



North Dallas Gazette

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Texans to go to the polls to decide 14 state constitutional amendments and other measures

By Lori Lee
NDG Contributing Writer

In the election next month, Texans will be choosing new leaders and deciding on various city bond proposals, while all Texans will be deciding the fate of 14 propositions to amend the state constitution.

State lawmakers have laid the groundwork to allow voters to decide, approving the 14 propositions by two-thirds of the House and Senate during the January regular session and a June special session called by the governor. Once approved for the ballot, only a simple majority is required to pass each amendment.

Drawn up 31 years after the Republic of Texas joined the United States, the Texas Constitution has been amended 517 times since its adoption in 1876.

Needless to say, it is crucial that all vote. Commissioner John Wiley Price is asking everyone to vote in the election, while urging voters to prioritize Proposition 12 in particular.

The proposed amendment would abolish the office of Galveston County Treasurer, a measure that would allow the County Commissioner's Court to re-designate a Treasurer to the office.



Texans are encouraged to familiarize themselves not only with candidates, but propositions that will appear on next month's ballot. (Photo: Felipe Vieira / Unsplash)

Even though the measure presently will only impact Galveston County, Price strongly recommends voting against the measure because if it is approved, the effort will be repeated across major urban democratic-leaning counties.

Below is a guide through the other 13 propositions, with information to help voters decide what may be best for Texas and fellow citizens.

The first proposition would reinforce existing rights already in place to allow farming, ranching, gardening or raising wildlife on land owned or leased.

While the 14th Amendment of the U.S. Constitution prevents

states from infringing on rights and immunities, the Constitution grants states police powers to protect the health and safety of citizens, wildlife, and natural resources. The new amendment will make it difficult to change related laws in the future, and Commissioner Price recommends voting against it.

Proposition 2 would allow city or county governments to define and set eligibility requirements for tax breaks to owners of child care facilities. With exemptions of at least 50% of appraised value, this proposal could mean either higher profits for owners or lower child-

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The value of early cancer detection

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The ongoing rise in heat is a health threat

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People In The News ...



Stephen Curry



Dr. Brian Williams

NDG Quote of the Week: "We all require and want respect, man or woman, black or white. It's our basic human right."
— Aretha Franklin

Stephen Curry

PONTEVEDRABEACH, FL. (NNPA) – The World Golf Hall of Fame announced today that NBA star Stephen “Steph” Curry will receive The Charlie Sifford Award presented by Southern Company, which honors recipients for their spirit in advancing diversity in golf. Curry will be presented the award on Monday, June 10, 2024, at the World Golf Hall of Fame Induction Ceremony presented by CME Group held during the 124th U.S. Open at Pinehurst Resort & Country Club in the Village



of Pinehurst, N.C.

The Charlie Sifford Award was created in 2021 to honor an individual who personifies Sifford’s groundbreaking achievements through persever-

ance, confidence, respect, and adaptability. Curry will be recognized as the recipient of The Charlie Sifford Award during the 2024 World Golf Hall of Fame Induction Ceremony presented by CME Group, at which Padraig Harrington, Sandra Palmer along with the late Johnny Farrell, Beverly Hanson, Tom Weiskopf and the 13 LPGA Founders will be inducted as part of the World Golf Hall of Fame Class of 2024.

“I believe that we have the opportunity to grow the game of golf by providing equity, access and opportu-

nity to young golfers who have that same passion, dedication and determination as so many of us out on the green,” said Stephen Curry.

Curry’s golf accomplishments include launching Underrated Golf in 2021, a purpose-driven endeavor with an overarching commitment to provide equity, access, and opportunity to student-athletes from every community by balancing participation in the sport to truly reflect our society. In 2019, he helped Howard University to compete on the D-1 level by funding the golf team for the next

six years. Howard did not have a golf team since the 1970s, and this is the first on the Division 1 level in school history.

“Steph Curry has shown passion and a commitment to giving more opportunities to young people who do not have access to the game of golf,” said Greg McLaughlin, CEO, World Golf Hall of Fame. “Steph’s dedication in advancing diversity in golf epitomizes the groundbreaking work demonstrated by Charlie Sifford. The World Golf Hall of Fame in partnership with Southern Company is committed to ensuring his

legacy endures for future generations by recognizing others – like Steph – who are devoted to making golf an environment for all.”

“Southern Company enjoys an association with golf that has enabled us to positively impact the lives of children, return hope and opportunity to our communities and create equitable access and opportunities for all,” said Chris Womack, president and CEO of Southern Company. “Steph Curry is a wonderful recipient of the Charlie Sifford Award presented by

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Dr. Brian Williams

Dr. Brian Williams’ campaign has raised an impressive \$356,000 in the third quarter of 2023, out-raising all other candidates in the Democratic primary for Texas House District 32, currently held by Democrat Colin Allred.

House District 32 serves suburban northeastern Dallas County and parts of Collin and Denton counties. Created after the 2000 United States census, when Texas went from 30 seats to 32, the district was modified following the 2010 census.

Williams has raised a total of \$720,000 since



launching his campaign in May. And with \$525,000 cash on hand, Williams has a cash advantage of at least \$120,000 over any other candidate in the race.

“I’m proud of the grassroots support my campaign has received from voters

here in TX-32 and concerned citizens across our country,” said Dr. Brian Williams. “I know that as a veteran, trauma surgeon, and gun safety advocate, my record of service and leadership has prepared me to tackle the challenges most important to the people of the 32nd district.

“We have proven we have the team and the means to share that message with voters across the district. I’m deeply grateful to everyone who has joined me in this fight for a safer and healthier Texas.”

Williams’ campaign has been endorsed by Senator Chris Murphy (CT), Rep. Seth Moulton (MA-06),

VoteVets, New Politics, 314 Action, Brady PAC, and Healthcare for Action.

Last month, Williams was interviewed about his candidacy by Nicolle Wallace on “Deadline White House,” and following release of his first campaign video, “Relentless,” was also questioned by Jonathan Capehart on “The Last

Word.”

Dr. Williams served as Chair of the Dallas Citizens Police Review Board, helping to bridge the divide between police officers and our community. In Washington, D.C., he worked as a gun safety advocate and policy advisor for Sen. Chris Murphy, helping pass the single most significant

piece of gun legislation in our country’s history after the tragedy in Uvalde.

Dr. Williams then worked for Speaker Pelosi on healthcare policy related to accessible and affordable healthcare, pandemic preparedness, and bolstering the healthcare workforce.

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Rep. Patrick T. McHenry

By Lori Lee
NDG Contributing Writer

Lawmakers in both parties last week were considering giving Rep. Patrick T. McHenry, the interim speaker, explicit power to conduct legislative business through Jan. 3, the *New York Times* reported.

McHenry, a former single-term member of the North Carolina House of Representatives, has been serving as Speaker pro tempore since October 3, with limited power and lacking authority to initiate legislation as urgent requests for funding to back Ukraine and Israel wait in the wings.

Rep. McHenry told GOP



colleagues last week that he may resign as temporary speaker if pushed by Republicans to try to move legislation without a vote to expand his powers, according to lawmakers at a closed-door meeting last week, MSNBC News reported.

McHenry rejected no-

tions to grant him the same powers as an elected speaker, being unwilling to set a precedent that would give future interim speakers such powers without the need to elect them, they reported.

McHenry served as a House Republican chief deputy whip from 2014 to 2019, a ranking member of the House Financial Services Committee from 2019 to 2023, and as chair of the House Financial Services Committee since 2023, reported The Hill.

In mid-2000, Karl Rove hired McHenry to be the national coalition director for George W. Bush’s 2000 presidential campaign,

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Early detection saved my life from prostate cancer

By David Ford
Board Member
American Cancer Society
Cancer Action Network

Twice. That is how many times I have had to battle cancer. I still consider myself very fortunate, although surviving a disease that is expected to kill nearly 609,820 Americans this year is not a matter of luck. The fact is that cancer screenings can help save lives.

When I was diagnosed with prostate cancer, I thought my prospects were dire. According to the American Cancer Society, prostate cancer incidence among Black men is more than 70% higher than in White men, and Black men are more than twice as likely to die from prostate cancer than White men. In fact, Black men have the highest death rate for prostate cancer of any racial or ethnic group in the U.S.

Thankfully, my prostate cancer was detected early. Three years prior, a tumor ruptured my colon, which is how I learned I had colorectal cancer. Had I heeded my doctor's recommendation to undergo a colonoscopy months before, I could have had the tumor removed and prevented it from causing additional damage.

I learned that early detection is key to surviving cancer, so I prioritized my physical exams and cancer screenings. In 2018, elevated prostate-specific antigen (PSA) test results signaled the potential for prostate cancer, and a biopsy confirmed it. I started my radiation treatment right away. Today, I am in remission.

Prostate cancer accounts for more than a third of all new cancers in Black men. Now this is what I want you to remember: when prostate cancer is found early, the 5-year survival rate is

nearly 100%. However, the likelihood of survival drops to 32% when it is found in its advanced stages.

This means that a future generation with zero deaths from prostate cancer is not a dream but an attainable goal IF the people who need cancer screenings can get them. It also means that more lives can be saved if the disease is detected and treated early

saving more lives, especially in the Black community.

That's why I'm glad to see that there's a bill before Congress that would help remove cost barriers to prostate cancer screening for men at high risk for the disease, the Prostate-Specific Antigen Screening for High-risk Insured Men (PSA Screening for HIM) Act. Introduced by Representatives Larry Bucshon,

vancing public health policies that improve access to prevention and early detection services. As part of ACS CAN's Leadership Summit and Lobby Day,

I traveled to Washington, D.C. this week to meet with members of Congress to urge them to support the PSA Screening for HIM Act. Passing this legislation is a crucial step to saving more lives from prostate cancer. It would also help address the unjust and unacceptable cancer disparities in the Black community. Everyone at high risk for prostate cancer who has made an informed decision with their doctor to get screened should have access to that screening without cost-sharing posing an obstacle.

This Prostate Cancer Awareness Month, my plea to all men — Black men in particular — is to get your regular checkups, talk to your doctor about the benefits and limitations of PSA screening, and urge your Congressional representatives to support the PSA Screening for HIM Act. If health is wealth, consider this practice part of your legacy.

David Ford is a dedicated cancer advocate serving as a member of the Board of Directors of the American Cancer Society Cancer Action Network (ACS CAN), the advocacy affiliate for the American Cancer Society. Ford has served on the American Cancer Society's Board of Directors for the Los Angeles area and has championed local and national efforts to advance health equity. He is also the government relations manager at Southern California Edison, managing relationships with government municipalities and promoting awareness of a clean energy future.

Prostate cancer accounts for more than a third of all new cancers in Black men. Now this is what I want you to remember: when prostate cancer is found early, the 5-year survival rate is nearly 100%. However, the likelihood of survival drops to 32% when it is found in its advanced stages.

when treatment is more effective and less expensive. Unfortunately, Black people generally have lower rates of cancer screening, likely due to factors such as having less access to care, lower likelihood of doctor recommendation and medical mistrust. Out-of-pocket costs can also be a barrier to accessing screening.

As a prostate cancer survivor and member of the American Cancer Society Cancer Action Network's (ACS CAN) Board of Directors, I believe that everyone should have a fair and just opportunity to prevent, detect, treat, and survive cancer. I know that having equitable access to screening is critical to reducing prostate cancer deaths and

M.D. (R-IN) and Yvette Clarke (D-NY) and Senators Cory Booker (D-NJ) and John Boozman (R-AR), this bipartisan bill would waive cost-sharing requirements for prostate cancer screenings for men with the highest risk of prostate cancer, focusing on Black men and those with a family history of the disease.

If the bill is passed, this means that men at high risk of being diagnosed with prostate cancer would be able to get prostate cancer screenings without out-of-pocket costs, such as deductibles, copayments, or coinsurances.

Our elected officials play a vital role in helping reduce the cancer burden and persistent disparities by ad-

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Leaders respond to high heat with measures to protect public health

By Lori Lee
NDG Contributing Writer

As we're getting past the hottest summer on record, government leaders across the country are taking measures to protect public health. Heat kills more than any other weather-related event, with almost half a million people dying each year, according to Human Rights Watch.

Cities across the country are responding to increasing critical needs due to heat, including Los Angeles, which has been developing a focused campaign since 2022, said Marta Segura, chief heat officer for the City of Los Angeles.

Segura, one of ten chief heat officers worldwide, said a number of city departments have aligned "to sing the same song." Planning and Capital Works are working to decarbonize and improve energy and transportation, and they are pushing hard to increase vegetation throughout the city, with a goal to increase tree canopy by 50% by 2028.

Three hours of refuge can help people survive, said Segura, and the city is working to adapt its cooling centers into the social fabric to make them a part of everyday part of life.

Los Angeles has been training AmeriCorps volunteers to go into lower-income homes and find low-cost solutions to help people save energy, adding weatherstripping, programmable thermostats and heat pumps. By increasing energy efficiency in these homes, they are helping to decarbonize the city overall, said Segura, and carbon triggers asthma attacks and other health issues. The city is also adapting its infrastructure, installing cool pavement and permeable paving. The city found cool pavement is expensive and



John Tower / Unsplash

deteriorates in high traffic, she said, so they are leaning to place it in the right areas.

The city also worked with the National Weather Service and Emergency Management to post advisories and develop heat protocols for summer camps, libraries and parks. After tracking heat-related emergencies to zip codes in poorer areas, her department developed a Climate Equity program to support underinvested neighborhoods. Considering both demographics and geography, they are using an equity index to determine where investments can have the biggest impact, Segura said.

Marginalized populations, which have lacked investment over decades, often have deficiencies in vegetation and financial hardships that separate them from crucial air conditioning, transportation and power.

Phoenix statistics were similar, indicating half of people affected are the homeless, while half of those are substance abusers, said Phoenix Director of Heat Response. Phoenix, the largest, hottest city is in Maricopa County, is expected to have the highest temperature increases over the next decade. With almost every summer day at 110+, the city has seen a 25% increase in heat related deaths this year alone. In addition to being a heat officer, Andula is a researcher, and he and his colleagues

had been researching the problem when the Mayor decided to create the Office of Heat Response, which Andula now leads.

Phoenix, like L.A., analyzed heat-related emergencies by zip code and found high-poverty areas were hit hardest, especially the homeless, children and people who work outdoors. Areas with high land-surface temperatures including areas with less ground cover and fewer trees, were also hit hard, said Andula.

Cities across the country are recognizing investment in these at-risk areas has real meaning, and they are aligning with federal goals for equity to attain funding to improve these cities. Segura of Los Angeles said she learned from Andula and Chief Heat Officer of Miami, Jane Gilbert. All three city leaders said they had taken advantage of federal grants for urban forestry to work toward long-term goals.

Phoenix set up what they call pop-in/pop-out centers, using volunteers for heat outreach, said Andula, but they really need to transition to at least some paid staff to keep the program running.

Miami-Dale has also been working toward a climate resiliency strategy. Known internationally for risks associated with rising sea levels and hurricanes, Chief Heat Officer Gilbert said that while working in community outreach in 2020, she had recognized

the growing dangers of heat as she began hearing complaints about parents no longer able to take children to parks and witnessing people getting overheated while waiting on the bus.

Her department had put together surveys to find out what public concerns were, and they found very few people concerned about sea-levels or even hurricanes. Their top concerns were centered on heat, she said.

The city's mayor responded quickly, creating a position to work across departments to mitigate heat. "If you want to go fast, go alone, said Gilbert, but if you want to have great impact, go together." Miami is bridging across departments and partnering with community organizations.

A lot of work has been done--handing out water,

providing tents for shade, as well as fans and wet towels, said Gilbert. Because it takes multiple hours to cool down, the city offers augmented cooling centers to provide overnight shelter, and on extreme days, the city has provided transportation to the centers. It save lives, she explained.

Segura of Los Angeles, a city which is also taking a comprehensive approach, stresses single-approach solutions, such as cap and trade, can turn people off to climate solutions. No single approach can work, she said.

Los Angelenos are working to increase tree canopy, shade structures, cooling centers and hydration stations. They are decarbonizing transport and homes, while adding heat pumps and cool roofs. They are looking at systems change,

and using vegetation, bioswells and passive cooling to reach long-term goals.

Andula, Gilbert and Segura all seemed to agree that heat is acting as a catalyst for change. Politics has done very little to interfere with addressing heat, an issue that is less politically charged than the global climate crisis, said Andula. And though funding may be missing at the state level in some cases, the public is experiencing heat increases first hand, and they are well aware of the problem, said Gilbert. It's hard to deny when the ocean is crawling up your ankles, she said.

Lori Lee holds a Ph.D. in Urban Planning and Public Policy from the University of Texas in Arlington, with work focused on neighborhood revitalization, sociability, and environmental management.

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African American Museum, Dallas to present weekly African American History Class Series

The African American Museum, Dallas, will host an eight-week series called "Community African American History Class," happening Thursdays from 7-9 p.m. Oct. 26-Dec. 21 (except for Nov. 23).

Covering a wealth of topics – from the Civil War to the Black Arts Movement to civil rights – the weekly classes will be taught by Dr. W. Marvin Dulaney, museum deputy director and COO and national president of the Association for the Study of African American Life and History (ASALH), along with Robert E. Edison, museum curator of education. With limited enrollment, registration is \$50, \$25 for members of the Museum and ASALH, and free for high school



Resting the mules which get too hot when the cotton is high in mid-summer cultivation; King and Anderson Plantation, near Clarksdale, Mississippi Delta, Mississippi, 1941. (New York Public Library)

students and public school teachers.

"This is particularly important as African American books and studies in schools and libraries are becoming increasingly threatened in Texas," said Dr. Dulaney. "We hope these courses will provide African Americans and

people from every part of our community with a comprehensive look into the often forgotten, complex history and contributions of African Americans. This is such an important time to shed light and keep these stories alive."

Every Thursday, Dr. W. Marvin Dulaney and Rob-

ert E. Edison of the Museum will lead engaging courses on a variety of topics, from African history, colonial and antebellum African American history and the Civil War to the Civil Rights Movement, Black power and Black nationalism.

Each week, instructors will lead engaging discussions on a variety of subjects including the African past, historiography, arts, colonial America, antebellum, Civil War, Civil Rights Movement, Black power and Black nationalism.

Courses are also designed as a supplement to educators, offering materials, resources and pedagogy to apply in the classroom.

The Community African American History Classes will be held at the African American Museum, Dallas, in historic Fair Park on the following Thursdays: Oct. 26, Nov. 2, 9, 16 and 30, and Dec. 7, 14 and 21. The Museum is located at 3536 Grand Ave, Dallas, TX 75210. For more information and to register, go to aamdallas.org.

The African American Museum, Dallas was founded in 1974 as a part of Bishop College. The Museum has operated independently since 1979. For more than 40 years, the African American Museum has stood as a cultural beacon in Dallas and the Southwestern United States.

Located in Dallas' his-

toric Fair Park, the African American Museum is the only museum in the Southwestern United States devoted to the collection, preservation and display of African American artistic, cultural and historical materials that relate to the African American experience.

The African American Museum incorporates a wide variety of visual art forms and historical documents that portray the African American experience in the United States, Southwest, and Dallas. The Museum has a small, but rich collection of African art, African American fine art and one of the largest African American folk-art collections in the United States. Learn more at aamdallas.org.

Congressman Allred urges Texans to vote for propositions 2, 8 and 9

With early voting beginning today in Texas for the 2023 uniform statewide election, Congressman Colin Allred released the following statements urging Texans to vote for Propositions 2, 8, and 9:

On Proposition 2, which

would allow the reduction of taxes for certain child care facilities: "I hear all the time from working families about high child care costs and as a dad to two young boys I know how those costs can add up. That's why I've made it a

priority to provide relief to working families at the federal level, and I'm pleased to see efforts at the state level too. I urge all Texans to vote for Proposition 2 and help reduce costs for

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NAACP Garland Unit's
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 MR. RICKY MCNEAL Garland NAACP Unit President	 CONGRESSMAN COLIN ALLRED Texas 32nd District Congressman	 MR. THOMAS DANIEL Dallas County Commissioner District 1	 MR. SCOTT LEMAY City of Garland Mayor
 MS. LAURIE CARSON Acting Executive Director, Office of Equity Assurance, Veterans Benefits Administration	 MS. SHERRILL WALKER Assistant Director for Outpatient Services, VA North Texas Health Care System	 MS. ROSANNE S. GRIFFIN Senior Policy Advisor, Office of Disability Employment Policy, United States Department of Labor	 MAJOR GENERAL JAMES L. WILLIAMS USMC (Retired)
 MS. CATHERINE SMITH Texas Veterans' Commissioner			

"Several other specialists not pictured will also be on the forum"

Information to be discussed:
VA regulations updates
Depression
Military Service Opportunities
PACT Act Register
Camp Lejeune Justice Act
Veterans Benefits (medical, disability, and others)
Agent Orange Register
Post-Traumatic Stress Disorder
Veteran Support Group Locations
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Burial and Memorial Service Information
Question and Answer Session

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Dallas College to host Sustainability Summit addressing ways to act locally

IRVING — As part of its commitment to environmental and social responsibility, community members, faculty, staff and students are invited for an admission-free day of education and conversation about sustainable practices. Dallas College will be hosting its 13th annual sustainability summit with exhibits, speakers and information on eco-friendly initiatives. This year's summit "Let's Make a Difference, Together!" will be held at North Lake Campus Performance Hall (P building), on Wednesday, Nov. 1, 8 a.m.-4 p.m. It will also be livestreamed for those who cannot attend in person.

Earlier this year, Dallas College was recognized with a 2023 Leadership Award for its overall sustainable purchasing program from the Sustainable Purchasing Leadership Council. The award looked at Dallas College's under-



This year's summit "Let's Make a Difference, Together!" will also be livestreamed for those who cannot attend in person. (Terren Hurst / Unsplash)

standing, commitment, results, innovation and transparency in sustainable purchasing.

Four dynamic sessions will focus on local, city-wide, statewide and national sustainability initiatives and how each of us can do our part to make the world a better place. The first session on sustainability in higher education features members of Dallas College's own Sustainability department.

"We are pleased to host this annual event that has

reached so many people. This year, we are focused on how personal and local action expands into global impact," said Garrett Rosser, energy manager for Dallas College Facilities Management. "It is important for us to see what is happening across society and how our actions and efforts can work together for good. This is especially apparent in the story and message from our distinguished keynote speaker. We want attendees to be inspired and encouraged to continue

making choices that will lead to a more vibrant tomorrow."

The day's sessions will culminate with a keynote address from Malawian inventor and author William Kamkwamba. Forced to drop out of high school at age 14 during a famine, Kamkwamba continued his studies through a village library. Working from one photo in a textbook, he built an electricity-producing windmill using spare parts and scrap. His story, "The Boy Who Harnessed the Wind," has been translated into nearly 20 languages and has sold more than one million copies. It was also adapted into a Netflix film.

Attendees to this year's summit will discover sustainable practices that can be easily integrated into their daily lives and provide them with a sense of empowerment to ignite change within the community, state, nation and beyond.

The Summit agenda includes 8-9 a.m.—Registration, breakfast, mingling with exhibitors; 9-9:30 a.m.—Welcome presentation; 9:45-10:30 a.m.—Seeds of Change—Nurturing Sustainability in Higher Education; 10:45-11:30 a.m.—Sustaining the Heart of Texas, Impact in the City of Dallas; and 11:30 a.m.-12:45 a.m.—Lunch (free for preregistered, in-person attendees); 1-1:45 p.m.—Texan Trailblazers, Leading Sustainability in the Lone Star State; 2-2:45 p.m.—Pioneering Nationwide Progress, Sustainability's Impact on the United States; and 3-4 p.m.—Keynote speaker William Kamkwamba.

Dallas College's 2023 Sustainability Summit brings communities together to learn, connect and leave empowered with sustainable methods to change the world. Register to attend virtually or in-person here.

Dallas College, formerly the Dallas County Community College District, was founded in 1965, and consists of seven campuses: Brookhaven, Cedar Valley, Eastfield, El Centro, Mountain View, North Lake and Richland.

Dallas College offers online learning and serves more than 125,000 credit and continuing education students annually. Dallas College also offers dual credit for students in partner high schools and early college high schools throughout Dallas County.

Students benefit from partnerships with local business leaders, school districts and four-year universities, and Dallas College offers associate degree and career/technical certificate programs in more than 100 areas of study, as well as a bachelor's degree in education. Based on annual enrollment, it is the largest community college in Texas.

Dallas ISD's All Pro Dad program seeks to engage fathers in district schools

Fathers, like mothers, are important to a child's emotional development and well-being. Children with sensitive and supportive fathers have higher levels of social competence and better peer relationships, Psychology Today reports, citing studies showing better school performance and language skills for children whose fathers give them with learning materials and speak with them often. They also report that despite parent breakups, fathers can serve these roles. Children who have regular positive contact with fathers, despite not living together, tend to better regulate emotions than those with no fatherly contact.

Importantly, other caregivers can also take over these functions when no father is present. Family structure, they report, is less important than having loving caregivers who meet physical, cognitive, emotional,



Kaysa / Unsplash

and social needs.

Whether they know it or not, fathers have a superpower to make a positive difference in the education and social development of their children, says Partnership and Volunteer Coordinator, Thomas Garner. His belief is so strong that Garner is on a mission to recruit as many fathers and father figures as he can to support Dallas ISD's All Pro Dad program.

With that goal in mind, Thomas held an All-Pro Dad "Dad's Draft" last Saturday,

Oct. 21, at Adelle Turner Elementary.

"If you visualize or have ever seen an NFL draft with the props on stage, the helmets, the green room for the young men being drafted in the first round, it's the same hype. It's an opportunity to acknowledge campuses who want to take the program beyond the draft and into their campuses to give men the opportunity to be leaders," Garner said.

All Pro Dad is a national

See DAD, Page 12

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Film Review: 'The Holdovers'

By Dwight Brown
NNPA Film Critic

(***) This gathering of three lost souls, pushed together by circumstance and location, takes a bit of time to weave its sardonic magic. But it gets there.

In 1970 New England, Barton is an elitist all-boys, live-in, private high school. Over winter break, some kids aren't going home. They're the "holdovers."

The most unpopular and rigid professor at the school, Hunham (Paul Giamatti, *Sideways*), is drafted into being the kids' caretaker. Unfortunately for him, the most rebellious and disrespectful student in the school, 15-year-old Angus (Dominic Sessa), becomes the last teenager standing after the others leave.

Angus knows how to press the professor's buttons, with mischief and smart-aleck answers. Hunham: "You just earned yourself a big detention."

Angus: "Being with you is already one big detention."

Fortunately, that brat's malicious behavior is counterbalanced by the calming



Dominic Sessa, Paul Giamatti and Da'Vine Joy Randolph costar in *The Holdovers*. (Photo via NNPA)

presence of Mary (Da'Vine Joy Randolph), the school cafeteria's manager, who coaches Hunham.

"You don't tell a boy that's been left behind at Christmas that nobody wants him."

Can they all just get along?

Egil Bryld's ("In Bruges") grainy cinematography and Ryan Warren Smith's ("True Detective") sparse set design makes New England winters look as cold, uninviting and melancholic as they actually are.

David Hemingson's very simple script creates indelible characters, an evocative setting and a wry comic/drama tone.

Nothing in the film feels rushed (editor Kevin Tent,

"*Sideways*"). The dialogue and storyline take their time revealing what past trauma is behind each character's façade.

As all is revealed about this newly formed surrogate family, the three become disarming then charming.

The terse, funny dialogue, which softens into confessions, helps.

Like an old sage narrator, not willing to show his cards too early, director Alexander Payne (*Sideways*) takes his own sweet time. The student, professor and manager need help. Yet, all they have is each other. Finding out if they can turn their holiday break into a

See FILM, Page 12



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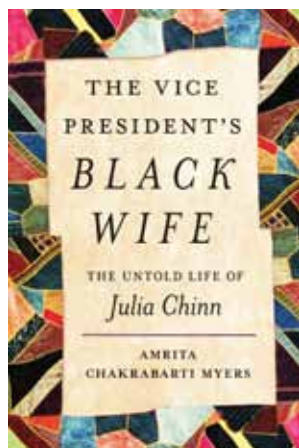
NDG Book Review: 'The Vice President's Black Wife: The Untold Life of Julia Chinn'

By Terri Schlichenmeyer

The deed to the house will be yours, free and clear, very soon.

Once the mortgage is paid off, yep, the house and the land are yours. Follow the paperwork, and there are many things you can outright own: a bike, a truck, a dog or cat, but unlike the story you'll find in "The Vice President's Black Wife" by Amrita Chakrabarti Myers, that doesn't extend to a spouse.

In the late 18th century, when America was merely a teenager, "Kentucky was the frontier," says Myers, with great stands of trees



between "vast swath[s] of rich, fertile land." Robert Johnson was a surveyor in that area, and he liked what he saw. He and his wife arranged to buy several thousand acres of the best farm-

land around.

This made Johnson a wealthy man and, by extension, his oldest son would never want for a thing. And so when young Richard, born in 1780, was all grown up but still unmarried, his parents gave him a plantation and a hundred slaves to run it.

One of them was Julia Chinn.

Fourteen years old, Julia was pretty, smart, and capable; in fact, Richard's mother chose her to run his house while he was away in Washington, particularly because of her intelligence and her management abilities.

It didn't take long for Richard to notice Julia, or for him to bed her, then wed her.

Myers hints that spite made Richard do it, or that he was flaunting social mores. It surely wasn't illegal to sexually assault one's female slaves; in Kentucky, it wasn't illegal to marry someone of another race, either. Was there affection in the marriage or, as Myers suggests, was it a business transaction, with Julia trading her freedom for their daughters' future?

We may never know. Richard didn't sell Julia and he never freed her, though his girls received

manumission. But after his service as Vice President of the U.S. and his death at a ripe old age, his brothers conspired to erase the family he loved...

Sometimes uneven, sometimes repetitive, but at the same time, so very interesting, "The Vice President's Black Wife" proves that there are a lot of things about history left to learn.

Starting with Julia's mother, author Amrita Chakrabarti Myers begins in a commonplace place – the lives of enslaved women and children – but she departs from the norm by telling tales with a large dash of feminism. In many

ways, as she shows, women both white and enslaved often had much more power than history books would like us to believe and that, surprisingly, extended to Julia Chinn. It's truly eye-opening.

Still, this book is chilling in the what-ifs – perhaps even more so because Julia was well aware of them and so are readers. These possibilities will leave you shaken with the twist in the story at the end of the book, which will send you racing back to re-read the preface. Or you might just re-read it all because "The Vice President's Black Wife" is that kind of book, indeed.

2023 John Archie Sanders Festival of Hymns will kick off on Nov. 12

The Dallas Metroplex Musicians' Association is proud to kick off its 2023-2024 season with their annual John Archie Sanders Festival of Hymns on Sunday afternoon, November 12. Come out and share in the fellowship of popular hymns with local choristers and congregants.

The late John Archie Sanders possessed one of the most versatile musical

instruments -- her voice. She was sought after by churches, professional choruses, and organizations for her splendid vocal interpretation of the printed score and her deep heartfelt delivery of Christian music, particularly the hymn.

For more than 60 years, she served in Dallas as a soloist in the St. John Missionary Baptist Church choir, and later at the Antioch Fel-

lowship Missionary Baptist Church. Mrs. Sanders was also a longtime participant in the Dallas Metroplex Musicians' Associations' (DMMA's) Sacred Choral Music Workshop (now the William S. Mitchell Sacred Choral Music Workshop). She performed a leading role in the recorded musical production of "Showboat," starring the late Eartha Kitt.

The Dallas Metroplex

Musicians' Association annual John Archie Sanders Festival of Hymns will take place on Sunday, Nov. 12, 2023 at 4:00 pm at First Christian Methodist Evangelistic Church (First CME Church), 7575 S. Hampton

Road in Dallas, 75232.

The Dallas Metroplex Musicians' Association mission is to promote the achievements of African American musicians; develop, showcase and sponsor young artists; and

provide opportunities for performances of all genres of music while preserving the Negro Spiritual, sacred music and traditional hymns.

See HYMNS, Page 13



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Commissioner Price recommends voting in favor of Proposition 5, which would create a \$3.9 billion endowment for faculty, research and graduate studies in lower-performing state universities, including Texas Tech, Texas State University, University of North Texas and University of Houston. Initially funded by \$3.5 billion of surplus funds, additional funding would be added from the

Price does recommend

Price rejects Proposition 10, which would provide tax breaks to biomed-

Proposition 13 would extend the mandatory retirement age from 75 to 79 for state judges and justices. Supporters of the amendment argue that humans are living longer, healthier lives and the state judiciary could miss out on decades

All voters are urged to vote in this crucial election. Early voting runs until November 3, with Election Day falling on Tuesday, November 7. Please see VoteTexas.gov to find out where to vote.

REVIEWED: 09/29/2023

[illegible]

Federal agencies issue \$23 million fine against TransUnion and subsidiary

FTC and CFPB say actions harmed renters and violated fair credit laws

By Charlene Crowell

Two federal agencies recently reached a \$23 million settlement with TransUnion, one of the nation's three major credit reporting agencies, and a subsidiary, TURRS. The Federal Trade Commission (FTC) and the Consumer Financial Protection Bureau (CFPB) announced the settlement on October 12.

The regulators said the firm's use of inaccurate, outdated, and incomplete eviction records to screen prospective tenants harmed consumers looking for rental housing and violated the Fair Credit Reporting Act (FCRA).

The settlement, when approved by a federal court, will require the firm to repay \$11 million to affected consumers, an additional \$4 million civil penalty, and \$8 million to CFPB for lying to consumers. TURRS failed to provide consumers with the names of third-party vendors from whom it



Chris Robert / Unsplash

received criminal and eviction records included in its tenant screening reports. Further, no effort was made to ensure the accuracy of tenant screening reports. As a result, reports included inaccurate and incomplete eviction records that hampered consumers' ability to obtain housing.

"Americans across the country were put at risk of wrongful housing denials because TransUnion failed to follow the law," said CFPB Director Rohit Chopra. "We are ordering TransUnion to cease its years-long illegal activity, clean up its broken busi-

ness practices, redress its victims, and pay penalties."

Samuel Levine, Director of the FTC's Bureau of Consumer Protection reacted similarly.

"Consumers struggling to find housing shouldn't be shut out by tenant screening reports that are riddled with errors and based on data from secret sources," noted Levine. "Protecting consumers looking for housing is critical to a fair economy, and we are proud to partner with the CFPB in obtaining this record-breaking order."

According to the complaint, TransUnion and TURRS never took legal-

ly-required steps to ensure the accuracy of the data it received until April 2021 when the corporation learned of the related FTC investigation. The firms' failure to follow reasonable procedures resulted in the use of error-laden consumer credit reports that wrongly showed multiple eviction records when only one may have occurred. As a result, many borrowers were denied rental housing, subjected to additional and undeserved fees, and had to spend hours or days trying to correct errors in their credit reports.

"An unfair denial of rental housing has effects beyond just the loss of rental application fees—it means losing out on the opportunity to live in a person's preferred neighborhood, the neighborhood that makes sense for them in terms of schools, work, and more; and it may mean having to pay even more for housing down the line," added Eric Halperin, CFPB's Enforce-

ment Director.

FCRA, a key consumer protection law passed more than 50 years ago, requires firms that collect consumer credit data, as well as those that use it in making credit-related decisions, to ensure accuracy of the information. Further, companies are required to investigate disputes and advise consumers when an adverse action is taken on the basis of credit reporting.

TransUnion, which has gathered an estimated 190 million consumer credit profiles has a long history of anti-consumer behaviors.

For example, in 1992, FTC Commissioners issued a cease-and-desist order against the corporation after it was found to have sold information, without consumers' consent, to a third party who used that information to solicit consumers to purchase goods and services.

A legal finding delivered

See FINE, Page 13

FILM, from Page 9

healing process becomes a long, usually compelling 133-minute journey.

Interactions between Giamatti and Sessa evolve from teacher/student to warden/prisoner, to driver/passenger, to uncle/nephew and finally savior/survivor. Randolph as Mary is the godmother and referee who makes sense when the others don't.

The pain this mom carries from the death of her son is etched on Randolph's face. Yet the actor also finds ways to show her enduring spirit.

Each actor gets to the heart of their character in due time. Wait for it.

A heart-warming winter's tale that should be savored, just like a sip of cognac by a fire on a cold snowy night.

For more information about the Toronto International Film Festival go to <https://tiff.net/>. Visit Film Critic Dwight Brown at DwightBrown-Ink.com.

DAD, from Page 6

program with 1,000 chapters across 42 states that inspires men to embrace their roles as dads and husbands. It also provides guidance, support, and practical tips on parent-

ing and family life through training, events, and emails.

"They get an opportunity to become a better husband, a better man, a better leader in the communities

we serve," Garner said of the participating fathers. "That's the most gratifying thing I've learned from conversations with other dads in our programs. Of course, this is not a program for just African American

men, but when you peel back the numbers, realize the number of homes in our community that lack fathers, and read the newspaper and see what's happening with Black males, it's important for us to serve."

Calvin Grigsby, a counselor who works with elementary students at Barbara B. Manns High School and Middle School DAEP, believes an involved dad or father figure gives kids a role model, someone they

can look up to, someone who is already established. "A man who has achieved some goals the student may have in mind for himself can guide the student on a path to success down the road," Grigsby said.

VOTE, from Page 5

child care in Texas."

On Proposition 8, which would create a fund to expand high-speed broadband across the state: "From farmers and ranchers running their businesses, to

kids doing their homework, to friends and family staying connected, Texans in every corner of our state need access to high-speed internet.

"I was proud to help pass

the Bipartisan Infrastructure Law, which is investing \$65 billion nationwide to expand high-speed internet access – and help ensure more Texans are able to get online. Now, with Proposition 8, we are able to bolster these efforts with a state-level fund to

continue increasing internet access for underserved communities and I hope Texans take full advantage of this opportunity to help further connect all of Texas to high-speed internet."

On Proposition 9, which would provide a pension cost-of-living increase to

retired Texas public school teachers: "As the son of a retired public-school teacher, I know firsthand how hard our teachers work and that we don't pay them enough. With our state facing a teacher shortage, we must do all we can to incentivize folks to join the pro-

fession including by paying teachers more and ensuring they are able to retire comfortably.

"I hope all Texans will join me in voting for Proposition 9 and giving our state's retired teachers the cost-of-living adjustments they have earned."

WILLIAMS, from Page 2

Dr. Brian Williams lives in East Dallas with his wife of 17 years, their 12-year-old daughter, and two dogs. Use of military rank, job titles, and photographs in uniform does not imply en-

dorsement from the Department of the Air Force or the Department of Defense.

Dr. Brian Williams was raised in a family with a long history of military service, where he learned the values

of patriotism, service, and justice. Graduating from the United States Air Force Academy with honors and serving our country as an aeronautical engineer, he directed classified research and development programs. Answering the call to medi-

cine, Dr. Williams became a Harvard-trained trauma surgeon who has chosen to serve the underserved in places like Dallas, Atlanta, and Chicago.

Having treated countless gun violence victims and survivors, he has witnessed

the human toll that has on our communities. In July 2016, Dr. Williams was the trauma surgeon who led the team that treated several Dallas police officers ambushed by a sniper at a rally downtown. Dr. Williams said, "That tragedy was an

inflection point in my life. It set me on a path to pursue service in a greater capacity to promote healing within our Dallas community." To learn more about Dr. Brian Williams and his platform, visit DrBrianWilliamsForCongress.com.

McKinsey and New Voices Foundation join forces to grow Black-owned consumer businesses

NEW YORK -- (Black PR Wife/Business Wire) - McKinsey & Company has joined forces with the New Voices Foundation (New Voices) to accelerate the growth of Black-owned brands. Through this collaboration, McKinsey will provide strategic support to New Voices member businesses to expand and fine tune operations, capacity and impact.

"Despite increasing demand from consumers and retailers, Black-owned brands face outsized challenges to profitable scal-

ing. And we know that improving the success rate of Black-owned businesses is an essential component of improving economic mobility for communities," says Tiffany Burns, McKinsey Senior Partner. "We believe, together with New Voices, we can change the odds by working hand-in-hand with these entrepreneurs to create bold and achievable growth plans."

This collaboration builds on existing commitments, including McKinsey's commitment of \$200M in pro bono work to advance

racial equity and to double spending with diverse suppliers. New Voices also commits to its network of entrepreneurs and builds on impacts achieved through business education, mentoring and coaching, networking opportunities, and \$25M+ of new capital to entrepreneurs.

The Next 1B program is being rolled out to five New Voices Family businesses this year. Each brand works with a dedicated McKinsey team to understand the full opportunity across marketing, sales, product and op-

erations, sequence growth levers and build a roadmap. They also receive guidance on pressing, near-in business questions, such as pricing, digital media or talent strategy. "In these recessionary times, it's imperative to not only use instinct and ownable data but to also be able to tap into broader market insights.

Working with McKinsey allowed me to understand my advantages and opportunities to build a bigger, better business," explained Melissa Butler, Founder & CEO, The Lip Bar.

FINE, from Page 12

in the case in 1998 agreed with the FTC, saying in part: "Trans Union invades consumers' privacy when it sells consumers' credit histories to third-party marketers without consumers' knowledge or consent. ..."

In 2017 the CFPB took

action against TransUnion and Equifax, another major credit reporting bureau, for deceiving customers and luring them into costly recurring payments by pushing credit-related products that offered false promises. In 2022, CFPB

sued TransUnion, claiming the company did not meet the conditions of the earlier law enforcement order. That lawsuit has not been resolved.

CFPB encourages consumers to utilize dedicated whistleblower hotline and email to report suspected wrongdoing. The email ad-

dress is: whistleblower@cfpb.gov. As an alternative, consumers may also phone the toll-free Whistleblower Tip Line at (855) 695-7974.

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

MCHENRY, from Page 2

Washington Monthly reported.

After working six months in 2001 as a special assistant to Elaine Chao, the United States Secretary of Labor, McHenry returned to North Carolina and ran again for the North Carolina General Assembly, winning in the 2002 election,

as reported by Roll Call.

The removal of former Speaker Kevin McCarthy has created a difficulty in Congress as another potential government shutdown looms on the near horizon if congress is not able to meet and address the nation's budgetary issues in a timely manner.

CURRY, from Page 2

Southern Company. Steph is a great basketball player with a deep commitment to giving back and helping others. His pursuit to share and grow the game of golf with others is building upon Charlie's work to create a more inclusive game of golf, a more equitable America and a better world."

The Charlotte, North Carolina native was selected by the Golden State Warriors with the seventh overall pick in the 2009

NBA Draft out of Davidson College. Since joining the NBA, he has been selected to eight All-NBA Teams and voted league MVP twice. Curry has won four NBA Championships with the Warriors. Curry has played in professional and celebrity golf tournaments with success. He played in the Ellie Mae Classic on the Korn Ferry Tour in 2017 and 2018. He won the 2023 American Century Championship for celebrity golfers at Lake Tahoe in July.

HYMNS, from Page 10

Dallas Metroplex Musicians' Association is supported in part by the City of Dallas Office of Arts and Cultural and Moody Fund for the Arts. Dallas Metroplex Musicians' Association is also a proud

participant in Communities Foundation of Texas' North Texas Giving Day.

For more information on Dallas Metroplex Musicians' Association or to make a donation, please visit dallasnamm.com.



Dallas Metroplex Musicians' Association is proud to remember and honor the memory of Mrs. John Archie Sanders. (John Onaeko / Unsplash)

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One Minute Each Night



Sister Tarpley
NDG
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Editor

Pray that **GOD'S WILL** be done in our (upcoming) elections.

This election especially, all voters must rely on God to lead and guide them in the directions that His will be done for America.

I challenge our readers to pray about our elections with a One Minute Prayer Each Night. I believe that it's worth the effort to do it.

Our elections are important for Christians believers and America. But, from the things I have seen, heard and read, Christians aren't asking God that His Will to be done.

We all need to be on our



knees. Do you believe we can take God at His word? The scripture states that as Christians, ownership of this land and the ability to call upon God to heal it is ours.

We have never been more desperate than now for God to heal our land. He said, "If my people, which are called

by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." **2 Chronicles 7:14.**

During WWII, there was an advisor to Churchill who

organized a group of people to drop what they were doing every night at a prescribed hour for one minute to collectively pray for the safety of England, its people and peace. This had an amazing effect; the bombing stopped.

I challenge our readers to form a group of people to pray for our country and citizens. We are in need of prayer now more than ever!

Pick a time, stop and spend only one minute praying for the safety of the United States, our troops, and our citizens.

Pray for peace in the world, for wisdom for all elected officials and courage for them to do things God's Way.

That the Bible (God's Word) shall remain the basis for the laws governing our land and that Christianity will grow world-wide.

It has been said that if people really understood the full extent of the power we have available through prayer, we might be speechless. Our prayers are the most powerful asset we have.

Remember, you don't have to tell GOD how Big your storm in life is. Tell the storm how Big your GOD is! Please accept the challenge and pray one minute each night, you pick the time.

Take note of the Co-Incidence of Life: Church has 6 letters so does Mosque. Bible has 5 letters so does Quran. Life has 4 letters so does Dead. Love has 4 letters, so does Hate.

Friend has 7 letters, so does Enemy. Truth has 5 letters, so does Lying. Heal has 4 letters, so does Hurt. Positive has 8 letters, so does Negative. Success has 7 letters, so does Failure.

Above has 5 letters, so does Below. Joy has 3 letters so does Cry. Happy has 5 letters, so does Angry. Right has 5 letters, so does Wrong. Rich has 4 letters, so does Poor.

Pass has 4 letters, so does Fail. Knowledge has 9 letters, so does Ignorance.

Are these all by Coincidence? We should choose wisely, this means that LIFE is like a double-edged sword.

"If you think it is your alarm clock that woke you up this morning, try putting it beside a dead body and you will realize that it is the grace of God that woke you up. Learn to be grateful."

- Arthur Unknown

(Editor's Note: This column originally ran in October 2016, and has been edited to remove date-specific references.)

I Then Thought of Chocolate

By Dr. James L. Snyder

Everybody has their own comfort food. I have a long list of comfort food, and Apple Fritter is at the top. Nothing comforts me quite like a fresh Apple Fritter.

The other day I needed some comfort food. After all, life can be rather stressful, and you either deal with the stress or let it deal with you.

The Gracious Mistress of the Parsonage planned to spend the day thrift store shopping with one of our daughters. Thus, I had a whole day to deal with my stress.

The first thing I did was go where I usually get my Apple Fritter. I was quite excited on my way there, knowing I would have all day to enjoy my favorite comfort food. Even thinking about it caused me to lose a lot of my stress.

Then the unthinkable happened. I got to the place to purchase my Apple Fritter and was shocked to find they had no Apple Fritters in stock. They were out and did not know when any

would be available.

If I had stress at the beginning of the day, it was nothing compared to the stress I was now experiencing. How can any store run out of the most important food item in the world?

Staring at the cashier, I said, "Could you check your inventory to see if maybe there's one you missed?"

She did, and much to my chagrin, there was none to be found. I staggered outside, as stressed as I've ever been in my life. What in the world am I going to do without an Apple Fritter? Especially at a time when I can sneak one behind the back of The Gracious Mistress of the Parsonage.

As I drove home, I didn't know what to do. I spent the whole day trying to figure this out, and if my luck is as it usually is, I will discover a solution three minutes before The Gracious Mistress of the Parsonage walks in the door.

As I walked into the house thinking about this, I got a fresh cup of coffee, went to my easy chair, and

tried to think through this problem.

No comfort food qualifies for my stress situation at this time. I did not want to sit with my stress all day. It's usually bad company. I had to come up with a solution. My wife is the one who always comes up with solutions, but I'm sure she would not volunteer any solution on this subject.

Sitting in my chair sipping coffee, trying to figure out what to do, I then thought of chocolate. Next to an Apple Fritter, a piece of chocolate is on my list of comfort foods. We are not allowed to have chocolate in our house because, according to The Gracious Mistress of the Parsonage, chocolate gives her headaches.

I must say I'm a little bit jealous. I thought I was the only one giving her headaches, and now she's cheating on me with chocolate headaches. They give her headaches instead of me? How dare they?

I knew we had none in the house, so I had to go out somewhere and get some

delicious chocolate before she got home.

It didn't take long to get to the store, where I knew they had some nice chocolate candy. I went in, bought some, and headed for my

vehicle to go home. I was so happy that my stress was almost gone before I took a bite of that chocolate.

I got home, got another fresh cup of coffee, sat in my easy chair and slowly

opened this delicious chocolate candy bar. I looked at it very deliciously and reverently bowed to take my first bite.

See CHOCOLATE, Page 15

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CHOCOLATE, from Page 14

I barely started to chew when all of the stress in my life ran for cover. I slowly chewed and chewed and chewed, and before I knew it, that chocolate bar disappeared. But so did my stress. Isn't it wonderful when you can deal with a problem so quickly?

Later that day, I heard The Gracious Mistress of the Parsonage pull into the driveway. Soon, she was at the door and walked in. As usual, she came over to kiss me, and I welcomed her back home.

Then she stopped, turned around, and looked at me with one of her looks. That kind of look told me I was in some trouble. I could not figure out the trouble, but there it was.

"Oh my," she groaned as she stared at me. "I'm starting to get a headache. You did not have any chocolate candy today, did you?"

"What makes you say

that?" I said as nicely as possible.

"When I kissed you I tasted chocolate. Did you have a chocolate bar while I was gone?"

All the stress I got rid of with my chocolate bar is now back because of that chocolate bar. For the life of me, I certainly cannot sort this out.

I then thought of one of my favorite scriptures. "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And

the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus" (Philippians 4:6-7).

Comfort food is temporary, but "the peace of God" endures forever. When I give my stress to God, He is dependable and will watch over my heart and mind.

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