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Woman who slammed car into BLM protestors receives five hours of community service, avoids jail

By Stacy M. Brown
NNPA Senior National Correspondent

A New York City mother of three who slammed her BMW into Black Lives Matter protestors in New York received just five hours of community service for her crime.

Kathleen Casillo, 53, walked free this week after striking a sweetheart plea deal.

She faced up to seven years in jail if she was found guilty of the December 2020 crime that injured six peaceful protestors.

The deal allows Casillo's record to show that she's guilty of the misdemeanor charge of reckless endangerment.

If she completes the light community service and stays out of trouble for six months, officials and her lawyer said, her record will only show a disorderly conduct charge.

Casillo had asserted that she accidentally hit her gas pedal because the protestors were behaving aggressively, but video surveillance appeared to refute these claims.

Victims, loved ones, and social



Kathleen Casillo, 53, walked free this week after striking a sweetheart plea deal. She faced up to seven years in jail if she was found guilty of the December 2020 crime that injured six peaceful protestors. (Photo via NNPA)

media users lashed out following the light sentence.

"You [messed] up lives. You're a criminal," one woman screamed at Casillo as she entered an elevator at Manhattan Supreme Court.

"They didn't do anything," the unidentified woman continued. "My husband's back was turned when you hit him and sent him flying into the air. His back was turned. How is that aggressive?"

While driving her BMW along 39th Street and Third Avenue with her 29-year-old daughter in the passenger seat on Dec. 11, 2020, Casillo hit the gas pedal and

plowed into six protestors.

A video recording of the incident showed several victims hit so hard that they were hurled across the street.

Fortunately, no deaths occurred. Prosecutors initially charged Casillo with reckless endangerment and assault.

The Daily Mail reported that prosecutors ultimately agreed to the plea deal after several previous offers were turned down because Castillo had no criminal record.

They claimed she didn't intend to harm any of the protestors.



Civil rights Freedom Rides 2.0

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The challenge of balancing life and stress

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T.D. Jakes sets sights on development

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People In The News ...



Jessie L. Sherrod, M.D.



Dr. Gwendolyn L. Martin

NDG Quote of the Week: "The very serious function of racism is distraction. It keeps you from doing your work. It keeps you explaining, over and over again, your reason for being."
—Toni Morrison

Jessie L. Sherrod, M.D.

LOS ANGELES (24-7PressRelease) -- From the cotton fields in the sweltering heat of the Mississippi Delta to the amphitheaters at Harvard Medical School, Dr. Sherrod was the first student from Tougaloo College to attend Harvard Medical School. Subsequently, more than ten Tougaloo students followed her lead and have graduated Harvard Medical and Dental School. Opening the doors of Tougaloo College Hall of Fame, in 1992 she became the first in Tougaloo's inaugural group



to be inducted in the field of medicine. Similarly in 2002, Dr. Sherrod became the first African American in the inaugural group to be inducted into University of California, Los Angeles

(UCLA) Fielding School of Public Health Hall of Fame.

Her outstanding service in public health included founding the Association of Black Women Physicians (ABWP) of Los Angeles with 48 charter members in 1982. ABWP's vision is to empower women physicians to lead in health and wellness, and to increase the number and status of Black women physicians in medicine.

At an early age, Dr. Sherrod along with her ten siblings became promoters of civil rights as members of the Student Nonviolent

Coordinating Committee (SNCC). She integrated Coker's cafe in downtown Hollandale, Mississippi in the eight grade. Graduating valedictorian from Simmons High School in 1967, a summer spent at Tougaloo College National Science Foundation enrichment program, freed her from picking cotton for two cents per pound, and spurred her interest in medicine. She attributes her advocacy for human rights to her ancestors and cousins, Dr. Daniel Webster Sherrod, the first Black physician in Macon, Mississippi (1896). A lynch mob ran him out of

Macon in 1906 to Meridian, Mississippi where he established Sherrod Drug Company, since 1906, and continued his care for people of color. And his brother, Dr. John Percy Sherrod, the first Black physician in Port Gibson, Mississippi, was lynched for treating, and curing a white woman that white physicians had failed to heal. Dr. Sherrod's steadfastness in influencing health equity and inclusion was apparent as she, later in her career, served on the Centers for Disease Control Advisory Committee on Immunization Practices (ACIP).

After earning a bachelor's degree from an HBCU, Tougaloo College, 1971, she received her medical degree from Harvard Medical School in 1975. Dr. Sherrod completed her post graduate training by 1980, at UCLA Medical Center in Pediatrics and Infectious Disease, served as a Robert Wood Johnson Clinical Scholar, and completed her Master of Public Health in Health Services Administration. Later in her career she earned a Certificate in Healthcare Policy and Medical Management from

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Dr. Gwendolyn L. Martin

SAVANNAH (24-7PressRelease) -- Dr. Martin is an experienced teacher, administrator, consultant, entrepreneur, and professional counselor, who maintains two professional businesses in Savannah, Georgia. In 2019, she founded Dr. Gwen's Counselor Café LLC as the company's chief executive officer, serving educators, school counselors, and mental health professionals by providing her expertise in effective self-care. As founder and C.E.O., Dr. Martin in



2022 established Coastal Crossroads Counseling Solutions, which offers in-person and teletherapy for emotional and behavioral issues, mood disorder, and self-esteem issues.

Beginning her career in

1997 as a special education teacher, Dr. Martin also served as a school counselor or between 1999 and 2018 in Georgia and for the Department of Defense Education Activity (DODEA). She later held various other roles, including licensed professional counselor, university counselor and professor, interim assistant principal, and emotionally impaired teacher.

Adding to her expertise, Dr. Martin has been a presenter in her field for over a decade. She recently presented at the Georgia Head Start Association's fall leadership conference

in 2021, the spring conference in 2022, and the National Youth Advocacy and Resilience Conference in 2022 and 2023.

Dr. Martin possesses a rich educational background that includes a Bachelor of Education in psychology from Armstrong Atlantic State University (now Georgia Southern University) and a Master of Education in counseling, an education specialist degree in counselor education, and a Doctorate in Leader-

ship from Georgia Southern University. Additional educational pursuits to Dr. Martin's credit include a licensed professional counselor in Georgia, and multiple certifications in her field, including autism spectrum disorder clinical specialist, special education behavior disorders, special education social science cognitive, national board of certified counselors, school counselor, and educational leadership.

To remain aware of developments in her field, Dr.

Martin is a professional member of the American Counseling Association, the National Board for Certified Counselors Inc., and the Licensed Professional Counselors Association. In 1998, Dr. Martin was honored to receive a Sallie Mae First Class Teacher Award as a first-year teacher from the American Association of School Administrators. Gwendolyn A. Martin, EdD, was recently included in Marquis Who's Who.

Dr. Adepado Iluyomade

MIAMI (BPRW) -- Dr. Adedapo Iluyomade is a preventative cardiologist at Miami Cardiac & Vascular Institute, part of Baptist Health. Dr. Iluyomade is featured in the podcast, Thrivin' in Color, from Black PR Wire. On the podcast, this special guest shares some important and informative health jewels about heart health. To maintain good overall health, the heart must be in great condition, and heart disease, and the risk factors for it, are both prevalent among African Americans.

In this episode, he speaks with host, Camry Brown, for a thought-provoking conversation on his passion



for preventative cardiology and the importance of heart health. Dr. Iluyomade discusses how he became interested in cardiology throughout medical school. The realization of the impact he could have in the clinical practice of prevention, which was heavily focused on cardiovascular risks,

prompted him to study cardiology even more. He goes on to discuss the various warning symptoms of heart disease, as well as several crucial elements in heart disease prevention.

"You can tell he is genuinely passionate about what he does and appreciates being able to assist others who are dealing with such a difficult condition," says Camry.

"Our listeners, especially those in the Black community will really benefit from the information Dr. Iluyomade shared". Black PR Wire's Thrivin' in Color podcast is a good platform for healthcare professionals to share the important

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African American Freedom Rides 2.0 communications infrastructure systems

By Arthur Fleming

In the last article, I talked about Freedom Rides 2.0 and what the African American community can do to redirect the negative fascist forces aimed at our community currently.

In this writing, I will discuss African American communication infrastructure within the context of "Civil Rights Freedom Rides 2.0" and how the African American communities can organize resistance to voter suppression and racism.

First, what do I mean by African American communication infrastructure? African American community communication infrastructure is the means by which our African American community disseminates and communicates information throughout our communities to facilitate economic, social, political, physical, and cultural health of the African American communities. We are all infrastruc-

ture.

Our ancestors didn't have the financial nor technological power African Americans have today. For our ancestors, the African American communications infrastructure consisted of "braided" maps in their hair, lyrical tunes in their music, and word of mouth via a language of our own creation. These are just a few of the brilliantly creative communications infrastructure systems created by our ancestors.

Today, the African American communications infrastructure has evolved with each new technology shift.

Examine the evolution of African American communications infrastructure over the past four decades. Technology has evolved exponentially during this period. Communication has moved from the personal rotor phone, pay phone, fax machine, and beepers, to cell phones and a completely integrated technology support system, where

we have all these capabilities on one device.

Today, the African American communities have many communications infrastructure tools, from personal devices, social media platforms and websites, to hip hop, soul music, and jazz. And anywhere two or more people gather, in community organizations and in the workplace, simple word of mouth communication equates to community communication infrastructure.

The good news – The African American communication infrastructure is already in place!

African American news outlets, such as the North Dallas Gazette, are key to strengthening our communities' communication infrastructure. The African American community is being attacked with negative imagery and racially motivated misinformation without response. The Black press is key in responding to misinformation.

The African American institutional communication infrastructure has to be "de-conflicted" and reorganized. By de-conflicted, I mean the African American community organizations, media, civil rights, churches, etc, have the same goals generally, but these institutions' communication infrastructure systems are not coordinated when addressing these issues.

Our African American institutions and organizations must de-conflict and reorganize around the urgency of defending African American freedoms and rights currently under threat in the form of voter suppression.

The issue is how do we integrate these communications systems to benefit the African American community for the community good?

I suggest the creation of an "information clearinghouse, group, or organization"

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Expanding access to healthcare for DACA recipients was the right move

By Odus Evbagharu
Treasurer
Texas Democratic Party

monumental task.

Texas has the second-highest population of DACA recipients in the entire country. These Dreamers are an integral part of the fabric of our state's culture and society. To treat them as anything other than equal in every way is morally wrong and counterproductive. Healthcare is a right, not a privilege – no matter what your immigration status is, it's our government's obligation to make sure every person in our workforce and schools

is safe and healthy.

Today, we commend the Biden-Harris Administration for their common-sense actions to help ensure healthcare access for all Texans. This is a tremendous step in protecting us all.

The U.S. Department of Health and Human Services will shortly propose a rule amending the definition of "lawful presence," for purposes of Medicaid and Affordable Care Act coverage, to include DACA recipients. The Administra-

tion recognizes that every day counts, and it expects to get this done by the end of the month.

Under the proposed rule, DACA recipients will be able to apply for coverage through the Health Insurance Marketplace, where they may qualify for financial assistance based on income, and through their state Medicaid agency. Like all other enrollees, eligibility information will be verified electronically when individuals apply for coverage.

Keep up with the news

O N L I N E

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If it's challenging to balance stress, exercising, eating and sleeping well, focusing on just one can improve the others

LONDON, (Newswise) — Sleeping enough, eating well, exercising and coping with stress are all components of good health, but who can really do all four at once -- all the while managing a hectic schedule?

Safia Debar, M.B.B.S., an expert in tailored medical exams at Mayo Clinic Healthcare, explains that "[b]y pulling any of these levers, you can have a big impact on your health." She explains how giving a little extra attention to one of these areas can improve the



William Farlow / Unsplash

others. It all starts in the brain, she says. When the brain is in a state of "rest, repair and relaxation," and the body, assuming general good

health, is functioning suitably, the brain can focus on healthy activities.

Yet, when the brain is in a stress state, its primary concern is handling perceived threats. In this state, physical needs are relegated to a second-place ranking. Dr. Debar explains that the perception of threat and real threat are the same, as the brain does not distinguish between the two. Once that button is pressed, she explains, the same cascade ensues.

Stress can impact sleep-

ing, eating and exercising. "It's all intertwined," she explains. For example, when the brain is in a stress state, it is thinking in the short term and focused on feeling better immediately. That's why it's common to crave sugary or fatty foods and not make the effort to exercise when stressed: The brain tells the body it needs immediate energy, Dr. Debar says.

"The brain wants to feel better right now, so it's not going to think about how much better you'd feel after

exercising. It won't consider that a good night's rest might make it all seem better in the morning. The brain wants a quick fix.

Yes, sleeping, eating and exercising affects how we handle stress, and, while stress affects how we sleep, eat and exercise.

Dr. Debar therefore explains that laying down any foundational elements to good health can impact your life in big ways.

She recommends asking

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Recent evidence shows GI microbiota related to respiratory diseases

By Li Chunxi, Liu Haiyue, Lin Yanxia, Pan Jianbing, and Su Jin, Journal of Immunology Research (Hindawi)

The skin, intestines, respiratory and urogenital tracts, are colonized by a large number of microorganisms. These bacteria, fungi, and viruses make the gut the most densely and extensively colonized organ in the human body.

Because respiratory diseases are often accompanied by gastrointestinal issues, a vital communication between the gut and the lung is suggested. This link is the human microbiome, which is responsible



National Cancer Institute / Unsplash

for interactions between the two organs.

In a key process of self-regulation, homeostasis maintains stability, adjusting to conditions to maintain an optimal environ-

ment for survival. The microbiome is essential to homeostasis and to proper development of the immune system.

According to the "hygiene hypothesis," early-

life exposure to specific microbiota is essential in a mature immune system, while their absence may increase asthma and allergic diseases. In line with this theory, diversity of microbiota tests lower in formula-fed infants, while breast-fed children are better protected, being exposed to greater diversity of flora in human breast milk.

When microbiome is as it should be, homeostasis protects the human body from disease. Increasing evidence demonstrates associations between irregularities in the gut and the development of autoimmune disorders, respira-

tory illnesses, like asthma, COPD, cystic fibrosis, lung cancer, and respiratory infection.

The human gut, which harbors up to 1,000 different species, has been widely studied. However, study of airway microbiota is still in its infancy. We know that distinct bacteria exist in these different organs, and they are affected by diet, drugs, and other environmental factors. While fast-food consumption and the absence of a high fiber diet are linked to asthma, so is the use of certain antibiotics.

It is well known that antibiotics disturb normal

beneficial bacteria. By disrupting the normal balance and diversity of the various species, antibiotics can lead to an overgrowth of certain pathobionts, National Institute of Health reports.

A large demographic study found exposure to antibiotics, including penicillin, cephalosporins, or macrolides, were also related to an increased risk of lung cancer, suggesting a close correlation between gut microbiota and lung cancer. Moreover, recent evidence suggests that an abundance of Enterococcus and deficiencies of Actinobacteria

See GI, Page 8

U.S. Surgeon General warns of high cost of loneliness

By Stacy M. Brown
NNPA Senior National Correspondent

The U.S. surgeon general on Tuesday declared widespread loneliness in the United States the latest public health pandemic, comparing its effects on people's health to those of smoking a pack of cigarettes every day.

In his 81-page research, Dr. Vivek Murthy found

more than half of U.S. residents have felt lonely at some point.

According to Murthy, healthcare experts have concrete proof that loneliness impacts a significant part of the U.S. population, causing sensations akin to hunger and thirst.

"The feeling the body sends us when something we need for survival is missing," Murthy explained.

He stated that he wants to raise awareness of issues that impact most people and encourage them to speak out instead of enduring silence.

The Surgeon General's declaration seeks to increase conversations surrounding loneliness, though Murthy doesn't foresee any legislation or formal federal action ahead.

The declaration noted that, in recent decades,

Americans reported feeling lonelier because of their declining involvement in religion, civic groups, and families.

Single-person homes had doubled over the past 60 years but worsened when COVID-19 struck, forcing most Americans to abandon school, workplaces, and social visits.

According to the advisory issued by Murthy, individual health and the lack

of social connection pose a significant risk to one's longevity.

Among the symptoms, excessive cigarette smoking and death.

The advisory noted that a poor or insufficient social connection has ties to a high disease prevalence, a 29% increase in the risk of heart disease, and a 32% increase in the risk of having a stroke.

The potential for anxiety,

depression, and dementia is increased when an individual is lonely, the advisory cautioned.

Murthy said the lack of social connection may increase susceptibility to viruses and respiratory illnesses.

In older adults, it's estimated that social isolation leads to more than \$6.7 billion in additional Medicaid

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Wells Fargo and T.D. Jakes Group announce ten-year strategic partnership to build inclusive communities

SAN FRANCISCO – Wells Fargo & Company (NYSE: WFC) and the T.D. Jakes Group, which includes T.D. Jakes Real Estate Ventures, LLC (TDJREV), TDJ Enterprises (TDJE) and T.D. Jakes Foundation (TDJF), today announced a strategic partnership to drive economic vitality and inclusivity in communities across America.

“This alliance with our organization allows us to further our four decades-long work to provide economic justice, eradicate food deserts, construct desirable workplaces and affordable housing, closing the digital divide and ultimately help families leave a rich and lasting legacy for the next generation.”



“We recognize the need for CEOs like Charlie Scharf bending the arc and aim of Wells Fargo toward correcting systemic inequalities,” he said. “This alliance with our organization allows us to further our four decades-long work to provide economic justice, eradicate food deserts, construct desirable workplaces and affordable housing, closing the digital divide and ultimately help families leave a rich and lasting legacy for the next generation.”

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“This alliance with our organization allows us to further our four decades-long work to provide economic justice, eradicate food deserts, construct desirable workplaces and affordable housing, closing the digital divide and ultimately help families leave a rich and lasting legacy for the next generation,” remarked T.D. Jakes, Chairman & CEO of the T.D. Jakes Group. “We recognize the need for CEOs like Charlie Scharf bending the arc and aim of Wells Fargo toward correcting systemic inequalities. . . . We are committed to ensuring additional opportunities actually reach as many areas of need that we can influence. Disruptive partnerships like this create a paradigm shift in how we can collectively bring long overdue transformation, particularly to Black and Brown communities and other marginalized groups around our nation.”

tion.”

Over the next 10 years, the partnership between these organizations could result in up to \$1 billion in capital and financing from Wells Fargo, as well as grants from the Wells Fargo Foundation, with the goal of revitalizing neighborhoods, fostering economic opportunity and creating long-term change in communities most in need. The partnership marks the first of its kind in driving long-term transformational impact over the next decade.

“We are excited to collaborate with the T.D. Jakes Group as they play a key role in the transformation of communities that will have a lasting impact for generations to come,” said Charlie Scharf, CEO of Wells

Fargo. “This strategic partnership goes beyond a one-off capital investment and underscores our continued commitment to diverse and inclusive communities. We look forward to seeing the meaningful difference we’ll make together in communities across the country.”

In 2022, TDJREV began purchasing nearly 100 acres of Fort McPherson, the historic former army base situated in enviable proximity to downtown Atlanta with plans to create an innovative community of commercial and residential space. The plans for this land include mixed-income housing with an array of living choices such as single-family homes,

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President Biden calls Black Press ‘heroes’ during pointed and hilarious White House Correspondents Dinner

By Stacy M. Brown
NNPA Senior National
Correspondent

President Joe Biden proved likely as funny and prescient in his White House Correspondents Dinner remarks as hired comedian and Daily Show correspondent Roy Wood Jr.

But the commander in chief struck a rather serious and forceful tone during his 22-minute speech when he declared how vital the Black Press remains after 196 years of speaking truth to power.

After hilariously railing on everyone from Fox News, Tucker Carlson, Donald Trump and Republican Rep. Marjorie Taylor Greene, the president made fun of himself in a tour de force of hilariously self-deprecating jokes.

But it was his proclamation calling the Black Press heroes that punctuated a 22-plus minute speech that proved one for the ages.



*But the commander in chief struck a rather serious and forceful tone during his 22-minute speech when he declared how vital the Black Press remains after 196 years of speaking truth to power.
(Photo via NNPA)*

“During Black History Month this year, I hosted the screening of the movie Till, the president stated, after such quips like “MS-NBC is owned by NBC Universal and Fox News is owned by Dominion Voting Systems.”

“The story of Emmett Till and his mother is a story of a family’s promise and loss and a nation’s reckoning

with hate, violence, and the abuse of power,” Biden recounted as he started his championing of the Black Press.

“It’s a story that was seared into our memory and our conscience – the nation’s conscience – when Mrs. Till insisted that an open casket for her murdered and maimed 14-year-old son be the means by which he was transported. She said, ‘Let the people see what I’ve seen.’”

The president continued: “The reason the world saw what she saw was because of another hero in this story: the Black Press. That’s a fact. Jet Magazine, the Chicago Defender, and other Black radio and newspapers were unflinching and brave in making sure America saw what she saw. And I mean it.”

He quoted Ida B. Wells, who exclaimed that “The way to right wrongs is to turn the light of truth upon the wrongs.”

“That’s the sacred view, in my view,” Biden asserted.

“That’s the sacred charge of a free press. And I mean that.”

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2378	\$200,000,000 Cash Blowout! Overall Odds are 1 in 3.38	\$50	5/19/23	11/15/23
2446	Veterans Cash Overall Odds are 1 in 4.40	\$2	6/21/23	12/18/23
2325	Bonus Game Bingo Overall Odds are 1 in 4.37	\$2	6/21/23	12/18/23
2374	Power 50X Overall Odds are 1 in 4.17	\$5	6/21/23	12/18/23
2452	Peppermint Payout Deluxe Overall Odds are 1 in 3.62	\$10	6/21/23	12/18/23
2349	500X Overall Odds are 1 in 3.45	\$20	6/21/23	12/18/23
2402	Money Overall Odds are 1 in 3.44	\$20	6/21/23	12/18/23

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TEXAS
LOTTERY

Dallas ISD students receive lesson from city code enforcement officers on protecting the environment

DALLAS — Although the litter pickers might be half their size or taller, Dallas ISD elementary students across the district are proving there are no age or height requirements to protect the planet and keep Dallas neighborhoods beautiful.

Throughout the spring, several Dallas ISD elementary schools will receive visits from City of Dallas Code Compliance Services representatives for an interactive learning experience. Through the Waste in Place educational curriculum, Neighborhood Code Representatives (NCR) are



Dallas Neighborhood Code Representatives visit schools to bring awareness about litter prevention, waste reduction, beautification, and community improvement. (City of Dallas Code Enforcement / Dallas I.S.D.)

visiting schools to bring awareness to students about litter prevention, waste reduction, beautification, and community improvement.

Following the in-class learning portion, students experience firsthand how their efforts help improve the world they live in.

With litter pickers, trash bags, and assistance from NCRs, students roll up their sleeves to pick up waste near and around their campus.

"It is important that our students know that our campus is a reflection of the great things we are doing here at our campus," said Mattique Williams-Lynn, assistant principal at B.H. Macon Elementary. Code Compliance visited Macon in March to kick off the educational series. "Also, keeping a clean campus promotes a healthy environment, which means fewer sick days will be used by

the team and students will not miss instructional days because they are sick."

In addition to keeping their campuses clean, Dallas ISD students are helping Dallas Code participate in the North Texas Community Clean Up Challenge (NTCCC). The NTCCC is a friendly competition between North Texas communities to see who can pick up the most litter per resident.

Other schools participating in the program are Bayles Elementary, Clinton P. Russell Elementary School, Jack Lowe Sr. Elementary

School, Louise Wolff Kahn Elementary School, Ascher Silberstein Elementary School, and Cesar Chavez Learning Center.

About Dallas I.S.D. The Dallas Independent School District is continually preparing nearly 141,000 students for college or a career. The district offers a competitive mix of innovative programs, choice program and instructional initiatives that support the increased academic achievement and the social and emotional development of its students. To learn more, visit www.dallasisd.org.

U.S. News ranks UT Austin among Best in U.S. for graduate studies

AUSTIN — The University of Texas at Austin remains a world-class institution and one of the country's leading public universities, according to the latest edition of "Best Graduate Schools" from U.S. News & World Report. Out of this year's batch of U.S. News graduate school rankings, 37 of the University's schools,

programs and specialties are ranked among the top 10 in the nation. Among the top rankings, was the school's African American History program, which placed number 10.

When combined with previous rankings, it brings the University to a total of 53 graduate schools and specialty programs ranked in the top 10. The maga-

zine ranks programs in alternating years.

Overall, UT Austin has top-10 specialties in more than a dozen colleges and schools and has four specialty programs ranked No. 1: Accounting, Latin American History, Petroleum Engineering and Sociology of Population. Six of the University's graduate colleges rank in the top

10: the School of Information (No. 5); the Cockrell School of Engineering (No. 7); the Steven Hicks School of Social Work (No. 7); Jackson School of Geosciences (No. 7), ranked under Earth Sciences; Pharmacy (No. 7); and the LBJ School of Public Affairs (No. 10). The McCombs School of Business has seven specialties

ranked in the top 10, and the College of Education offers six programs ranked in the top 10.

"UT Austin is the flagship university in the state and region, as well as one of the country's preeminent institutions for graduate studies," said President Jay Hartzell. "Our commitment to bettering life for individuals and soci-

ety is evident through our continued pursuit of excellence in graduate education. UT's world-class faculty and our position within one of the world's leading technology ecosystems in Austin help our graduate students find fulfilling career opportunities and go on to solve some of society's most pressing challenges."

ESSER update: fostering college and career readiness

By Kaylee Bowers

(Dallas ISD) — Dallas ISD is helping high school students get an early start to higher education, thanks to its College and Career Advising Program. This ESSER-funded program has helped over 90% of Dallas ISD seniors complete college applications and 81% apply for financial aid. These figures are well above application stats in neighboring districts, which range from 56 to 77% for college and 53 to 65% for financial aid.

Dallas ISD's College and Career Advising Program (CCAP) is setting high school students up for success starting in ninth grade thanks to an \$11 million



annual investment from the Elementary and Secondary School Emergency Relief fund.

Cheryl Nevels, assistant superintendent of college readiness, said typical college advising programs focus on financial aid and college entry application, but with the ESSER in-

vestment, Dallas ISD has expanded the program to include career preparation. The program provides students with college and career advisers as soon as they enter high school to effectively support students to and through their postsecondary transition.

"It's about giving students

a voice in the choices available," Nevels said. "We are equipping them with the skills they need to increase their postsecondary options. Advisors work in tandem with counselors to support students with college and career readiness plans, college applications, financial aid, scholarships, entrance exams, etc. so they are empowered to matriculate from high school to college. They are also exposing students to career opportunities so they can plan for college and career success."

David Laneave, a P-TECH instructional specialist in the postsecondary department, said Dallas ISD's CCAP student data is "leaps and bounds" above neighboring districts.

Over 90 percent of Dallas ISD seniors have college applications on file, well above most neighboring districts, which range from 56 to 77 percent of seniors. Additionally, 81 percent of Dallas ISD seniors have applied for financial aid in comparison to 53 and 65 percent in some neighboring districts.

Across the board, Dallas ISD's student data is tracking at about 9 percent above other metroplex districts on average.

"Of the 87 percent of our seniors who have submitted a college application, that's 87 percent of our students who have a say in their future," Laneave said. "That's one of the biggest components of this program."

The ESSER funds provide college and career access vendors to district campuses to guide students through the application processes and help them develop four-year plans. The vendors also conduct parent outreach to get families involved in the college and career process.

"The CCAP program helps establish, maintain and support a college and career identity in high school," Laneave said. "By collaborating with high school students and team members starting from ninth grade all the way through high school, we are effectively targeting postsecondary success for our students."

Tupelo Honey Southern Kitchen & Bar to bring Blue Ridge traditions to Las Colinas this June

LAS COLINAS – Now through May 19, Tupelo Honey Las Colinas is hosting a hiring fair to fill over 100 front- and back-of-house positions, including servers, hosts, bartenders, line cooks, prep cooks and dishwashers. Taking place Monday through Friday from 10 a.m. to 5 p.m., the hiring fair is located at the Springhill Suites by Marriott DFW Airport East/Las Colinas at 5800 High Point Dr., just one block away from the restaurant.

Walk-ins are welcome! Interested applicants are encouraged to bring two forms of ID and to pre-apply online at www.tupelohoneycafe.com/las-colinas-careers.

The Carolina-inspired



Carolina-inspired restaurant to host hiring fair to fill over 100 positions now through May 19. (Toa Heftiba / Unsplash)

restaurant known for scratch-made, responsibly sourced dishes and craft cocktails will make its Las Colinas debut this June.

Located near the heart of Las Colinas at 6000 High Point Dr., the new restaurant will be the second in the DFW area, featuring a

vibrant atmosphere perfect for any occasion that celebrates the best of Southern cuisine. Tupelo Honey is dedicated to sourcing the finest, responsibly sourced ingredients with an emphasis on humanely raised proteins without antibiotics or hormones, ensuring that

every dish is made with care and integrity.

“At Tupelo Honey, we believe that great food and great people are the foundations of our success,” said Chief Operating Officer Caroline Skinner. “If you’re a team player with a positive attitude and a love of hospitality, we want to hear from you! Our Honey Pot benefits make the company that much sweeter, offering tuition, wellness and transportation reimbursement, plus paid parental leave. Plus, we’re Fair Wage Certified, meaning we offer the very best pay in the restaurant industry! We take great pride in offering these best-in-class benefits to all of our employees at every level.”

Tupelo Honey prides itself on honored traditions drawn from its Carolina mountain roots with the goal of bringing people and communities together over a shared meal. Tupelo Honey tastes like home, with bold and innovative menu offerings made with fresh, sustainable, local ingredients like the Honey Dust-ed Fried Chicken, Tupelo Shrimp and Grits, Bourbon Peppercorn Glazed Meatloaf and Fried Chicken and Waffles.

Tupelo Honey has an independent spirit fostered from its start, deep in the Appalachian Mountains. Here we learned the craft of southern cooking and southern hospitality. We take a fresh perspective on

classic southern-inspired dishes and twist familiar gatherings into new and memorable experiences. At our core, Tupelo brings people and communities together. Tupelo Honey feels like your home away from home. We began our journey in 2000 as one of the first farm-to-table scratch kitchens in downtown Asheville, NC. We have honored that tradition of scratch-made food and drinks, and our farm-to-table roots have grown with us to an impressive network of purveyors and farmers that serve our restaurants all over the country.

Follow Tupelo Honey on Facebook, Twitter, Instagram, TikTok and YouTube @TupeloHoneyCafe.

DART offers free rides to get out the vote on May 6

Dallas Area Rapid Transit (DART) is providing free transportation to polling locations for the May 6 election. Voters can ride at no charge on all DART buses, trains, GoLink, the Dallas Streetcar, Paratransit Services and the TRE between EBJ Union Station and CentrePort/DFW Air-

port Station.

Customers need to show a valid voter registration card to ride for free on the day of the election. GoLink riders can use promo code VOTE23 at checkout for a complimentary Adult Local Day Pass in the DART Go-Pass app on May 6. You can learn more at dart.org/vote.

How to Find a Voting Location for your county, information about the election and a convenient voting location.

- Collin County Election Information (Plano, Richardson, Carrollton) go to www.collincountytx.gov/elections

- Dallas County (Ad-

dison, Carrollton, Cockrell Hill, Dallas, Farmers Branch, Garland, Glenn Heights, Highland Park, Irving, Rowlett, University Park), visit dallascountyvotes.org

- Denton County (Carrollton), go to votedenton.gov

- Ellis County (Glenn

Heights), go to https://www.co.ellis.tx.us/312/Elections

- Rockwall County (Rowlett) visit rockwallvotes.com.

Plan Your Trip on DART to a Voting Location Riders who need customized trip planning can map out their ride with the “Plan”

tool in the free GoPass app or use the Trip Planner on DART.org. DART Customer Service can also assist at 214-979-1111. If you plan your trip directly in Google Maps, enter the voting location as your destination and choose the Transit option (train icon) to get travel directions using DART.

Mesquite earns Arbor Day Foundation ‘Tree City USA’ designation

For the 33rd consecutive year, the City of Mesquite has been named a Tree City USA by the Arbor Day Foundation. The City has planted more than 31,000 trees throughout the community since the inception of its Urban Forestry Program in 1988.

Through the program, the City is contributing to the health of its residents and also to worldwide efforts to reduce greenhouse

gases.

Through tiny openings in their leaves, trees absorb carbon monoxide and other gases, which are later broken down in the tree, reports the EPA. Like a filter, the tree leaves catch particles in the air, which are later washed away by the rain. Also, by cooling the areas surrounding them, trees further reduce pollution by lessening energy consumption.

For over 30 years, Mesquite has been recognized as a Tree City USA community, explained Mesquite Parks and Recreation Director Elizabeth Harrell. “We are committed to maintaining a thriving urban forest here in Mesquite because we know that trees raise the quality of life for residents.”

Mesquite has the 10th longest tenure in the Tree City USA program of any

city in Texas. Started in 1976, the Tree City USA program is sponsored by the Arbor Day Foundation, the U.S. Forest Service and the National Association of State Foresters.

Dan Lambe, chief executive officer of the Arbor Day Foundation, commended Mesquite for its commitment to the value and importance of trees.

“If there was ever a time for trees, now is that time.

Cities and towns across the globe are facing issues with air quality, water resources, personal health and well-being, and energy use,” he said. “Mesquite has taken steps to create a brighter, greener future.”

To be recognized as a Tree City USA community, cities must meet four requirements: maintain a tree board or department, have a tree-care ordinance, dedicate an annual community

forestry budget of at least \$2 per capita, and host an Arbor Day observance and proclamation. More than 3,600 U.S. communities have earned the designation through the nationwide program, which provides the framework for communities to manage and expand their public trees.

To learn more about the Tree City USA program, visit www.arborday.org/TreeCityUSA.

JAKES, from Page 5

townhomes and apartments positioned in well-designed neighborhoods with ample amenities aimed at enhancing the quality of life through healthy food

choices, healthcare options and other wraparound services. One of the first prominent projects that Wells Fargo intends to support as a financial partner

is the revitalization of the Fort McPherson property, with the vision of aiding TDJREV in developing the area into an inclusive neighborhood equipped with ample green space, a bike path, recreation cen-

ters, impacting the Historic Business and Cultural districts at Fort McPherson.

The Wells Fargo Foundation and T.D. Jakes Foundation also expect to provide financial empowerment education and revitalize

neighborhoods in underserved low-and moderate-income communities by increasing homeownership and fostering business creation in several cities including Dallas, Atlanta and Chicago.

Charlie Scharf will join T.D. Jakes on stage on May 5, during Jakes’ International Leadership Summit in Orlando, Florida for a conversation about this unique partnership and other topics.

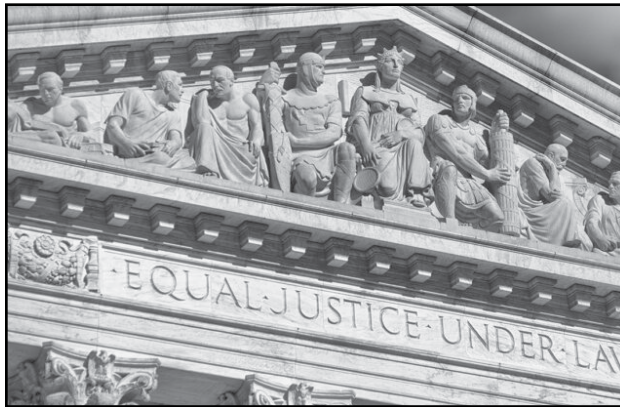
Conservative high court set to take up case that could reduce government regulatory authority

By Stacy M. Brown
NNPA Senior National
Correspondent

The U.S. Supreme Court plans to consider *Loper Bright Enterprises v. Raimondo*, a case that could have far-reaching effects on U.S. government regulation.

The *Chevron* case from 1984 is at the heart of this litigation because it established a precedent for federal agencies to interpret vague statutes at their discretion.

That precedent has informed environmental law, labor regulations, consum-



The conservative majority on the court has been critical of government regulators in recent years, most notably when it limited the EPA's ability to control greenhouse gas emissions a year ago.
(Photo via NNPA)

er safeguards, and immigration policies.

The conservative majority on the court has been

critical of government regulators in recent years, most notably when it limited the EPA's ability to con-

trol greenhouse gas emissions a year ago.

The court regularly refers to *Chevron*; a ruling narrowing its scope or reversing it might limit the ability of federal officials to govern many aspects of American life.

The four conservative court members, Justices Clarence Thomas, Samuel Alito, and Neil Gorsuch have raised doubts about the *Chevron* theory.

As an appeals court judge, Gorsuch claimed it was inconsistent with the constitution framers' intent because it gave the executive bureaucracy too much

power.

At least four of the nine justices on the court agreed that they should hear the matter.

According to tradition, however, they kept the results secret.

One potential stumbling block is that Justice Ketanji Brown Jackson will not be hearing the case, reducing the number of participating justices to eight.

Jackson previously sat on a panel of appellate judges who heard the case for the U.S. Court of Appeals for the District of Columbia Circuit.

The high court plans to

hear the case in the fall because it has completed its argument hearings for the term, scheduled to end in June.

They have two more months to hand down rulings before taking the summer off.

The case is part of an ongoing disagreement between commercial fishermen and the federal government over who should foot the bill for data collection and regulatory compliance.

The fishermen are fighting the government's at-

See COURT, Page 9

GI, from Page 4

and genus *Bifidobacterium* could be biomarkers for lung cancer.

Many studies have suggested that oral administration of probiotics can both protect against bacterial pneumonia and accelerated recovery from respiratory viral infection, emphasizing the crucial role of gut

microbiota in a number of respiratory infections and disorders. Evidence also suggests that the gut/lung microbiota may potentially drive the initiation of autoimmune disease.

As researchers have attempted to treat asthma by improving gut microbiota, they have been met with

success. Inoculations of certain bacteria have been shown to reduce airway inflammation and prevent development of asthma in mice and humans. Specifically, oral administration of *Lactobacillus rhamnosus*, *Lactobacillus casei*, and *Bifidobacterium breve* have shown promise in preventing and treating allergies and asthma.

While some studies have

drawn opposite conclusions, the repeated success of such interventions suggests that supplementation of probiotics may be

a feasible way to prevent and treat asthma and autoimmune diseases. Yet since probiotics have been shown to regulate immune system

function and affect inflammation specific to certain strains, choosing the correct bacterial strain and dosage can be very important.

We Recommend


The Dallas Morning News

Michael Cook ... has a firm grasp of district challenges and a practical approach to problem-solving.

Cook, who holds a master's in business from Cornell University, has the obvious expertise to tackle the district's financial challenges...

Cook offered us more practical solutions to the most serious issues, such as the teacher shortage.

Overall, Cook's emphasis on helping solve the district's deficit problem, better measuring student achievement... are **just what the Plano school board needs.**



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POL. ADV. PD FOR BY MARGARET TURNER-CARRIGAN FOR PISD BOARD



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ELECTION DAY
MAY 6TH, 2023

Film Review: 'Guardians of the Galaxy Vol. 3'

By Dwight Brown
NNPA Film Critic

(**1/2) They're back. This interspecies, intergalactic hodgepodge group of rambunctious space marauders-turned-crusaders is trying to make another bloated Marvel epic fly. Kids and diehard fans will be onboard. Adults may wait for the next flight.

They're cross-galaxy adventurers, close knit and lose knit all at the same time.

In this third installment of the Guardians of the Galaxy saga, the group is hurting. Rocket (Bradley Cooper), a genetically and cybernetically modified raccoon, is ailing. Near death and in a state of grace as he remembers his origins and the evil being that created him. That mad scientist is The High Evolutionary (Chukwudi Iwuj, "The Underground Railroad"), a power-hungry creator who experiments with genetic manipulation and is out to change animals, humans and worlds to



Courtesy photo

his liking. "My secret mission is to create a perfect society." He's bleeding the life out of the masked mammal.

The Guardian leader, the celestial-human hybrid Peter Quill, a/k/a Star Lord (Chris Platt), reassembles his band of warriors to save Rocket. Clumsily, like too many clowns stuffed into a small car, they gather. The bulky dimwit Drax the Destroyer (David Bautista),

the assertive Nebula (Karen Gillan), mindbender Mantis (Pom Klementieff), morphing tree-like protector Groot (Vin Diesel) and Quill's old heartthrob, the very pugnacious Gamora (Zoe Saldana). And so, they fight the good fight to help their friend stay alive.

For fans of the trilogy, the characters are pulled together with their quirky manners and infighting, like

kids at the little table during Thanksgiving dinner. They fly spaceships, battle the bad guys, try to save children, animals and aliens from the wicked ways of a deranged villain and his henchmen.

The script by director/writer James Gunn is serviceable, but not more. It sets the premise, problems, solutions and rescues as it builds to a cataclysmic ending. Be forewarned, it's a slog for the first 90 minutes of its 2h 30m length. Then real energy kicks in.

Rocket's backstory is the one storyline that sets this venture apart from other generic Marvel narratives. Audiences will liken it to watching displaced pets and wildlife in an animal shelter that are being maltreated, but one escapes and comes back for the others. PETA will be thrilled with this

subplot. And in fact, this part of the superhero fable is filled with deep emotions that elude every other angle of this over-cooked and inconsequential movie.

GOTGV3 isn't nearly as miscalculated as Ant-Man and the Wasp: Quantumania. Still, it also feels like the filmmakers have gone to the well too many times. Spaceship fights, force fields, explosions, jokes and banter all feel too familiar. Rocket: "You got issues, Quill." Quill: "Oh, come on." Yawn!!!

Gunn's direction is efficient and cartoonish, not brilliant. The one time his command of the footage, special effects (Dan Sudick), visual effects (Stephane Ceretti) and stunt team (Heidi Moneymaker) excels is in a too brief scene when the Guardians get

in a scrape with The High Evolutionary's thugs. The coordination of this fight sequence, in an enclosed area, is perfect. The kicks, punches, shots, slices, dices and body slams are intense and thoroughly entertaining. Like one of the high-voltage scenes in "John Wick: Chapter 4," the key difference is JWC4 had brilliant, mindboggling combat scene after brilliant, mindboggling combat scene. This film has one. The rest of the brawls and skirmishes seem derivative.

Using only his voice, Cooper emotes in the most compelling ways making Rocket worthy of love and empathy. Iwuji, in a high-energy performance as the venomously evil theorist who wants to speed up evolution, sneers well. The actor, dressed in a purple

←→
COURT,
from Page 8

tempt to force them to pay for their crew members.

In a large fishery off the East Coast, fishermen harvested Atlantic herring for use as both food and bait.

Loper Bright Enterprises of New Jersey, the principal plaintiff, and other fishing groups allege that the requirement to pay contractors hundreds of dollars per day is an unfair application of federal regulations.

Lower courts have, however, rejected them.

The case's resolution may have far-reaching implications for how the federal government and private sector in the United States relate to one another.

Whether the Supreme Court will restrict the Chevron doctrine is an open question.

The conservative majority on the court will undoubtedly sway the ruling.

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Dallas Black Dance Theatre's The BIG Dance features fusion of Latin and Afro Latin Cultures

DALLAS – Dallas Black Dance Theatre's (DBDT) annual fundraising event, The BIG Dance, showcases a fusion of Latin and Afro-Latin cultures. DBDT celebrates the closing of its 46th season with a city-wide dance party worthy of the Big D on Saturday, June 3, 2023, from 7:00 PM – Midnight, at the Morton H. Meyerson Symphony Center, 2301 Flora Street in Dallas, TX. 75201. The attire for the evening is Latin festive.

The 2023 event will be an unforgettable night with the theme *La vida es un carnaval!* which translates to "Life is a carnival!" Live music from traditional and contemporary local Dallas artists, including the premier Cuban-style orchestra Havana NRG!, the full-experience salsa band Fusión Latina, and Mariachi Zacatecas, sets the pace for the evening. The event will include dance lessons, social dancing, food, spir-its, festive décor, and pro-



Courtesy photo

fessional dance vignettes by Dallas Black Dance Theatre dancers celebrating the flair of Latin and Afro-Latin culture! You can also experience the festivities via a live stream.

All proceeds will benefit Dallas Black Dance Theatre's Academy, providing a 40% reduction in tuition fees for more than 300 students enrolled in our on-site academy training classes at our arts district facility. It also helps to support in-school dance residency programs for 2000+ students in 24 area DFW schools with student populations whose families are economically challenged

and primarily Latino and Black. The 49-year-old Academy produced the first Presidential Scholar in dance in America. Eight other Presidential Scholars who graduated from Booker T. Washington High School for the Performing and Visual Arts trained at Dallas Black Dance Academy. Four Academy students have received full scholarships to the prestigious dance program at The Juilliard School. Since 2012, 100% of Dallas Black Dance Academy students have graduated from high school and attended

See DBDT, Page 13

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Calderon and Scott A. - Malena Moore ("To Kill a Mockingbird") and Jacqueline Williams ("Calderon"). Photo by Jelena Geronzi

DAV, RecruitMilitary host Arlington Veterans Job Fair

DAV (Disabled American Veterans) and RecruitMilitary® will co-host the Arlington Veterans Job Fair at AT&T Stadium, May 4 from 11:00am – 3:00pm. The event is free to veterans, their spouses, active-duty military personnel and members of the National Guard and Reserve.

More than 70 employers actively seeking the unique talents of America's veterans will be on-site representing a range of industries, from construction to



The Jopwell Collection / Unsplash

medical to administrative and logistics, with career opportunities from entry level to senior manage-

ment. In addition to employment assistance, the veterans expected to attend can utilize career counsel-

ing and resume assistance, network with fellow veterans and military personnel, and get support with their Department of Veterans Affairs benefits and claims assistance—all at no cost.

This year, DAV will sponsor more than 90 in-person and virtual job fairs. Since the inception of its employment initiative in 2014, there have been nearly 274,000 attendees and more than 167,000 job offers. Last year, to support employers, dispel myths

and demonstrate the business case for employing America's nearly 4 million veterans with a service-connected disability, DAV developed "The Veteran Advantage: DAV Guide to Hiring and Retaining Veterans with Disabilities." This guide offers best practices and helpful tools for employers and strives to inspire more organizations to consider the veteran talent pool.

DAV's National Employment Director Ryan Bur-

gos, an Army veteran of the Iraq War, is available to discuss trends in veteran and military spouse hiring, valuable employment-related resources, and job opportunities in the Arlington area and nationwide. To arrange an interview, contact Ryan Burgos at 859-442-2063.

To register for the Arlington Veterans Job Fair and access additional no-cost resources for veterans and their families, go to jobs.dav.org.

Why high-income earners increasingly choose to rent

By Andrea Neculae

It appears that homeownership is no longer a priority for everyone, especially for those in younger generations, as increasing numbers are choosing to rent, even when they can afford to buy.

With 43 million families living in apartments, the highest number in half

a century, renting has become popular even among millionaires, a category of renter that tripled from 2015 to 2020, according to recent IPUMS data.

With 2.6 million high-income renters in the U.S., the American household is changing rapidly. Compared to overall renters, who inched up only 3.2%,

those earning \$150,000 or more grew 82% from 2015 and 2020, followed by those making between \$100,000 and \$150,000. Middle-income renters grew to a lesser extent, though also posting double-digit increases.

The only segment to register a decrease were households earning less than \$50,000, which de-

creased by 11.2%. This can be explained by low-income renters who moved in with family members during the pandemic and households whose earnings transitioned them to higher income categories.

What makes those who can afford to buy turn to renting? Part of the answer

lies in high home prices, which have made homeownership less attractive over recent years, especially for residents in high-end locations.

The trend was especially obvious when comparing home prices to renter incomes in the cities with the large increases. In nine of

these cities, home prices had increased at a rate higher than the national average, or 29%.

As home prices have become an obstacle even for high-income renters, decisions also come down to comfort or smart investing.

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BATC, from Page 8

costume, that drapes like a king's robe, storms around as if he's on Broadway doing Othello. His decrees, threats and indignation stick with you.

The very orangey looking and over-the-top interior set design with pillowed tangerine-colored walls in some sequences is bright, loud and eye catching. Production designer Beth Mickle, set decorator Rosemary Brandenburg, costume designer Judianna Makovsky

("Avengers: Endgame") and the entire art direction team should take a bow for their visuals. Whoever picked the rock steady goodtime playlist deserves a pat on the back too: "Creep," by Radiohead; "No Sleep Till Brooklyn," Beastie Boys; "Reasons," Earth Wind & Fire; "Come and Get Your Love," Redbone.

Guardians of the Galaxy Vol. 3 is billed as the last film in a trilogy. If it gets close to the \$1bn mark at

the box office, there will be more — Maybe with a revised team, but more. Fans of the genre who love this crew of screwed-up misfits will be happy if that happens. Others may warn "Come back with something better, or don't come back at all."

There's a difference between being awful and not knowing when to leave the party and just not being great. This is the latter.

In theaters May 5th. Visit NNPA News Wire Film Critic Dwight Brown at DwightBrownInk.com.

LONELY, from Page 6

spending because of extra hospital and nursing facility costs.

The Surgeon General also warned that isolation and loneliness lower academic achievement and worsen performance at work.

Additionally, employers lose about \$154 billion each year because of stress-related absences by employees.

"Given the profound consequences of loneliness and isolation, we have an opportunity, and an obligation, to make the same investments in addressing social connection that we have made in addressing tobacco use, obesity, and the addiction crisis," Murthy asserted.

"This Surgeon General's Advisory shows us how to build more connected lives

and societies. If we fail to do so, we will pay an ever-increasing price in the form of our individual and collective health and well-being.

"And we will continue to splinter and divide until we can no longer stand as a community or a country. Instead of coming together to take on the great challenges, we will retreat to our corners—angry, sick, and alone."



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Overcoming barriers to creativity for low power employees

ITHACA (Newswise) — Power often boosts an employee's creativity because being powerful liberates them from constraints, like worrying their ideas might be rejected. New research shows even employees that are not in power positions can become more creative by warming up to an activity, or simply engaging in a creative task more than once.

"This is important because when people with more power are able to express their creative ideas more than those with less power, it leads to a rich-get-richer dynamic that reinforces or exacerbates these power differentials," said Brian Lucas, assistant professor in the Cornell University School of Industrial and Labor Relations.

"Understanding ways to boost the creativity of lower power workers can help them navigate this low-



Microsoft 365 / Unsplash

power disadvantage, generate more creative ideas and promote a more equitable workplace," Lucas said.

In the study, Lucas and his co-authors found that although low-power individuals are less creative than high-power individuals at the beginning of a creative task, they can quickly catch up and match high-power individuals in their creativity. In the study, the creative task provided feelings of autonomy and liberation that eventually helped

people overcome their low-power disadvantage, the researchers said.

Lucas and his co-authors conducted three experiments before reaching their conclusions. First, they divided a creative idea generation session into two rounds consisting of a one-minute "warm up" and a second round where participants could take as long as they wanted.

Randomly assigned to either a high-power condition or a low-power con-

dition, feelings of power were induced when people were given either a leadership role with control over resources or an employee role with no control of resources. The study found that people in the high-power scenario were more creative than those of low power but only during the warm-up round.

In the second round, when the creative tasks changed and the number of rounds were increased from two to five sessions with no time limits, the high-power and the low-power individuals performed equally.

In the final study, in two one-minute sessions, researchers performed two different creative tasks. Consistent with the first experiment, high-power individuals were more creative than low-power individuals only during the first round. However, after the first round, creativity

in low-power individuals quickly increased to match or help them "caught up" to the high-power individuals. This, only after one warm up.

This final experience demonstrated that low-power individuals can also warm up to match high-power individuals when performing two unrelated creative tasks. So, despite the challenge of having two different tasks, low-power people quickly improved in their creativity during the unrelated second task. In this scenario, low-power people, if given an opportunity to warm up, were just as effective as performing new tasks as those in power positions.

Therefore, "The experience of being creative can, in and of itself, have positive psychological consequences," explained Lucas.

And given the high value of creative ideas for both

organizations and for employees, it is important to cultivate strategies that empower ALL employees to tap their creative potential, he said. In this case, a warm-up for low-power employees helped them catch up to those in power positions. This suggests a simple intervention can tap into creative potential and overcome power differentials in the workplace. Therefore, when pursuing creative work, encouraging the low-power workers to warm up to new tasks can grow creativity for the organization as a whole, while also helping those in lower positions achieve more.

Brian Lucas is co-author of "Low Power Warm-up Effect: Understanding the Effect of Power on Creativity Over Time," forthcoming in the July issue of Journal of Experimental Social Psychology.

STRESS, from Page 4

yourself these key questions:

- "What is my sleep like?" If it's not good, maybe that's where to place your attention, by going to bed earlier or changing another aspect of your sleep routine, Dr.

Debar says.

- "How is my gut functioning?" If you are having digestive problems, it may help to optimize your nutrition, Dr. Debar says.

- "What is my social support like?" That can affect

mood, she says.

- "What kind of exercise am I getting?" If the answer isn't much, try to find ways to incorporate more movement into your day, she says.

- "Do I find certain things are making me feel stressed?" For example, if

checking email before bed or immediately upon waking generates stress, think about how to change that part of your routine to maintain calm, Dr. Debar says.

Helping your gut may be enough for you, or helping your sleep may be the key, she explains. "It's those

simple foundational elements that can have huge impact."

When you understand the foundations of health, it shouldn't be about not having enough self-control, procrastinating, or not being disciplined enough, Dr. Debar says. Instead, it should

be, "how do we take what you have in your life and embed these practices in it?"

Be intentional about the basics -- sleep, nutrition, exercise, and handling stress. Improving on any one of these elements can be empowering.

SHERROD, from Page 2

the University of Southern California.

During the early 1980s, Dr. Sherrod established herself in the field of medicine by publishing the landmark study on "Compliance in Immunizations", *Journal of Pediatrics*, 1983, by serving as a Los Angeles County Public Health Commissioner for five years and collaborating with Congresswoman Maxine Waters and Ambassador of Health, Dionne Warwick, to advance community education on HIV and AIDS. As a private Pediatric Infectious Disease Consultant she parlayed her knowledge to others as a visiting Assistant Professor at the David Geffen UCLA

School of Medicine, UCLA Medical Center. Backed by years of professional expertise, Dr. Sherrod served as Chief Physician and Hospital Epidemiologist at Martin Luther King, Jr. Drew Medical Center of the Los Angeles County Department of Health Services. Simultaneously, Dr. Sherrod served as Associate Professor of Pediatrics at Charles R. Drew University of Medicine and Science, which recently became the first historically black medical school west of the Mississippi River. With inadequate staff support, she successfully reduced MLK's hospital nosocomial infection rate by 50 percent in one year,

to abort the closure of the hospital from excess mortality related to infections in hospitalized patients.

Retired from medicine, Dr. Sherrod dedicates herself to the community impacting women health as the founder of the Association of Black Women Physicians (ABWP) Los Angeles, which is only the second of its kind in the United States. ABWP has donated scholarships to approximately 500 medical students over the past 40 years. Driven to impact diversity and inclusion she aligns herself with both civic and medical organizations, including the National Medical Association, a fellow of the American Academy of Pediatrics,

American Medical Women's Association, American Medical Association, National Medical Fellowship, Delta Sigma Theta Sorority, National Council of Black Women, California Black Women's Health Network, Black Women for Wellness, and the Brotherhood Crusaders.

She was recently featured in the book "Against All Odds: Celebrating Black Women in Medicine" and has been featured in both *Ebony*, *Jet* and *Black Enterprises* magazines. Throughout her career she has won numerous awards and honors through the California State Senate and Legislature, Los Angeles County Commission for Women, Chi Eta Phi and Delta Sig-

ma Theta Sorority. Though her career has been filled with highlights, including national appearances on CBS, NBC, Lifetime Television, Tony Brown's *Journal*, KJLH and Fox News, she takes the most pride in her advocacy for better health policy for women and children.

Dr. Sherrod has impacted public health policy in diversity, equity and inclusion through the Association of Black Women Physicians, serving as chair of the Pediatric Section of the National Medical Association, as a founding member of the NMA Council on Concerns of Women Physicians, as a co-founder of the International Coalition of Women Physicians,

as a Freedom Sister at the Los Angeles Museum of Tolerance and as a member of the ACIP at the Centers for Disease Control. The cornerstone of her overall success lay with her ancestors, parents, family, and mentors, including Mr. T. R. & Howard Sanders, and Mr. Bernard Weathers from Simmons High School, Dr. Bharati D. Mehrotra, PhD, from Tougaloo College, Dr. Delias from Brookhaven National Laboratory and Dr. Paul Torrens from Fielding UCLA School of Public Health. In the future, Dr. Sherrod intends to document her life journey as a Black women physician, and she has now been included in *Marquis Who's Who*.

RENT, from Page 11

For some, it's the realization that their property needs too much maintenance. Others are attracted by the flexibility of moving between cities for new career ops. Many high-earners and millionaires simply prefer to funnel their cash into other types of assets that will hold value.

The trend of renting for higher incomes is especially true for Millennials and Gen Zs. According to a survey from Charles Schwab, Americans consider that an average net worth of 1.1 mil-

lion represents being "financially comfortable." And it seems that being financially comfortable is increasingly a Millennial trait, with this demographic making up a majority (28%) of renters who own more than \$1 million. For many Millennials of homebuying age and with above-average incomes, lifestyle renting is a better choice than owning.

This mindset is mirrored among millionaire Millennials, too, who, unlike their Baby Boomer parents, are

deciding to rent despite having the financial resources to own.

Gen X follows closely behind in this trend, making up 23% of millionaire renter homes. As the first generation to break away from the American dream of homeownership, Gen Xers initially turned to renting due to strains brought on by the 2008 housing crisis. Today, they're following the same lifestyle renting trends as their younger counterparts.

So, what do millionaire renters do? They are

in management, securities, commodities and financial services. They are chief executives, legislators, judicial workers and software developers. The size of their homes on average is three-bedrooms, with renters in D.C. having the largest homes, according to IPUMS data. They live on the coast and in major urban areas, like New York, which holds three quarters of high-income renters and San Francisco Bay. Seattle had the highest increases in high-income renters over

this period, followed by Portland and Miami, according to U.S. Census data.

For this study, RentCafe considered the number of millionaire renter households between 2015 and 2020 5-year estimates, across 100 U.S. cities from IPUMS. It considered the number of high-income renter households (having an annual income greater than \$150,000) from U.S. Census data. In calculating the average age of millionaire renters, they only considered working age (15+),

and it considered cities with at least 20 households or 100 individuals living in millionaire households to create a relevant sample. Renter data was also extracted from the IPUMS Survey Documentation and Analysis (SDA) tool for 2020 and 2015, using the age, occupation, number of bedrooms and cars, marital status, average gross rent, and city as variables.

Andrea Neculae is a creative writer at RentCafe, a national internet listing service. More information can be found at RentCafe.com.

DBDT, from Page 10

college. Many more Academy students have received the Texas Young Masters Award, the state equivalent to the national award.

Honorary chairs Mr. Sam Santiago and Mr. Enrique G. Cobian and Co-chairs Ms. Sharon K. King (Castle Business Solutions, LLC) and Mrs. Veronica Torres-Hazley (Torres Hazley Enterprise, LLC) planned the event. The BIG Dance committee includes Randall Bryant (Politics United

Marketing), Angela Chapman Bright (Legacy Enterprises, LLC), Grace Cook (The McDermott Foundation), Amanda Cristina (LaBori Boxing), Catherine Cuellar (The City of Dallas), Tammy Demery (Tammy S. Demery, LLC), Art & Gwen George (The George Development Group), Marissa Horne (Capital One), Misty Hoyt (Photography by Misty), Ebonie Zan Jackson (Community Volunteer), Stephanie John-

son (AT&T), Clem Maddox (Charter Spectrum), Terrence Maiden (Russell Glen Company), Valencia McClure (The Artistry of Essential Oils), Maria Mendez (Cigna), Kim Noltemy (Dallas Symphony Orchestra), Sheena Payne (Blue Cross Blue Shield of Texas), Lawanda Penland Dunwell (The Raytheon Company), Jimmy Porch (Myriad Roofing & Construction LLC), Rozene Pride (Community Volunteer), Byron Reed (R.E.E.D Capital Group, LLC), Ger-

alyn Richard (Libéte LLC), AnaChrista Robles (The Concilio), Don Short (New Artisan Spirits), Gwendolyn Standberry Evans (GSE – The State Tax Experts), Susy Solis (KLRD News), Michelle Thomas (Chase), Paulette Turner (Integrated Leadership Concepts), Kim Whitaker (DFW International Airport), Cris & Julio Wong (Goldman Sachs Asset Management), and Tiffinni A. Young (TAY Strategies, LLC).

For more details visit www.dallasbigdance.com.

RIDES, from Page 2

tion" for the purpose of creating a meta clearinghouse for the exchange of information between Afrocentric organizations and communities concerning social, economic, political, cultural and other issues in need of response from African American diaspora.

Organization and imagination are key at this moment in America. I'm asking African American leadership, young and old, to look at African American communications infrastruc-

ture from the view of "the community good."

The current political environment demands Black folks reorganize communications infrastructure with imagination and organization.

Freedom Rides 2.0 will reconnect African American communities throughout the south.

Freedom Rides 2.0 voter registration and education programs in the African American south is an action needed to respond to voter

suppression.

To my brilliant, intelligent, enlightened, and caring African Americans, who love her youth, this is the time for the African American gift of consciousness, combined with

the technological ocean of information available to create a future for our children. Knowledge is the key.

*Young birds whose wings
are clipped
never know they can fly
Help our children fly*

ILUYOMADE, from Page 2

health factors affecting the Black community and the keys to improving overall health.

Thrivin' in Color is on all major platforms, including Apple Podcasts and Spotify.

Thrivin' In Color, a podcast produced by Black PR Wire, features interviews

with remarkable sistas and brothas from across the country who are doing extraordinary things in today's society. Thrivin' In Color takes us behind the scenes of their world, where we meet with them and pick up some golden nuggets for success.



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For Such a Time as This



Sister Tarpley
NDG
Religion
Editor

"For if you remain silent at this time, relief and deliverance for the Jews will arise from another place, but you and your father's family will perish. And who knows but that you have come to a royal position for such a time as this?" **Esther 4:14-15.**

The Bible tells the story of Esther, a Jewish orphan living in the land of Persia after her people were taken into captivity from Jerusalem.

Raised by her cousin Mordecai, she lived during



the time of King Xerxes who reigned over Persia that stretched from India to Ethiopia.

A proclamation was sent out to bring all the virgins to the king's palace from the surrounding regions to replace Queen Vashti who found disfavor with the

king and was deposed.

Esther was one of the young women taken and was ultimately selected to be the next queen.

Mordecai had a high ranking position in the government that allowed him to learn of a plot by Haman, an official of the king,

to kill all of the Jews.

Now, the only way this order would not be carried out was if Esther asked for an audience with the king to request that the plot be abandoned on her behalf.

However, to request an audience before the king was a serious matter. If he refused to give her audience, the penalty was immediate death. It was at this time that Esther made her famous statement, "If I die, I die."

Esther realized this could be the reason God created her - to save her people from destruction.

However, out of concern for Esther, Mordecai explained the situation to her, "For if you remain silent at this time, relief and deliverance for the Jews will arise

from another place, but you and your father's family will perish."

Mordecai was giving her a choice. Either she will be used by God or someone else will be used to save their people.

Everyday you and I are given a choice. Are we willing to be the person God uses to impact the future destiny of a people? Many of us are silent Christians simply letting the status quo reign while we sit quietly by watching.

Who knows that you were created for such a time as this to be a catalyst to stand in the gap for some situation in your workplace, community or nation?

Be faithful to your calling.

Remember, "I can

do ALL things through CHRIST who strengthens me."

Thank God for your strength and protection. Thank Him for your Lord and Savior, Jesus Christ.

Whenever that old devil comes at you with temptations, remind him that you can do all things through Christ who strengthens you and has saved you.

Because of that, you can rebuke Satan by standing on the Scripture and leaning on Jesus for your help. He was the perfect example of this as He countered Satan's temptations with Scripture.

Open your eyes, ears and heart to God's Word and His prompting. Thank God always in the name of Jesus for His help.

It's Not a Mess Unless I Do It

By James L. Snyder

When it comes to words, everybody has their own definition.

Someone says one word and another person thinks it's altogether something else.

For example, when someone says vegetable, The Gracious Mistress of the Parsonage thinks broccoli. On the other side of the dinner table, I think carrot cake. We have never been able to come together on this word.

I often get in trouble when at a restaurant. The waitress comes to take our order, then looks at me and asks what vegetable I wanted. I reply, "I'll have carrot cake for my vegetable today."

I then smile, knowing I was in deep trouble.

The waitress smiled back at me and said, "Okay, sir." Then went back to process our order.

When the order came, there on my plate was the vegetable of the day, a slice of carrot cake. I tipped that waitress rather generously. I love it when a plan comes together.

Our most significant

contention with words is the word, "mess."

As far as I know, The Gracious Mistress of the Parsonage is an expert in defining a mess. I'm an expert when it comes to creating a mess.

She has everything well organized and in its proper place.

All you have to do is walk into her craft room and you will discover what a well-organized room looks like. She has everything in its place and knows exactly where to go when she needs something.

Every time I walk into her craft room, I get dizzy. In that room everything has a place and is in its proper place. I could never work in that environment.

If you walk into my office, you will find the epitome of what a mess looks like. If I can't create a mess, it doesn't exist.

My wife is anti-mess and hates mess with a passion, and often I find her sneaking into my office trying to organize my mess.

Last week I was working on a project, and I needed something, so I went where I saw it last. Unfortunately, it was not there, and I could

not find it. I was in a panic mode because I needed that for what I was working on.

As I was searching through my office, The Gracious Mistress of the Parsonage stepped in and said, "What are you looking for?"

I said, "It's nothing you would know anything about." I continued searching.

She persisted in knowing what I was looking for; finally, I gave in and told her what I was looking for.

"Oh, that," she said, "it's right over here." She walked over to one of the bookcases, pulled it out and handed it to me. I just looked at her, not knowing how to respond.

What she needs to understand is that my mess is an organized mess to my standards. Just because it isn't organized as she would like doesn't mean it's not organized in some fashion.

My definition of mess is "Making Everything Self-Sufficient."

I had a crazy thought, which is nothing new for me, to show her how important it is for people not to interfere with their space and leave their mess alone.

I found out about a project she was working on, and some ideas began dancing in my head. (Thank you Chubby Checker.) One question took the bow: What if? I thought about that for a long time and tried to figure out how to implement it.

She had to go away for the day with one of our daughters and do some shopping, so this was the right time to exercise my plan.

I went into her craft room and stood quietly for a few minutes to get the dizziness out of my head.

Then, once that left, I began looking around to see how to set up my plan.

I saw a project on her desk that she was working on at the time..

Then I began picking up a few things from the table

See MESS, Page 16

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How Escrow Accounts Work



Paula Medrano
Independent
Financial

When purchasing a home with a reputable lender, an escrow account will be set up for you as well. Once the account is established, the lender will collect the money from you on a monthly basis for property taxes and homeowner's insurance, hold it in the escrow account and then pay those bills on your behalf when they come due. This can be a great benefit to buyers, as payments are made on a monthly basis for bills that are due semi-annually or annually.

How does an escrow account work?

When establishing an escrow account, your lender will calculate the total annual payments for your property taxes and homeowner's insurance. The annual amount will then be divided by 12 to calculate your monthly escrow payment and added to your principal and interest payment to make your total mortgage payment. Additionally, most lenders require a cushion of two



Getty Images

months of escrow payments in the account.

Every year, your lender will review your escrow account to ensure it has sufficient funds and recalculate your payments based on the previous year's property tax and insurance costs. If there is a shortage within your account, your lender will require you to make a one-time payment to cover the deficit or increase your mortgage payment the following year. If there is an overage in your account, your lender will give you a check for that amount and may decrease your escrow payment for next year.

Advantages of Escrow Accounts

Budgeting is simpler because you do not have to think about setting aside money to make your annual or semi-annual property tax and homeowner's insurance payments. Including these with your mortgage payment will ensure your property tax and insurance payment are covered without penalties.

Disadvantages of Escrow Accounts

When closing on your home mortgage, you will typically need to produce more money to establish the buffer of two months

of payments in your escrow account. That amount may be larger, depending on when your property tax and homeowner's insurance payments are due. Plus, your monthly mortgage payment is higher when you have to make a payment into an escrow ac-

count in addition to your regular principal and interest payment.

Avoiding an Escrow Account

If you prefer to not have an escrow account, you will need to negotiate it with your lender. The lender might be willing to allow you to manage your property taxes and homeowner's insurance payments rather than using an escrow account. Typically, you'll need to have put at least 20% down on your home, be a prior homeowner or have a large cushion in

your bank account. If you choose to forego the escrow account, you should budget carefully to ensure you have the money available to make your property tax and homeowner's insurance payments when they are due.

Paula Medrano is a senior mortgage loan originator with Independent Financial and specializes in helping new buyers achieve home ownership. Connect with Paula at 972.350.8361 or Paula.Medrano@IFinancial.com.

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NDG Book Review: 'In the Company of Grace'

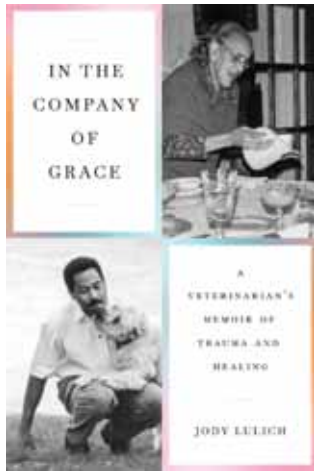
By Terri Schlichenmeyer

You are a product of what your parents do.

They nurtured you, and you learned to nurture. They yelled, and you discovered that shouting was the way to communicate. From them, you got your sense of humor, your earliest political beliefs, and your initial ideas of right and wrong. You're a product of what adults around you do — or, as in the new book "In the Company of Grace" by Jody Lulich, what they don't.

The suicide attempt on New Year's Eve of 1966 was not Jody Lulich's mother's first.

It was, however, the one that took her life, no matter how hard Lulich, who was nine years old at the time, tried to save her. He'd been taking care of her every day after school by then, trying to keep his parents from fighting, trying to keep the



violence and vitriol between them at bay, but they were alcoholics with anger issues and he was just a boy.

On the way to his mother's funeral, his father accidentally hit a stray dog with his car, and kept on driving. It was a kind of metaphor for Lulich's heartbreak, and he never forgot it.

Through the rest of his childhood, Lulich tried to find the love his father denied him, but it was almost always

absent. At age eleven, Lulich moved out of his father's home, bouncing between a neighbor's welcoming house and back; as soon as he was able, he escaped, enrolled in college, and decided on veterinary school as a post-grad at Tuskegee, an HBCU. There he excelled in his career, found support from a mother-figure who loved him, and he grew to accept that he was attracted to men.

But despite his success, the appreciation of his clients and patients, and the accolades that he gathered through the years, Lulich couldn't seem to shake the feeling that something was wrong in his life. How could he finally accept the love and compassion he deserved?

If you're the kind of reader who sees the word "veterinarian" in the subtitle of this book and make a beeline for it, there's one big thing you'll want to know: "In the Com-

pany of Grace" is not filled with animal tales.

There are a few, but they take a big back seat to author Jody Lulich's story and that of his family, which come in wave after wave of sad memories and deep, lingering want. These are tales that, even when they're meant to be the slightest bit upbeat, feel like a smack-down, or a stomp on your soul. That makes this a hard read for a good long time — melancholy and hard, but compelling because the tales don't ever become what you think they'll be. Oddly enough, there's triumph here, and exactly what readers will want in the end.

"In the Company of Grace" — so-titled for the woman who accepted Lulich — is not the book to come to when you're feeling sad. Reach for it when you want something meaningful, though. That's what to do.

BIDEN, from Page 5

Earlier the White House Correspondents Association honored fallen PBS star journalist Gwen Ifill, and Biden took notice.

"That's what someone we still miss so much, who you honored posthumously, stood for. Gwen Ifill," he said.

"She moderated my first debate for vice president and was a trusted voice for millions of Americans. Gwen understood that the louder the noise, the more it's on all of us to cut through the noise to the truth. The truth matters."

Before given way to Wood, the president reminisced about the 2022 dinner.

"As I said last year at this dinner, a poison is running

through our democracy and parts of the extreme press," Biden reassured.

"The truth buried by lies, and lies living on as truth. Lies told for profit and power. Lies of conspiracy and malice repeated over and over again, designed to generate a cycle of anger, hate, and even violence."

He concluded:

"A cycle that emboldens history to be buried, books to be banned, children and families to be attacked by the state, and the rule of law and our rights and freedoms to be stripped away. And where elected representatives of the people are expelled from statehouses for standing for

the people."

"I've made clear that we know in our bones — and you know it too — our democracy remains at risk. But I've also made it clear, as I've seen throughout my life, it's within our power, each and every one of us, to preserve our democracy. We can. We must. We will."

National Newspaper Publishers Association (NNPA) President and CEO Dr. Benjamin F. Chavis Jr., who sat nearby as the president spoke, offered praise to Biden.

"The NNPA thanks President Joe Biden for highlight the strategic importance and ongoing value of the Black Press of America," Chavis stated.

"Biden's speech to the 2023

White House Correspondents Dinner in Washington, D.C., was another historic tribute to the Black Press as the NNPA reaffirms being the trusted voice of Black America."

Following the president's speech, Wood jumped in.

"Real quick, Mr. President, I think you left some of your classified documents up here," Woods quipped. "I'll put them in a safe place, he don't know where to keep them."

While that led to hearty chuckles, Wood went on to deliver belly-aching laughter when he zeroed in on Florida Gov. Ron DeSantis, Supreme Court Justice Clarence Thomas, former Fox host Tucker Carlson, former CNN host Don Lemon, and others.

MESS, from Page 14

and put them in places she would not think of looking. It took me a while to work it all out, but I was diligent in my plan.

The next day after breakfast, we went to our rooms to work on our projects.

I was so eager to hear what would happen in The Craft Room. I heard some rustling

around and heard someone in that room taking some profound sighs. Then I heard her say, "Where did I put that?"

I was so excited to hear my plan coming together. I went to her craft room, and looking in I said, "My dear, what are you looking for?"

She said something to the effect that I would not know

anything about that.

I persisted, and finally, she told me what she was looking for, and with a big smile, I said, "Oh, that's right over here." So I picked it up, brought it back, and laid it on her desk.

I smiled at her, but my smile was not reciprocated in any degree. It's nice when a mess comes together.

Thinking about this, I was

reminded of what David said in Psalm 119:11, "Thy word have I hid in mine heart, that I might not sin against thee."

Words are important and the most important word is the word of God. Hiding God's word in my heart will always lead me in the right direction and bring me to that place of blessing.

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