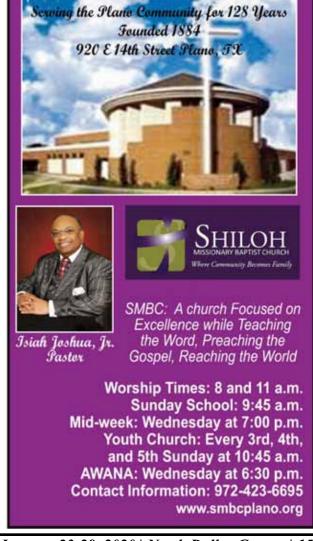
"Man must evolve for all human conflict a method which rejects revenge, aggression and retaliation. The foundation of such a method is love."



Shiloh Missionary Baptist Church







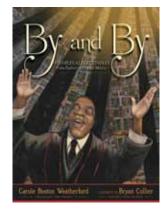
### NDG Book Review: By and By: Charles Albert Tindley, the Father of Gospel Music

By Terri Schlichenmeyer

Every Sunday morning, you get to do your favorite thing. You get to sing.

You know the words to all the songs without even looking. Every tune is one you've sang before, one your Mama's known since she was little, one your Grandma sang once upon a time. All you need is to hear the first few notes and your voice is lifted high, and as in the new book "By and By" by Carole Boston Weatherford, illustrated by Bryan Collier, your praise rises beyond the clouds.

Though you've always



liked to sing, Charles Albert Tindley's entire life was a song

It started as a sad song, when he was born in Maryland nearly 170 years ago: his father was a slave and his mother was a free

woman. The law said that Charles was free like his mother and so, when she died and because his father had no rights, the boy suddenly had no parents! His aunt took him in, and sent him to work on nearby farms.

The work was hard, but singing gave Charles something to think about. He first learned "chants in the field" and then he heard spirituals sung between the crops. This inspired him to want to learn and so, by the light of an oil lamp and fire in the hearth, he taught himself to read the newspaper and then, a Bible.

Young Charles was inspired! Soon, he started looking for a church to attend and when he found one, he went — and even though he had no shoes, the preacher there welcomed him and let him testify before the congregation. Charles promised himself that nothing would ever come between him and God, ever.

As he grew with God, Charles Albert Tindley became Reverend Tindley, who had a wife and a church and a congregation all his own. His church helped people during the Great Depression. They had an orchestra. And every Sunday, the songs that Reverend Tindley wrote were lifted up to God – just as they are now, this week, perhaps, in your own church...

If your household is like most, music surrounds your child from a variety of sources: oldies, new artists, classics, and hymns. Some come from what may be a surprising source, and "By and By" tells the tale.

And yet, use caution when introducing this story to your kids: for the smallest reader, the story of "The Father of Gospel Music" might need a bit more explaining. Author Car-

ole Boston Weatherford's poem-biography tells a lot but perhaps not enough so that preschoolers will easily understand, particularly in its significance. Parents and grandparents will find notes at the end of the book to be of further help — or, alternately, you can let the lush artwork from Bryan Collier teach your child everything he needs to know for now about this inspiring tale.

The 4-to-8-year-old child who loves to sing, who loves to dance, and who loves her church will want you to read this book. "By and By" could become her favorite thing.

### **PT**, from Page 7

a general struggle with basic movement or activities (due to pain, strength and other limitations) as well as conditions or diseases like diabetes, hypertension, arthritis and multiple cardiovascular issues. "Weight loss and weight management are absolutely critical for people suffering from many of these issues," Mathews said. "Yet, for these populations, it's often not safe or effective to just prescribe exercise. Many of these patients need more individualized and managed programs that take their medical histories, physical limitations and general safely into consideration."

Physical therapists, according to the study's authors, offer the ideal solution for those with such

limitations.

"Physical therapists are well-suited to manage the [physical activity] and exercise programs of individuals with functional limitations given their education, expertise and documented self-efficacy in primary, secondary and tertiary prevention with exercise testing, prescription and implementation," they wrote.

In other words, physical therapists can benefit those who seek to improve their long-term health through exercise and weight loss by:

Assessing the Patient's Limitations: Through a

thorough examination, along with guidance and input from one's personal care physician or specialist, physical therapists are experts at assessing and identifying individual limitations that must be addressed before and during one's weight-loss program.



# If I could do one thing, I'd tell the world she counts.

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