



North Dallas Gazette

"Most respected Voice of the Minority Community"

Visit us online at www.northdallasgazette.com

Collin County Black Chamber celebrates its achievements in 2022

By Lori Lee
NDG Contributing Writer

'Aspire To Greatness!' will be the theme for this 16th annual Year End Celebration of the Collin County Black Chamber of Commerce (CCBCC). Traditionally held during the holiday season, the red-carpet affair will celebrate the year's achievements and Collin County business leaders. "This year's Gala will be a great recognition of the milestones that we've achieved," states Dewayne Gibson, the Chamber's President-Elect for 2023. "We are celebrating the relationships that we've developed with our members, partners, and sponsors. This Year End Celebration symbolizes 16 years of growth for our chamber," notes Gibson.

The chamber will be celebrating a new grounding in the community with the opening of its new home office space, explains Gibson. The organization will also celebrate its recently launched Business Accelerator and Business Incubator programs, and its successful Business EXPO. These events have successfully supported the growth of Black businesses in Collin County over the past year, while bringing speakers to the community to support funding and procurement opportunities.

The speakers do a good job spelling out how to launch a new



At Left, Charles O'Neal, Board Chairman for the US Black Chamber and President of the Texas African American Association of Chambers of Commerce (TAAACC). At right, The hilarious, Comedienne Trey Mack!

business, explains current CCBCC President, Debra Austin. Chamber events offer new business leaders a chance to learn, network and grow.

The majority of those who join the chamber just started their businesses, and they don't know what to do, explains Austin. They may not have the skills or the connections they need, and the Black Chamber is there to help. The Chamber tries to give them some basic skills and help them build business relationships, learn what resources may be available and help them develop business skills. It's a great learning ground to interact with other businesses and potential clients, explains Austin.

Many African Americans may

not know where there are resources, explains Dewayne Gibson. The Chamber connects them with African American business owners and larger entities, such as DART, which they may not know present opportunities to the Black business community.

Board Chair Valerie Warrior adds that "CCBCC is a great opportunity for any business owner in Collin County to connect with like-minded entrepreneurs." As a member since 2008, Valerie explains that collaborations and connections are keys to longevity and success. "You get out of CCBCC what you put into it, and networking is the

See CHAMBER, Page 13



Theaters lack diversity

- See Page 3



Mindfulness may lower blood pressure

- See Page 4



Howard opens new center for journalism

- See Page 5



Great job on Discover, Dallas ISD!

- See Page 6



Irving seeks to interface DFW trails

- See Page 7



'Canceling Christmas' is back again

- See Page 8



'The Happy Elf' stops by stage at DCT

- See Page 9



Sister Tarpley: Thought on Being Thankful

- See Page 15

Inside...

- People in the News 2
- Op/Ed 3
- Health 4
- Community 5
- Education 6
- Northside 7
- Entertainment 9-10
- Marketplace 11-12
- Career / Notices 13
- Religion 14-15
- Book Review 16



Scan to go to:
The NDGLive
YouTube
Channel
(and "Like" us)

By "liking" us, you will be entered into an upcoming promotional contest for tickets to area entertainment events!

For the latest news and events in DFW, follow us online:
www.northdallasgazette.com

People In The News ...



Rita Dove



Jay Z

NDG Quote of the Week: "I had to make my own living and my own opportunity. But I made it! Don't sit down and wait for the opportunities to come. Get up and make them."

—Madam C.J. Walker

Rita Dove

The Library of Congress awards former U.S. Poet Laureate Rita Dove the 2022 Rebekah Johnson Bobbitt National Prize for Poetry. She will receive honors and read selections from her work on Thursday, Dec. 8, at 7 p.m. during Live at the Library at the Thomas Jefferson Building.

Rita Dove was one of two recipients of the 2022 Bobbitt prizes awarded for the most distinguished poetry published over the past two years and for lifetime achievement in poetry. Dove is the author of 11 books of poetry, most recently "Play-



list for the Apocalypse: Poems," published by W. W. Norton and Company in 2021. The 2022 prize marks the 17th time the award has been given.

The panel of jurors for

this year's prize included the former poet laureate of the Navajo Nation, Laura Tohe, selected by former U.S. Poet Laureate Joy Harjo; Ilya Kaminsky, winner of the Los Angeles Times Book Award, selected by Librarian of Congress Carla Hayden; and scholar Betty Sue Flowers, selected by the Bobbitt family.

In its lifetime achievement citation for Dove, the Bobbitt jury noted that "her new collection, as well as [her] dazzling decades-long work in poetry, brings honor to this prize." The panel also said her newest poetry collection, "Playlist from the Apocalypse: Poems," is

"quintessential Rita Dove: ethical and lyrical, moving in and out of the whirlwind that is history, playful in her use of form — sonnets, odes, addresses, invocations, aubades — and generous in her gathering of different voices and tribes to her pages."

Dove's 11 poetry collections include "Thomas and Beulah," winner of the Pulitzer Prize; "Sonata Mulattica" and "Collected Poems 1974-2004." From 1993-1995, she served as the U.S. Poet Laureate. Dove was also appointed the Poet Laureate of the Commonwealth of Virginia from 2004-2006 and served as a chancellor

of the Academy of American Poets. Dove was the editor of "The Penguin Anthology of Twentieth-Century American Poetry" and guest editor of "Best American Poetry 2000," and has served as The New York Times poetry editor and the editor for The Washington Post's "poets choice" feature. Her many honors include the American Academy of Arts and Letters Gold Medal for Poetry, the Heinz Award in the Arts and Humanities, the Wallace Stevens Award, the Fulbright Lifetime Achievement Medal, the National Humanities Medal, and the National Medal of Arts. A member of both the Ameri-

can Academy of Arts and Letters and the American Academy of Arts and Sciences, Dove has been teaching at the University of Virginia in Charlottesville since 1989, where she is currently the Henry Hoyns professor of creative writing.

Learn more about the Bobbitt Prize, including past winners at loc.gov/programs/poetry-and-literature/prizes/bobbitt-prize/. The December 8 reading is free and open to the public. Free timed-entry passes are required to enter the Thomas Jefferson Building. Timed-entry passes will provide entry to the author program in Room LJ-119.

Jay Z

Jay-Z reportedly might team with Jeff Bezos to buy the Washington Commanders.

The Hip Hop star and business mogul signed a deal in 2019 with the NFL that gave him authority to determine the wildly popular Super Bowl halftime show.

Jay-Z could eventually have his own NFL team in the big game.

Reports surfaced Thursday that the "99 Problems" artist is mulling a bid to purchase the Washington Commanders from Dan



Photo via NNPA

Snyder.

While Jay-Z isn't commenting on the prospect, TMZ reported that a partnership between Beyoncé's husband and Jeff Bezos "is on the table."

The news arrives just

one day after Snyder hired a major bank to investigate selling the team.

Of course, Jay-Z and Bezos aren't the only potential suitors.

The team's former quarterback Robert Griffin III has openly courted backers on social media.

"Who wants to be a minority owner of the Washington Commanders? I'm down to pay for a stake in the team and bring ten fans

along for the ride," Griffin tweeted.

"Ten fans don't have to pay anything," he declared.

Perhaps Jay-Z's most significant competition would come in the form of media mogul Byron Allen, whom Bloomberg reported is working with a group of investors seeking to purchase the team.

According to Bloomberg, Allen has said that NFL commissioner Roger

Goodell and Patriots owner Robert Kraft approached him about bidding for the Broncos.

The latter was sold earlier this year to a group led by Walmart heir Rob Walton for \$4.65 billion.

The Bloomberg report noted that one NFL franchise owner that the Commanders are expected to net a purchase price of at least \$5 billion, with the possibility of the price tag reach-

ing \$6 or \$7 billion.

Forbes places Jay-Z's worth at about \$1.5 billion, so the mogul would appear to need a partner in the endeavor. He previously owned a stake in the NBA's Brooklyn Nets.

In other developments, Jay Z is now tied with his wife Beyoncé for the most number of Grammy nominations in history as a result of the latest round of announcements.

Cornel West

Cornel West is a pre-eminent American philosopher, political activist and social critic. This fall, he will be featured as Prairie View A&M University's 27th Fall Commencement Convocation Speaker. West will address more than 643 graduates and their families, friends and loved ones during the ceremony on Dec. 10.

West serves as the Dietrich Bonhoeffer Professor of Philosophy and Christian Practice at Union Theological Seminary in New York. He teaches on a broad range of subjects, including classics, philosophy, politics, cultural theory, literature and music. He previously



served on faculties at Yale and the University of Paris, as well as his alma maters, Harvard and Princeton, where he holds the title Professor Emeritus.

Professor West has written 20 books and edited 13. Best known for his classics

See WEST, Page 6

COMMUNITY HOME EQUITY LOANS¹

NDBT
MORTGAGE DIVISION

A home equity loan allows you to borrow against the equity in your house, providing an excellent source of financing for things like repairs, remodeling and other personal expenses, with potential tax deductibility² of interest payments.

Contact us to learn more!

Andrew N. Davenport
VP | Real Estate Lending Officer
andrew.davenport@ndbt.com
972.716.7289 | NMLS: 1012666

ADDISON | DALLAS | FRISCO | LAS COLINAS | PLANO
Member FDIC - ndbt.com

¹Additional restrictions apply; all loans subject to credit approval.
²Always consult a tax professional for full details.





P.O. Box 763866 - Dallas, Texas 75736-3866

Phone: 972-432-5219 - Fax: 972-509-9058

“Do what you say you are going to do ... when you say you are going to do it.”

Publisher’s Office:

publisher@northdallasgazette.com

Sales Department:

marketing@northdallasgazette.com

972-509-9049

Editorial Department:

editor@northdallasgazette.com

Online:

www.NorthDallasGazette.com
www.twitter.com/NDGEditor
www.facebook.com/NorthDallasGazette
www.pinterest.com/NDallasGazette
www.instagram.com/NorthDallasGazette

STAFF

Chairman Emeritus

Jim Bochum
1933-2009

Religious / Marketing Editor

Shirley Demus Tarpley
 (“Sister Tarpley”)

Chief Editor Emeritus

Ruth Ferguson
1965-2020

NDG Columnist

Allen R. Gray

Published by

Minority Opportunity News, Inc.

Contributing Writers

Jackie Hardy

Lori Lee

Jacqueline Murphy

Dwain Price

Terri Schlichenmeyer

David Wilfong

Special Projects to the Publisher

Melineaze L. Curtis

Production

David Wilfong

NDG Obituary Dept.

Vicky Richardson-Stewart
VP of Operations



North Dallas Gazette assumes no responsibility for unsolicited material and reserves the right to edit and make appropriate revisions.

The North Dallas Gazette, formerly Minority Opportunity News, was founded in July 1991, by Mr. Jim Bochum and Mr. Thurman R. Jones. North Dallas Gazette is a wholly-owned subsidiary of Minority Opportunity News, Inc.

Theaters lack diversity

By Thurman Jones
NDG Publisher

The live performances of the theater are some of the best of times a child, adult, or family could experience. The actors bring forth their characters and the lines that must be given at a moment’s notice without fail.

Let’s not even talk about if that live performance is a musical. The pitches, tones, and scores are bellowed out in unison or on many occasions, in solo!

Plays, musicals, operas, monologues; it honestly doesn’t matter. What matters is, when one watches a live performance, they are taken away in a “realness” that Hollywood cannot present.

Unfortunately, people of color are often neglected from the experience of live theater, especially when it comes to productions dealing with a largely Caucasian cast and audience. The reason is not a lack of fi-

nancial means but a lack of advertising in the African American community. Live theater productions, such as plays and musicals, are only advertised when the cast caters to the African American audience — the most famous playwrights being Tyler Perry and the late Shelley Garrett.

The African American audience packs out theaters nationwide and can probably quote lines from their iconic plays.

But what about Broadway productions outside of “A Raisin in the Sun” and “The Color Purple?” What about “Into the Woods” or “Jersey Boys?” Those plays do not target the African American audience but rather audiences that don’t look like the readers of *North Dallas Gazette*. We are often left to subscribe to theater house newsletters or to look elsewhere to find out the latest Broadway or off-Broadway productions. Those plays are rarely, if

ever, given a chance to market to the African American audience.

The reason is definitely unclear, but my speculation is that Caucasian theater houses or productions do not believe that the African American community is sophisticated enough to enjoy or even understand their presentation. Maybe they believe that we only want to gather for R&B and rap concerts, picnics at the park, or some free event that the radio station is giving away.

It’s unfortunate, that we are only good enough for a couple of free tickets but not good enough to advertise to. It confuses me to believe that with all the entertainment productions that come through Dallas-Fort Worth, that the African American community is left with music, sports, and popular movies that are yet again geared towards us.

Are we not cultured enough to experience the arts that are not slapstick or

full of drama? (No knock to those playwrights who write these types of plays.)

In 2022, why do we have to beg for a seat at the table or rather a seat in the theater? Why do we have to beg for better advertising to our community or for plays that have substance? Why do we have to wait for the movie version of a play rather than going to see it live when it’s in Dallas? Why does our community not know where the Meyer-son or Winspear is located? Why do they not know the production schedule of ALL plays, not just the ones with a predominately African American cast?

It’s time that these production houses like Winspear, the Black Box Theater, and Dallas Broadway, partner with the African American community to not just promote African American driven productions, but all productions, to ensure we are cultivated outside of music and sports.

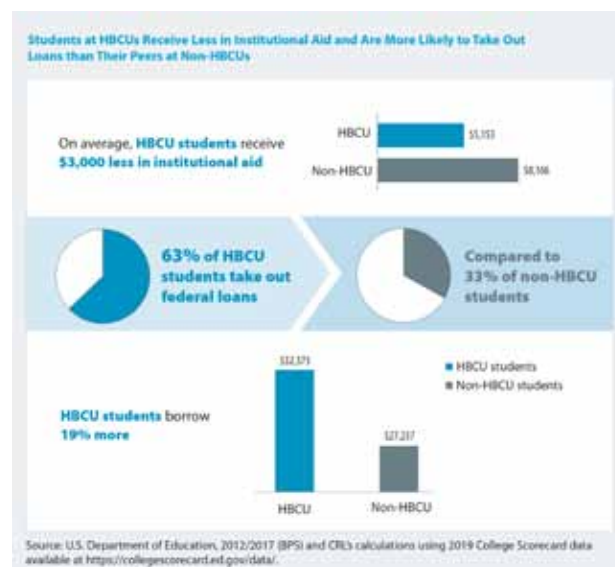
When student loan repayments resume, will problems return too?

HBCU borrowers question little loan forgiveness, delays to financial security

By Charlene Crowell

Although a college education is strongly believed to be the bridge to a better life, building financial security is a long way off for millions of graduates beginning their careers with heavy student loan debt. Fortunately, a near two-year pause on federal student loan payments has enabled many borrowers to diminish other debts in the interim. But the amount of time it will take to eliminate the combined \$1.6 trillion of student loan debt weighs heavily on the nation’s 44 million borrowers.

New research by the Center for Responsible Lending (CRL) finds that the disproportionate level of



debt incurred by students at Historically Black Colleges and Universities (HBCUs) is delaying the pursuit of wealth-building options, despite federal programs specifically designed to

ensure that student loan repayment will not be akin to a 30-year mortgage.

“HBCU students receive less institutional aid and are more likely to take out loans than their peers at

non-HBCU institutions,” said Christelle Bamona, researcher at CRL and co-author of the report. “While President Biden’s recent historic student loan relief plan will benefit millions of federal student loan borrowers, including HBCU borrowers, policymakers must now work to reverse the systemic underfunding of HBCUs and increase the purchasing power of the Pell Grant, among other reformative measures.”

To capture this stark financial dilemma, CRL utilized a combination of data analysis and focus groups comprised of HBCU borrowers that together depict how nationwide HBCU at-

See LOANS, Page 12

Keep up with the news

ONLINE

www.northdallasgazette.com

Mindfulness is promising as an effective intervention to lower blood pressure

CHICAGO (American Heart Association) — A customized mindfulness program that taught participants to apply those skills to have healthy relationships with their diet, physical activity, alcohol use, medication adherence and stress, led to notably lower systolic (top number) blood pressure measures six months after participating in the mindfulness program, according to late-breaking science presented today at the American Heart Association's Scientific Sessions 2022. The meeting, held in person in Chicago and virtually, Nov. 5-7, 2022, is a premier global exchange of the latest scientific advancements, research and evidence-based clinical practice updates in cardiovascular science.

Nearly half of U.S. adults have high blood pressure, or hypertension, and many aren't aware they have it, according to the American Heart Association. High blood pressure - a consistently high force of blood flowing through blood vessels - is a risk factor for heart disease and stroke, the No. 1 and No. 5 causes of death in the U.S., respectively.



Madison Lavern / Unsplash

The mindfulness program focused on training participants in skills such as attention control, self-awareness and emotion regulation, and then applied that training to health behavior change. This approach may offer a novel way to improve blood pressure control, according to lead study author Eric B. Loucks, Ph.D., associate professor of epidemiology and director of the Mindfulness Center at Brown University in Providence, Rhode Island.

"Mindfulness is non-judgmental, present-moment awareness of physical sensations, emotions and

thoughts," Loucks said. "It is almost like a scientist curiously and objectively observing the information coming in through the sense organs and the mind, and then responding skillfully to that information. Mindfulness also involves the concept of remembering, or in other words, remembering to bring one's wisdom (wherever it was gained, such as from health care professionals or public health messages) into the present moment. Wisdom in the context of elevated blood pressure levels may include knowledge that evidence-based practices, such

as physical activity, diet, limited alcohol consumption and antihypertensive medication adherence, can improve well-being."

In this study, researchers compared enhanced usual care (e.g., a home blood pressure monitor, blood pressure education material, facilitated access to a physician if needed) to participation in an 8-week mindfulness-based program, customized for people with elevated blood pressure.

This clinical trial, conducted from June 2017 to November 2020, included more than 200 adults recruited from the Providence, Rhode Island area who had elevated/high blood pressure, defined as greater than 120 mm Hg systolic or 80 mm Hg diastolic blood pressure. Participants included men (41%) and women (59%), average age 59 years, 81% were white adults and 73% had a college education.

About half of the participants were randomly assigned to the enhanced usual care group. The remaining participants received the mindfulness program, called Mindfulness-Based Blood Pressure

Reduction (MB-BP). Those in the intervention group went to a group orientation session, eight 2.5-hour weekly group sessions and a 7.5-hour, one-day group retreat. Recommended home mindfulness practice was at least 45 minutes a day, six days a week.

At six months, researchers found:

- Participants in the Mindfulness-Based Blood Pressure Reduction group had an average drop in systolic blood pressure of 5.9 mm Hg, compared to a 1.4 mm Hg reduction in the enhanced usual care group.

- There were no notable changes in diastolic blood pressure measures for either group.

- Those in the Mindfulness-Based Blood Pressure Reduction group also reduced sedentary sitting by an average of 351 minutes each week compared to the participants in the enhanced usual care group.

When the researchers analyzed changes in diet including eating a diet consistent with the recommendations in the Dietary Approaches to Stop Hypertension diet (DASH), perceived stress and mind-

fulness, they found participants in the mindfulness intervention group were more likely to eat heart-healthy foods, report improved perceived stress and levels of mindfulness.

While more research on using the Mindfulness-Based Blood Pressure Reduction program for blood pressure control needs to be done to confirm these results, the intervention is promising as a blood pressure lowering intervention, according to Loucks.

Among the limitations of the study is that most participants were college-educated white adults, which limits its generalizability to people from diverse racial and ethnic groups or who have other education levels.

Co-authors are Zev Schuman-Olivier, M.D.; Frances Saadeh, M.P.H.; Mathew M. Scarpaci, M.P.H.; William R. Nardi, M.P.H.; Roe Gutman, Ph.D.; Jean A. King, Ph.D.; Willoughby B. Britton, Ph.D.; and Ian Kronish, M.D., M.P.H. Authors' disclosures are listed in the abstract.

The study was funded by the National Institutes of

See MINDFULNESS, Page 16

Restored blood flow meant less pain, better quality of life for those with leg artery disease

CHICAGO (American Heart Association) — Restoring blood flow to the legs, whether through bypass surgery or a less invasive artery-opening procedure with a stent, reduced pain and improved quality of life for people with peripheral artery disease (PAD), according to preliminary, late-breaking research presented today at the American Heart Association's Scientific Sessions 2022. The meeting, held in person in Chicago and virtually, Nov. 5-7, 2022, is a premier global exchange of the latest scientific advancements, research and evidence-based clinical

practice updates in cardiovascular science.

PAD occurs when the arteries that carry blood away from the heart to the head, arms, legs and feet become narrow due to a build-up of fatty plaque. According to the American Heart Association, PAD affects more than 200 million people worldwide and causes pain, cramping or weakness in the legs and feet when walking. In 11% of people with PAD, the lack of blood flow can lead to chronic limb-threatening ischemia (CLTI) where people experience pain even when resting. Left untreated, tissue damage in the leg may result

in amputation. PAD has a significant impact on a person's health status and quality of life, such as limiting their ability to walk without pain and engage in leisure or social activities. A recent American Heart Association scientific statement on PAD quality of care reports that the negative impact of PAD on a person's daily life "cannot be overstated."

This is the first-ever randomized controlled trial of this scale, and it is a landmark effort in its breadth and depth," said lead study author Matthew Menard, M.D., an associate professor of surgery at Harvard Medical School, and co-

director of endovascular surgery at the Brigham and Women's Hospital, both in Boston. "The large body of high-quality evidence that guides treatment of heart disease and stroke does not exist for PAD, and until now, there has been almost no data to inform the care of CLTI patients. Our hope is that this study may serve as a benchmark for future efforts in treating this particularly vulnerable patient population."

A common treatment for people with high amputation risk due to PAD is leg bypass surgery, during which a passage around the blocked arteries is created

using a patient's leg vein or an artificial blood vessel. Alternatively, a less invasive approach is angioplasty with or without stenting during which a thin balloon-tipped catheter is inserted into the blockage to widen it, and a stent is placed to keep the artery open. Balloon angioplasty and stenting are also known as "endovascular" procedures.

The Best Endovascular versus Best Surgical Therapy for Patients with Chronic Limb Threatening Ischemia (BEST-CLI) Trial enrolled 1,830 people with severe PAD at 150 centers in the U.S., Canada, Italy, Finland and New Zealand. The first

part of the trial compared safety, the need for repeat procedures and amputations between people who had an endovascular procedure and those who had bypass surgery. That part of the study found that people who have bypass surgery with their own leg vein as the bypass vessel had better results compared to those who had an endovascular procedure.

In this segment of the trial, BEST-CLI Trial: Quality of Life Analyses, researchers assessed the health-related quality of life for those who underwent either treatment.

See ARTERY, Page 14



Check us out on Facebook!

Like our page to stay current with all the news and events in DFW!



The Center for Journalism & Democracy opens at Howard University

By Stacy M. Brown
NNPA Senior National
Correspondent

The Center for Journalism & Democracy, a first-of-its-kind academic center committed to strengthening historically informed, pro-democracy journalism, has opened at Howard University.

“More than a year ago, I came to Howard University with a vision to create a space for veteran and budding journalists to hone their craft and respond to our increasingly threatened democracy,” the Center’s founder, Nikole Hannah-Jones, said in a news release.

“[on Tuesday, November 15], we officially launched the Center for Journalism & Democracy, and [held] our inaugural Democracy Summit to showcase our philosophy that democracy not only guarantees a free press — it requires one,” Hannah-Jones continued.

“The Center aims to be a



Photo via NNPA

key resource and national player for investigative journalism. We are an open learning community with a mission to prod the profession to rise to the urgency of the moment.”

According to the release, the day-long Democracy Summit convened historians, democracy experts, and journalists to unpack present and specific threats to American democracy collectively.

The panel examined how American media were covering this moment.

They expected to come away with a new vision for protecting democracy.

The program included a special message from former President Barack Obama.

It featured Ruth Benghiat, Anthea Butler, Greg Carr, Ta-Nehisi Coates, Avery Davis-Roberts, Astead Herndon, Maria Hinojosa, Sherrilyn Ifill, Cassandra Jaramillo, Steven Levitsky, Wesley Lowery, Rachel Orey, Jodi Rave Spotted Bear, Kathy Roberts Forde, Jay Rosen, Jason Stanley, Keeanga-Yamahtta Taylor, and more.

“Howard University has a time-honored tradition of protecting and preserving our nation’s democracy by

shedding light on the Black experience,” Dr. Wayne A.I. Frederick, president of Howard University, remarked.

“We are home to the nation’s oldest Black collegiate newspaper and one of the world’s most sought-after destinations for archival material documenting the Black experience. In addition, we are honored to be the home of the Center for Journalism & Democracy.”

Dr. Frederick continued: “It is an incredible gift to have Professor Hannah-Jones’ expertise and leadership be a part of our longstanding tradition of Black intellectual thought.

“We are proud to see her vision of creating an academic center that honors and disseminates the traditions of the Black press come to life.

“The curriculum, programming, and resources the Center provides will strengthen our commitment to educating the next generation of diverse journal-

ists.”

Officials said the Center would create investigative reporting courses and journalism programs at historically Black colleges and universities (HBCUs).

It would support their campus news organizations, provide financial and career support for student journalists, host symposia, train faculty, and launch a visiting professorships program to bring practitioners of investigative reporting into the classrooms of HBCUs.

It will work in partnership with the Moorland-Spingarn Research Center on the Black Press Archives Project, which seeks to digitize Howard’s extensive Black newspaper archives.

It will fund reparations reporting projects as well.

Officials said all Center activities would engage in conversation about and commitment to investigative journalism and to strengthen it in service of democracy, officials as-

serted.

With the Center, Howard University becomes one of the few journalism programs nationwide to offer a slate of courses with an investigative focus.

Additionally, the Center will work with multiple HBCUs that offer journalism degrees and concentrations.

That list includes Morehouse College, Florida A&M University, North Carolina A&T, North Carolina Central University, Savannah State University, and Texas Southern University.

“The vigilance, critical analysis, and clarity of purpose that is required of journalism today ground our aspirations for the Center,” Dr. Kali-Ahset Amen, executive director of the Center for Journalism & Democracy, stated in the release.

“We want to remind people of the power and necessity of courageous journalism. Now is the time.”

Holiday season routinely see rise in human trafficking

Federal prosecutors said the fight against human trafficking, a crime that harms some of the most vulnerable members of society counts among their highest priorities.

“We are committed to vindicating the rights of human trafficking crime victims by bringing their traffickers to justice and working to ensure that survivors have access to restitution, services, and assistance that are needed to rebuild their lives,” U.S. Attorney Roger B. Handberg offered in a statement.

U.S. Department of Justice officials maintain that their strong efforts continue to combat human trafficking.

Earlier this year, the U.S. Attorney General released the Department of Justice’s National Strategy to Combat Human Trafficking.

The Strategy laid out the Department’s multi-year plan to combat all forms of

human trafficking, focusing on efforts to protect victims of trafficking, prosecute human trafficking cases, and prevent further acts of human trafficking.

The Human Trafficking Institute estimates that there are 24.9 million victims of human trafficking globally.

In 2020, the Institute reported that federal courts in all 50 states, the District of Columbia, and 4 U.S. territories handled 579 active human trafficking prosecutions, 94% of which were sex trafficking cases and 6% forced labor cases.

According to the Bureau of Justice Statistics, individuals prosecuted for human trafficking increased from 729 in 2011 to 1,343 in 2020, an 84% rise.

The number of persons convicted of a federal human trafficking offense increased from 2011 (464 persons) to 2019 (837 persons) before falling in

2020 (658 persons). Of the 1,169 defendants charged in U.S. district court with human trafficking offenses in the fiscal year 2020—92% were male, 63% were white, 18% were black, 17% were Hispanic, 95% were U.S. citizens, and 66% had no prior convictions.

By the end of 2020, for the 47 states that reported data, 1,564 persons were in the custody of a state prison serving a sentence for a human trafficking offense.

The District of Columbia reported zero new criminal human trafficking cases filed in federal courts in 2021.

The advocacy organization Hope for Justice defines human trafficking as modern slavery, where one person controls another for profit by exploiting a vulnerability.

Victims usually are forced to work or are sexually exploited, and the traf-

ficker keeps all or nearly all the money. The control can be physical, financial, or psychological.

Childwelfare.com says the legal definition of trafficking involves “the exploitation of people through force, coercion, threat, and deception and includes human rights abuses such as debt bondage, deprivation of liberty, and lack of control over freedom and labor.”

The organization noted that trafficking could be for purposes of sexual exploitation or labor exploitation.

In 2004, officials formed the D.C. Human Trafficking Task Force to increase the prosecution of traffickers while identifying and serving the victims.

The task force’s primary goal is to “facilitate a more coordinated anti-trafficking effort in the D.C. area through protocol development, extensive community

outreach, proactive investigations, law enforcement training, intelligence sharing, and more formalized partnerships between law enforcement organizations and non-governmental organizations.”

Additionally, while the holiday season counts as a time of joy, happiness, and fun, the nonprofit Shero Foundation said for human trafficking victims, the holidays are no different from any other day.

Law enforcement officials said traffickers typically increase their illegal activities during the holiday season.

“We let our guard down because you’re supposed to be joyful, and, you know, it’s a great time of year. And unfortunately, we have people out there that don’t care what time of year it is,” Tony Mancuso, a sheriff in Calcasieu Parish, Louisiana, told reporters in

a pre-Christmas interview in 2021.

If you or someone you know needs help, call the National Human Trafficking Hotline toll-free hotline, 24 hours a day, 7 days a week at 1-888-373-7888 to speak with a specially trained Anti-Trafficking Hotline Advocate.

Support is provided in more than 200 languages. Hotline officials said they are there to listen and connect those in need with the help required to stay safe.

Callers can dial 711 to access the Hotline using TTY.

You can also email help@humantraffickinghotline.org.

To report a potential human trafficking situation, call the hotline at 1-888-373-7888, or submit a tip online here.

All communication with the hotline is strictly confidential.

Great job on Discover, Dallas ISD!



Joyce Foreman
Dallas ISD
District 6

I was pleased to see the amazing turnout of families attending this year's Discover Dallas ISD event. The annual event is the city's largest opportunity fair, and families from all over the city were there. They were able to learn firsthand about the district's more than 100

choice schools and specialty programs and find the best-fit school for their young scholars. School representatives and district staff were on-site to help with the applications step by step. Kudos to our staff and schools for another successful Discover event! Parents, if you weren't able to attend, remember that the application period for next school year is still open and you can apply through Jan. 31, 2023. For more information on your options and how to apply, visit www.dallasisd.org/discover.

A Great Man Gets His Due

It was an honor to participate in the groundbreaking and renaming ceremony for the Louis A. Bedford Jr. Law Academy, a fitting tribute to the prominent African American attorney, civil rights activist and first Black judge in Dallas County. Thanks again to my fellow board members, who voted with me to change the name to honor Judge Bedford. The young scholars at the academy

will be getting a state-of-the-art replacement school to help them reach their full potential.

SAGE Meeting

Thank you to SAGE (Seniors Actively Guiding Education), whose members met with me virtually recently, to hear about the great things happening in Dallas ISD schools. I was pleased to share updates about our schools' accountability ratings where we had nothing less than a "C", and opportunities

like P-TECH and Career Institutes which are giving our students a head start on their careers, as well as our neighborhood schools that offer a first-rate education close to home. I'm always happy to spread the good news about our district and its programs.

Carter Grid Star Makes History

Shoutout to Kaeden Landry, who now OWNS the Single Game & All-Time Rusher Title for Carter High School, with 346

yards in one game along with 1,737 rushing yards so far this season. Congratulations!

Congrats to Head Coach Brandon "Bam" Harrison for being named the Dallas Cowboys' High School Coach of the Week in October, at the place where it all started – his alma mater, Justin F. Kimball High School. This honor recognizes local coaches who are making an impact on their team, school and community.

TWU launches Zero Tuition Guarantee to curb college debt

DENTON — Texas Woman's has unveiled a new program that guarantees covering 100% of tuition and fees for incoming Texas students who qualify for federal financial aid.

The Zero Tuition Guarantee will be offered to

qualifying new first-time or transfer students who enroll full time at Texas Woman's and are eligible for federal Pell Grants.

"This is the university's commitment to provide new students with an opportunity to graduate in four years or

less with the lowest amount of debt," said Javier Flores, Texas Woman's associate vice president for enrollment management.

Effectively, the program is designed to cover remaining tuition and mandatory fees not covered by Pell

Grants. The Zero Tuition Guarantee is available for up to four years for first-time, incoming freshman and three years for transfer students.

Students may be eligible to receive additional scholarships and financial aid that

can cover costs for books and room and board, further reducing potential debt load, Flores said.

The guarantee does not require prospective students to prepare a separate application, but those individuals must submit all TWU re-

quired admissions materials and complete the Free Application for Federal Student Aid (FAFSA) or the Texas Application for State Financial Aid (TAFSA) by March 1, 2023 to be considered.

For more information, go to twu.edu/zero/.

Texas judge puts the brakes on President Biden's student loan forgiveness program

By Stacy M. Brown
NNPA Senior National
Correspondent

A federal judge in Texas bent to the will of a few and struck down President Joe Biden's student loan forgiveness program that offered relief to at least 40 million borrowers.

The conservative group, Job Creators Network Foundation, filed the lawsuit against the plan on behalf of two individuals who didn't qualify for relief under Biden's program.

There remains another legal challenge to the plan.

"We strongly disagree with the District Court's ruling on our student debt relief program, and the Department of Justice has filed an appeal," White House Press Secretary Karine Jean-Pierre said.

"The President and this Administration are determined to help working, and middle-class Americans get back on their



Photo via NNPA

feet, while our opponents – backed by extreme Republican special interests – sued to block millions of Americans from getting much-needed relief," she stated.

White House officials maintain that the secretary of education received power from Congress to discharge student loan debt under the 2003 HEROES Act.

"The program is thus an unconstitutional exercise of Congress's legislative power and must be va-

cated," wrote Judge Mark Pittman, a Donald Trump nominee.

"In this country, we are not ruled by an all-powerful executive with a pen and a phone," he continued.

Under the president's plan, borrowers who earned less than \$125,000 in either 2020 or 2021 and married couples or heads of households who made less than \$250,000 annually in those years are eligible to have up to \$10,000 of their federal

student loan debt forgiven.

If a qualifying borrower also received a federal Pell grant, the individual would receive as much as \$20,000 of debt forgiveness.

In October, the 8th U.S. Circuit Court of Appeals placed an administrative hold on Biden's forgiveness program based on a suit filed by six GOP-led states.

In the most recent case in Texas, one plaintiff did not qualify for the student

loan forgiveness program because the federal government does not hold her loans.

The other plaintiff is only eligible for \$10,000 in debt relief because he did not receive a Pell grant.

They argued that they could not voice their disagreement with the program's rules because the administration did not put it through a formal notice-and-comment rule-making process under the Administrative Procedure Act.

"This ruling protects the rule of law which requires all Americans to have their voices heard by their federal government," said Elaine Parker, president of the Job Creators Network Foundation, in a statement.

CNN reported that major Trump donor and former Home Depot CEO Bernie Marcus founded Job Creators Network Foundation.

WEST, from Page 2

"Race Matters and Democracy Matters," as well as his memoir "Brother West: Living and Loving Out Loud," he is among the most sought-after contributors on social policy and political developments. His most recent book, "Black Prophetic Fire," offers an unflinching look at nineteenth and twentieth-century African American leaders and their visionary legacies.

As a prominent public intellectual, West is a frequent guest on the Bill Maher Show, CNN, C-Span and Democracy Now. Working in a wide range of media and genres, he partnered with MasterClass.com to provide classes on philosophy and African-American Studies. He has also appeared in several films – most notably in the film Matrix – and produced prize-winning spoken word albums. With a goal of communicating to a vast array of audiences, he especially prizes his role in keeping alive the legacy of Martin Luther King, Jr. – a legacy of truth-telling and bearing witness to love and justice.

Visit www.pvamu.edu/com-mencement

Irving project to connect area-wide trail system underway

Work is underway on Irving's 22-mile, master-planned Campion Trail system. Campion Trail is a master-planned, 22-mile greenbelt along the Elm and West forks of the Trinity River. The Campion Trail system is Irving's initiative to develop a local greenbelt trail that will connect to a regional trail system linking cities within the Dallas-Fort Worth metropolitan area.



A portion of Campion Trail (City of Irving Park's and Recreation)

The master plan was approved in 1995 and initiated in 1996. Incremental expansions of the 12-foot-wide concrete primary trail happen each year, and the trail is expected to be completed by 2025.

Two segments of Campion Trail are currently open to the public, including 8.5 miles in the Elm Fork (north) section and

6.5 miles in the West Fork (south) section.

Campion Trail already connects to Grand Prairie's Lone Star Trail system to the south and to Coppell's trail system via a 300-foot pedestrian bridge to the north.

The unification project is the final piece of the Campion project. This 5.5 miles of trail will connect

the northern segment of the trail in Las Colinas to the southern portion at Trinity View Park. The unification project will eventually allow residents and visitors to travel to Coppell, Grand Prairie, Farmers Branch and Dallas — all from Irving's trail system. The project also will include pedestrian bridges across the Trinity River.



Illustration of Irving's planned Central Fire Station (Courtesy photo)

Dallas County will help fund half of the \$12 million unification project. A \$2.5 million grant from the Dallas County Trail and Preserve Program has already funded a segment of Campion Trail.

Construction also recently began on Oak Meadows Park at 2900 Condor Drive. Donated by the developer of the nearby Graff Farms neighborhood, the 5.57-acre property will

soon be transformed into a full neighborhood park with new site lighting, picnic tables, exercise stations, a playground, and a quarter mile trail.

Park construction began on Nov. 7 and is expected to continue through the summer of 2023.

Central Fire Station

The City of Irving is also working on a new central fire station. During an Aug. 25 Town Hall Meeting,

residents had the opportunity to vote for one of three façade options for the new \$6.9 million Central Fire Station. Irving residents selected the option featuring limestone detailing and a dedicated Old Central Fire Station memorial structure. The dedicated portion will include the original brick from Central Fire Station and will mirror the former structure's architectural aesthetic.

In September, crews began the demolition process of the former Central Fire Station. The teams worked diligently to preserve much of the original building's bricks, bay doors and other historic pieces for the new facility. The City expects construction to begin by the end of this year, and the new fire station is scheduled to open in mid-2024.

Historical Greenbook on exhibit at the Irving Archives and Museum

By Lori Lee
NDG Contributing Writer

Through photographs, postcards and historical documents, one can gain a glimpse into a history hidden by many and forgotten by most. The "Negro Motorist Greenbook" exhibition now on display at the Irving Archives and Museum brings together artifacts and records to present a rich account surrounding the Green Book, a travel guide and network of businesses that helped African Americans find refuge dur-

ing a time of oppression.

The Greenbook started in 1936 with a Harlem postman, Victor Hugo Green, who began publishing and distributing an annual travel guide for African Americans. Similar to a Jewish guide first published in 1916, the book provided a social network of support for African Americans during the Jim Crow era. The guide was circulated through mail, churches, black-owned businesses and Esso service stations to make travel possible for African Americans during

a time when they were prohibited from staying overnight in so-called "sundown towns." One might say that Victor Green's Green Book bridged the gap from slavery to the civil rights movement.

On tour by the Smithsonian Institute, the exhibition offers a picture of the harsh reality that Black Americans faced during the mid-20th century and a glimpse at the network of businesses that offered refuge, including gas stations, hotels, restaurants, and department stores.

Through business signs, brochures and interactive historical records, the exhibit offers analysis and insight into some of the apprehension endured at the time. It explains how the lives of a rising Black leisure class were enriched with experiences and opportunities that would have been lost without crucial social networks that supported the Black community.

Networking opportunities were already available to the Black Masons and Black college students

through sororities and fraternities, explains artist Tony Bingham during a panel discussion on the exhibit. During this time, African Americans were forced to leave at night explains Alvin Hall, creator of "Driving the Greenbook," when they felt safest.

"The Negro Motorist Green Book," a collaboration of Candacy Taylor and the Smithsonian Museum Traveling Exhibit Service (SITES), will continue through January 8, 2023 at the Irving Archives and

Museum. The exhibition was made possible through funding from Humanities Texas and the National Endowment for the Humanities (NEH), as part of the federal ARP Act. Support was also given through ExxonMobil, which played a crucial role in distributing the Green Book via Esso stations.

Irving Archives and Museum (IAM) is located near Irving City Hall at 801 W. Irving Boulevard, Irving 75060. For exhibit details and tour scheduling, visit sites.si.edu.

City of Lewisville seeks local artists for new event logo

The City of Lewisville is soliciting local talent for the creation of its new ColorPaloosa logo.

ColorPaloosa: A Celebration of Spring held on Saturday, April 22, 2023, is a free, family-friendly event featuring a wide variety of exhibits and interactive events with a "spring feel." Visitors will get to show off their artistic abilities, watch skilled artists

create one-of-a-kind masterpieces, learn to better care for the earth, and learn how to make their homes more environmentally friendly. ColorPaloosa will be held in and around Wayne Ferguson Plaza at 150 W. Church Street.

It's a Lewisville tradition that comes annually, when students compete to design the logo for ColorPaloosa. The winning design will

become the official logo for one year and will be used in all promotional items and merchandise. The winner of the competition will receive a one-time \$1,000 college or higher education scholarship.

The competition is open to Lewisville and Castle Hills high school students, including home-schooled students who meet the grade-level requirement.

Deadline for entries is Monday, Dec. 5, 2022 by 5 p.m. Guidelines and eligibility details can be found at lewisvillecolorpaloosa.com, or by contacting Arts Center Manager Denise Helbing at 972.219.8478 or dhelbing@cityoflewisville.com.

The City is also seeking artists for Lewisville Grand Theater's 'The Gift of Art show'. The Grand Theater

invites artists to submit their works for consideration for this annual exhibition and marketplace.

This holiday art sale exhibit is intended to encourage shoppers to purchase works by local artists. The show will be held in The Grand Theater, Lewisville's home for the arts, located at 100 N. Charles Street, Lewisville. The exhibit will begin Sat-

urday, Dec. 3 during the Old Town Holiday Stroll event and will run through Thursday, Dec. 22.

Details and applications are available at Lewisvillegrand.com. The deadline for application is Thursday, November 17, 2022 by 5 p.m. Artists may submit up to five pieces for consideration, and international artists are encouraged to apply.

Friends of Dallas Police Banquet honors outstanding DPD officers and employees

From recognizing herculean shutdowns of organized crime that have plagued neighborhoods for decades, to active shooter scenes, lifesaving rescues and more, the 41st annual Friends of the Dallas Police Awards Banquet honored 222 extraordinary officers and non-sworn employees of the Dallas Police Department Nov. 7 at the Hyatt Regency Dallas. The event was presented by Nexpoint and organized by the Friends of the Dallas Police.

“This is our chance to honor and thank the stand-out men and women of the DPD – both on the front lines and behind the scenes – that you may not always hear about,” said Nathan Halsey, chairman of the board for Friends of Dallas Police. “Friends of the Dallas Police works throughout the year to raise funds for this event, so we can shine a light on these everyday heroes who work tirelessly around the clock, put their lives on the line and sacrifice so much to help keep our city and citizens safe.”

Top awards were given to Senior Corporal Kevin Gladden who was named



Dallas PD

John T. McCarthy Police Officer of the Year and Eunsup Kim who received the James Taylor Non-Sworn Employee of the Year award. Senior Corporal Gladden is assigned to the North Central Patrol Division, and Kim works in Community Affairs. In addition, Officer Ronald Cronin of the Love Field Unit received the Medal of Honor – the highest award given in the DPD – for his heroic and timely response to an active shooter situation at Love Field Airport.

The event also paid tribute to fallen Police Officer Christopher Dwayne Gibson, whose family was presented the Police Cross in his memory. He was a member of the of the North Central Patrol Division,

Among the officials attending were Dallas Police

Chief Eddie Garcia who personally congratulated each award recipient, Dallas Mayor Eric Johnson, Dallas City Manager T. C. Broadnax and several Dallas City councilmembers.

“Thank you to the Friends of the Dallas Police, and our community, for the support they show our men and women,” said Dallas Police Chief Eddie Garcia. “Each year at this event, we celebrate our award recipients and the extraordinary work they do for our city. This is just a fraction of the good work being done by the men and women of the Dallas Police Department. I thank our employees for their dedication and commitment to our community, and for their efforts in making Dallas one of the safest cities in our country.”

Rebecca Lopez, WFAA

senior crime and justice reporter, served as the master of ceremonies. The Dallas Police Honor Guard and Dallas Metro Police Pipes & Drums presented the colors, the Dallas Police Choir performed the National Anthem, and Dallas Pastor Blake Holmes of Watermark Community Church delivered the invocation.

Including the major awards announced that evening, the Friends of the Dallas Police also recognized sworn officers and non-sworn staff members in a variety of categories: Medal of Honor, Meritorious Conduct (for individuals and units), Police Commendation, Police Shield and Life Saving awards.

While many of the award-ees knew they were winners prior to the ceremony, most major awards were revealed at the event. The award recipients were chosen from nominations made by DPD supervisors based on overall yearly performance.

Top awards included the Marvin R. Bullard Supervisor of the Year Award, which went to two individuals – the Sworn Supervisor Award to Sergeant Willie Ford of Tactical Response & Support and the Non-Sworn Supervisor Award went to Manager Robert Munoz of Community Affairs.

The James R. Leavelle Detective of the Year went to Senior Corporal George Waller of the Property Crimes Division. The Field Training Officer of the Year was presented to Senior Corporal Rodney Nevils of the Southeast Patrol Division. The Johnny Sides Rookie of the Year Award, which is sponsored by the Dallas Junior Chamber of Commerce, was presented to Police Officer Hugh Bryant of the North Central Patrol Division. The Joe C. Jones Reserve Officer of the Year Award was given to Police Officer Wade Duay from the Reserve Unit.

Also, Meritorious Conduct Unit Awards were presented to the Fugitive Unit, Gang Unit, Tactical Planning/Special Events Team Unit, SWAT Unit and Vehicle Crimes Unit.

Nominees (and bureau winners) for the John T. McCarthy Dallas Police Officer of the Year, which was presented to Senior Corporal Kevin Gladden (Patrol Officer of the Year), were Senior Corporal Amie Brewer, Office of the Chief of Police Officer of the Year; Senior Corporal Tiffany Mercado, Administrative Officer of the Year; Senior Corporal Travis Graham, Community Engagement and Operations Officer of the Year; Senior Corporal Thomas MacPherson, Tactical and Special Operations Officer of the Year; and Senior Corporal Jeffrey Grandy, Investigations Officer of the Year.


For more information about the Friends of the Dallas Police, go to friendsofthedallaspolice.org.

THE REDBIRD HEALTH CENTER, HAS RECEIVED A NEW NAME.

C.V. ROMAN HEALTH CENTER

the newest of Parkland's Community Oriented Primary Care health centers in Dallas County.

▶ For more information, visit www.parklandhealth.org/connect



HAPPY.



Say goodbye to renting... and noisy neighbors.

Make 2022 the year you buy your first home!

Buying a home may be more affordable than you think, and even if you are still building your credit, you may still be able to borrow up to 100% of the home's appraised value.

Get started today at HappyBank.com/Mortgage

Loans subject to credit approval. NMLS #458264

MEMBER FDIC EQUAL HOUSING LENDER

'Canceling Christmas' is back for a second year at FBC at the Fields

The musical 'Canceling Christmas' will return for a second year. This charming holiday show has Book & Lyrics by DFW native Keith Ferguson and original music by Bruce Greer. Set during World War I, the government threatens to cancel Christmas before discovering the true power of the season. With charming musical numbers and a heartwarming message, Canceling Christmas is like seeing a Hallmark Christmas movie set in World War I America on stage.

Show times are Thurs. and Fri., Dec. 15 and 16 at 7:00 pm, plus Sat. and Sun., Dec. 17 and 18 at

3:00 pm. For the second year in a row, the inspiring musical will be presented by First Baptist Church at the Fields. Tickets to this family-friendly show are just \$10.

This inspiring feel-good Christmas musical is based on actual people and events in America during World War I. In a time of turmoil and division, with a world war and a pandemic raging, a man with a dream inspires a nation to believe again and rediscover the true hope of Christmas. If you like Hallmark Christmas movies, you will love this heartwarming musical!

Canceling Christmas

will be held at First Baptist Church at The Fields, 1401 Carrollton Parkway, Carrollton, TX 75010. Tickets are \$10 each.

The cast includes: Max Swarner as A.C. Gilbert, Rachel Thomson as Mary Gilbert, Blayne Ballard as Junior, McKenna Masters as Anna, Joshua Stevens as Robert, Marji Clubine as Mildred, Ted Barker as Woodrow Wilson, Tim Gilbert as Baker, Shaun Walvoord as Daniels, Kevin Arnold as Redfield, and David Humphries as Houston with Choreography by Amy Cave, Lighting by Jason Foster, and Set Design by Michael Sobering. Michael Meece directs.

Michael Meece directs.

First Baptist Church at The Fields is located in far north Carrollton on the Sam Rayburn Tollway serving the surrounding communities with ministries for the whole family. The Worship Arts Ministry has a long tradition of excellence in music and the arts from concerts with leading Christian artists (Natalie Grant, Danny Gokey, Sandi Patty, David Phelps) to musical theater productions at Christmas including A Christmas Carol and Two from Galilee. For more information, visit firstfields.org.



The musical 'Canceling Christmas' returns for a second year. (Courtesy photo)

Jubilee Park & Community Center celebrates 25 Years of changemaking in Southeast Dallas

Saturday, November 12, Jubilee Park & Community Center hosted a community-wide celebration from noon - 4 p.m to celebrate their 25th year as an agency. Jubilee serves historically marginalized and underserved communities with a

focus on community-led revitalization and renewal in Southeast Dallas.

The fair-themed event offered food trucks, swag bags, carnival rides, and games, following on the heels of the Texas State Fair, which borders the Ju-

bilee Park neighborhood. Event planning was led by the Jubilee Park Community Advisory Council, a new community coalition formed in recognition of Jubilee's 25th anniversary that will continue to advise the organization on program-

ming and events and build a leadership pipeline for the agency.

The event celebrated the organization's visible impact on a once-neglected community; since Jubilee's

founding in 1997, crime has reduced by 74%, and homeownership has increased by 50%. In response to community surveys, Jubilee has built much-needed infrastructure such as the

community's first-ever food pantry and the new Jubilee Park Community Clinic.

The celebration of Jubilee's 25th Anniversary

See JUBILEE, Page 12

Have Medicare questions? I have answers.

I'm Lamonica Thomas, a licensed sales agent in Dallas-Fort Worth. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs.

It's time to take advantage.



Lamonica Thomas
 Licensed Sales Agent
lathomas55@gmail.com
www.MyUHCagent.com/lamonica.thomas
(972) 249-8907
 TTY 711

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. ©2022 United HealthCare Services, Inc. All rights reserved. Y0066_23SPRJ55189_C



SPRJ55189

DR. MARTIN LUTHER KING JR. MLK CELEBRATION WEEK

JANUARY 10-16, 2023

Daring to Dream.
 The Radical Imagination of a New Generation

SCHOLARSHIP ESSAY CONTEST

The 2023 Dr. Martin Luther King, Jr. Essay Contest is open to high school seniors attending a City of Dallas high school. These scholarships are to help defray the cost of tuition, books, room and board, etc. Winners will be required to submit a short video of their scholarship acceptance and will be formally recognized at the Martin Luther King, Jr. Scholarship & Awards Gala on January 14, 2023.

Submission Deadline: November 30, 2022

Access the scholarship application at: bit.ly/MLKScholarship23

Prior scholarship winners are ineligible to apply.



Harry Connick Jr.'s 'The Happy Elf' stops on by Dallas Children's Theater

The Dallas Children's Theater (DCT) 2022-2023 Season dashes into the holidays with famous jazz artist Harry Connick Jr.'s THE HAPPY ELF running November 27 thru December 23.

This show, based on the classic song and movie by the same name, will be perfect for audiences both familiar and new to the world of Santa's hard-working elves. Silly and imaginative, families can expect zany magical antics, toe-tapping jazz dance numbers, and sleighfuls of holiday charm.

Eubie the elf is, much to the exhaustion of his coworkers, an elf of unparalleled and endless energy looking to get a spot on Santa's coveted sleigh team. When his unstoppable sunny spirit comes into contact with the miserable town of Bluesville – where every single child is on the



Karen Almond / Courtesy photo

naughty list – he's in for the shock of a lifetime. Will his relentless positive attitude be enough to turn this gloomy place around, or has the happiest elf in the North Pole finally met his match?

Directed by DCT mainstay and master of musicals K. Doug Miller, with choreography by the incomparable Megan Kelly Bates,

THE HAPPY ELF is a full-scale musical filled to the brim with motion and playful humor. Dallas Children's Theater's scene shop has been hard at work crafting spiral staircases and numerous gorgeous holiday surprises designed by Michelle Harvey. If audiences are looking for spectacle, this is not a show to miss!

"It's a fun, different

kind of story," says Nancy Schaeffer, artistic director. "Perfect for families who

love singing, dancing, and a naughty town turning nice. Who doesn't love a holiday musical filled with quirky, goofy, elves?"

We're living in cynical times, which is exactly why we need musicals like the HAPPY ELF which tease at the exhaustion of the holidays, but maintain a playful lens.

When it comes down to it, there's a childhood magic in everyone that never goes away, and adults and kids have a lot to learn from the upbeat, inexhaustible joy of Harry Connick Jr.'s THE HAPPY ELF.

Tickets on sale now at

dct.org/plays.

Dallas Children's Theater features professional actors performing for an annual audience of 250,000 young people and their families through mainstage productions and an arts-education program.

As the only major organization in Dallas focusing solely on youth and family theater, DCT builds bridges of understanding between generations and cultures, instilling an early appreciation of literature, art, and the performing arts in tomorrow's artists and patrons.

Let us hear from YOU!!!
If there are any news, events or anything else we need to know about, give us an e-mail at: editor@northdallasgazette.com



AN IMPORTANT MESSAGE FROM MEDICARE

“HAVE YOU COMPARED PLANS?”

You might find one that saves you money.”

MEDICARE OPEN ENROLLMENT | OCT. 15–DEC. 7

Medicare plans change every year and so can your health. Now's the time to compare your current Medicare plan to other options and choose the right plan for your health and your budget.

Use Medicare.gov to easily compare options for Medicare health and prescription drug plans.

Do a side-by-side comparison of:

- Plan Coverage
- Costs
- Quality Ratings

Medicare Savings Programs, run by your state, can help lower your healthcare costs.

If you're single with an income of \$20,000 or less, or if you're married with an income of \$25,000 or less, you may be eligible to save with Medicare Savings Programs.

Call your state Medicaid office at 1-800-252-9240.

Medicare.gov

Find your plan at Medicare.gov or call 1-800-MEDICARE (TTY 1-877-486-2048)

Paid for by the U.S. Department of Health & Human Services



Freelancer demand for co-working spaces on the rise, but supply in trending U.S. cities still falling short

SANTA BARBARA, Calif. (Yardi Systems) -- Flexible schedules, remote locations and self-management — these were always solid reasons for choosing the freelancer lifestyle, but, in the context of the pandemic, they became even more enticing for workers everywhere.

A trend that was already on an upward trajectory since 2010, the rise of self-employed workers reached new heights in 2021 with more than 6 million freelancers operating across the U.S. and a 6% year-over-year growth in the last three years. At the same time, the dramatic increase in working from home (WFH) that was initially enforced by COVID-19 regulations, has quickly transitioned into the new norm for many businesses. In fact, in 2021, that translated into 27 million remote workers — a whopping 207% growth in the last three years.

Accordingly, the growth in flexible space was also



Windows / Unsplash

significant. JLL reported that flexible workspaces accounted for roughly 12 million square feet across the nation in 2010. And now, CommercialEdge data from September 2022 shows that coworking spaces cover more than 120 million square feet across 5,800 locations in the U.S. — a clear sign that increasing demand for coworking spaces is motivating operators, owners and developers to consider adding flexible workspaces to their portfolios.

The highest growth among freelancers between

2019 and 2021 was recorded in Newark, NJ, which increased 85%. However, the city is underserved by the coworking market, as it only checks two coworking spaces per 1,000 freelancers. This means that self-employed workers here don't have many options to choose from if they want to use a flexible workspace. Similarly, Riverside, CA; Honolulu; and Fort Worth, Texas also provide just two coworking spaces per 1,000 self-employed workers.

2022 Census data revealed that superstar cities across the nation are losing

ground in favor of mid- or smaller-sized areas, as a result of the migration set in motion by COVID-19 and the lifestyle changes brought about by the WFH trend. As such, it's likely that many freelancers are choosing to work from sunny Hawaii in order to combine business and leisure and achieve the proverbial work/life balance. Yet, despite the demand, flexible working spaces are still lagging in this area, with only two per 1,000 freelancers.

According to Census data, there were more than 6 million freelancers in the United States in 2021 — 2.3 million of whom were in the South, with another 1.5 million in the Western region. The same goes for remote workers, who spent another year working from home or a third-party location: of the 27 million total across the nation, more than 9.3 million were operating from the South, while 7.5 million worked remotely in Western cities.

These main regions were led by major tech hubs like California and Texas, which checked the most cities among the top 20 places where the number of freelancers has grown the most between 2019 and 2021. Specifically, California cities like Stockton, Riverside and Oakland made the top five cities with the highest increases in freelancers with total changes of 68%, 48% and 47%, respectively. Similarly, Texas' lack of income tax — as well as its more affordable cost of living — makes it a desirable state to be in as a self-employed worker. As such, Dallas, Fort Worth and El Paso, TX, are also present in the top 20 cities with the most growth in terms of freelancers, boosting Texas' appeal as an ever-growing haven for businesses.

Southern & Western regions claim highest numbers of both freelancers and remote workers in 2021.

Among the top 20 cities that registered high in-

creases in their numbers of freelancers, Cincinnati is the only one that offers seven coworking spaces per 1,000 self-employed workers, likely due to its thriving business scene. Dallas, Texas and Cleveland, OH, follow behind, with four such spaces each. And, despite the fact that the number of freelancers in all of these locations grew by more than 27% during the last three years, it appears that coworking spaces have yet to breach the market and truly rise up to the demand from this demographic.

Considering these shifts, we wanted to determine exactly how many coworking spaces freelancers have at their disposal in the top U.S. cities that saw the most significant changes in freelancers in the last three years. As such, we calculated the number of coworking spaces per 1,000 freelancers in cities with populations higher than 300,000 and where freelancing has grown the most.

CEOs were paid 399 times as much as a typical worker in 2021 — an all-time record and an 11% increase

(Economic Policy Institute) CEO pay, including stock awards and options, is up 11.1% since 2020 and 1,460% since 1978, a new EPI analysis finds. This increase was not matched by increased pay for typical workers: The ratio of CEO-to-typical-worker pay soared to 399-to-1 under EPI's realized measure of CEO pay, the highest ratio on record, up from 366-to-1 in 2020 and a massive increase from 59-to-1 in 1989.

The CEO pay analysis this year excluded an extreme outlier in 2021: Elon Musk, CEO of Tesla Motors. In 2021, Musk exercised \$23.5 billion worth of stock options that would have expired in 2022, making his pay under EPI's realized measure nearly 1,000



Hunters Race / Unsplash

times the average of other large-company CEOs. Including Musk's pay in the analysis would have led to an increase in CEO pay of over 300% relative to 2020.

Skyrocketing CEO pay is not just a symbolic issue—it's become a substantive driver of rising inequality. It adds fuel to the growth

of top 1% and top 0.1% incomes, limiting opportunities for economic growth for ordinary workers and widening the gap between the wealthiest Americans and everyone else.

“Exorbitant CEO pay is a contributor to rising inequality that we could restrain without doing

any damage to the wider economy. We need to enact policy solutions that would both reduce incentives for CEOs to extract economic concessions and limit their ability to do so,” explains Josh Bivens, EPI's director of research and one of the authors of the report.

CEO pay is growing ever higher because the labor market for top corporate executives is fundamentally broken. CEOs have essentially seized the power to set their own pay by convincing corporate boards to act as CEOs' agents instead of their bosses. Further, by hooking their pay to general growth in the stock market—more than 80% of their pay is stock-related—CEOs have been able to realize huge raises that are not the result of them be-

coming more productive or skilled over time.

The decision to exclude Musk's pay was made for similar reasons as EPI's decision to exclude Mark Zuckerberg's salary after the initial public offering for Facebook in our 2013 analysis. Outliers like these are further proof that CEO pay is not linked to job performance.

“Musk's compensation in 2021 is different in degree, not kind, from other CEOs' pay: It rewards him for increases in the value of stock that may well have occurred under any other Tesla CEO. It has no clear link to the actual economic value he brings to the shareholders—let alone workers—of his company over the long term,” said Jori Kandra, co-author of

the report.

The authors outline several policy solutions that would limit CEOs' ability to attain increasingly higher pay without hurting the overall economy. These include:

- Implementing higher marginal income tax rates at the very top of the income ladder to limit executives' ability to add to their wealth without increased productivity and reduce the incentives for executives to push for such high pay.

- Using antitrust enforcement and regulation to restrain firms'—and by extension, CEOs'—excessive market power.

- Allowing greater use of “say on pay,” which allows a firm's shareholders to vote on top executives' compensation.

Rainbow Push Auto Scorecard shows vast improvement in diversity efforts

By Stacy M. Brown
NNPA Senior National
Correspondent

Longtime National Newspaper Publishers Association's (NNPA) partner General Motors joined Toyota in helping automakers set new ethnic diversity and inclusion standards in the United States.

Both automakers reflected best practices for

ethnic diversity in five of six categories, according to the Rainbow PUSH/Citizenship Education Fund Automotive Project's annual Automotive Diversity Scorecard.

"We have seen many automakers take big steps forward with their diversity programs as they have come to see the value of diversity and inclusion programs truly," stated Jack-

son, the founder, and president of Rainbow PUSH Coalition.

The scorecard provides a snapshot of each automaker's success at building and sustaining ethnic diversity and inclusion, primarily focusing on people of color.

Jackson developed the scorecard in 2012.

The six areas under consideration are employment, advertising, marketing,

procurement, dealers, and philanthropy.

The automakers earn red, yellow, or green grades, depending upon how well each performed in the six categories above.

A company earns a green grade when they've met the best practices for ethnic diversity.

Yellow grades signal some indication of diversity goals, initiatives, and

accountability.

A red grade is essentially a failure, meaning an automaker's diversity "initiatives and investments were non-existent, not disclosed, or did not provide enough relevant information for scoring."

For the first time during the decade the scorecard's been issued, no automakers received a red grade.

"We've made some

progress over the last 12 months," NNPA President and CEO Dr. Benjamin F. Chavis Jr. declared.

"But one of the things we learn from our history is that when you make progress, you must continue, or else you will slide back. So we join this coalition and the Global Automotive Summit in saying to all the auto industry that we want to make more progress."

JUBILEE, from Page 9

charted the path for the next 25 years. "In the next 25 years, neighbors will stand with Jubilee shoulder-to-shoulder serving on its board and task forces,

leading the change. Jubilee is promoting home ownership, building familial wealth, and advocating for smart policy. This is difficult work, but it is needed

to protect the families who have lived in Jubilee Park for generations. These families deserve to see the dividends of their tenacity, and Jubilee is dedicated to creating an economically diverse and thriving community,"

says Marissa Castro Mikoy, President & CEO of Jubilee Park & Community Center.

Jubilee Park & Community Center (Jubilee) is a nonprofit located in Southeast Dallas. Jubilee primarily serves the Jubilee Park

neighborhood, a 62-block area south of I-30 and east of Fair Park, as well as surrounding zip codes. Jubilee's place-based, multi-generational approach focuses on five key Pillars of Impact: Health, Education

and Workforce, Housing, Safety, and Opportunity. In applying a holistic model to community revitalization, Jubilee Park is able to focus on community needs and address overlapping areas of inequity.

LOANS, from Page 3

tendees and alumni collectively owe a record \$40 billion dollars in student debt, with an average debt load at graduation of \$32,373 – 19 percent higher than their peers at non-HBCU institutions. This research was completed prior to President Biden's announcement of loan forgiveness.

According to the new report, Paying from the Grave, among the nearly 280,000 HBCU students enrolled in more than 100 institutions, 70 percent are eligible for Pell Grants. Although the maximum \$6,500 Pell Grant has remained the same since 1980, the percentage of its actual financial assistance shrinks with every passing year due to decades of rising college costs.

For example, during the 2019–2020 academic year, the average Pell grant was only \$4,491 while the average tuition, fees, room, and board at a four-year institution that same year was \$29,436. Due to a lack of family wealth, 60 percent of HBCU families have no means to contribute any funds at all toward a student's college expenses.

As a result, the financial pressure to begin post-graduation loan repayment leads to 60 percent of HBCU graduates taking

jobs either outside their fields of study or accepting less desirable positions. Another 37 percent of these students either delayed continuing their education or buying a home.

Gabriella, a focus group participant, shared the tough choices she faced post-graduation. Despite a dozen years of loan repayment, she still owes \$100,000. As a nonprofit executive, she enrolled in the federal Public Service Loan Forgiveness (PSLF) program that affords public service employees loan forgiveness after making 120 qualifying payments. She said she felt trapped because if she were to take a job in the private sector, she could forfeit future loan forgiveness.

"I do feel even though I am passionate about the work that I do in nonprofit, I almost feel like I have to work in nonprofit in order to make sure that my student loans get paid off," said Gabriella. "So, my career choices are limited. And even when I look for other jobs, I'm always trying to make sure [that] they qualify for PSLF... So I do kind of feel trapped in a sense to making specific types of professional decisions because of PSLF."

Receiving PSLF loan

forgiveness has been a daunting effort for all students. According to CRL's report, between November 2020 and July 2022, the Department of Education approved only two percent of PSLF forgiveness submissions. HBCU alumni contend and public enforcement actions show that student loan servicing errors are a significant contributor to the program's failures.

The encouraging news from the report is that the extended payment pause provided HBCU graduates much-needed relief and the opportunity to reduce debts.

"Our research also showed that the payment pause played an important role in borrowers' finances and mental health," said Lucia Constantine, a CRL researcher and report co-author. "The payment pause enabled 85 percent of HBCU students to make at least one positive, wealth-promoting financial choice, such as starting or building emergency savings and paying other debts. Borrowers also reported being better positioned to achieve long-term goals like homeownership, pursuing further education, or starting a business."

CRL's report offers multiple recommendations to lighten the load of stu-

dent debt, including holding predatory student loan servicers accountable and doubling the Pell Grant program. Additionally, CRL calls for larger and sustained investments in HBCUs to increase grants and scholarships that would

diminish the need for high-cost borrowing.

As the report states, "Taking on a large debt at an early age impacts lifetime earnings and generational wealth by delaying or preventing the opportunity to buy a home, start a

business, or invest in retirement, thereby widening the racial wealth gap."

Charlene Crowell is a senior fellow with the Center for Responsible Lending. She can be reached at Charlene.crowell@responsiblelending.org.



Check us out on Youtube!

In case you've missed it, the *North Dallas Gazette* has begun producing videos. Our latest series, "Close Up" takes a deep dive into issues affecting the local DFW community. Episodes I and II are up now, with Jackie Hardy taking a look at criticisms surrounding the North Texas Tollway Authority's compliance with its stated goals of inclusion for Minority and Women in Business Enterprise firms. The first episode is a conversation with two accomplished professionals in the field, and the second features the NNTA's response to questions about its past performance. Check it out, subscribe to our Youtube channel and stay informed.



Scan to go to:
The NDGLive
YouTube
Channel
(and "Like" us)

By "liking" us, you will be entered into an upcoming promotional contest for tickets to area entertainment events!

October U.S. Jobs Report proves better than economists predicted

By Stacy M. Brown
 NNPA Senior National
 Correspondent

The latest government report shows widespread job gains across various industries, including health care, professional and technical services, and engineering.

The report issued on Friday, Nov. 4, revealed that the market remains robust, even more so than what financial experts predicted.

More than 261,000 jobs were added by employers in October, while the unemployment rate came in at 3.7 percent.

Economists had predicted about 205,000 new jobs.

Leading the way, health



Photo via NNPA

care realized a gain of 53,000 new jobs, while professional and technical services added 43,000.

Additionally, manufacturing saw 32,000 new jobs, while the leisure and hospitality industry added 35,000.

“Today’s jobs report – adding 261,000 jobs with the unemployment rate still

at a historically low 3.7% – shows that our jobs recovery remains strong,” President Joe Biden said.

“With jobs now added every single month of my presidency, a record setting 10 million job increase, a record 700,000 manufacturing jobs added which puts us at 137,000 more manufacturing jobs than we had

before the pandemic, historically low Black and Hispanic unemployment rates, the gross domestic product increasing, and incomes on the way up, one thing is clear: while comments by Republican leadership sure seem to indicate they are rooting for a recession, the US economy continues to grow and add jobs even as gas prices continue to come down.”

The president called inflation America’s top economic challenge.

“I know that American families are feeling squeezed. The global inflation that is raging in other countries is hitting us as well,” Biden stated.

“I’ve got a plan to bring costs down, especially for health care, energy, and other everyday expenses. And we’re already making progress – the cost of gas at the pump is down over \$1.20 a gallon since this summer.”

He said the plan Republicans have put forth “is very different.”

“They want to increase prescription drug costs, health insurance costs, and energy costs, while giving more tax breaks to big corporations and the very wealthy,” Biden asserted.

“Here’s the deal: cutting corporate taxes and allowing big pharma to raise prices again is the Republican inflation plan and it’s a

disaster.”

The president concluded:

“Let me be clear. We’re going to do what it takes to bring inflation down. But as long as I’m president, I’m not going to accept an argument that the problem is that too many Americans are finding good jobs.

“Or that too many working Americans finally have more dignity in the workplace. Or that our largest, most profitable corporations shouldn’t have to pay their fair share.

“I will continue to work for an economy built from the bottom up and the middle out, not the top down as my Republican friends would have.”

CHAMBER, from Page 1

key,” explains Warrior. The CCBC presents repeat opportunities for owners to promote their brands, products or services to reach a much larger audience than they could on their own. Events like the Chamber’s annual Small Business Expo, and the Year End Celebration, put brands in front of hundreds of people, she explains.

“The event is always a lavish occasion for members and guests alike to see the fruits of our year-long activities,” notes Valerie. “It’s a festive time of the year to all come together for great food, entertainment, vendor showcases, and an amazing keynote speaker.”

Charles O’Neal, Board Chairman for the US Black Chamber and President of the Texas African American Association of Chambers of Commerce (TA-AACC), will speak at the event. Formerly a leader of the Dallas Black Chamber of Commerce, Charles is a veteran advocate for all African-American Black-owned businesses.

It’s a time to pause for a moment and look at what’s been accomplished this year, notes President Austin, as we recognize members and supporters who’ve

made outstanding contributions of time and energy to the organization. This will include presenting awards for outstanding vendor booths, a focus of the Business Incubator program, and awarding scholarships to local students. There will also be a swearing-in ceremony of upcoming Executive Committee officers and the new Board of Directors--a changing of the guard.

“It’s a good time to dress up, come out and have a nice dinner, and take some time to celebrate the year and where we are,” explains Debra Austin.

The CCBC Year End Celebration will be held at the Courtyard by Marriott Dallas Event Center at 210 East Stacy Road in Allen, 75002. The event will include fine dining and entertainment by local comedienne Trey Mack and local celebrity DJ Ken Bell. Door prizes, a silent auction, and raffle drawings will be part of the event. Attire will be black tie, dressy cocktail.

Vendor Shopping, Networking & Cocktail Hour starts @ 6:00 p.m. Program & Dinner starts promptly @ 7:00 p.m.

As are all CCBC events, the Year-End Event will be open to the public.

For information on membership, upcoming community events or meetings, or to purchase tickets to the 16th Annual Year End Celebration, please visit the CCBC website @ www.ccblackchamber.org, or contact the 16th An-

nual Year End Celebration Committee via email at events@ccblackchamber.org.

Interested parties should purchase tickets in advance by November 28. The deadline for sponsorship opportunities, vendors and

business advertisements please see 16th Annual Year End Celebration Tickets, Sat, Dec 3, 2022 at 6:00 PM | Eventbrite.

For additional details,



Attention Suppliers of Goods, Services and Construction

Review Competitive Opportunities at <https://garlandtx.ionwave.net>

www.garlandpurchasing.com

972-205-2415

CBS Insurance Services, LLC
 7125 Marvin D. Love Frwy., Suite 302
 Dallas, Texas 75237

**Looking for A Career Change
 Then We Need You!!**

If you’re looking for full or parttime work with flexible hours, income ranging from \$800.00 to \$2,000.00 plus weekly. No Experience Needed we will license and train.

For more information call (214) 238-6855
 Ask for Shun
 Email: info@cbsolutionsplus.com

TISEO PAVING COMPANY

419 E. Hwy. 80, Mesquite, TX 75150
 Tel: (972) 289-0723 Fax (972) 216-5637
www.tiseopaving.com

Performing Concrete Street Paving
 in the Metroplex Area

We Accept Subcontracting Bids
 For All Public Works Projects
 in the Dallas Area.

We Are Accepting Applications for Concrete Mixer Drivers and Heavy Equipment Mechanics

Equal Opportunity Employer



DO YOU WANT AN EXCITING AND REWARDING CAREER?

PURSUE A CAREER AS A POLICE OFFICER OR FIREFIGHTER!

- Competitive wages
- Array of benefits
- Education incentive pay
- ...and more

REGISTER ONLINE TO TAKE THE CITY OF IRVING’S NEXT CIVIL SERVICE ENTRANCE EXAM

www.cityofirving.org

The City of Irving does not discriminate on the basis of race, sex, religion, age or disability in employment or the provision of services.

Out to Pastor: The great divide between brain and tongue

By James L. Snyder

As my Uncle Fred used to say, one of the great benefits of getting old is that you know everything.

If you had ever met Uncle Fred, you would easily conclude that he certainly wasn't getting old.

Of course, there are things I have learned during my aging career that has been of great use to me. If I weren't as old as I am, I wouldn't know all I know now.

Of all the things I have learned throughout my aging career, the most important one is that I have a great divide between

my brain and my tongue. I would have thought that those two would be connected by this time in my life. I only wish Uncle Fred was alive so I could query him on the subject.

It took me a long time to realize that there was this disconnect between my brain and my tongue. It's been a slow process, and I'm not quite at the end of the tunnel yet, but I got my fingers crossed.

When young, I didn't have much problem along this line. I was quick on my tongue and thought I knew everything. The only thing I didn't know was what I didn't know. Oh, if only my

brain were working today as I thought it was working when I was young.

I'm not sure what happened, but somewhere along the line, my brain retired, and I'm not quite sure where it is these days. But for some reason, my tongue has not yet retired.

The main arena of my trouble has to do with The Gracious Mistress of the Parsonage. Her brain and tongue are connected and work well together. Neither one has yet retired, according to her.

Although she has given me many lessons along this line, I still have that great divide that has cost me a lot

of frustration. If only my tongue would not work until my brain kicks in, things might be much better.

Quite often, when we're in some discussion, The Gracious Mistress of the Parsonage will stop, look at me and say, "Is that your brain talking or just your tongue?"

For the longest time, I had no idea what she was talking about.

Contrary to good old Uncle Fred, my experience in growing older is that my tongue works when my brain is in snooze mode. I'm not quite sure how this works, but I am in this dilemma for some reason.

If only there was some way to get my brain and tongue connected and in good unity, I think my life would be better. At least, that's the thinking of The Gracious Mistress of the Parsonage, and her brain is working.

If I could think three times more than I speak, I'm sure my life would be much different, maybe even in line with my wife.

The question I struggled with is, why does the brain slow down in life, but the tongue speeds up? What is the connection there? And, is there a way to control the tongue?

These are things I've

been thinking about as I get older. If I believed my good old Uncle Fred, I would have more control of my tongue than I do. But the older I get, the less control I have over my tongue.

This is no more obvious than when The Gracious Mistress of the Parsonage and I discuss some subject. During the discussion, her brain is in complete control of her tongue. Or, so she says.

My tongue, on the other hand, is completely out-of-control. When we have some discussion, my tongue begins talking about

See DIVIDE, Page 15

ARTERY, from Page 4

To measure the health-related quality of life, researchers surveyed participants at the beginning of the study and at six follow-up visits over the four years after their surgery or procedure. The surveys asked about pain, activities of daily living, disease symptoms and severity, physical activity level and mental health (anxiety and depression). The questionnaires included in the survey were the VasculQOL for detecting changes in PAD severity; the European Quality of Life 5D to assess general quality of life, including

mobility, self-care and usual activities; the Short Form 12 to assess daily living; and a numerical scale (1 – 10) to rate pain severity.

The study participants were adults aged 67 years on average, 28% were female and 72% were white. Participants included 36% who smoked cigarettes; 69% with diabetes (with and without insulin dependence); and 11% with end-stage kidney disease. About 22% reported leg pain at rest as a primary symptom.

The researchers found that quality-of-life scores were low at the beginning

of the study, reflecting the notably poor health status and well-being of patients with CLTI, and pain levels were high. After surgery or an endovascular procedure, pain scores decreased substantially, and quality-of-life scores increased for all participants across all measures used for assessment.

"We anticipated low levels of quality of life at the beginning of the study due to the pain and other life-altering symptoms associated with chronic limb-threatening ischemia," said Menard. "Improvement in health-related quality-of-life measures regardless of the type of procedure is very encour-

aging and highlights the importance of timely restoration of blood flow to the leg and foot."

Menard noted there were a few differences in scores initially between the two study groups favoring endovascular repair, possibly reflecting the longer recovery time from surgical bypass, however, the differences were minor and leveled out over time.

"The quality-of-life data are a nice complement

to the clinical results and suggest that both revascularization strategies may effectively improve a patient's quality of life. So, while there is still much work to be done, and quality-of-life measures have not always been the focus in past PAD research, this is an important step forward."

The American Heart Association is a relentless force for a world of longer, healthier lives. We are dedicated to ensuring equitable

health in all communities. Through collaboration with numerous organizations, and powered by millions of volunteers, we fund innovative research, advocate for the public's health and share lifesaving resources. The Dallas-based organization has been a leading source of health information for nearly a century. Connect with us on heart.org, Facebook, Twitter or by calling 1-800-AHA-USA1.

We Buy Ugly Houses



- Pretty Houses
- Ugly Houses
- Divorce
- Inheritance
- Problem Tenants
- Need Repairs
- Vacant House
- Fire Damage
- Estate Sale
- Behind on payments

CALL 972-665-0170

We Buy Houses ... Fast!

Cemetery Space Broker will make you offer on your cemetery plot



Dennis Jarvis / Flickr

- Inherited plot and can't sell it?
- Bought plot years ago and your plans have changed?
 - Singles space or Side by Side spaces is okay.

We will make you a "cash offer" on your cemetery plot today! If you get voice mail-leave message phone number and information on cemetery space. We will get back to you

Call Us Today!!!!!!!
972.665.0170

Thoughts on Being Thankful



Sister Tarpley
NDG
Religion
Editor

This is the time of year that is set aside to be thankful for the blessings of God; a time to give generously to others so that they may enjoy some of your blessings from God.

This Holiday Season is not only a good time to share food with others, but also the Word of God as well. What better way to help a fellowman than to give him/her hope and inspiration.

BEING THANKFUL -- When emergencies arise, we are usually thankful for emergency numbers that we can call for immediate help. The following numbers are more effective than 911. You can truly be thankful . . .

. . . When you are sad, feel free to call – John 14. If you have sinned, call – Psalm 51. When people have failed you, call – Psalm 27. When this time of the year you feel like an outcast, call – Roman 8:31



– 39.

If you are seeking God's peace, call – Matthew 11:25 – 30. If you require courage for a task, call – Joshua 1. If you are depressive, call – Psalm 27. If your bank account is empty, call – Psalm 37.

If you loose faith in mankind, call – 1 Corinthians 13. If you are losing hope, call – Psalm 126. Do you want to know Paul's secret for happiness? Call – Colossian 3:12-17. Do you want to know how to get along with other people? Call – Romans 12

Alternate Numbers that You Can Call: For dealing with fear, call

– Psalm 3:47. For security, call – Psalm 121:3. For God's assurance, call – Mark 8:35. For His reassurance, call – Psalm 145:18.

The good news is that all of these numbers may be phoned directly, no busy signal and no operator assistance is necessary!

A good statement, "If you feed your faith you will starve your doubt to death."

Entwined They Stand -- "If you, being rooted and grounded in love, may be able to comprehend with all saints what is the breadth, and length and depth and height." Ephesians 3:17-18.

One of the wonders of the world is the Redwood Forest in California. Some of the trees are the oldest, largest, and tallest living things in the world.

Some of the trees are more than three hundred feet tall and more than 25-years old. They have weathered the ravages of time, holding up against all the combative elements. They stand tall in spite of opposing forces.

People that don't know will immediately jump to the conclusion that the Redwoods have a deep root system. To the contrary, their roots are shallow. What holds them? What supports them?

Their root system entwines and locks each tree to the tree around it. They Stand Together! That is the secret to their Herculean (extra ordinary) strength.

When the wind, hail and upheaval threaten, no tree stands alone but rather is strengthened and supported by the others. Each is needed for the support of the whole grove of trees. The Redwoods can truly

say, "United we stand, divided we fall."

How true of us! We need the help of others. One of the blessings of the church is its fellowship in which we have the entwining of each other and of the Lord.

Locked Together We Can Withstand the Storms of Life! Unquestionably, "Two are better than one." Ecclesiastes 4:9.

Tyanna, my only granddaughter, is a joy and a blessing. She smiles at me, ever so slightly, I grin right back at her but ever more brightly.

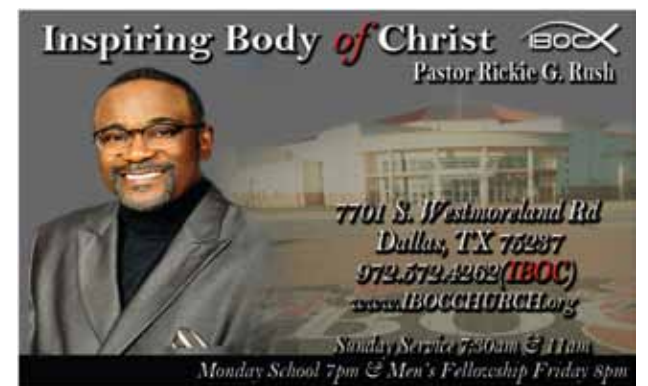
I've traveled paths you've yet to walk; I have learned lessons old and new, so let kindness spread like sunshine. Embrace those who are sad. Respect their dignity and leave them

feeling glad.

Forgive those who might hurt you; and though you have your pride, listen closely to their viewpoint and try to see the other side. Express what you are feeling, but your beliefs you should uphold. Don't shy away from what is right; be courageous and be bold.

Remember friends and family, of which you are a precious part; love deeply and love truly; Give freely from your heart.

The world is far from perfect, there's conflict and there's strife, but you still can make a difference, by how you live your life. And so I'm very blessed to know, the wonders you will do; because you are my only granddaughter and I believe in you.



DIVIDE, from Page 14

something that is not even related to the subject.

My wife then looks at me with a questionable stare and says, "What did you just say? And what does that have to do with what we're talking about?"

I have no way to respond to any question along those lines.

For years I've been trying to train my tongue to say, "Yes, dear. You're right." For some reason, my brain cannot remember those phrases.

Although I'm struggling along this line I have learned one thing. My brain has not let me down on a rather important issue.

That important issue is, always let your wife have

the last word. That's hard for someone like me to do. My tongue sometimes is completely out-of-control, and not listening to what my wife is saying. She somehow irritates my tongue, and my brain has no idea what's going on.

Another important aspect is that my tongue is not connected to my ears. What I hear is not always what my tongue responds to. I think God gave me two ears on either side of my head to control my tongue in some regard.

No matter what I hear with my ears, my tongue has a different story to tell.

I have noticed of late that my brain is focused on one subject, my tongue is fo-

cused on another subject, and the twain shall never meet.

In my devotions this morning, I was reading 1 Peter 3:10, "For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile."

I don't know how much better that can be put. To refrain my tongue from evil is a great discipline in my daily life that offers great rewards throughout my life.

Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.

NDG Book Review: It may take time to process 'Vigilance'

By Terri Schlichenmeyer

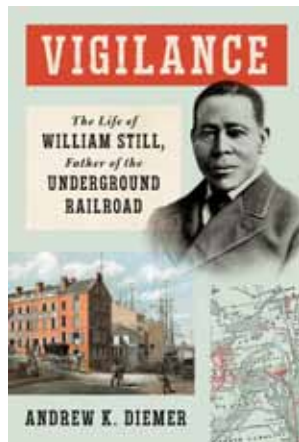
You can't just sit around. You can clearly see that people need help, they need someone, and you are in a position to lend a hand. It's going to take some organizing to do it right, but that's okay. You can't do it alone, and that's okay, too. People need what you have to offer, and so you step in and step up. In the new book "Vigilance" by Andrew K. Diemer, such efforts save lives.

Peter Freedman wasn't sure whom to trust.

His journey was almost over, but he wasn't in the clear: after months of toil, he'd finally purchased his freedom, though he wasn't able to free his wife or children. That would come later; meanwhile, his arrival in Philadelphia was part of the plan.

When he was a small boy, he and his brother, Levin, had been sold away from their parents, probably in spite. For more than forty years, Peter promised himself that he'd remember his parents' faces but there were so many freed people and fugitive slaves in Philadelphia, so many unfamiliar faces, that he scarcely knew where to look.

Imagine his shock when a stranger brought him to the



Anti-Slavery Society office, and the clerk there turned out to be William Still, a brother that Peter never knew he had!

Still entered the world in the fall of 1821, the youngest of eighteen children born to a former slave and a fugitive slave, neither of which ever turned away anyone who needed help. As a boy, Still received an incomplete education; later, an employer made sure he learned the basics, which were all he needed to land jobs that would help move people along the Underground Railroad, to freedom and safety.

Still's steady trustworthiness placed him in positions to make hundreds of contacts on the Railroad, including Harriet Tubman, John Brown, newspapermen, allies, social activists, and others.

His knowledge allowed

him to work for freedom long after the Civil War ended, and some months into the twentieth century.

In almost every way, "Vigilance" is a big bite to eat.

It starts out with an astonishing story that captures a reader's interest fast, a tale that even author Andrew K. Diemer's subject used as a touchstone throughout his life. Alas, your interest may wane, and pretty quickly: there are dozens and dozens of people to keep track of throughout the pages of the main story here, as well as a clutter of too-detailed locations, somewhat random players, and other small items of seemingly little consequence to the tale.

And yet, readers won't get entirely lost. Diemer peppers his book with stories of bravery and heart-stopping escape, slaveowners outwitted, and fugitives with the powers of observation and enormous patience. These tales are irresistible, and they give readers reason to stick with a book that can sometimes feel a bit arid.

Should you decide to tackle "Vigilance," the best advice is to give yourself time. The book fairly demands that you do, lest you be more tempted to just let it sit around.

MINDFULNESS, from Page 4

Health Science of Behavior Change Common Fund Program through an award by the National Center for Complementary and Integrative Health, a division of the National Institutes of Health.

Statements and conclusions of studies that are presented at the American Heart Association's scientific meetings are solely those of the study authors and do not necessarily reflect the Association's policy or position. The Association makes no representation or guarantee as to their accuracy or

reliability. Abstracts presented at the Association's scientific meetings are not peer-reviewed, rather, they are curated by independent review panels and are considered based on the potential to add to the diversity of scientific issues and views discussed at the meeting. The findings are considered preliminary until published as a full manuscript in a peer-reviewed scientific journal.

The Association receives funding primarily from individuals; foundations and corporations (including pharmaceutical, device

manufacturers and other companies) also make donations and fund specific Association programs and events. The Association has strict policies to prevent these relationships from influencing the science content. Revenues from pharmaceutical and biotech companies, device manufacturers and health insurance providers and the Association's overall financial information are available at heart.org.

The American Heart Association is a relentless force for a world of longer, healthier lives. We are dedicated to ensuring equitable health in all communities.



FHA
VA
USDA

PRIMARY RESIDENCES
INVESTMENT PROPERTIES
FIRST TIME HOME BUYER ASSISTANCE

CONVENIENT RIGHT DOWN TO THE CLOSE.

Make it home faster by working with a loan officer that will lead you through every step of the mortgage process so you can close on your dream home quickly.

city.bank/mortgage



132 E. Main St. Suite 107
Grand Prairie, TX 75050

City Bank
MORTGAGE

WE MAKE IT HAPPEN. YOU MAKE IT HOME.

©2022 City Bank. All rights reserved. Member FDIC Equal Housing Lender NAALS# 439822 This is only a commitment to lend. Subject to credit approval