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Democratic Party achieves major wins nationwide

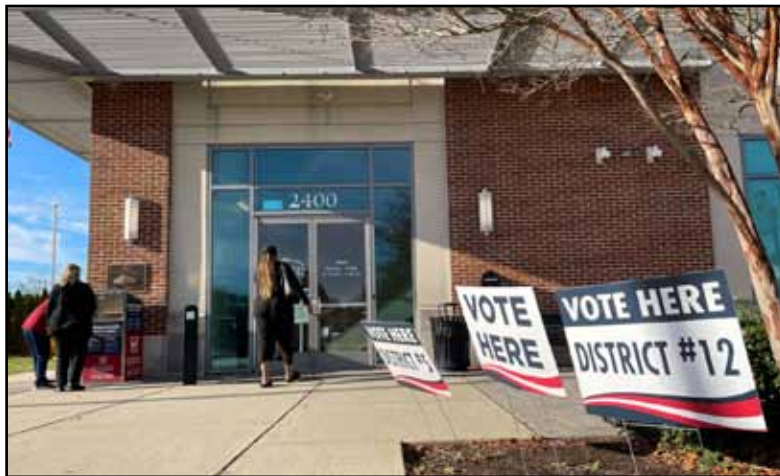
By Stacy M. Brown
NNPA Senior National Correspondent

Virginia Democrats achieved a political turnaround in legislative elections, successfully flipping the House of Delegates, and narrowly retaining control of its Senate. The results have far-reaching implications for the Republican Party, including Republican Gov. Glenn Youngkin's agenda of passing a 15-week abortion ban and his aspirations of a presidential run.

The governor had previously touted his abortion stance as a sensible middle ground within his party. However, with Democrats now firmly in control of both legislative chambers in Virginia, his ability to advance this agenda may be hindered.

The Democratic Party scored victories in Virginia on Tuesday that helped them not only to maintain a narrow hold on the State Senate but also secure control of the House of Delegates. Since 2021, Republicans had held a 48-to-46 majority in the House.

Democrats also celebrated significant victories in states like New Jersey, where they will retain comfortable majorities in the state legislature, as Republican candidates face losses even in traditionally



Democrats celebrate significant victories in states like New Jersey, where they will retain their comfortable majorities in the state legislature, with Republican candidates facing losses even in traditionally conservative areas of the state.
(Ernie Journeys / Unsplash)

conservative areas of the state.

In Pennsylvania, Democrats secured a seat on the state Supreme Court, strengthening their majority. In the key swing state, the court's jurisdiction over lawsuits related to the 2024 election adds to the significance of the victory.

Nationally, Democrats continued to build on recent electoral successes, beginning during the recent midterms and persisting through most of the special elections held this year to fill unexpected vacancies.

Despite President Biden's relatively low approval ratings, the Democrats enjoyed a solid political performance, including that of Ken-

tucky Governor Andy Beshear, re-elected in a predominantly red state, while emphasizing his support for abortion rights and the economic benefits of Biden Administration policies. The election saw Beshear secure 53% of the vote against his Republican opponent Daniel Cameron, with 48 percent. Senate Minority Leader Mitch McConnell of Kentucky and former President Donald Trump had each backed Cameron's bid.

In Kentucky, the Republican secretary of state easily won re-election after previously rejecting

See WINS, Page 8



Black Veterans Day and CRT

- See Page 3



Job strain and the risk for heart disease

- See Page 4



Remembering a Mississippi civil rights hero

- See Page 5



Dallas, Irving issue call for MLK essays

- See Page 6



Irving PD, FD hosting toy drive

- See Page 7



RFK Jr. is more popular than thought

- See Page 9



Dallas AAM's Deep Ellum exhibit

- See Page 10



Sister Tarpley: In Times of Stress

- See Page 14

Inside...

People in the News	2
Op/Ed	3
Health	4
Community	5
Education	6
Northside	7
Feature	8
Entertainment	9-10
Marketplace	11-13
Religion	14-15
Book Review	16



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People In The News ...



Denise Rolark Barnes



Frank Latin

NDG Quote of the Week: "There are still many causes worth sacrificing for, so much history yet to be made."
— Michelle Obama

Denise Rolark Barnes

The Washington Association of Black Journalists (WABJ) is proud to announce that Denise Rolark Barnes, the publisher, and second-generation owner of The Washington Informer, is the 2023 recipient of the WABJ President's Award.

The WABJ president presents this award annually to a member who has made significant contributions to the organization's growth and reach in the D.C. area. Rolark Barnes will be honored at the WABJ Special Honors & Scholarship Gala



on Saturday, Dec. 2 at the Armour J. Blackburn University Center on the campus of Howard University. Tickets for the gala can be purchased here.

"The Informer, under

Denise Rolark Barnes' leadership, has been a longtime partner and supporter of our longstanding Urban Journalism Workshop for D.C. area high school students, and its support of WABJ's inaugural awards gala last year was instrumental to its tremendous success," said WABJ President Khorri Atkinson.

"WABJ is a volunteer-run organization that heavily relies on membership engagement and contributions to thrive and meet the needs of this moment in our industry," Atkinson added. "The WABJ Executive Board appreciates Ms.

Rolark Barnes' contributions and her unwavering dedication to journalistic excellence and advocacy for the D.C. Black community."

Rolark Barnes succeeded her father, the late Dr. Calvin W. Rolark Sr., who in 1964 founded the weekly newspaper serving the African American community in D.C. She has not only demonstrated outstanding leadership and commitment to community building throughout her tenure at the Informer, but also worked assiduously to ensure the publication is a trusted source of news and

information about the local Black community.

One of her most significant achievements has been leveraging digital strategies to bolster the Informer's online presence, an accomplishment that recently earned her the Sales and Marketing Innovator of the Year award by Local Media Association. As Barnes continues to champion diversity, inclusion, and social progress through her work, she remains an inspiring figure and an advocate for positive change.

In addition to Rolark Barnes, Erica Loewe, Special

Assistant to the President and Chief of Staff for Public Engagement at the White House, will receive the 2023 WABJ Excellence in Communications Awards, Kristen Welker, the newly minted moderator of NBC News' flagship Sunday morning public affairs show "Meet the Press," is the 2023 recipient of the WABJ Journalist of the Year Award, and Pat Lawson Muse, who recently retired from News4 Washington after more than 40 years, will be presented the 2023 WABJ Lifetime Achievement Award.

Frank Latin

CHICAGO (24-7Press-Release) -- Frank Latin has joined the United States Department of Labor as an immigration program analyst. In this capacity, Latin will examine Foreign Labor Certification applications for various employment-based visa programs.

Driven to have a positive effect on his community, Latin founded Westside Media Project (WMP) in 2006, which through its programming, works to inspire urban youth to develop skill sets that will allow them to compete in the 21st century global economy.

As the Executive Di-



rector, Mr. Latin oversees the daily operations of the youth enrichment program, which helps participants develop networks, opportunities, and pathways to viable career paths.

An expert in his field, Mr.

Latin earned a Bachelor of Arts in Economics from Roosevelt University in 1991. Subsequently, he expanded upon his professional knowledge by earning a Master of Arts in Economics from the same institution just three years later. Due to his vast breadth of professional achievements, Latin was honored as a Man of Excellence by the Chicago Defender in 2021.

Within the coming years, Mr. Latin intends to focus his professional efforts on growing the Westside Media Project, which initiated its Global Partners Project in recent years. Ultimately, he is determined to raise five million dollars to es-

tablish their own media arts and cultural center. The standalone center will allow Mr. Latin to start Westside Media's Jumpstart to Media Program and expand the Global Partners Project.

Frank Latin has been included in Marquis Who's Who. As in all Marquis Who's Who. Since 1899, when A. N. Marquis printed

the First Edition of Who's Who in America®, Marquis Who's Who® has chronicled the lives of the most accomplished individuals and innovators from every significant field of endeavor, including politics, business, medicine, law, education, art, religion and entertainment. Marquis celebrates its 125th anniversary in

2023, and Who's Who in America® remains an essential biographical source for thousands of researchers, journalists, librarians and executive search firms around the world. Marquis® publications may be visited at the official Marquis Who's Who® website at www.marquiswhoswho.com

Dawn Bennett

KENT (Washington) (24-7PressRelease) -- After years in customer relationship management and community outreach, Dawn Bennett is excelling as the assistant coordinator of Seattle Parks and Recreation. She is also executive director of the Multicultural Education Rights Alliance, an organization focused on child development, community health, economic development and criminal justice. Each organization supports the African-American community.

In recognition of her professional achievements, Ms. Bennett received an award from the Urban Native Education Alliance, the Com-



munity Engagement Award from the FBI, and the Mercer Island Community Engagement Award.

Bennett takes the most pride in making strides in educational advocacy by visiting schools and representing parents and students with the African American Leadership Forum. The cor-

nerstone of her success lies in her unwavering commitment to supporting BIPOC communities.

Looking ahead, Ms. Bennett aims to earn enough income to ensure that all her employees in the nonprofit sector are compensated fairly. Outside of her work, Bennett has contributed to her community through the NAACP's Political Action Committee and the League of Education Voters.

An expert in her field, Ms. Bennett holds an Associate of Arts in business information technology from Bellevue College and a Bachelor of Arts in Hotel Management from South Seattle College. Dawn Bennett was recently included in Marquis Who's Who.

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Blacks, Veteran's Day and Critical Race Theory



Dr. John E. Warren
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Viewpoint

Veterans Day was created as "Armistice Day" on November 11, 1919, the first anniversary of the end of World War I. It became a national holiday by an act of Congress in 1938. As we honor the memory of those who served in this great conflict, separately and apart from other occasions honoring our War service members, let us not forget the special struggles of Black Veterans, especially during the years following World War I.

We have seen from histo-

ry that African Americans who fought for the freedom of others on distant shores, came home to disenfranchisement, segregation, and subhuman treatment on every front where they should have received respect and equality for having served. We have seen from a historical point that a Black soldier named Charles Lewis, recently discharged from the military, was lynched in uniform in Hichman, Kentucky; in 1944, four Black soldiers after a white store owner claimed they tried to take over his place; in 1947, we repeat how Joe Nathan Roberts, a Black Navy Veteran, studying at Temple University on the G.I. Bill was abducted and shot because he wouldn't

say "Sir" to white men.

What is so important about these stories today is that if "Critical Race Theory" is allowed to be implemented on the scale white legislatures and school boards are trying to do, to sanitize all discussion of America's racist past, these stories will be lost along with the racist history they represent. Let us not forget that we have over 99 African American servicemen who earned and received the Medal of Honor in battle, fighting, and in some cases dying for a country who would only honor them when the flag was draped over their coffins and taps played at their graveside.

It is up to us to remember

and honor our own, in spite of what this nation does or how it seeks to change or erase the history that we bled and sacrificed to build.

Yes, this Veterans Day, let's remember our own; and not by running out to catch the latest sales. How about reflecting on how we can individually build on what they left? Things like registering to vote, spending money with those who support us, demanding respect for ourselves and our elders, and remembering that we are still "Black" to America whether we are rich, poor, educated, homeless, or ignorant.

We must honor ourselves before we can demand that others do so.

Oppression is a pressure cooker

By Oscar Blayton

I know oppression. I lived with it every day of my early childhood in the segregated South. And during that time, I witnessed the demonization of the oppressed by the oppressors - a demonization that intensified when the oppressed resisted injustice.

Because of my life experiences, I do not believe that it is hyperbole to say that there are some similarities between the Civil Rights Movement in the United States in the 1960s and the recent violence in Israel and Gaza.

While there is no comparison between the volume of violence that occurred during the Civil Rights Movement in the United States and the much more horrific tragedies resulting in such a short period in Israel and Gaza, both tragedies were created by conflict and perceived injustice.

Violence is never the first response of a legitimate

political movement to a perceived injustice, but it is to ignore history to claim that violence is never legitimate. Witness the fact that we live in a nation that lionizes the actions of those Colonial Americans at the battles of Lexington, Concord and Bunker Hill. We also salute the French who stormed the Bastille.

Given these historical realities, is it fair to say there can never, in any instance, be any justification for some form of violent response against the government of Israel by the people of Gaza?

The recent eruption of violence between Israel and the Palestinians in Gaza is being termed by some as a "Third Intifada," a term used to describe the violence that has rocked the Palestinian people and the state of Israel for decades.

While there have been several violent protests and movements in different nations that have been termed "intifadas," the first

intifada in Palestine began in 1987, when Palestinian frustration with years of Israel's military occupation of the West Bank and the Gaza Strip boiled over. The violence initiated by the Palestinians was meant to "shake off" the oppressive Israeli occupation and led to more than 1,000 Palestinians killed and 130,000 injured. During this time, 200 Israelis were killed and approximately 3,100 were injured by the violence.

The second intifada erupted in 2000 and lasted for four years after Palestinians became angered over failed peace negotiations that included the Camp David Summit. The Second Intifada resulted in the deaths of approximately 3,000 Palestinians and 1,000 Israelis.

Despite the many deaths resulting from these uprisings to this day, many Palestinians still believe that the only path to ending their naked oppression by the Israeli government

and its militaristic allies is through violence.

So, given this reality, where do we begin to search for peace in the Middle East?

An essential point to be agreed upon in attempting to solve the seemingly intractable Middle East dilemma is to recognize the situation as one of "transnational belligerence."

To get to this point, there must be an agreement that Palestinians have a national identity, and therefore, have a national community. If this cannot be agreed upon, then logic fails, and diplomacy is impossible. And if diplomacy is impossible, brute force will be seen as the only possible option.

The Palestinian people have a fundamental right to have their national community recognized as a state within the global community. But the United States, for reasons too complex to

See COOKER, Page 12

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Job strain combined, high efforts and low reward double heart disease risk

DALLAS (Newswise) — “The U.S. workforce is among the most stressed in the world, and these workplace stressors can be as harmful to health as obesity and secondhand smoke,” Eduardo J. Sanchez, M.D., M.P.H., FAHA, FAFP, chief medical officer for prevention at the American Heart Association. “

Men who say they have stressful jobs and also feel they exert high efforts for low reward had double the risk of heart disease compared to men free of those stressors, according to new research published today in *Circulation: Cardiovascular Quality and Outcomes*, a peer-reviewed American Heart Association journal.

“Considering the significant amount of time people spend at work, understanding the relationship between work stressors and cardiovascular health is crucial for public



These psychosocial stressors are each associated with heart disease risk and the combination was especially dangerous to men, finds study in Circulation: Cardiovascular Quality and Outcomes journal. (Aaron Blanco Tejedor / Unsplash)

health and workforce well-being,” said lead study author Mathilde Lavigne-Robichaud, R.D., M.S., doctoral candidate, Population Health and Optimal Health Practices Research Unit, CHU de Quebec-University Laval Research Center in Quebec, Canada. The study highlights press-

ing needs to address stressful working conditions, and to create healthier work environments.

Heart disease is the No. 1 cause of death in the U.S. according to American Heart Association statistics. In 2020, nearly 383,000 Americans died of heart disease.

Research has shown that two psychosocial stressors — job strain and effort-reward imbalance at work — may increase heart disease risk. However, few studies have examined the combined effect.

Job strain refers to work environments where employees face a combination of high job demands and low control over their work. High demands can include a heavy workload, tight deadlines and numerous responsibilities, while low control means the employee has little say in decision-making and how they perform tasks, Lavigne-Robichaud explained.

Effort-reward imbalance occurs when employees invest high effort into their work, but they perceive the rewards they receive in return, such as salary, recognition or job security, as insufficient or unequal to their effort. “If you’re

always going above and beyond, but you feel like you’re not getting the credit or rewards you deserve, that’s called effort-reward imbalance,” she said.

The study found that men who said they experienced either job strain or effort-reward imbalance had a 49% increase in risk of heart disease compared to men who didn’t report those stressors. Men reporting both job strain and effort-reward imbalance were at twice the risk of heart disease compared with men who did not say they were experiencing the combined stressors. In men, the impact of job strain and effort-reward imbalance combined was similar to the magnitude of the impact of obesity on the risk of coronary heart disease.

The impact of psychosocial stress at work on women’s heart health was inconclusive.

The research suggests that interventions to reduce stressors from the work environment could be particularly effective for men and could also have positive implications for women, as these stress factors are associated with other prevalent health issues such as depression, Lavigne-Robichaud said. “The study’s inability to establish a direct link between psychosocial job stressors and coronary heart disease in women signals the need for further investigation into the complex interplay of various stressors and women’s heart health.”

Interventions might include different approaches, such as providing support resources, promoting work-life balance, enhancing communication and empowering employees to have more control over

See HEART, Page 13

Western Univ. researchers find link between Alzheimer’s and sex hormones

LONDON (Newswise) — Alzheimer’s disease disproportionately affects women, who represent about two-thirds of those diagnosed with the late-onset type of the disease.

Previous research has shown Alzheimer’s is also more severe and progresses more rapidly in women, and women with Alzheimer’s experience a steeper cognitive decline — loss of memory, attention, and the ability to communicate and make decisions — compared to men with the disease.

The biological bases for these differences between men and women with Alzheimer’s disease are not well understood. However, understanding them is necessary for developing appropriate therapies.

In a new study in mice and humans, Western University researchers have shown female sex hormones play a significant



Danie Franco / Unsplash

role in how Alzheimer’s manifests in the brain.

The study, published in *Alzheimer’s & Dementia: The Journal of the Alzheimer’s Association*, also highlights the importance of developing therapeutic strategies focused on these hormonal connections. The research indicates a need to better understand the role of estradiol — a form of the female sex hormone estrogen, used therapeutically to mitigate menopause symptoms — in Alzheimer’s disease.

While the significance of the findings is paramount, the methodology behind them is equally critical, pointing to a necessary shift in scientific approaches. “To understand how sex hormones play a role in Alzheimer’s, we need to study appropriate animal models. Unfortunately, most studies at this level still focus mainly on the male brain. Our research emphasizes the importance of using animal models that reflect, for instance, postmenopausal women, to understand how

sex hormones influence Alzheimer’s pathology,” said Vania Prado, professor, departments of physiology and pharmacology and anatomy & cell biology at Schulich School of Medicine & Dentistry and scientist at Robarts Research Institute.

This study was led by graduate student Liliana German-Castelan, under the supervision of Vania Prado, who is also the Canada Research Chair in Neurochemistry of Dementia and a scientist at Robarts Research Institute.

One of the key markers of Alzheimer’s disease is the toxic build-up of the protein beta-amyloid in the brain, which eventually disrupts the brain’s communications system and impacts cognition.

The study’s researchers observed differences in beta-amyloid accumulation in male and female

mice when changing the levels of cholinergic activity. Additionally, they analyzed brain MRI images of healthy older humans.

Different from most studies in humans, in which the MRI scans of man and women are analyzed together, Western professor Taylor Schmitz and graduate student Hayley Shanks analyzed MRI brain scans and the rate of brain loss for aged men and women independently.

“We observed that the relationship between the integrity of the brain region where cholinergic neurons reside and beta-amyloid accumulation was the same for men and women but was different in male and female mice,” said Marco Prado. The researchers suspected that the fact the female mice being studied were not post-menopausal, while women were, could be an attributing factor to

the difference.

The lead author of the study, German-Castelan, intrigued by the sex differences, decided to introduce another layer of testing into the mouse models and with the help of Western researcher Robert Gros studied female mice who were closely modelled to represent postmenopausal women. This was done to investigate how the presence or lack of sex hormones could impact the relationship between cholinergic signaling and the beta-amyloid build-up in the brain.

“We found that when the sex hormone estradiol was present, the relationship between acetylcholine and toxic amyloid was lost, but when sex hormones were eliminated in the female mice that relationship reproduced the results seen in humans,” said German-

See LINK, Page 5



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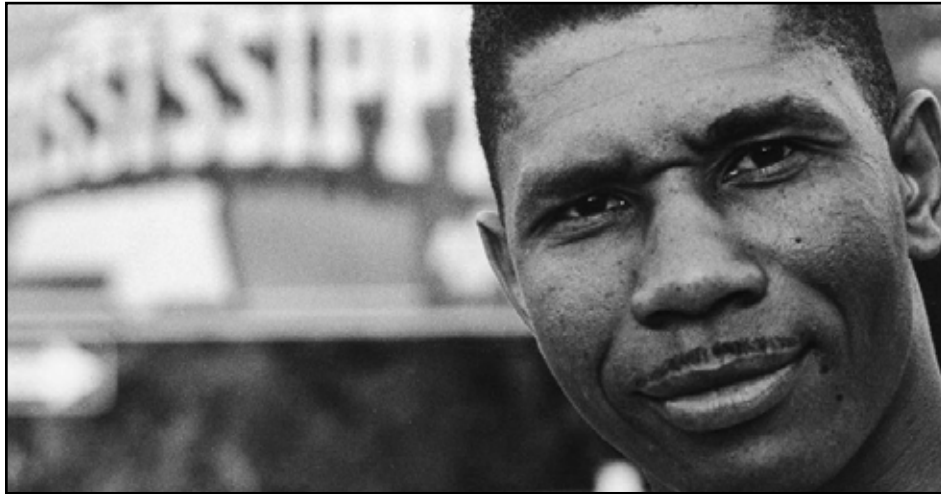
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Mississippi leaders unite in plea to honor Medgar Evers with Medal of Freedom

By Stacy M. Brown
NNPA Senior National
Correspondent

Mississippi's congressional delegation has called on President Joe Biden to posthumously award civil rights icon Medgar Wiley Evers with the Presidential Medal of Freedom. Senators Roger Wicker and Cindy Hyde-Smith, alongside Representatives Bennie Thompson, Trent Kelly, Michael Guest, and Mike Ezell, penned a heartfelt letter to Biden, imploring him to bestow the honor upon Evers, whose unwavering dedication to equality, voting rights, and social justice culminated in his tragic assassination outside



Mississippi Leaders Unite in Plea to Honor Medgar Evers with Medal of Freedom. (Photo via NNPA)

his Jackson, Mississippi, home on June 12, 1963.

The Presidential Medal of Freedom is the highest civilian honor in the United States, recognizing those who have made an indelible

mark through an especially meritorious contribution to the security or national interests of the United States, world peace, cultural, or other significant public or private endeavors.

The Presidential Medal of Freedom is the highest civilian honor in the United States, recognizing those who have made an indelible mark through "an especially meritorious

contribution to the security or national interests of the United States, world peace, cultural, or other significant public or private endeavors." The President personally chooses the recipients of the award.

Throughout his too-brief life, Evers stood as a beacon of courage against the entrenched racism of the segregated South. He waged a tireless battle against the oppressive Jim Crow laws, championed the desegregation of education, and boldly probed into the horrific Emmett Till lynching. His pivotal role as the inaugural field officer for the NAACP in Mississippi allowed him to forge new local chapters, organize

crucial voter registration drives, and lead historic protests for desegregation in public schools, parks, and the iconic Mississippi Gold Coast beaches.

Evers' journey as a civil rights activist began with a harrowing encounter when he and five friends were forcibly turned away from a local election at gunpoint. The intensely personal experience, coupled with his service in the Battle of Normandy during World War II, drove Evers to confront the painful reality that even defending his nation did not shield him from the scourge of racism or guarantee him equal rights.

See EVERS, Page 8

Soldiers' Angels Military and Veteran Food Distribution set for Nov. 10

As the nation enters Veterans Day weekend, Soldiers' Angels is being joined by Origin Bank for its Nov. 10 Military and Veteran Food Distribution event in Dallas. According to the U.S. Department of Veterans Affairs, nearly 100,000 military Veterans reside in Dallas County.

Registration is now open at SoldiersAngels.org/Dallas. The food distribution is open to Veterans and active-duty Service Members, Guardsmen, and Reservists. Low-income Service Members and Veterans in need of food assistance must pre-register each month for a time slot to attend the distribution.

Based in San Antonio, Soldiers' Angels is a national nonprofit that provides more food exclusively to Veterans than any other organization in America. In October,

Soldiers' Angels doubled its capacity for the monthly Dallas Military and Veteran Food Distribution events to 200 pre-registered, low-income, Military-connected families. Each pre-registered Veteran or Service Member will receive, on average, 75 lbs. of fresh fruits and vegetables, meats, and non-perishables.

Now serving for an eighth year, Soldiers' Angels' monthly food distributions have gone beyond

Veterans to also include active-duty Service Members, Guardsmen, and Reservists in need of support.

As evidenced in a recent Rand Corporation report, Veterans are not the only military-connected people in need of food support. Researchers determined that active duty Service Members and their families have a higher rate of food insecurity than their civilian counterparts, with 25.8% of Service Members reported as food insecure in 2018, compared to only 9% of civilians.

Veterans, service members, guardsmen, and reservists must pre-register at SoldiersAngels.org/Dallas.

The event will take place on Friday, Nov. 10, 2023, 12:30-2:00 p.m. at Holy Cross Catholic Church, 5004 Bonnie View Rd., Dallas, 75241. Hosted by Soldiers' Angels and Origin Bank, in partnership with the North Texas Food Bank Amy Palmer, President and CEO, Soldiers' Angels, is spokesperson.

Soldiers' Angels' Military and Veteran Food Distribution is a nationwide initiative that started in

September 2015 at the nonprofit's headquarters in San Antonio, Texas.

The program continues monthly and has expanded to Atlanta, Charleston, Denver, Detroit, Orlando, and Dallas. And, thanks to generous donors, the program has expanded in 2023 to include qualified active-duty Military, Guard, and Reserve families.

Soldiers' Angels: Soldiers' Angels is a national 501(c)(3) nonprofit that

provides aid, comfort, and resources to the Military, Veterans, and their families.

Founded in 2003 by the family of General George Patton, hundreds of thousands of Soldiers' Angels "Angel" volunteers assist Veterans, wounded and deployed personnel and their families in a variety of unique and effective ways. (Tax ID# 20-0583415; CFC# 25131). Learn more at soldiersangels.org.

LINK, from Page 4

Castelan.

These findings point to the urgent need to study amyloid and cholinergic function in the 'perimenopausal' age range of 40-50 years, which is much younger than the individuals examined in most large-scale studies of Alzheimer's disease. Indeed, the sample examined in this study were closer to the age of 70 on average. This explains why there were

differences between the results of male and female mice and men and women in our initial exploration," said German-Castelan.

Researchers emphasized that if they hadn't included female mice in the study, they might have missed crucial information about Alzheimer's and sex differences.

"Women and men respond differently to medications and have a some-

what different journey in Alzheimer's. To develop more effective therapeutics, we need to study animal models that can reproduce different aspects of the journey. Sex hormones and estradiol levels are just one of these factors," said Vania Prado.

Other authors on the study include Western researchers Lisa M. Saksida and Timothy J. Bussey, and Takashi Saito and Takaomi C. Saïdo of RIKEN Center for Brain Science, Japan.

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Cities announce 2024 Dr. Martin Luther King, Jr. Scholarship Essay Contest

Two cities in the DFW have recently announced opportunities for students to exercise their essay skills and pay tribute to the memory of a civil rights icon in the process.

DALLAS

The City of Dallas is pleased to announce the 2024 Dr. Martin Luther King, Jr. Essay Contest! The contest will award eight scholarships ranging from \$1,000 to \$10,000 (per award) to graduating high school seniors accepted into a college-level educational institution (two-year college, four-year college, or trade school).

A total of \$27,500 in scholarship awards will be presented to eight finalists. The contest will award eight scholarships ranging from \$1,000 to \$10,000 (per award) to graduating high school seniors accepted into a college-level educational institution (two-year college, four-year college, or trade school).

First place will receive \$10,000. Second place will receive \$7,500, and third place is to receive \$5,000. Awards of \$1,000 will also be presented to five honorable mentions.

The 2024 Dr. Martin Lu-



Unseen Histories / Unsplash

ther King, Jr. Essay Contest is open to high school seniors attending a Dallas high school. These Scholarships are to help defray the cost of tuition, books, room and board, etc. Winners will be required to submit a short video of their scholarship acceptance and will be formally recognized at the Martin Luther King, Jr. Scholarship & Awards Gala on Saturday, January 13, 2024.

The submission deadline is Friday, Dec. 1, 2023,

11:59 p.m. CST and should include only one essay per student. Essays must be original, typed, double-spaced, and a minimum of 1,000 words. The cover sheet must contain the student's name, school, home/cellular phone number, and email address. Students should not include this information in the body of the essay).

Essays will be evaluated on organization, content, creativity, and grammatical structure.

2024's Essay Prompt: "Dream the impossible dream: Arise and pursue the Legacy." Students should, in 1,000 words, describe an impossible dream that would drastically change society for the better. They should also explain who would be impacted and how you would turn this impossible dream into reality.

IRVING

The City of Irving invites the community to celebrate the legacy of Dr. Martin Luther King, Jr. in an event featuring dance, song, poetry, and art performed by the Dallas Black Dance Theatre and Kamica King. The event, to take place on Saturday, Jan. 13, 2024 at Carpenter Hall in Irving, will also include readings by the winners of its 2024 Dr. Martin Luther King Jr. Essay Contest.

2024 commemorates the 60-year anniversary of Dr. Martin Luther King, Jr. receiving the Nobel Peace

Prize for his extraordinary activism in the American Civil Rights movement. At the youthful age of 35, Dr. King became the youngest recipient of this prestigious award and accepted it on behalf of all those affected by the quest for freedom in America.

In advance of the event, the City of Irving is calling all young and aspiring writers to enter their essays in the city's 2024 Dr. Martin Luther King, Jr. Scholarship Essay contest, with the winning entries to be read at the event.

Essays can be submitted between Nov. 27 and Jan. 9, 2024 and should be no more than one page in length, or 500 words. The essays will be judged on clarity, grammar, and how well the theme is developed, based on the writer's age.

Irving's 2024 theme is "60 Years of Illuminating Change: Celebrating Dr. King's Nobel Peace Prize

Legacy." Reflect on Dr. King's profound contributions to the Civil Rights movement and how they have shaped the world over the past 60 years.

Each essay should discuss the enduring impact of Dr. King's work and the progress that was made, as well as challenges that persist to this day. The City calls students to Imagine themselves in the position of winning the Nobel award in contemporary times. What specific changes and advancements would you hope to see in the next 60 years to further the cause of civil rights, justice, and equality? The contest age categories will include grades 3-5, grades 6-8, and grades 9-12.

Contest winners will read their winning essays during the observance that will take place at 6 p.m. Saturday, Jan. 13 at Carpenter Performance Hall in the Irving Arts Center, 3333 N. MacArthur Blvd.

Yamaha Music School opens first location in Texas

Yamaha recently opened its newest Yamaha Music School in Prosper. Designed specifically for learning music, the new school provides an inspiring space for student musicians in Prosper and the surrounding areas to receive curriculum from certified local instructors.

The school celebrated its grand opening last month with a ribbon cutting ceremony, face painting, and food trucks, as families in and around Prosper were invited to tour the Yamaha Music School. The event took place at Yamaha Music School at 1390 N. Preston Road, Suite 10, Prosper.

The Yamaha Music



Designed specifically for learning music, the new school provides an inspiring space for student musicians in Prosper and the surrounding areas to receive curriculum from certified local instructors.
(Nicole Green / Unsplash)

School in Prosper offers group and private music lessons in various instruments to students aged 3 to

adults. For over 50 years, in over 40 countries, we've taught students of all ages how to play music. A lot of music history happened in those years.

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Irving Police, Firemen make plans to brighten Christmas for local kids

Irving Police and Fire are looking to continue the tradition of giving back to the community this holiday season through Irving Blue Christmas, benefiting the children of Irving.

The 14th annual Pancake Breakfast will be held on Nov. 11 from 9 to 11 a.m. at Plymouth Park Baptist Church (1714 N. Story Road).

Santa will be at the Irving Police and Fire Blue Christmas Toy and Food Drive during the annual pancake breakfast. The event will feature raffles and a silent auction.

A Food and Toy Drive will be held on Nov. 18 from 2 to 6 p.m. at Walmart (4100 W. Airport Fwy.).

Toy donations include new, unwrapped toys for



City of Irving

both boys and girls, from newborn to 17 years old. Nonperishable food items include canned vegetables, peanut butter and boxed cereals.

The deadline to apply for assistance is Nov. 10. Those in need of Blue Christmas assistance can pick up applications at Irving Independent School District schools. Toy donations (new and unwrapped) can be made at any Irving

Fire Station. The deadline for all donations is Dec. 5.

Residents can stay updated by following Blue Christmas on social media platforms. Search Irving Police and Fire Blue Christmas on Facebook, @irvingbluechristmas on Instagram, and @BlueChristmas1 on Twitter. For more information, email irvingbluechristmas@gmail.com or visit IrvingBlueChristmas.org.

Mesquite to host annual Veterans Day Celebration on Nov. 11

The City of Mesquite, in partnership with American Legion Post 504 and VFW Post 8785, will host a Veterans Day event to celebrate the bravery and service of our military heroes. The Veterans Day Celebration will be at 11 a.m. on Saturday, Nov. 11, at Mesquite Veterans Memorial, 425 S. Galloway Ave.

"On the 11th hour, on the 11th day, of the 11th month we will pause to honor America's veterans and celebrate their contributions to our way of life," said Jay

C. Miller, Commander of American Legion Post 504 and master of ceremonies for the event. "Few have given more to our nation than the men and women who have served in our Armed Forces in peace and in war. This includes both the veterans who walked a post, stood on the deck of a great ship, or flew in the skies and the families who provided them so much support."

This year's program will include remarks by various community leaders and

military veterans, ceremonial activities, musical performances and more.

"All veterans and their families are invited to attend and be recognized for their contributions to our country, and the community is encouraged to attend to honor those who have protected our freedoms," said Elizabeth Harrell, Director of Parks and Recreation. "We are proud to host this annual event to show appreciation and support for those who have selflessly served our nation."

Tarrant Area Food Bank offers food and holiday greetings

FORT WORTH -- Tarrant Area Food Bank's (TAFB's) Mega Mobile Events kick-off the Holidays in November with food distributions through Tarrant Area Food Bank in Tarrant County, TAFB West in Parker County and TAFB North in Denton County and all in partnership with THE BIG GOOD, MW

Cares and Albertsons/Thumb. These holiday food distributions will distribute nutritious holiday meals throughout the next couple weeks and will include, in most cases, food to have a family dinner in and around Thanksgiving. All mobile events through the Tarrant Area Food Bank and their North and West facilities are

open to nearby residents.

"And we want to help ensure they will have a holiday family meal to prepare together," said Julie Butner, President, and CEO of the Tarrant Area Food Bank.

Food banks across the Feeding America network continue to see high de-

See TARRANT, Page 8

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New polling shows RFK Jr. leading Biden and Trump among younger voters in key swing states

By Stacy M. Brown
NNPA Senior National
Correspondent

Amid growing sentiment about a potential rematch between President Joe Biden and Donald Trump, a recent poll has unveiled a formidable third candidate. Robert F. Kennedy Jr. has gained significant traction among voters under 45 in crucial swing states. The surprising twist in the 2024 presidential campaign also signals real concerns with Biden's age, but younger voters are also concerned with Trump, who is just



Photo via NNPA

three years younger than the incumbent president.

The poll, which The New York Times and Siena College conducted, revealed that in a hypothetical one-

on-one contest, Trump would prevail over his predecessor in five of the crucial battleground states crucial to Biden's victory in 2020. Notably, the survey

underscored a notable shift in support among younger voters, with Kennedy emerging as a compelling independent challenger.

Across the swing states of Georgia, Arizona, Michigan, Pennsylvania, Nevada, and Wisconsin, Kennedy commands a 34 percent support base among 18 to 29-year-old voters, with an additional 31 percent among those aged 30 to 44. Trump's figures stand at 29 percent and 30 percent, respectively, while Biden maintains 30 percent across both demographics.

Kennedy declared in Sep-

tember that he would run as an independent.

The 69-year-old child of Camelot, who initially contended for the Democratic nomination, has a political platform that encompasses a steadfast commitment to rectifying environmental disparities, dismantling qualified immunity in law enforcement, and addressing the deep-seated racial inequities embedded within the American healthcare system.

Born in the District of Columbia, Kennedy's dedication to redressing longstanding issues in mar-

ginalized communities is palpable. He said he envisions dismantling systemic barriers and forging a more inclusive and equitable future, particularly for African Americans who have borne the weight of longstanding injustices, including the pressing issue of maternal mortality.

In the shadow of a storied political legacy, with his uncle John F. Kennedy revered as a highly respected president and his father's Democratic nomination tragically cut short by an assassin's

See RFK Jr., Page 13

TARRANT, from Page 7

mands for critical food and nutrition resources. Recently, the U.S. Department of Agriculture (USDA) released its annual report, Household Food Security in the United States in 2022, which showed the number of people living in food insecure households in the United States in 2022 increased to 44 million (1 in 7), including 13 million children (1 in 5). TAFB

has observed similar levels of food insecurity locally and underscores the importance in Congress passing a FY2024 Appropriations Bill and the 2023 Farm Bill, to ensure no neighbor goes hungry.

The Tarrant Area Food Bank stand committed to ensuring our neighbors will not go hungry this holiday season through several food distributions.

On Friday, November 17, the organization will hold "The Big Give" from 8:00 a.m. until noon at AT&T Stadium; 1 AT&T Way Arlington, 76011 in partnership with Goodyear Cotton Bowl Classic, MW Cares, Albertsons/Tom Thumb and "The Big Good," on Saturday, November 18 from 8:00 a.m. until noon at True Love Sanctuary; 1911 Yuma Fort Worth 76104.

A mobile feeding programs will also be held on

Thursday, November 16 from 5:00 p.m. until 7 p.m. at Weatherford High School, as well as at 2121 Bethel Road Weatherford 76087.

Skyrocketing costs during the pandemic, which have remained high to support record profits, particularly for food, continue to bring uncertainty for many families as to where their next meal will come from. The high cost of groceries is more than enough to stretch household budgets to the

breaking point for millions of families. Thousands of our neighbors are turning to food banks for support. The Tarrant Area Food Bank is preparing for increased demands for emergency food this holiday season with a looming potential government shutdown on November 17, just days before the holidays.

Tarrant Area Food Bank is seeking volunteers to assist at these Mega Mobile distributions. Sign up to vol-

unteer at tafb.galaxydigital.com.

Tarrant Area Food Bank. Communities where everyone has the food they need. Through our network of over 450 partner agencies, TAFB provides access to over 1M nutritious meals weekly to children and adults facing hunger. This work resulted in 40 million pounds of nutritious food distributed in fiscal year 2022. Learn more at www.TAFB.org.

EVERS, from Page 5

According to his official NAACP bio, following his studies at the historically Black Alcorn State University and his tenure selling life insurance in Mound Bayou, a predominantly Black community, Evers assumed leadership of the Regional Council of Negro Leadership (RCNL). Under his guidance, the

RCNL launched a successful boycott of gas stations that denied restroom access to Black patrons, distributing bumper stickers emblazoned with the rallying cry, "Don't Buy Gas Where You Can't Use the Restroom." The annual conferences held between 1952 and 1954 in Mound Bayou drew tens of thousands, un-

derscoring Evers' magnetic ability to inspire collective action.

The NAACP said Evers' relentless pursuit of desegregation at the University of Mississippi Law School culminated in the landmark 1962 enrollment of James Meredith, eight years after he initiated that battle. On that fateful June 12, 1963, evening, Evers, bearing NAACP T-shirts emblaz-

oned with the defiant slogan "Jim Crow Must Go," was shot in the back upon entering his driveway. He succumbed to his wounds at a local hospital, a martyr for the cause of civil rights. His assassination, occurring mere hours after President John F. Kennedy's historic televised address in support of civil rights, sent shockwaves through the nation.

Though Byron De La Beckwith, a member of the Ku Klux Klan, was arrested for Evers' murder, he remained free after all-white juries twice failed to reach a verdict on his guilt. It would take three decades for justice to prevail, as De La Beckwith was finally convicted. Evers was buried at Arlington National Cemetery, honored with full military rites and in

the presence of over 3,000 mourners.

Evers' legacy endures, echoed in the music of luminaries like Bob Dylan and Phil Ochs, and immortalized in the 1996 film "The Ghosts of Mississippi." His family, including his wife, Myrlie Evers-Williams, and brother Charles, continued to carry forth his torch.

WINS, from Page 1

the former President's false claims of voter fraud, and in Derby, Conn., a Republican facing trespassing charges at the U.S. Capitol on January 6 lost his bid for the mayoral office.

In increasingly conservative Ohio, voters over-

whelmingly approved a constitutional amendment, which allows abortion until roughly 23 weeks of pregnancy. This, with a resounding 57 percent to 43 percent vote. The state also became the 24th to legalize recreational marijuana.

Perhaps one of the most sensational electoral victories occurred in New York, where Yusef Salaam, one of the "Central Park Five," secured a seat on the New York City Council. Salaam, wrongfully convicted for a 1989 attack on a jogger, won election without opposition after easily winning

the Democratic primary earlier this year.

Salaam, along with four other Black and Latino men, was wrongfully convicted for the 1989 rape and beating of a white jogger in Central Park, an incident that had gained national attention, including the involvement of Donald

Trump. At the time, a New York-based real estate magazine, Trump had called for reinstatement of the death penalty in response to the attack. Salaam and his co-defendants were later exonerated based on DNA evidence.

Locally, Texans approved a number of mea-

sures, including raises for teachers and cuts to property taxes, the Texas Tribune reported, while standing for investments in infrastructure, research, technology and energy. Texans narrowly passed a measure to eliminate Galveston County's treasurer position, they reported.

African American Museum, Dallas, debuts two exhibitions in conjunction with Deep Ellum's 150th anniversary

In conjunction with Deep Ellum's 150th anniversary, the African American Museum in Dallas will host a community/family event on Saturday, Nov. 11 to mark the day the African American Museum opened its doors in Fair Park. The event will include arts and crafts, a paint party, live music, documentary films, exhibition trivia and commemorative gifts.

Connected to Deep Ellum, Central Track was once a thriving African American community, with roots dating back to the Civil War. Central Track was demolished in the 1940s to make way for North Central Expressway and the I-345 overpass.

Central Track: Crossroads of Deep Ellum unravels the growth and demise of North Central Avenue, in the area known as Central Track or Stringtown, which connects Deep Ellum to what was called Freedman Town after the Civil War. The area was later renamed Short North Dallas then Old North Dallas before being identified as Uptown. The exhibit focuses on the 1920s and 1930s and features newspaper clippings, archival photographs, posters, and recordings of blues, jazz, and popular music of the period.

"Seeing a World Blind Lemon Never Saw" presents a photographic series made by Alan Govenar from 2021-2023, exploring rural East Texas and little-known places in Dallas, locations Blind Lemon visited or alluded to in his songs. These exhibitions are the fourth and fifth of five exhibitions created and launched by Documentary Arts founder Alan Govenar to honor Deep Ellum's century-and-a-half milestone.

Central Track and Deep Ellum were places where day laborers were picked up and dropped off, often for work in the cotton-



Heather Gill / Unsplash

fields. The expanding railroads brought commercial and industrial development and a thriving entertainment sector.

The neighborhoods surrounding Central Avenue boasted vibrant African American communities and an array of Black-owned businesses, from shoeshine stands and street vendors to variety shows and movie theaters to music shops, drug stores, cafés, and most notably, the landmark building at 2551 Elm Street (the headquarters of the Colored Knights of Pythias). Opened in 1916, the building, designed by William Sidney Pittman—the first African American architect to practice in Texas—was a center of community activity, which provided offices for doctors, dentists, lawyers and other Black professionals.

Featuring the photography of Alan Govenar, an award-winning writer, poet, playwright, photographer and filmmaker, 34 large images of rural East Texas and early Dallas neighborhoods interrogate the landscapes of the legendary blues singer Blind

Lemon Jefferson, lyricizing the environment and experiences where Jefferson was born and lived. Govenar's compelling photographs of Jefferson's environment are characterized with chromatic elegance and depth. Govenar is a Guggenheim Fellow and author of more than 35 books, and he is the director of Documentary Arts, a non-profit organization founded to advance essential perspectives on historical issues and diverse cultures.

The exhibition raises questions about cultural identity difficult to reconcile, juxtaposing the harsh realities of racism to the vitality of a community that struggled to survive. While few photos have been found, numerous newspaper accounts bring to life a world little known and often overlooked that was destroyed in the 1940s to make way for North Central Expressway and the I-345 overpass.

The newspaper clippings about Central Track and Deep Ellum in this exhibition appeared in white and Black newspapers around the U.S., most notably The

Dallas Morning News, Dallas Express and Indianapolis Freeman. Many conveying racist stereotypes, the clippings establish the cultural context in which they were written and illustrated. This, in contrast to the racist content are advertisements and notices published in the same newspapers that reveal the enduring resilience of the African American community.

The co-curators of "Central Track: Crossroads of Deep Ellum" are Alan

Govenar and Phillip Collins, and the curator of "Seeing a World Blind Lemon Never Saw" is Phillip Collins.

Three other exhibitions "When You Go Down In Deep Ellum" and "Unlikely Blues: Louis Paeth and Blind Lemon Jefferson" at the newly opened Deep Ellum Community Center (2528 Elm St. A in Dallas) and "Invisible Deep Ellum," a public art installation under the I-345 overpass.

The event will be fol-

lowed with a panel discussion and book signing at the Nasher Sculpture Center Wednesday, Nov. 15, 2023, at 5:30 p.m., 2001 Flora St., Dallas, 75201. Highlighting the efforts of Govenar and Documentary Arts to focus public attention on the enduring significance of Deep Ellum, the talk will feature Govenar joined by Bob Ray Sanders and Norma Adams-Wade.

The discussion will provide context and com-

See MUSEUM, Page 12

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Film Review: 'Rustin' less than stellar

By Dwight Brown
NNPA Film Critic

(**1/2) He was the man behind the man. Martin Luther King's chief lieutenant. Why is he only getting attention now?

Bayard Rustin (Colman Domingo, Ma Rainey's Black Bottom) was gay at a time in the '60s when he was shunned by MLK's other associates. He regained his stature in the civil rights leader's camp when he imagined, developed and completed a March on Washington. Rustin: "Do this Dr. King. Own your power."

That assembly of like minds became the largest civil rights gathering ever. On August 28th, 1963, 250,000 people, who had a heightened sense of social consciousness, descended on D.C. and changed the course of history. According to Rustin, it was "A demonstration made up of angelic troublemakers."

The script by Julian Breece ("When They See Us") and Dustin Lance Black ("Milk") gives and in-depth portrait of the



Photo via NNPA

man who endured continuous hazing, yet prevailed. Lovers, adversaries, arrests, achievements. It's all on screen, manifested in a stunning performance by Domingo. Meticulous research has been turned into an energizing screenplay. All the characters are in place. Yet, too often their dialogue seems more suited for a modern novel than the way everyday folks talked back then.

The most stirring drama is featured in scenes played by veteran actors who embody strong-willed civil rights icons in the heat of verbal battles: Glynn Turman (A. Phillip Randolph), CCH Pounder (Dr. Anna Hedgeman), Maxwell Whittington-Cooper (John Lewis), Aml Ameen ("MLK").

Jeffrey Wright as the vin-

dictive Adam Clayton Powell, commands the screen and steers the proceedings to high-pitch levels. Chris Rock, as the condescending NAACP leader Roy Wilkinson, seems woefully miscast: "The hell with Bayard Rustin. His attention-grabbing antics make him an easy target. And let's not mention the unmentionable."

Director George C. Wolfe ("Ma Rainey's Black Bottom") gets many things right. The assemblage of historical figures is as magical as the one in "One Night in Miami," when Sam Cooke, Jim Brown, Muhammad Ali and Malcolm X gathered. He makes Rustin's coalition building feat (Black activists, college

See RUSTIN, Page 12

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New CFPB report: Nation's credit card debt passes \$1 trillion

Record debt reaps record profits with hikes in interest rates, minimum and late fees

By Charlene Crowell

For the first time since the Consumer Financial Protection Bureau (CFPB) began collecting credit card data, the nation's related debt reached an all-time high of \$1 trillion in 2022. New research released in late October examines how and why this debt grew, but also how emerging trends in card usage affect the day-to-day lives of consumers.

While companies charged consumers more than \$105 billion in interest and more than \$25 billion in fees, average credit card balances per cardholder returned to about \$5,300, about the same as before the pandemic. At the same time, more cardholders are being charged late fees, falling behind on payments, and facing higher costs on growing debt.

Today nearly one in 10 consumers is caught in what CFPB terms 'persistent debt', charged more in interest and fees than they pay toward the principal

owed, a pattern that makes each passing month's charges increasingly harder to avoid. Average credit card minimum payments on revolving credit accounts now reach over \$100 per month and are also a contributing factor to rising late fees and overall debt.

"With credit card debt crossing the trillion-dollar mark, we will be working to prevent bait-and-switch tactics when it comes to rewards and to increase refinancing activity so consumers can get lower rates," said CFPB Director Rohit Chopra.

Increased indebtedness also translated into record industry profits, now higher than those reached in pre-pandemic years. Two key factors, according to the report, significantly contributed to industry profitability: an average APR margin of 15.4 percentage points above the prime rate in 2022, and only 10 credit card companies dominating the marketplace.

Although the nation has nearly 4,000 credit card issuers, four-fifths – 80 percent – of the card activity was with one of the firms in the top 10.

The highest credit card APRs are, as with other consumer financial products, among consumers who carry high credit card balances, missed payment(s), or delinquent accounts, and have subprime credit ratings, scores of less than 670 in a range of 300- 850. Consumers who have filed bankruptcies can also expect that action to affect their credit scores for seven years thereafter.

A 2019 report by Experian, one of the nation's three credit card bureaus, found that more than a third of consumers – 34.8 percent – were classified as subprime. Millennials comprised the largest number of subprime borrowers.

According to Experian, "Prime consumers tend to have more mortgages and credit card accounts, while subprime consumers have

more student loans and personal loans...Subprime consumers have twice as many personal loan accounts as prime consumers on average. That said, their average balance is less than half of prime consumers' average balance."

CFPB's new credit card report found that many cardholders with subprime scores paid 30 to 40 cents in interest and fees per dollar borrowed each year. Further, consumers using reward cards that earn bonus points for frequent usage, earned just 27 percent of rewards at major credit card companies, but paid 94 percent of total interest and fees for carrying debt from month to month.

Last year, and for the first time since 2015, CFPB found a spike in over-limit transactions. According to the report, "Recent changes in incidence are also driven by accounts with subprime

scores. Over-limit transactions tend to be more common among lower-score cardholders since these cardholders typically have lower credit limits and higher credit utilization than higher-score cardholders, making it more likely that even a modest purchase might exceed their credit limit."

Along with high profits, CFPB's new report documents a growing consumer shift toward digital communications, websites and mobile apps now used by nearly 80 percent of cardholders to manage card usage and make payments. Among consumers ages 25 and younger, 95 percent used mobile apps for card transactions.

Consistent with consumer practices, credit card companies and debt collectors are now relying more on text messaging and email to contact borrowers

about past-due balances, in addition to phone calls or postal mail.

In separate and independent findings, the New York Federal Reserve's Liberty Street blog also noted changing credit card practices earlier this year.

"[T]here were 18.3 million borrowers behind on a credit card at the end of 2022 compared to 15.8 million at the end of 2019. Instead, the evidence suggests that higher prices and higher interest rates are the more likely culprits driving delinquencies... [O]n a person-level, this financial distress is real, and the delinquent marks will impact their access to credit for years to come."

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

Argonne's Advanced Photon Source to accelerate biological and environmental research

(Newsweek) — A new initiative was recently announced to expand biological and environmental research at the world leading X-ray and analysis facility, the Advanced Photon Source (APS), a U.S. Department of Energy (DOE) Office of Science user facility at Argonne National Laboratory. The enterprise, dubbed eBERlight, aims to connect researchers studying the environment and its ecosystems with the world-leading X-ray science resources of the APS. eBERlight will facilitate science in areas from soil studies to plant growth to cloud formation to biofuels.

The Argonne Leadership Computing Facility provides supercomputing

capabilities to the scientific and engineering community to advance fundamental discovery and understanding in a range of disciplines. Supported by the U.S. Department of Energy's (DOE's) Office of Science, Advanced Scientific Computing Research (ASCR) program, the ALCF is one of two DOE Leadership Computing Facilities in the nation dedicated to open science.

The U. S. Department of Energy Office of Science's Advanced Photon Source (APS) at Argonne National Laboratory is one of the world's most productive X-ray light source facilities. The APS provides high-brightness X-ray beams to a diverse community of re-

searchers in materials science, chemistry, condensed matter physics, the life and environmental sciences, and applied research. These X-rays are ideally suited for explorations of materials and biological structures; elemental distribution; chemical, magnetic, electronic states; and a wide range of technologically important engineering systems from batteries to fuel injector sprays, all of which are the foundations of our nation's economic, technological, and physical well-being. Each year, more than 5,000 researchers use the APS to produce over 2,000 publications detailing impact-

See PHOTON, Page 14



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Black and white adults have similar health care expenditure levels in racially and economically integrated communities

(Newswise) — Differences in health care expenditures between Black and white adults vary substantially with the local level of racial and economic integration, and tend to be low or nonexistent in highly integrated communities, according to a study led by researchers at the Johns Hopkins Bloomberg School of Public Health. The study was published online November 3 in JAMA Health Forum.

For their study, the researchers compared health

care expenditures for a nationally representative sample of Black and white adults in census tracts across the United States. They found that, at the same level of health, health expenditures by Black adults were much lower than white adults' in census tracts with the lowest levels of racial integration but were virtually the same in tracts where the level of integration was highest. The researchers also found that more-integrated areas also had signs of more equitable

health access for Black and white adults.

Individuals' health expenditures are indicators of people's health needs and the types of health care they may or may not be able to access. The findings add to evidence that health disparities between Black and white adults are largely attributable to social factors that can be changed.

"Fixing health care disparities may require both health care and non-health care solutions—making sure people have health

insurance and that the resources they have based on where they live give them the best opportunities to be healthy," says study lead author Lorraine Dean, ScD, an associate professor in the Bloomberg School's Department of Epidemiology. "We already knew from previous research that health disparities mostly disappeared when Black and white adults lived in more equitable areas—now we know that extends to health care expenditures, too."

Black adults on average have shorter lives and higher rates of common ailments including diabetes, hypertension, and kidney disease.

In the new study, Dean and colleagues addressed the closely related issue of whether health care expenditures vary with the level of racial and socioeconomic integration.

For their analysis, the researchers used data from a 2016 U.S. government survey called the Medical Expenditure Panel Survey

(MEPS), which included data on race, socioeconomic status, health status, health care access, health care use, and health care expenditures (including insurer payments) for a nationally representative sample of Americans. The investigators also used data on each MEPS participant's community levels of racial and socioeconomic integration, based on the U.S. Census Bureau's American Community Survey for

See CARE, Page 13

RUSTIN, from Page 10

kids, union members) seem miraculous. Wolfe builds the tension and preparation to an exhilarating peak, getting solid performances

from the very talented cast.

However, nothing distinguishes Rustin from other bio/history films, minus the milestone crowd shots

at the Washington Monument. And some will wish the film had steered towards authenticity and wasn't so polished.

Tobias A. Schliessler's cinematography glistens.

Toni-Leslie James' costumes look like they were just bought at SAKS. It's hard to believe you've gone back in time when everything looks so neat and tidy. That's the rub. Fortunately,

the sheer gravitas of this historical accounting outweighs any imperfections.

Domingo, the screenwriters and supporting cast finally give the enigmatic Bayard Rustin his props,

in the most respectful way. He's no longer the man behind the scenes. He's the man.

Visit Film Critic Dwight Brown at [DwightBrownInk.com](https://dwrightbrownink.com).

MUSEUM, from Page 9

mentary on Deep Ellum's storied history and discuss the role art plays in urban growth and the sometimes-unintended consequences of that growth. The discussion is free, but registration is required.

Free and open to the public, the exhibitions open Saturday, Nov. 11, 2023, and run through May 30, 2024, at the African American Museum, Dallas in historic Fair Park (3536 Grand Ave, Dallas, 75210).

The African American Museum, Dallas is open Tuesdays through Fridays from 11 a.m.-5 p.m. and Saturdays from 10 a.m.-5 p.m. Free self-parking is available in nearby lots. For more information, go to aamdallas.org or call 214-565-9026.

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' historic 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 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.

COOKER, from Page 3

unravel here, mulishly continues to block the United Nation's full recognition of Palestine as a state. This roadblock to true Palestinian statehood paves the way for the oppression of the Palestinian people by the government of Israel. This U.S. roadblock is maintained more with an aim toward maintaining its regional hegemony than with any concern for the safety of the people of Israel. This oppression leads to violence and suffering for both Israelis and Palestinians.

The loss of life in both Israel and Gaza is breathtakingly tragic, as is the myriad of other instances of misery and suffering that have plagued this land. But this suffering and misery

will continue until obstructive nations, like the United States, get out of the way of a fair and equitable peace process and allow the better angels of human nature to replace the demons of hubris, and the desire for regional hegemony and global dominance.

As of April 2022, 138 of the United Nations' 193 members (and one observer) have recognized Palestine as a state. On the other hand, Israel has full voting membership, having been recognized by 162 members. This 24-vote difference is mainly due to the United States refusing to recognize Palestine's statehood and lobbying heavily against its admission to the U.N. as a full member. By doing this, the U.S. has be-

come a major roadblock to peace in the Middle East.

The United States, by effectively preventing the recognition of Palestine as a state within the international community, has contributed to the conditions that result in the convulsions of violence that have been witnessed over the last seven-plus decades. Even though the majority of the United Nations General Assembly has recognized Palestine as a nation, under pressure from the United States, the U.N. has only granted Palestine status as a "non-member observer state." This second-class status being hung around the neck of Palestine has allowed the U.S. and its allies to look the other way while Palestinians have been denied many of the basic human rights to which all peo-

ple are entitled. By refusing to recognize Palestine's statehood, the U.S. is, in effect, refusing to recognize the humanity of the people of Palestine and their right to statehood. This is a form of transnational belligerence.

Transnational belligerence can include a wide range of actions, from embargoes to bombings. And, as demonstrated in recent events, it can include armed attacks across established borders or the disabling of the infrastructure of a targeted nation. Refusal to recognize the statehood of a national community is also a form of transnational belligerence. It is one national community denying the full measure of human rights to the people of another national community.

The current Israel-Gaza

conflict that began in October 2023 has been characterized as Israel against Hamas, but the violence by Israel is directed against all of Gaza. And in a larger context, Israel's oppression is directed toward all of Palestine.

Denying a national community recognition as a national state in this instance is a form of oppression that opens a path to further transgressions. But the state of Israel and its neighbors have been geopolitical pawns on an international chessboard where the U.S. and its adversaries have vied for political hegemony in the region for these many years. And this horrific slaughter will continue for as long as larger powers push forward their agendas in this region as they seek global dominance.

We must come to understand that what we are witnessing is a manifestation of "hate that hate produces." This is hate manufactured by global powers to create and maintain a political pressure cooker deemed necessary for certain geopolitical strategies. As we witness yet another abhorrent instance of genocide unfolding on the world stage during our lifetime, we should never stand by quietly. We must condemn the warmongers on both sides and the geopolitical strategies that set it in motion.

Oscar H. Blayton is a former Marine Corps combat pilot and human rights activist who practices law in Virginia. His earlier commentaries may be found at <https://oblayton1.medium.com/>.

CARE, from Page 12

2013–17.

The analysis covered a total of 7,062 adult MEPS participants age 21 or older—one-third of them Black, two-thirds white—living in 2,238 census tracts where the population was at least five percent Black.

In relatively non-integrated communities, Black adults spent \$2,145 less on health care per year compared to white adults. These differences could reflect undertreatment for Black adults or overuse of health care by white adults. By contrast, in communities where the ICE was in a medium range, indicating the highest level of racial and socioeconomic integration,

these expenditure disparities mostly disappeared—the computed difference in overall annual expenditure being a mere \$79.

For each of these census tracts, the researchers used census data to calculate a measure of socioeconomic and Black/white integration called the Index of Concentration at the Extremes (ICE). They defined this as the number of non-Hispanic white adults in high-income ($\geq \$100,000$) households minus the number of non-Hispanic Black persons in low-income ($< \$20,000$) households, divided by the total population with known income in that census tract.

The analysis, which adjusted for potential confounding factors such as age, sex, and education level, found that in communities where the ICE was highest—many high-income white adults, few low-income Black adults—racial disparities in health care expenditures were pronounced.

In the least integrated communities, where Black adults had lower overall health care expenditures, they still had levels of physical health similar to white adults. Their lower overall expenditures were driven mainly by lower doctor's-office, prescription drug, and dental expenditures. But in highly integrated areas, differences in individ-

ual expenditure categories were minimized. The most integrated areas also had relatively equitable health care access, according to MEPS data.

On the whole, the researchers say, the findings suggest that reducing health care expenditure disparities between Blacks and whites is possible, though it might be much easier to achieve in areas where socioeconomic and health care access disparities are minimized.

The study, entitled Health care expenditures for Black and White US Adults Living Under Similar Conditions, was co-authored by Lorraine Dean, Yuehan Zhang, Rachael McCleary, Rahel Dawit, Roland Thorpe, and Darrell Gaskin.

RFK Jr., from Page 8

bullet in 1968, Kennedy has embarked on a bold endeavor to challenge the current political paradigm and potentially catalyze a nationwide movement for change.

“Empowering Black Americans will be a central focus for me, especially in eradicating the pervasive fear of perilous encounters with law enforcement,” Kennedy emphasized during an interview with the Black Press of America.

He pledged to end qualified immunity, a legal protection shielding police officers from personal liability in legal proceedings. “Incentives for reform are lacking under

the current system,” he asserted. “We must eliminate qualified immunity, compelling individuals to weigh their accountability in every interaction. A robust economic system should incentivize virtuous conduct and penalize transgressions. That’s what we need,” Kennedy emphasized.

Kennedy stressed the imperative of reshaping law enforcement’s perspective to one focused on safeguarding and serving communities rather than adopting a combative stance when entering Black neighborhoods. “We need systemic changes,” Kennedy insisted.

HEART, from Page 4

their work, she said.

This study adds to the growing body of evidence that the workplace should be prioritized as a vehicle for advancing cardiovascular health for all. The American Heart Association remains committed to and engaged in providing employers with the resources and information they need to actively support the health of their employees and communities through science-backed changes to policy and culture.”

Researchers studied nearly 6,500 white-collar workers, average age about 45 years old, without heart disease, and followed them for 18 years, from 2000 to 2018. They studied health and workplace survey information for 3,118 men and 3,347 women in a wide range of jobs in Quebec.

The surveys included employees working in senior management, professional, technical and office workers roles. Education levels ranged from no high school diploma to university degree. Researchers measured job strain and effort-reward imbalance with results from proven questionnaires and retrieved heart disease information using established health da-

tabases.

The Quebec study findings may be relevant to white-collar workers in the United States and other high-income countries with similar job structures, according to Lavigne-Robichaud. Co-authors, disclosures and funding sources are listed in the manuscript.

Studies published in the American Heart Association’s scientific journals are peer-reviewed. The statements and conclusions in each manuscript are solely those of the study authors and do not necessarily reflect the Association’s policy or position. The Association makes no representation or guarantee as to their accuracy or reliability.

The Association receives funding primarily from individuals; foundations and corporations (including pharmaceutical, device manufacturers and other companies) also make donations and fund specific Association programs and events. The Association has strict policies to prevent these relationships from influencing the science content. Revenues from pharmaceutical and biotech companies, device manufacturers and health insurance providers and the

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I Don't Believe in Superstition...But

By Dr. James L. Snyder

I don't believe in any of the superstitious nonsense that seems to be going around these days. Some people have a fear of numbers like 13 and 666. What in the world does a number have to do with anything?

When I am around people who are superstitious like that, I'm afraid I lean toward the naughty side and harass them a little bit. It's not my fault they're afraid of some number. But I believe I do have a responsibility to myself to take advantage of situations like that.

Not being superstitious, there are times I am slightly confused about life. Something happens that I don't feel I'm in charge

of. I won't go to the superstitious side of the road because I don't believe in that. But sometimes, things happen that I really can't explain.

For example, the other morning, The Gracious Mistress of the Parsonage entered the living room, where I was sitting on my easy chair drinking coffee. With a huge smile, she said, "I got you an Apple Fritter for this morning." And she gave it to me, smiled at me, and then walked away.

Now, I'm supposed to accept this as normal? Absolutely not. There is no reason why she would bring me an Apple Fritter without something attached to it. For the life of me, I could not figure out what was behind this Apple Fritter.

There had to be something because The Gracious Mistress of the Parsonage never does anything without some reasoning behind it.

Not knowing what to do, I took a little bite of the Apple Fritter, which brought me to a wonderful place of enjoyment. I drank my coffee and ate my Apple Fritter, and my life seemed to be very spectacular at that time.

When I finished the Apple Fritter, I returned to normality and tried to figure out what was behind all of this. There had to be something behind it, and I could not figure it out.

At my stage in life, I wouldn't ask any questions because I never got the answer I wanted. I just decided to accept it and move on

with the day.

The Gracious Mistress of the Parsonage went about the day as though nothing strange had happened. I decided to go along with her on that. After all, I don't know what is behind this.

The following day, I got up and got my coffee, went out to my easy chair in the living room, and started to sip it very carefully. Every morning starts great with a cup of coffee.

As I was getting situated, The Gracious Mistress of the Parsonage walked in, and I saw in her hand another Apple Fritter. "Here, my dear, is an Apple Fritter. I think you'll enjoy this today."

I possibly could process yesterday's Apple Fritter, but two days in a row was

beyond my processing ability. Something is going on, and I have no idea what it is. Being that as it is, I enjoyed that Apple Fritter to the last delicious crumb.

Again, nothing was said to indicate what was behind this Apple Fritter. I was getting a little itchy, and I wanted to find out what was going on. But I didn't want to sabotage my situation at this time.. After all, an Apple Fritter is worth the pain.

The day went normal, and she never mentioned the Apple Fritter.

By the time we came to go to bed, nothing was said concerning that. It was just a coincidence, and I could not explain it satisfactorily.

Again, I got up the following day, went and got my coffee, and sat in my

easy chair. In a few moments, in walks The Gracious Mistress of the Parsonage, and in her hand is another Apple Fritter. Obviously, I did not get up this morning and was still in bed, sleeping and dreaming. This does not happen in real life. I was afraid to do anything for fear of waking up out of this dreamland.

"Here's an Apple Fritter for you this morning. I think you'll enjoy it today." She smiled at me, turned around, and returned to the kitchen.

I held that Apple Fritter in my hand for a few moments, basking in its deliciousness, and then began to eat it slowly and enjoyably.

See SNYDER, Page 16



Church in the City held an event in Garland last Saturday, bringing together children with games and adults with worship. (Church in the City)

Church in the City brings message of hope to Garland community

By Lori Lee
NDG Contributing Writer

A vacant lot on Marvin Loving Drive in Garland was occupied by singing, worshipping and prayer last month. The event, hosted by Church in the City of Rowlett, welcomed people from a small community on Lake Ray Hubbard, creating a temporary church on a vacant plot of land at 6002 Marvin Loving Drive. The event took place on Octo-

ber 21 at noon.

Prior to the event, Church in the city reached out to people in the neighborhood, knocking on doors that morning and inviting people from the neighbor-

hood to attend the afternoon event.

Worship leaders and people from the church entertained adults with games for children and engaged adults with worship music.

The pastor preached a simple but powerful message-God welcomes all with forgiveness and love.

The event raffled off toys, gift cards, and utility and rent payments.

PHOTON, from Page 11

ful discoveries, and solve more vital biological protein structures than users of any other X-ray light source research facility. APS scientists and engineers innovate technology that is at the heart of advancing accelerator and light-source operations. This includes the insertion devices that produce extreme-brightness X-rays prized by researchers, lenses that focus the X-rays down to a few nanometers, instrumentation that maximizes the way the X-rays interact with samples being

studied, and software that gathers and manages the massive quantity of data resulting from discovery research at the APS.

This research used resources of the Advanced Photon Source, a U.S. DOE Office of Science User Facility operated for the DOE Office of Science by Argonne National Laboratory under Contract No. DE-AC02-06CH11357.

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In Times of Stress



Sister Tarpley
NDG
Religion
Editor

With the Elections now over with, and the Thanksgiving and Christmas holidays now starting; there are many disasters happening world-wide today, I see and hear of people all stressed out.

First there were hurricanes, storms, floods, mudslides, earthquakes, etc. With each disaster folks have lost jobs, homes, loved ones, and sometime even their faith.

I even heard on the radio that some church members at a certain church in Waco, TX were questioning God about their pastor being electrocuted while doing His work?

I begin to think, why some people seem to survive a disaster better than others? How can people minimize the stress in their



lives from an unforeseen set of circumstances?

I remembered the biography of one man that overcame his disappointments and trials to become a successful individual. At 16 years old with \$3 in his pocket, he moved to New York City.

He slept on a rooftop until he got a job as a dishwasher. He applied for a job that was listed in an ad but he wasn't a good reader and didn't get the job.

He was disappointed but he didn't let that stop him from striving to improve his lot in life. He was determined to succeed; deter-

mined to fulfill his ambition.

That man is Sidney Poitier. Not only is he one of the best known actors in this world, but he was the first Black actor to win an Oscar. Denzel Washington is the second Black man.

There are people that continue to live in spite of their disappointments and trials. When they find themselves in tough circumstances, they bravely overcome them.

When they are struck down by illness and catastrophe, assailed by grief and failure, when they are treated unfairly or betrayed,

they not only survive, they confront their stresses and sorrows in ways that deepen their lives.

They go on with grace, distinction and courage. It has been said that the trials of life are far less important than how one deal with them. By adopting a special outlook on life, many others can learn to be a survivor.

Survivors learn to: Make happiness a habit. They enjoy life even when troubles spring up. They take one day at a time. They learn to accept large and small victories.

It has been said that no one is born happy. Everyone makes his own happiness. They accept change. They realize that change and problems will come whether we want them or not.

They learn from the problems in their life. At times what looks like a disaster may turn out to be the best thing that happened to them. They don't

give up.

Survivors do what has to be done, no matter how overwhelming the odds are. They reach out to others. They cherish involvement with others. They are givers.

Duke University researchers found that one of the best predictors of health, happiness and long life is the tendency to reach out to people. They live in the present.

"Not one of us can bring back yesterday or shape tomorrow," adds Fredrick Buechner in *The Hungering Dark*. "Only today is ours and it will not be

ours for long; and once it is gone, it will never in all time be ours again."

Survivors are not afraid to dream. People go about their tasks without weariness if they have a goal and a belief in what they are doing. They have a purpose, a dream.

It is always worth the effort to be a survivor. This longing to beat the odds, to conquer our own weakness, has carried humanity through its long history. It is the cry of the heroic in all of us.

(Editor's Note: This column was originally published in November 2016.)

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NDG Book Review: 'The Invisible Ache' is raw and insightful

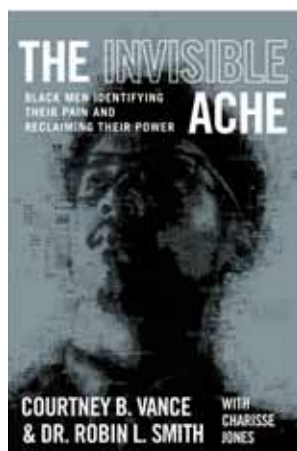
By Terri Schlichenmeyer

Your skin was not even broken.

No cuts, no scratches, no stitches needed. There was no blood and no bruise, either, not even the least bit of soreness. And yet, you're wounded, raw, wincing. You're absolutely not okay right now, and in the new book "The Invisible Ache" by Courtney B. Vance & Dr. Robin L. Smith, with Charisse Jones, it's from a hurt you cannot see.

The phone call came early in the morning in the middle of the week.

Courtney Vance's father had taken his own life,



leaving his adult children and a wife who was all but paralyzed with grief. Vance "felt like a boy suddenly dealing with big man stuff" but he helped his mother who, after the funeral, in-

sisted that Vance and his sister seek therapy.

Vance had known that his father was in emotional pain for a long time, for a variety of reasons – and he came to understand that he was, too. It was almost like a legacy, one that he says many Black men suffer.

Says Vance's co-author, "Society's mirror doesn't reflect how varied Black men really are..." Black boys are not supposed to cry or be vulnerable, although Smith says that "To be vulnerable is to be strong." Black men are taught to deal with their problems alone, in silence, but Smith says that talk-

ing through trauma allows room for reclaiming power.

Seek support, she says, and remember that "life isn't virtual," so draw boundaries and step back from social media sometimes. Don't be afraid "to talk to young men [and] young women, about the sanctity of their bodies." Find your sense of gratitude and remember that church isn't the only place to pray.

"Feel free to frolic. Walk barefoot through a mud patch if it makes you happy. Plant a garden. Pick up a hula hoop. Plunge into a pool."

And remember: when it

comes to mental self-care, "silence isn't golden. It is actually deadly. So let's talk it out."

Have you hit your discomfort level yet? If not, well, just wait. Authors Courtney B. Vance and Dr. Robin L. Smith will take you there soon enough – and in "The Invisible Ache," they'll bring you back whole.

Part autobiography, part advice, this book is like getting poked and prodded until a deep self-inspection is performed – and then being asked to look again. It's very raw, like removing the bandages the day after

cutting off a piece of yourself, but it's oddly cathartic. Vance tells his tale and that of his father in a calm way that makes readers want to keep going, despite that it hurts; Smith then takes over and soothes the pain with leading statements that feel like having your hand held. It's a nice mix, and very helpful.

While this book is primarily meant for Black men, young and old, it's not a bad read for a woman who wants to help, understand, or do some introspection of her own. Find it; "The Invisible Ache" is not just for the broken.

SNYDER, from Page 14

Three Apple Fritters in a row has to be some record. It's not that I can't handle an Apple Fritter because I can. It's the fact that someone is bringing these Apple Fritters to me who does not

like Apple Fritters. Something is happening behind the scenes, and I'm anxious to find out.

The next day, the same thing happened. To have four Apple Fritters in a

row is okay with me, but now I'm getting to be suspicious. What in the world am I missing here?

Not wanting to sabotage my good luck the last four days, I kept silent and enjoyed the Apple Fritter. Whatever is behind this, I

may never know, but I will enjoy it for whatever it is worth.

I'm expecting the day when The Gracious Mistress of the Parsonage will say, "Remember those Apple Fritters I gave you?"

I couldn't help thinking

of a Bible verse, "And let us not be weary in well doing: for in due season we shall reap, if we faint not" (Galatians 6:9).

Sometimes, the best thing to do is NOTHING and let God have it.

Dr. James L. Snyder is

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

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