



# North Dallas Gazette

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## U.S. Supreme Court unveils new code of ethics for Justices

By Stacy M. Brown  
NNPA Senior National Correspondent

The Supreme Court unveiled an ethics code for its justices on Monday, marking a departure from its historical absence of such regulations. The move comes in the wake of heightened scrutiny and revelations surrounding undisclosed property deals and gifts that have raised concerns about the ethical conduct of some justices.

In an official statement, the court highlighted the code's purpose as providing a comprehensive framework for ethical conduct. "For the most part, these rules and principles are not new," the court explained. It emphasized that the absence of a code had led to what the court said was the misconception that justices were exempt from ethical constraints.

While lower federal judges adhere to an ethics code governing their conduct, Supreme Court justices have never been subject to the same rules due to their unique constitutional status. Chief Justice John G. Roberts Jr., in a letter to lawmakers earlier this year, indicated that the court draws guidance from the ethics code applicable to other federal judges.

The decision to adopt the ethics code follows a series of controver-



While lower federal judges adhere to an ethics code governing their conduct, Supreme Court justices have never been subject to the same rules due to their unique constitutional status. (Ipse Dixit / Unsplash)

sies surrounding undisclosed dealings, including a revelation involving conservative Justice Clarence Thomas. Thomas acknowledged undisclosed travel expenses funded by billionaire associate Harlan Crow in his most recent annual financial disclosure report.

The report detailed several trips facilitated by Crow, including a conservative conference in Dallas and a vacation to the Adirondacks. Thomas, citing security concerns related to a leaked draft opinion on the Roe v. Wade case, defended using a private jet for one trip. The report, compiled with the assistance of attorney Elliot Berke, asserted that there were no intentional ethical violations and that any

discrepancies in previous reports were unintentional.

The disclosures stem from a ProPublica exposé outlining Thomas's acceptance of luxurious trips from Crow, a prominent Republican donor, which were not disclosed in previous financial reports.

In response to these revelations, Democratic members of the Senate Judiciary Committee are urging the Supreme Court to implement new ethical guidelines. The controversy also prompted a change in disclosure regulations in March, requiring justices to disclose private aircraft travel and stays at pri-

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### People In The News ...



Jasmine Carter



Mayor Eric Adams

NDG Quote of the Week: "Life has two rules: number 1, never quit! Number 2, always remember rule number one."  
— Duke Ellington



## Jasmine Carter

Jasmine Carter is the 29-year-old founder and CEO of Balacia, a Black-owned custom jewelry brand she started six years ago. Carter has successfully introduced a simple and hassle-free approach to purchasing jewelry.

Her unique way of doing business has allowed her clients to bid farewell to overwhelming choices, confusion, and price gouging, as Jasmine is focused on making the process as effortless and enjoyable as possible. With its disruptive approach and dedication to



customer satisfaction, Jasmine works one-on-one with her clients virtually to design their dream jewelry within their budget, using perfect quality stones and designer-quality settings.

"Engagement ring shopping is so overwhelming for most people. A lot of people go store-to-store trying to find a ring, or spend months researching diamonds to try to choose a good one. I try to take away all of the stress and keep the fun in the ring shopping process! All people have to do is message me an idea of what they want, any custom ideas they have (if any), and a budget, then I will show them the best stone (diamond, moissanite, etc) and design options in their budget. I'm the jewelry expert so my clients don't have to be. I offer a jewelry

concierge experience so everyone gets my undivided attention to bring their visions to life," she comments.

"Most jewelers are men, but I design engagement rings as a woman with women in mind; I always make sure their diamonds are colorless and flawless (eye-clean) so she can have a jaw-dropping ring to show off for a lifetime. My clients will never need an upgrade because their rings have the highest quality stones, and their settings are perfectly handcrafted," said Jasmine.

With a passion for celebrating love stories and a keen eye for detail, Jasmine

brings a fresh perspective to the world of fine jewelry. Each piece is carefully curated and meticulously crafted to capture the essence of love and individuality, ensuring that every customer finds the perfect symbol to commemorate their unique bond.

"The custom element just adds to the story of her ring. When you place an order with Balacia, we make it to order so your ring is literally made for you and we put love into every piece we create," said Jasmine.

With a commitment to meeting individual tastes and preferences, Jasmine

offers a bespoke jewelry service with her brand Balacia, allowing clients to bring their unique visions to life.

Moreover, Jasmine understands the significance of ethical and sustainable practices in the jewelry industry. Every piece is crafted using responsibly sourced materials, ensuring the utmost respect for both the environment and the artisans involved in the process. With Balacia, clients can indulge in luxury without compromising their values.

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## Mayor Eric Adams

By Stacy M. Brown  
NNPA Senior National  
Correspondent

FBI agents confiscated electronic devices belonging to New York City Mayor Eric Adams earlier this week, intensifying a criminal inquiry into potential collaboration with the Turkish government, among others, in an alleged scheme to funnel funds into Adams' 2021 campaign coffers.

According to a New York Times report, the incident unfolded after an event at New York University, where agents approached



the mayor and requested his security detail to step aside. Armed with a court-authorized warrant, the agents joined Adams in his SUV and seized at least two cell phones and an iPad.

The Times said the elec-

tronic devices were returned to the mayor within days of the November 6 encounter. It is common practice for law enforcement investigators armed with a search warrant to make copies of data from seized devices for further analysis.

Boyd Johnson, a lawyer representing Adams and his campaign, issued a statement asserting the mayor's cooperation with federal authorities. Johnson stated that Adams had already "proactively reported" at least one instance of improper behavior upon learning of the federal investigation. "In the spirit of transparency and cooperation, this behavior

was immediately and proactively reported to investigators," Johnson added.

Emphasizing that authorities had not accused Adams of wrongdoing, Johnson reiterated that the mayor swiftly complied with the FBI's request and willingly provided them with his electronic devices.

However, not all reac-

tions to the news were supportive. Curtis Sliwa, a former New York City mayoral candidate, called for Adams's resignation. "He's too distracted by the multiple investigations into his fundraising to lead New York City," Sliwa insisted.

Chris Sosa, a member of the New York Democratic Committee, echoed similar

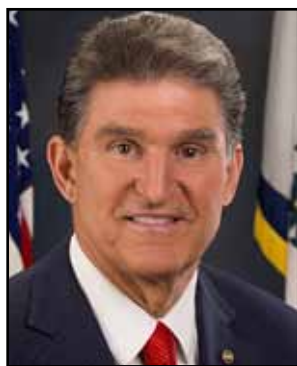
sentiments, urging Adams to step down immediately. "Our leaders need to demand that he step down for the health of our city," Sosa wrote on X. "I'm not suggesting anything about the outcome of investigations. But the mayor cannot execute his duties effectively under these escalating circumstances."

## Sen. Joe Manchin

By Stacy M. Brown  
NNPA Senior National  
Correspondent

When West Virginia Senator Joe Manchin declared that he would not seek reelection, the announcement sparked speculation about his political future. Rather than stepping back from the national stage, Manchin continued to hint at aspirations beyond the Senate, fueling rumors of a potential presidential run on the No Labels ticket, possibly alongside GOP Senator Mitt Romney of Utah.

Manchin, known for his bipartisan approach and centrist stance, has vowed to continue working to-



wards bridging the partisan divide and addressing critical issues facing the nation. The No Labels movement, which promotes bipartisan problem-solving, could provide a platform for Manchin to pursue his vision of a more cooperative and united America.

Manchin's resignation

from the Senate creates concerns for Democrats regarding the party's future in a politically polarized environment. The lighting rod Democrat frequently disagrees with the party's more progressive members due to his unusual status as a moderate in a state that has historically supported conservatism.

A particular facet of Manchin's legacy that has been the subject of criticism is his rapport with African Americans. Black voters are concerned about Manchin's stances on significant issues, including his refusal to support strong voting rights measures introduced by Democrats in response

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# Loss of local news is a crisis for democracy

By Lee H. Hamilton

A report from Northwestern University's Medill School puts it bluntly: The loss of local journalism that we're seeing in the United States is "a crisis for our democracy and our society." I couldn't agree more.

We rely on free and vigorous news media for the effective functioning of our democracy, at all levels of government. An informed citizenry is an empowered citizenry.

When we lose news coverage, we lose oversight of our public officials. We need the press to be constantly looking in every nook and cranny where our politicians are working. America's founders recognized this, enshrining freedom of the press in the First Amendment.

Early American newspapers, of course, were often partisan and aligned with political factions, but they played a crucial role in creating an identity for the new nation. The French political philosopher Alexis de Tocqueville, a keen observer of the young American republic, wrote that its newspapers were "the pow-

er which impels the circulation of political life."

We still rely on news media to understand the workings of government. Newspapers, especially, play a key role in civic education and community engagement, which are essential to good governance. While serving in Congress, I learned that visiting a local newspaper office was a great way to learn what constituents were thinking.

But trends in business and technology have devastated local news. With the rise of the internet, Americans increasingly got their news online; many concluded they didn't need to read the local paper. Newspapers relied primarily on advertisers to make money, but businesses found they could better target their ad dollars online. Newspaper revenue declined precipitously.

Closings and mergers followed. The United States has lost more than a quarter of its newspapers since 2005, according to the Medill School. Most of the newspapers that have shut down were weeklies, serving small towns and rural communities. That's been

the trend here in Indiana, where a third of all weeklies disappeared in a recent 15-year period. Readership of the state's newspapers shrank by half.

More than one in five Americans now live in what scholars refer to as news deserts, communities that lack or are at risk of losing local news sources. Seventy million people live in counties without a newspaper or served by only one paper. The newspapers that remain employ fewer journalists.

Studies have shown that, without strong local news, there's more corruption in government, and taxes and municipal bond costs are higher. Not surprisingly, voting rates are lower when no one is covering elections. As Americans increasingly get their information online or from partisan cable TV, political polarization grows more extreme. Fake news and conspiracy theories proliferate. This is an important cause of the dysfunction we're currently seeing in Congress.

It's true that news media have evolved throughout our nation's history. Radio

and TV disrupted the news business before the internet; and, if print newspapers go extinct, people will still seek out news. We are seeing some encouraging signs with the growth of high-quality, reliable online news organizations, some of them following a non-profit model. But digital news outlets employ relatively few journalists compared to the newspapers of the past, and they tend to be concentrated in affluent urban areas and state capitals. Rural communities and small towns are increasingly left without local news.

On a positive note, the situation is widely recognized as the crisis that it is. Universities, nonprofits and advocacy groups are working to find solutions, and major philanthropies, such as the MacArthur and Knight foundations, are pledging hundreds of millions of dollars to revitalize local news. Civic-minded individuals and organizations are stepping up to buy local newspapers or to start new ones.

It's essential that these efforts succeed. The future of our democracy and our society depends on it.

## Honoring our promise to our Black veterans

By Asst. Democratic Leader James E. Clyburn

The original government-issued posters publicizing the G.I. Bill of 1944 were designed to inspire. Oversized red and white letters urged, "Veterans — prepare for your future through EDUCATIONAL TRAINING. Consult your nearest Office of the VETERANS ADMINISTRATION." Another read, "VETERANS — if buying a farm, home, or business, learn about GUARANTEED LOANS." A third showed a young man with his hand on his chin, deep in thought, with the following text above: "Shall I go

back to school?"

What's notable about these posters is that every person pictured is white. These posters sent a message to Black veterans that they need not apply — that these life-changing programs were not meant for them. This message was reinforced by the blatant discrimination perpetrated by Veterans Affairs (VA) offices around the country and the abysmal benefits provided to veterans of color. In 1947, only two of more than 3,200 home loans administered by the VA in Mississippi cities went to Black borrowers. Similarly, less than 1% of VA mortgages went to

Black borrowers in New York and New Jersey suburbs.

These disparities in homeownership opportunities have grown with time. The Consumer Federation of America estimates that homeownership rates for white and Black Americans stood at 74.50% and 44.10% respectively in 2020, and 65% and 38% in 1960. This homeownership disparity helps explain the difference in net worth for white families (\$171,000) compared to that of Black families (\$17,150). After signing the G.I. Bill into law in June 1944, President Truman remarked that it would give "emphatic no-

tice to the men and women in our armed forces that the American people do not intend to let them down."

Nearly 80 years later, I've teamed up with Congressman Seth Moulton (MA-06) and U.S. Senator Reverend Raphael Warnock (D-GA) to ensure President Truman's words ring true. We have reintroduced Sgt. Isaac Woodward, Jr. and Sgt. Joseph H. Maddox G.I. Bill Restoration Act in the U.S. House of Representatives and the U.S. Senate. It would provide critical housing and education benefits to Black World War II veterans and

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# Socioeconomic factors adversely affect most heart failure patients

(Newswise) – A majority of Americans suffering from heart failure face substantial socioeconomic challenges, researchers at UT Southwestern Medical Center found. The study, published in *The American Journal of Cardiology*, revealed that 8 in 10 ambulatory heart failure patients are adversely affected by two or more social determinants of health (SDOH). These are nonmedical factors, such as economic insecurity, lack of access to care, or difficult living conditions, that can influence health outcomes. Racial and ethnic minorities, as well as those with low incomes, are disproportionately affected.

“Millions of Americans suffer from heart failure, where the heart muscle is weakened and can’t pump blood properly,” said Lajjaben Patel, M.B.B.S., a post-doctoral researcher in UT



UT Southwestern researchers analyzed national data to find prevalent factors that influence health outcomes. (Zach Lucero / Unsplash)

Southwestern’s Cardiometabolic Research Unit, who served as first author of the study. “When they have access to proper care and support, however, they can successfully manage their condition. The next step in our research is to identify which social determinants have the greatest impact on clinical outcomes and test specific interventions to determine their benefit.”

Those with lower household incomes reported much higher rates of adverse SDOH than respondents with higher incomes, and significant ethnic/racial differences in SDOH reporting were found in education, uninsurance, food security, household crowding, and sleep deprivation.

For example, food insecurity was twice as prevalent among Black and

Hispanic respondents compared with white patients, and minority patients reported much higher rates of household crowding (11 times greater among Hispanic respondents, and four times greater among Black respondents).

This is the first study to determine the national prevalence of adverse SDOH in heart failure patients and builds upon similar research at UT Southwestern involving its patients. Developing targeted social interventions to address these adverse SDOH can likely help improve heart failure care on a population level.

“Heart failure is a chronic medical condition that requires close follow-up, long-term medication use, and lifestyle change, but adverse SDOH are common barriers to optimal management,” said study leader Andrew Sumarsono, M.D., M.P.H., Assistant Profes-

sor of Internal Medicine in the Division of Hospital Medicine at UT Southwestern. “Our research shows that adverse SDOH are exceedingly common in the heart failure population in the U.S. and that they tend to impact minority groups more significantly.

To better understand the prevalence of adverse SDOH in heart failure patients, UT Southwestern researchers aggregated publicly available data from the 1999 to 2018 National Health and Nutrition Examination Surveys, which collected information from a cross-section of U.S. residents. Based on the design of the survey, the UT Southwestern team was able to use weighting procedures so that its findings could be applied to the entire U.S. population.

The team identified individuals with a self-reported history of heart failure

and analyzed data by race, ethnicity, and characteristics related to SDOH, as outlined by the American Heart Association, including socioeconomic position (income, education, unemployment rates); access to care (uninsurance rates, no routine place for care); environment (food insecurity, household crowding); and health status (sleep deprivation, physical activity levels, and disabilities).

In all, 1,906 individuals were identified in the survey. They represent an estimated 5.25 million patients in the United States with a history of heart failure. About 81.4% of heart failure patients from the survey reported negative effects from two or more SDOH factors.

Also contributing to this study from UT Southwestern was Nidhish Lokesh, B.S., a fourth-year medical school student.

## Parkinson’s disease gene variant found in study of people of African ancestry

WASHINGTON (NIH) A gene variant found almost exclusively in the genomes of people of African ancestry increases the risk of developing Parkinson’s disease, according to an international study published in *The Lancet Neurology*. The study, which involved nearly 198,000 participants with this genetic background, suggests the risk may be linked to a variant in the gene encoding  $\beta$ -glucocerebrosidase (GBA1), a protein known to control how cells in the body recycle proteins.

The study was led by scientists at the National Institutes of Health; the University College, London; and the University of Lagos, Nigeria. Although more research is needed to understand the role of environmental and other factors in these populations, the scientists found that those who carry one copy

of the gene are about 1.5 times more likely to have Parkinson’s disease than those who have no copies whereas those who carry two copies are about 3.5 times more likely.

“To effectively treat Parkinson’s and truly any disease, we must study diverse populations to fully understand what the drivers and risk factors are for these disorders,” said Andrew B. Singleton, Ph.D., director, NIH Intramural Center for Alzheimer’s Related Dementias (CARD) and a study author. “These results support the idea that the genetic basis for a common disease can differ by ancestry, and understanding these differences may provide new insights into the biology of Parkinson’s disease.”

Over the past few decades, researchers have found several genetic risk factors for Parkinson’s dis-

ease. Rare inherited cases of the disease have been linked to about 20 genes harboring pathogenic variants – formerly known as disease-causing mutations – while more than 100 regions of the human genome are associated with more common, sporadic forms of the disease. However, most of these findings are based on studies of people of European descent and very few have been conducted on people of African descent.

For this project, the researchers conducted a genome wide association study (GWAS) involving 1,488 people who had Parkinson’s disease and 196,430 people who did not. NIH scientists worked with researchers from around the world who are part of the Global Parkinson’s Genetics Program (GP2), including the Black and African American Con-

nections to Parkinson’s Study and the International Parkinson Disease Genomics Consortium (IPDGC) – Africa. GP2 is supported by the Aligning Science Across Parkinson’s (ASAP) initiative and implemented by The Michael J. Fox Foundation for Parkinson’s Research (MJFF).

Together the researchers collected DNA samples and analyzed genetic data from individuals primarily from Nigeria and four sites across the United States. These data were combined with de-identified genetic and phenotypic data from 195,587 people of African American or Afro-Caribbean descent who consented to participate in 23andMe research.

A preliminary analysis of the data showed a significant association between Parkinson’s disease risk and the newly identified variant of the GBA1 gene.

A review of previous studies also showed that this new variant rarely appears in people of European and Asian descent, suggesting it is almost exclusively linked to African ancestry.

“We were completely surprised. The goal of the initial analysis was to help train GP2 researchers in Nigeria and other parts of the world in how to analyze GWAS data,” said Sara Bandrés-Ciga, Ph.D., staff scientist at NIH CARD and an author of the study. “The fact that the GBA1 variant had a significant association while others did not suggest that it is strongly tied to Parkinson’s disease in this population.”

Further analysis of this study’s GWAS data suggested that the risk associated with the GBA1 variant is additive.

Previous studies by NIH researchers and others have shown that pathogenic vari-

ants of the GBA1 gene are also associated with Parkinson’s and Gaucher’s disease, a rare genetic disorder caused by problems with lysosomes. Lysosomes are tiny sacs inside of cells that break down proteins for recycling.

The results from this study suggest the new variant may alter lysosomal GBA1 activity in a previously unknown way. Most previously identified variants appear in the part of the genetic code that guides how the body manufactures glucocerebrosidase, an enzyme encoded by GBA1. This either disrupts the manufacturing process or alters the enzyme’s activity. In contrast, this newly discovered Parkinson’s disease variant appears just outside of the coding region. Further research is needed to determine how

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## Eight new members inducted and two reclaimed by the South Dallas Club

The historic South Dallas Business and Professional Women's Club, Inc. (South Dallas BPW Club) held its annual New Member Induction Ceremony on November 11, 2023. A total of eight new members were inducted and two former members were reclaimed.

New members are: Aundrea Allen, Polly Bankhead, Kellie Collins Dixon, Kathy Harvey, Lashun Jones, Tameshia (Tammy) McCall, Reverend Tonya McClary and Tracie Shelby. Reclaimed members are Betrilla Dees and Terry Smith.

South Dallas BPW Club is an affiliate of the South Central District of the Na-



*Above: New Members*

*Below Left and Right: Reclaimed Members*

tional Association of Negro Business and Professional Women's Clubs, Inc. It was organized in the fall of 1954

by the late Sarah J. Holbert and is the largest club in the Association.

President Dr. Lavern J.

Holyfield and local officers operate 34 committees who are actively providing stellar programs in the Greater

Dallas community. Their mission is to promote and protect the interests of African American business and professional women; to serve as a bridge for young people seeking to enter business and the professions; to improve the quality of life in the Dallas Metroplex and around the world.

The South Dallas BPW Club was recognized last summer in Aurora, Colorado by the Association for its distinguished accomplishments in the highest program recognition level that is presented (Bertha Perry Rhodes).

In an effort to fulfill membership goals set forward nationally, the Mem-

bership Committee led by Director Carla Dennis made outstanding strides in their fall recruitment efforts. The Club works diligently to offer its membership opportunities to raise scholarships for worthy high school seniors; to volunteer with youth (ages 12 to 18); to annually adopt a nursing home, a family and a school in the community; and to foster many other initiatives. Each program lends the membership opportunities to serve citizens of Dallas and surrounding cities.

For more information on the South Dallas Business and Professional Women's Club, Inc., visit their website at: southdallasbpw.org.

## Overhaul needed: tackling youth incarceration and racial disparities

By Stacy M. Brown  
NNPA Senior National  
Correspondent

In its report, "System Reforms to Reduce Youth Incarceration: Why We Must Explore Every Option Before Removing Any Young Person from Home," the Sentencing Project challenges the prevalent practice of youth incarceration. The study highlights the inefficacy of youth incarceration and underscores the urgent need for state and local youth justice systems to prioritize alternative-to-incarceration programs.



*Although Black males comprise just 13% of the total population, they represent an astounding 35% of those incarcerated. (Photo via NNPA)*

Research shows that it is rarely necessary or effective to incarcerate adolescent offenders, the authors concluded. Instead, incarceration often heightens the likelihood of repeat offenses,

impedes educational and employment prospects, and exposes youth to harmful environments. Unsurprisingly, these negative impacts disproportionately affect youth of color, partic-

ularly African Americans.

According to the Vera Institute of Justice, more than eighty percent of all arrests involve low-level, non-violent offenses associated with poverty. Further disconcerting, although Black males comprise just 13% of the total population, they represent an astounding 35% of those incarcerated. Additionally, compared to their white counterparts, Black youth are over four times more likely to be detained or committed to juvenile facilities.

The Sentencing Project said it wants youth justice leaders and legislators to recognize and fix the current failed strategy, and deal with the racial inequalities. The organization supports using alternatives to incarceration in most cases, except when there is a clear danger to public safety. The Sentencing Project's report delineates a comprehensive agenda of state and local reforms, drawing from successful implementations nationwide. The authors note proposed changes

that include not sending children to state-run youth prisons for certain crimes, providing incentives to local courts to avoid sending kids to state custody, and using the funds saved from releasing kids for other programs.

Officials at the Sentencing Project suggest making changes at the local level. They recommend reducing the number of individuals who are sent to prison early in the legal process. It also

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## Allred criticizes Cruz for voting against VA funding

Congressman Colin Allred voiced disappointment with fellow Texan Ted Cruz for voting against the 82-15 bipartisan Senate effort to fund the Departments of Veterans Affairs, Transportation, and Housing and Urban Development, a bill that was supported by his fellow Texan Senator John Cornyn and includes funding for military construction:

"The United States must keep our promise to our veterans, which includes ensuring they have access to the best care and benefits

we can provide. In my time in Congress, I've made serving our veterans a priority and am proud that as a result of my bipartisan efforts we have been able to serve veterans across Texas. By being one of just 15 Senators to vote against this bipartisan government funding bill, Ted Cruz has once again demonstrated his partisan extremism and shown that he doesn't care about doing what's best for Texans. In the Senate, I'll continue to put Texans first to make sure we care for our growing veteran popu-

lation."

Rep. Allred has long championed Texas veterans in Congress. His bipartisan efforts have led to the opening of a Veterans Administration facility in Garland, a new health care center in El Paso, and the expansion of a spinal cord injury center in Dallas. In addition, Allred authored laws enacted that expand veteran peer-to-peer counseling services and bolster health care access for the nearly half-million veterans living with prostate cancer.

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# Sha'Carri gets a track named in her honor



**Joyce Foreman**  
Dallas ISD  
District 6

It's official: The track field at John Kincaide Stadium, inside the Jesse Owens Athletic Complex in Dallas, will now be known as the Sha'Carri Richardson Track. The track field, near Carter High School where Richardson ran as a student, will serve as a tribute to the athlete, who was crowned the fastest woman in the world after winning the 100-meter dash at the World Athletics Championships in Budapest in August.

## Principals in the Spotlight

My District Six principals just keep on racking up the kudos. This month, two of them were featured in the Dallas ISD Principal

Spotlight for their outstanding work: Gayle Ferguson, founding principal of Kathryn Joy Gilliam Collegiate Academy, was praised for her commitment to excellence, which is evident in her "authentic student culture and strong teacher/student feedback practices." And Justin F. Kimball High School Principal Llewellyn Smith was singled out for hosting first-year principals at the New Principal Academy held at his school, where they learned about Professional Learning Community systems and how to ensure strong delivery of Tier 1 instruction.

## Another successful Discover on the books

I enjoyed my annual visit to Discover Dallas ISD, where I was thrilled to see so many families who came to check out the choice schools and programs. This district has a best-fit school for every child, from mag-

nets to single-gender, STEM, STEAM and other application-based schools as well as highly rated neighborhood schools right in your own backyard.

For families who are interested in a choice school but were unable to attend the Discover event, you still have time to apply. Virtual Discover Dallas ISD sessions will be offered on Dec. 2, 2023, and Jan. 20, 2024, with campus presentations and a phone bank to answer questions and assist with online applications. Registration closes Jan. 31. For more information about our programs, visit [www.dallasisd.org/choose-dallasisd](http://www.dallasisd.org/choose-dallasisd), or for Spanish speakers, [www.dallasisd.org/descubre](http://www.dallasisd.org/descubre).

## Groundbreaking for Bedford Law Academy

What a joy it was to join in the groundbreaking celebration for Judge Louis A. Bedford Jr. Law Acad-



Dallas ISD Trustee Joyce Foreman addresses the attendees at the groundbreaking of the Bedford Law Academy. (Courtesy photo)

emy on Saturday, Nov. 11. As you may know, Judge Bedford was the first Black judge to serve in Dallas County and was well known for his community

involvement and his work to promote civil rights. It makes me proud to see his name honored and his legacy continued at the former Atwell Middle School,

where young students interested in legal careers get the opportunity to learn about the field through introductory courses and actual moot court cases.

## A temporary victory on school ratings

Dallas ISD and dozens of other Texas school districts won a respite in a lawsuit they filed against the Texas Education Agency. A judge temporarily blocked TEA from enacting new guidelines that would make substantial changes to the state's accountability ratings system. The districts' lawsuit said the revised ratings and the lack of notice provided would cause harm to students, staff members, families, and the community. The judge's order prohibits the TEA from putting the new guidelines in place until further notice and/or the results of a trial that will be held in February 2024.



D.I.S.D. students will be working alongside local fire departments as they prepare for a future in firefighting. (Courtesy photo)

# Firefighter Academy to launch at Franklin D. Roosevelt HS

New for the 2024-2025 school year, Dallas ISD will offer students an opportunity to join a Firefighter Academy at Franklin D. Roosevelt High School of Innovation. The first-of-its-kind program includes a curriculum where students finish their high school degree, while simultaneously earning industry-recognized certifications to become a firefighter. Students recently had their first op-

portunity to apply for the program is at Discover Dallas ISD at W.H. Adamson High School.

At the core of Roosevelt's curriculum are values of safety, teamwork, and community engagement. These foundations are ingrained in the academy, combining rigorous coursework with hands-on training to prepare students for a future in fire services.

Students will learn from

industry experts, work alongside local fire departments, all the while learning what it means to become a public servant.

The four-year program is for the incoming freshmen class. Students will earn 32 dual credit hours, including Fire Science courses and Emergency Medical Services courses. To complete the program, experiential hours are required.

# Teaching resiliency in kids through perspective shifting and causal thinking

COLUMBUS (News- wise) — New research suggests that training elementary school students how to be creative can help increase their resiliency in the face of real-life problems. The study was published recently in the Journal of Creativity.

"There are concerns about the resiliency of American children in the wake of COVID-19 and this sense that many kids

are having a hard time in school and in life," Fletcher said. "Creativity training can help kids come up with a second plan when things aren't working out for them."

In a small study, researchers trained third, fourth and fifth graders to use literary techniques, such as perspective shifting, counterfactual (what if) thinking and causal (why) thinking to improve creativity in

dealing with difficulties.

The techniques helped kids come up with new, creative and practical ways to solve problems, said Angus Fletcher, lead author of the study and a professor of English at The Ohio State University and member of the university's Project Narrative.

Fletcher said the program used to help kids in this study was similar to one he and his colleagues used

successfully with the U.S. Army — and which resulted in Fletcher receiving the Public Service Commendation Medal, the fourth-highest public service decoration that the Army can bestow upon a civilian.

The researchers did two separate studies involving students at a summer camp in a Columbus suburb. In one study, 32 students were split into two groups. In the control condition, the chil-

dren were told to identify a special quality about themselves. They were told this was their special power that could help them solve any problem.

In the creative condition, the students were told to think of a friend who did something special and think of them as their "creative friend" who could help them solve any problem. This type of creativity training is called per-

spective-shifting, in which the kids look at a problem through the eyes of someone else.

"When you ask people to shift their perspective and imagine receiving advice from a friend, you get a lot more creative and effective solutions to problems than just trying to solve the problem yourself," the study found, said Fletcher.

See RESILIENT, Page 12



# CityLine in Richardson brings holiday events back to the northside

CityLine in Richardson is celebrating the holiday season with the return of Merry Market and its anticipated light display, CityLine LIGHTS. On Saturday, Dec. 9 from 1-9 p.m., CityLine's Merry Market returns in partnership with The BOHO Market. More than 65 vendors will be stationed throughout the CityLine Plaza and State Street with handmade and vintage goods.



CityLine LIGHTS return bringing cheerful spirit while 70+ local vendors sprawl The Plaza for Merry Market. (Courtesy photo)

Themed arts and crafts activities for children as well as live music will be

provided by the Richardson Church of the Nazarene Choir and Jazz Band.

"This time of the year is so special for everyone, and we want to make it memorable by bringing back our beloved traditions," said Marissa Gonzalez of CityLine. Overhead lights draped over the lawn and raindrop lights in the trees create a memorable backdrop for photos of happy holiday memories.

CityLine LIGHTS features over half a million

holiday lights illuminating The Plaza in a cheerful glow from Nov. 10 through Jan. 5. The developing transit-oriented development will include more than 50 dining and retail options with Whole Foods Market as anchor, an Aloft hotel, seven office buildings home to State Farm and Raytheon, two parks with access to regional hike and bike trails, and a

wellness office building anchored by Texas Health Resources and Children's Medical Center.

A diversity of restaurants is found locally to feed visitors to the market. These include The Brass Tap, Oni Ramen, Fernando's Mexican Cuisine, Good Union Urban BBQ, Char'd Southeast Asian Kitchen, Tricky Fish, and Ace's Sports Hangar.

# 'A Voice Expressed: The Art of David Downs' presented in Plano

The ArtCentre of Plano is proud to announce its upcoming exhibition: A Voice Expressed - The Art of David Downs. Don't miss the opening reception on Friday, December 1, from 6 - 8 p.m. At the reception, David will be signing copies of his new coffee table book, a collection of images representing the first ten years of his photography journey. He will also be available to share personal

comments about his exquisite photos.

David is a Plano based artist who uses a camera to gather the raw material for his creative images. Selected by the ArtCentre of Plano as its 2018 Artist of The Year, he continues to grow and explore new techniques of expression utilizing a colorful style and unique perspectives on the world around him. Also, a passionate educator, David

leads workshops around the country and speaks to photography groups about The Artist Within. Whether gathering his raw data in the wild, on the streets, or even in his backyard, he looks for content that presents life in memorable fashion.

In addition to his career as an artist, David is also a dedicated community volunteer. He has served as a Plano City Council member, a board member

of nonprofit organizations, and is the incoming board chair of the Plano Chamber of Commerce. He is married to Chris Krupa Downs, a local attorney and community volunteer.

The exhibition will be on display from Saturday, December 2 - Saturday, Jan. 27, 2024, Tuesday - Saturday, 10 a.m. - 5 p.m. Opening Reception will

See DOWNS, Page 16



"I desire to represent the moment, the model, or the scene as realistically as possible I can do so," explains Downs. (Robin Schreiner / Unsplash)

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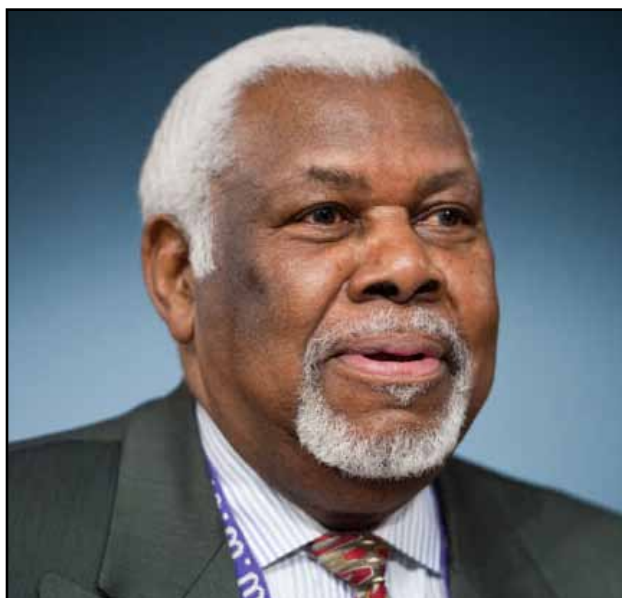
# Longest serving Black staffer in Congressional history dies at 81

By Lauren Victoria Burke  
NNPA Newswire Contributor

Herbert “Bertie” Bowman arrived in Washington, D.C. in 1944. He took a job sweeping the steps at the U.S. Capitol at 13 to become a well-known and very well-regarded staff member of the Senate Foreign Relations Committee. Bowman died at 81 after heart surgery on October 25.

“Bertie Bowman was a trailblazing South Carolinian and the longest-serving Black staffer on Capitol Hill. His dedication to public service is an inspiration to us all. May he Rest in Power,” wrote Assistant Democratic Leader Jim Clyburn in tribute.

Bowman encountered everyone on Capitol Hill from southern segregationists to future presidents of the United States from Bill Clinton as a 20-year-old intern to Senator Joe Biden who would become



*“Bertie Bowman was a trailblazing South Carolinian and the longest-serving Black staffer on Capitol Hill. His dedication to public service is an inspiration to us all. May he Rest in Power,” wrote Assistant Democratic Leader Jim Clyburn in tribute. (Photo via NNPA)*

a future Vice President and President.

Former President Clinton called Bowman, “a first-rate example of the men and women who love our country and work hard every day with little fanfare to keep it running. I’ll always be grateful for every en-

counter I had with him over the years.”

Bowman was the fifth of 14 children and his parents were sharecroppers in South Carolina. In 2008, he wrote his autobiography “Step by Step.” His book detailed an incredible personal story about

a man who navigated racial segregation in the Jim Crow south to become a respected confidant in the corridors of power.

Before his retirement in 1990, Bertie Bowman had worked for the Foreign Relations Committee for twenty-five years, first as committee clerk and then as assistant hearing coordinator. Bowman then operated a limousine service for Washington VIPs. In 2000, Bowman returned to federal service at the Foreign Relations Committee after the committee chairman, Senator Jesse Helms, hired him back to the Senate after a ten-year hiatus.

“For 57 years – 57 years! – if you served on or appeared in front of the Senate Foreign Relations Committee, you knew the big smile, the booming laugh, and the bear hug of Bertie Bowman. His title may have been “hearing coordinator” but it could’ve just as eas-

ily been “heart and soul.” I first met him when I came to testify at 27 and was still lucky to be in his presence when I left as Chairman 42 years later. Bertie was an institution – an inspiration of a man who started in the Senate sweeping floors at 13 and made the place both his career and his home – but more than that, he was a great human and I’ll miss him,” wrote former Senator John Kerry.

“To remember the life of Bertie Bowman is to remember his integrity and his steadfast dedication to public service. Throughout his life, Bertie overcame adversity, broke down barriers, and forged an inspiring future that led him from sweeping the halls of the U.S. Congress to working under 16 Chairs of the U.S. Senate Committee on Foreign Relations. He imprinted himself on the work and lives of every member that had the privilege to serve

on our Committee across both sides of the aisle, and did so with honor, decency, and kindness. Bertie was the very embodiment of the American Dream,” wrote Maryland Senator Ben Cardin, then current Chairman of the Senate Foreign Relations Committee.

Bowman’s career in Washington started after South Carolina Senator Burnet Maybank told him, “if you all ever get up to Washington, D.C., drop by and see me!” Bowman took the Senator up on the offer, traveled to the U.S. Capitol, and stayed.

*Lauren Victoria Burke is an independent investigative journalist and the publisher of Black Virginia News. She is a political analyst who appears regularly on #RolandMartinUnfiltered. She can be contacted at [LBurke007@gmail.com](mailto:LBurke007@gmail.com) and on twitter at [@LVBurke](https://twitter.com/LVBurke)*

## OVERHAUL, from Page 5

suggests changing the way probation is done so that it helps people succeed in the long term. Finally, the report recommends not putting young people in jail for breaking probation rules.

To effectively reduce youth incarceration, the report authors emphasized the need for collaboration between justice systems, families, and community partners. The authors insist that staff members

who are highly motivated and trained must implement alternative-to-incarceration programs per core principles. They argue that efforts should be made to address the biases causing racial and ethnic disparities in confinement in the American youth justice system.

“The research is clear that incarceration is not necessary or effective in the vast majority of delinquency cases,” said

Richard Mendel, Senior Research Fellow at The Sentencing Project. “Most state and local youth justice systems continue to employ problematic policies and practices that often lead to incarceration of youth who pose minimal or modest risk to public safety. It’s essential that state and local jurisdictions seize every opportunity to keep young people safely at home with their families, in their schools, and communities.”

## ETHICS, from Page 1

vately owned resorts.

Justice Thomas justified the gifts from Crow as “personal hospitality,” exempt from previous regulations requiring disclosure. The recent report further addressed Crow’s acquisition of Thomas’s family-owned real estate in Savannah, clarifying that Thomas’s financial loss in the transaction was due to a prior investment in his mother’s property.

Furthermore, the report revealed omissions in Thomas’s previous submissions, including the disclosure of bank accounts and other financial matters held by his conservative political activist wife, Ginni Thomas.

An August 2023 ProPublica report exposed additional details of Thomas’s extensive travel, financed by billionaire backers, raising concerns from

Democrats and ethics experts. The report claimed that the new information revealed that Thomas’s lifestyle far exceeded his reported income, potentially violating ethics laws.

Rep. Ted Lieu (D-Calif.) tweeted in response to the revelations, “Justice Thomas has brought shame upon himself and the United States Supreme Court with his acceptance of massive, repeated, and undisclosed gifts. He should resign immediately.”

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## Art exhibition at Dallas City Hall seeks to promote hunger, homelessness awareness

Wednesday, Dallas Mayor Pro Tem Tennell Atkins presented a proclamation on behalf of Mayor Eric L. Johnson declaring November 11 through Nov. 18, 2023, as Hunger and Homelessness Awareness Week in Dallas.

"As we approach the holidays and cold weather months, it is important to remember those Dallas residents suffering from hunger and experiencing homelessness," said Mayor Pro Tem Tennell Atkins. "Hunger and Homeless Awareness Week is the City's opportunity to highlight the importance of these issues and thank our many partners who serve the most vulnerable members of our community. This holiday season, consider donating your time or money to one of our partners. The pieces in the Stewpot's art exhibition would make a wonderful holiday gift."

National Hunger and Homelessness Awareness Week is recognized annually the week before Thanksgiving. Starting in 1975 at Villanova University, it has grown to more than 700 organizations nationwide. The goal is to raise awareness, promote volunteerism and increase support for organizations serving individuals experiencing



Max Bohme / Unsplash

homelessness and food insecurity.

The presentation was followed by the opening reception of an art exhibition featuring artists from The Stewpot's Art Program. The Stewpot is a community ministry of First Presbyterian Church of Dallas and has been providing services to Dallas' unsheltered and at-risk residents for 48 years. The art program provides a nurturing environment for currently or formerly unsheltered individuals to create and sell their artwork. Artists receive 90% of art sales, and 10% goes to the art program for supplies and field trips for the artists. Art pieces are available for purchase at <https://stewpot-dallasart.org>.

"Without The Stewpot Art Program, I would not be able to feed or clothe myself," said Craig T.

Baker, one of the exhibit's featured artists. "The program allows me to express myself in a healthy way and improves my emotional well-being. I am excited, motivated and grateful to have my artwork on display at City Hall."

The public is welcome to visit the exhibition in the City Hall lobby Monday through Friday, November 8 to November 17 between 8:00 a.m. and 5:00 p.m.

The exhibit was coordinated by the City of Dallas Office of Homeless Solutions (OHS) and their community partner. OHS works to ensure our homeless neighbors receive food, shelter, housing, and help; to overcome barriers and to be given the opportunity for a better life.

To learn more about OHS please visit [dallashomeless-solutions.com](http://dallashomeless-solutions.com).

## Dallas Zoo invites singers to participate in holiday event

The Dallas Zoo is looking for performers to share in an unforgettable performance at the enchanting Dallas Zoo Lights. Performances would consist of a captivating 20-minute set. Each night will include three different 20-minute sets. To maintain the festive spirit, all performers must dress in holiday attire and are required to perform songs of a holiday theme.

To secure an opportunity to perform at this event, kindly RSVP to the Dallas Zoo. Performances will be allocated on a first-come, first-served basis, so the administration advises performers to act swiftly to secure a spot.

On top of this, all performers will receive a 40% discount voucher for food and complimentary admission to the event. To ensure comfort

throughout the performance, performers should remember to bring their own water and warm clothing.

"Please note that individuals who arrive without festive attire or fail to prepare holiday music will not be able to perform," management advises.

"We look forward to your participation and the joy you will bring to the audience at the Dallas Zoo Lights!"

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# Holiday Kickoff at Grandscape with Rebel Theatrics

Rebel Theatrics is ecstatic to headline the Holiday Kickoff at Grandscape on Saturday, November 18th from 4-8 pm. The event will include carolers, a holiday vendor market, Scrooge and Elf performances, and pictures with Santa Claus. Live reindeer will be in attendance as guests enjoy hot cocoa, snow, and festive holiday performances by Rebel Theatrics, North Texas Performing Arts (NTPA), Texas Ballet Theater, and Diversity Dance Studio.

Rebel Theatrics is collaborating with a local rescue organization to make

Christmas puppy wishes come true. There will be a puppy performance featuring adoptable puppies on stage during a holiday number. Attendees are invited to meet and adopt the puppies after the show. The family-friendly event will also include letters-to-Santa station and a princess meet-and-greet with favorites such as Belle, Ariel, Aurora, Cinderella, Tinkerbell, Tiana, and more.

The Holiday Kickoff event will be held at the Lawn at Grandscape on Saturday, Nov. 18, 2023 from 4:00 to 8:00 p.m. The cel-

ebration of the holidays is free to attend.

There's SNOW place like Grandscape for the holidays! Join Rebel Theatrics for an evening of spectacular holiday magic. Enjoy carolers, live reindeer, hot cocoa, photos with Santa, and festive holiday performances by Rebel Theatrics, North Texas Performing Arts (NTPA), Texas Ballet Theater, and Diversity Dance Studio. Don't miss the puppy performance featuring adoptable rescue puppies!

Details can be found in the Events section of [www.grandscape.com](http://www.grandscape.com).



The event will include Santa photos, a puppy performance, hot cocoa, and more. (Courtesy photo)

## VETERANS, from Page 3

their descendants, honoring our long overdue promise to the nation's heroes. It would also require that the Government Accountability Office establish a panel of independent experts to assess inequities in how benefits are distributed to minority and female service members.

The bill's name pays homage to two admirable and unsung World War II veterans. In February 1946,

decorated World War II veteran Sgt. Isaac Woodard, Jr. was traveling home on a Greyhound bus to Winnsboro, South Carolina when a local police chief forcibly removed him from the bus. Still in his uniform after being honorably discharged, the officer beat him mercilessly. Woodard was cruelly thrown in jail rather than given the necessary medical treatment, leading to his blindness. The police chief

was ultimately acquitted of the crime by an all-white jury. President Truman was so moved by Sgt. Woodard's horrific abuse that he signed an Executive Order integrating the armed services.

Sgt. Joseph Maddox, another World War II veteran, applied and was accepted to a master's degree program at Harvard University. His local Veterans Affairs office denied him the tuition assistance he was rightfully due under the G.I. Bill to

"avoid setting a precedent." After seeking assistance from the NAACP, the VA in Washington, D.C., ultimately promised to get Sgt. Maddox the educational benefits he deserved.

These are just two of the countless servicemembers who were treated unfairly

after sacrificing on behalf of their country. Black soldiers returning home from World War II found themselves facing the same socioeconomic and racial discrimination they had faced before. Instead of being welcomed with open arms, they struggled to find jobs,

get educated, and purchase homes. We cannot undo the injustices of our past. But we can begin to restore the possibility of full economic mobility for those that the original G.I. Bill left behind. The G.I. Bill Restoration Act would bring us one step closer to that goal.

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**UNEXPECTED**



# Dallas nonprofit arts & culture sector shows economic impact of \$853M

The results of the latest national study on the economic impact of the arts have just been released by the national advocacy organization Americans for the Arts, including results for nonprofit arts and culture groups in the City of Dallas and the Dallas Arts District.

"Our arts community is a key driver of the Dallas economy," said Lily Weiss, executive director of the Dallas Arts District. "This drives tourism and visitors into our city from North Texas and beyond. They come here, they spend, that all has a ripple effect. And it creates a vibrant city where people want to move their business, to live, play and enjoy a great quality of life. The arts amplify all of that."

The Arts & Economic Prosperity 6 (AEP6) study shows that despite audience declines following the pandemic, the nonprofit arts and culture community still retains a strong place in the Dallas economy and that audiences strongly believe the arts and its cultural venues play an important role in the Dallas community.

"The cultural arts sector is core to the identity of Dallas," said Martine Elyse Philippe, director of the Office of Arts & Culture. "Over many decades,



our city leaders have made substantial and sustained investments in growing this ecosystem, and despite the setbacks caused by COVID, it is a substantial and growing segment of the Dallas economy."

The study also measured the social impact of Dallas arts and culture, with 89.8% of those surveyed saying "this activity or venue is inspiring a sense of pride in this neighborhood or community." A similar 90.5% said they "would feel a great sense of loss if this activity or venue were no longer available." This is important as the city mulls the inclusion of cultural venues in the 2024 Bond Program. The arts community has been strongly advocating for at least 6% of the bond to repair and update existing

cultural facilities.

The Dallas Arts District had an economic impact of \$340,711,537 in expenditures supporting 5,924 jobs. The District's 16 cultural organizations and venues reported attendance of 2,735,721 generating 40.1% of the city's economic impact.

"With these kinds of numbers, both in and out of the Arts District and even after the pandemic, this speaks to vibrancy and creative churn that is happening across Dallas," said Joanna St. Angelo, president of the Dallas Area Cultural Advocacy Coalition (DACAC). "It demonstrates funding from the city and all of our donors is well placed. We just can't let up on the pedal with that support and this includes taking care of our important

and beautiful venues with a significant investment through the bond program next year."

AEP6 shows that the nonprofit arts and culture sector in the city of Dallas is generating an economic impact of \$853,611,875 in direct and indirect expenditures, supports 13,953 jobs and generates significant tax revenue at local, state and federal levels. The study also shows an attendance of 6,821,319. The study included data from February 2022 through July 2023, including 2,790 audience-intercept surveys collected from attendees to events, exhibitions and performances.

And cultural attractions strengthen the visitor economy. In Dallas, 37.7% of attendees are nonlocal visitors who traveled into the city from outside Dallas County; they spend an average of \$56.49. Additionally, 92.0% of nonlocal

attendees reported that the primary purpose of their visit was specifically to attend the program or event they were attending.

The Arts & Economic Prosperity studies are conducted every five years, but the 2020 study was pushed to 2022/2023 due to the COVID-19 pandemic. This is the first expansive study conducted by Americans for the Arts nationwide and locally since

2015. The pandemic financially devastated the arts and culture sector, which is still struggling to rebuild audiences, whose habits have changed. The study was conducted in 373 communities and regions across the country in all 50 states and Puerto Rico.

The City of Dallas and the Dallas Arts District participated, with 130 organizations supplying finance and attendance data. This included 2,790 audience-intercept surveys collected

from attendees to performances, events, exhibits and special events during the period from May 2022 through July 2023, with financial data from organizations for FY22.

This is the first AEP study to also measure the impact of BIPOC/ALANA organizations. The study found that their impact and audience spending was virtually as strong as their counterparts. For instance, the national average of spending per attendees at BIPOC events (\$38.29) was only fractionally different from the national average spending at all events (\$38.46). However, in a 2022 study, Americans for the Arts has also reported BIPOC organizations were more likely to report that they lacked the financial resources needed to return to in-person programming than non-BIPOC organi-

See ARTS, Page 13

## GENE, from Page 4

the variant may change activity.

Currently, researchers are developing genetic therapies for treating Gaucher's disease and other lysosomal disorders.

"Our results represent a good first step towards fully understanding the genetic and biological complexity of each individual around the world who has Parkinson's disease," said Singleton. "Our hope is that results like these will provide researchers a roadmap for developing new genetic treatments and therapies for Parkinson's disease."

According to the World

Health Organization, more than 8.5 million people around the world have Parkinson's, a brain disorder that typically affects people 60 years of age or older. Initially, the disease can cause slowness, as well as balance and movement problems, including tremors and stiffness. Over time, the disorder may worsen, causing problems with walking, talking, sleeping, remembering, and mood.

Researchers can obtain data from the study by accessing the Accelerating Medicines Partnership® (AMP®) program platform. The AMP® PD program is

a public-private partnership managed by the Foundation for the National Institutes of Health and funded by the National Institute of Neurological Disorders and Stroke in partnership with the ASAP; Celgene Corporation, a subsidiary of Bristol-Myers Squibb Company; GlaxoSmithKline plc; MJFF; Pfizer Inc.; Sanofi US Services Inc.; and Verily Life Sciences.

This study was funded by: NIH Intramural Research Programs at the National Institute on Aging, NINDS, and the National Human Genome Research Institute; NIH grants, and MJFF (GP2; MJFF-009421/17483).



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John Arano / Unsplash

# Analyzing the New Workday Dead Zone: The Power Dynamics and Science of It

(Newswise) — Microsoft researchers have found evidence of what they are calling a “triple-peak” phenomenon. Workers’ keyboard activity spikes in the morning, the afternoon, and around 10 p.m.

“Sometimes it’s worthwhile to take a step back from work, rather than trying to just keep grinding,” says Nicole Coomber, As-

sistant Dean of Experiential Learning and clinical professor of management & organization at the University of Maryland Robert H. Smith School of Business. She cites the research of author, psychologist and economist Daniel Kahneman on what he terms System 1 and System 2 thinking. “What we know from neuroscience and Kahne-

man’s work is that breaks help us when we’re working, particularly on high-energy, creative work. You can’t just sit for eight hours and be creative at a high level for that long.”

The hours between 4 p.m. and 6 p.m. have become the time when many workers leave the office or take a break from remote work. It’s being called the

workday dead zone. Many employees use that couple of hours to do everything from beat traffic, pick up their kids from daycare, and even hit the gym. The Wall Street Journal reports workers aren’t just using this time to blow off work and relax. They’re making up the time with a third

See **WORKDAY**, Page 13

## MANCHIN, from Page 2

to the GOP’s rampant voter suppression laws and tactics. Given the concerted efforts by Republicans to curtail voting rights, specifically in minority communities, Manchin’s position has engendered skepticism regarding his dedication to guaranteeing equitable ballot access.

“I hear over and over again that Manchin is in no peril because there are no African Americans here,” the Rev. David Fryson said during a summer 2021 demonstration in West Vir-

ginia at Manchin’s office. Fryson compared Manchin’s 3.3-percentage-point reelection win in 2018 to the percentage of West Virginians who are Black — 3.6 percent. During that demonstration, which included the Rev. William Barber III, Black West Virginians expressed feelings of being dismissed and written off by Manchin, a sentiment echoed by many African Americans nationwide.

Democratic supporters, particularly African American voters, have found it

difficult to reconcile Manchin’s track record with their anticipations of substantial backing on matters pertaining to voting and civil rights. The distinction between Manchin’s stance and Republican endeavors to restrict voting rights adds layers of intricacy to his legacy. His earlier rebukes of former President Barack Obama, and his refusal to help a once-Democratic control Congress push legislation vital to communities of color may always be viewed as problematic.

With Manchin stepping down, Democrats’ chances

of keeping the coal country seat and holding on to their slim Senate majority are greatly handicapped and provides almost a guarantee that West Virginia voters, who supported the twice-impeached and four-times indicted former President Donald Trump, will elect a Republican in 2024.

Together with Arizona Sen. Kyrsten Sinema, a former Democrat who became an independent after last year’s midterms, Manchin helped weaken Biden’s plans for higher social spending to help underserved communities.

Further, During Trump’s presidency, Manchin was the only Democrat to vote in favor of confirming conservative Supreme Court Justice Brett Kavanaugh in 2018 and one of three Democrats to back another conservative, Neil Gorsuch, in 2017.

If Manchin does run for president, his record and ability to appeal to a wider range of voters will be closely looked at over the next few months. With a Democrat and a Republican leading the No Labels ticket, it could be the start of a new age of working to-

gether across party lines, or it could show how hard it is to get things done politically right now.

“I believe in my heart of hearts that I have accomplished what I set out to do for West Virginia,” Manchin stated. “I have made one of the toughest decisions of my life and decided that I will not be running for reelection to the United States Senate, but what I will be doing is traveling the country and speaking out to see if there is an interest in creating a movement to mobilize the middle and bring Americans together.”

## RESILIENT, from Page 6

In one part of the study, teachers identified a problem that was challenging for their students — for example, not being able to go to a friend’s birthday party. Students also thought about a challenging problem in their own lives. Some problems that were mentioned included a brother who had a challenging communication disorder, a father who has to be away for two months, and a “sister bullies me.”

Results showed that without the perspective-shift training, fewer than half of the students were able to provide a solution to the age-typical problems, and almost none were able to provide a solution to their own problems. But 94% of those who were trained in perspective-shifting provided a solution to both.

Judges (who were trained

teachers) also rated the children’s solutions on creativity, as assessed by how surprising or unique the solutions were.

With the intervention, the average creativity score was 6.44 out of 10 (moderate creativity) compared to 3.05 (low creativity) for those who did not receive the perspective-shifting intervention.

These results showed how creativity training could boost children’s sense of self-efficacy — the belief that they had some control and power over their own lives, Fletcher said.

When considering their own problems, most of the children who received the intervention came up with a potential solution. But 15 of 16 children in the control group essentially gave up, Fletcher said. They either said they didn’t know how

to fix their problem, or displayed some version of unrealistic thinking, such as saying they could become a superhero.

A second longitudinal study involving 28 students in the same camp was designed to test the effects of a five-day, 10-hour narrative creativity curriculum on creativity, self-efficacy and resilience.

In addition to perspective-shifting, the students were also trained in other narrative creativity techniques, such as causal thinking, Fletcher said. “If children can’t solve a problem, we train them to back up and think about what they are trying to accomplish — the why problem,” Fletcher said. “Step back and say why does this matter? We often find that if you think more broadly about what you are trying to accomplish, and why it is so important, then you can

see there are other ways of getting what you want.”

At the end of the curriculum, the students were presented with age-typical problems, similar to the first study and also examined one of their own problems.

In order to test resilience, the researchers provided an unexpected challenge when the children presented their proposed solution to their problems. They told the kids it wouldn’t work.

Results showed that every student who took the five-day curriculum was able to provide a second solution to both the age-typical and personal problems. “With this training, the children were unfazed by being told their first solution didn’t work. They came up with a second plan, which is a good test of resilience,” Fletcher said.

And the second solution to the problems averaged

higher creativity scores from the judges — 7.5, which indicated moderate to high creativity, compared to 5.45 for their first solution.

Second solutions also scored higher on utility, which is how likely they are to succeed in the real world.

Fletcher said this study provides a hopeful message. There are things we can do to help children cope with their problems. “We are at this moment in our society where our kids need help. We found that before this training, kids had this propensity to just give up when faced with problems. That could lead them to get angry, or embarrassed that they can’t solve their problems, or look for adults to offer solutions.”

What narrative creativity training can do is teach children there are ways to approach real-life problems

that don’t have easy answers, he said.

Fletcher said that kids can learn creativity through the arts, such as literature and theater, if they are done the right way. Rather than just asking students to analyze works of art, teachers can have students imagine themselves as different characters, explore new perspectives and engage in why and what-if thinking.

“The ability to use this type of thinking can’t be assessed via standardized tests. But it is still very important and can help children use and grow their creativity to solve real-world challenges,” he said.

Fletcher conducted the study with Ohio State colleagues Patricia Enciso, a professor of literature for children and young adults in the College of Education and Human Ecology, and Mike Benveniste, also of Project Narrative.



## WORKDAY, from Page 12

shift at night to finish off the workday.

Coomber says power dynamics come into play with the workday dead zone. While many managers are frustrated by it, because they can't contact some subordinates or schedule staff meetings at 4 p.m., she says, "acknowledging power and status in this con-

versation is for me, what is the interesting and often unspoken piece of it." If the high-echelon creative people at a company say they need to get off at 4 o'clock every day, they will be allowed to, says Coomber, because that kind of talent is in demand. Firms don't want to lose those people. They are hard to replace.

"The lower-level workers are the ones who have less power, less status within the organization. They are subjected to the demands of the company to be in at certain times, to work a certain number of hours or to work in certain ways." But Coomber feels we never want to talk about power. "We have a very egalitarian mindset of 'oh we're all equal in this country, but in

practice, that doesn't actually happen.'"

The issue of demographics comes into play with the standard eight-hour day too. Generation Z college students couldn't take classes on campus, so they completed coursework completely online. They also observed office work being done at home exclusively—at a time when they were preparing to enter the

workforce. As a result, they see the world of work differently.

Twenty-six percent of GenZ'ers say they'd work harder and remain loyal to a company longer if they had flexible schedules. Managers who tell this generation they have to be on the job until 6 o'clock may find that falls flat. Many in that age group will leave and find an organization where

they don't have to do that, says Coomber.

The bottom line is employers and managers who have a problem with the workday dead zone have to face the facts: it's the new way of work. Flexibility is now key to keeping top talent and successfully recruiting new talent. There is no more "my way or the highway."

## ARTS, from Page 11

zations (55% vs. 38%); BIPOC artists had higher rates of unemployment than white artists in 2020 (69% vs. 60%); and lost a larger percentage of their creative income (61% vs. 56%).

AEP6 marked significant changes in the way the study has been conducted over the past 30 years. In particular, this was the first-time participants could take the survey electronically using their mobile devices. In the past, paper surveys had to be filled out by hand

and collected. Due to this, and other changes, Americans for the Arts does not encourage comparison to previous surveys as the methodology, while more inclusive and accessible, is not apples-to-apples.

The AEP6 study was funded in Dallas by the Office of Arts & Culture and the Dallas Arts District and was supported in partnership by DACAC and the North Texas Business Council for the Arts.

The Office of Arts & Culture (OAC) is a City

of Dallas department that works to enhance the vitality of the city and the quality of life for all Dallas residents by creating an equitable environment wherein artists as well as arts and cultural organizations thrive; people of all ages enjoy opportunities for creative expression; and all celebrate our multicultural heritage. OAC does this by supporting artists, arts organizations and Dallas residents through grants, partnerships and other critical resources. OAC is also the custodian of 19 city-

owned cultural facilities, where a wide variety of arts and cultural programs are offered for citizens and visitors. These facilities consist of many of our community's most important cultural venues, and when combined, represent more than 1.5 million square feet of space dedicated to arts and cultural functions in our community. OAC also oversees a 300 plus-work citywide public art collection. [dallasculture.org](http://dallasculture.org).

Located in the northeast corner of downtown Dallas, the Dallas Arts District

is the largest urban arts district in the nation, spanning 118 acres. Celebrating its 40th anniversary, this iconic neighborhood has more buildings designed by Pritzker award-winning architects than any location in the world. Dallas Arts District unifies culture and commerce offering a dynamic destination for locals and tourists alike while creating a fulfilling urban

experience with integrated and exemplary artistic, residential, cultural, and commercial life. It was awarded a maximum 3-star rating by the prestigious Le Guide Vert — Michelin Green Guide and ranked 3rd three years in a row by USA Today's 10 Best Arts District in the nation in 2021, 2022, and 2023. For more information, visit [dallasartsdistrict.org](http://dallasartsdistrict.org).

## CARTER, from Page 2

What sets Jasmine apart is her unwavering commitment to inclusivity. She believes that every couple deserves to express their commitment in a way that resonates with their personal style and budget. Whether it's a classic solitaire, a vintage-inspired piece, or a modern design, Balacia offers a diverse range of engagement rings, chains, pendants, and other fine jewelry. Whether a custom engagement ring, a sentimental necklace, or a one-of-a-kind statement piece, this talented designer turns dreams into reality.

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through the process of selecting the perfect piece to reflect their love story. Balacia has received 100% 5-star reviews.

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# Out to Pastor: The Cookie Monster Has Returned

By Dr. James L. Snyder

Sitting in my office working on some projects, I was suddenly surrounded by a familiar aroma. This surprised me because I had no idea what was happening.

That aroma was familiar, but I couldn't identify it.

I'm like that most of the time. My nose doesn't work quite like The Gracious Mistress of the Parsonage. I don't smell many things, and what I do smell I can't identify. On the other hand, my wife can smell something three days before it happens. How she does that, I don't know.

Thinking about what I was smelling, it did have some familiarity to it. I know I smelled this aroma before and needed to find out what it was.

The more I sniffed, the stronger that aroma became. Then, I had a flash in my head. I recognized that aroma. The aroma coming from the kitchen was freshly baked cookies.

It's the time of the year when The Gracious Mistress of the Parsonage spends a lot of time making cookies. You name the cookie, and she's making it. She can make cookies that I have not heard of before. That is her specialty.

I leaned back in my office chair, trying to figure out what to do next. It is the time of the year when she makes cookies, and I smelled that cookie aroma all morning. What is my next step?

Should I sneak out to the kitchen and see what she was doing?

If I do that, I am asking for trouble. Leaning back in my chair, I looked around my office and noticed one thing that could help. There was my coffee cup, and it was empty. All I needed to do was take my cup to the kitchen for a refill. I think that might work.

With a very joyful demeanor, I picked up my cup and marched to the kitchen, expecting to see those

cookies. I contemplated what cookies I would see, but there is nothing like seeing them in person.

As I entered the kitchen, my wife said, "And why are you coming into the kitchen?"

I'm not a gambler, but I knew I had to lay my cards on the table, or I would be in trouble.

"Oh, my dear," I said with a smile, "I'm here to get another cup of coffee."

Looking at me with one of her looks, she said, "So, you're not here for any cookies?"

"Cookies? I didn't know you were making cookies today."

"You couldn't smell those cookies?" she said with a snicker.

I had to divert her attention, so I complimented her, "This is the best coffee I've had in a long time. I just had to have another cup. Thank you so much for it."

Looking at me, she said, "If I give you a cookie, will

you stay out of the kitchen for the rest of the day?"

I must confess I would do anything for a cookie. So I agreed to this, and she gave me a fresh cookie. I smiled at her and said, "Thank you so much."

Basking in the aroma of that cookie, I headed to my office. What could be better?

Munching on that cookie was the best thing I had done all morning. I don't know how she does it, but she makes the best cookies in the world.

I finished that cookie and tried not to think of any cookies anymore. I remembered that cookie was given to me with the provision I would not come into the kitchen that day. Why did I make such an agreement?

It was hard for me to return to work; I could only think of cookies. I don't care what cookie it is; if it comes from our kitchen, it is the best cookie in the world.

Something happened

that I wasn't expecting. My wife popped into my office with another cookie and said, "I gotta run across town to get something for my cookies. Here's another cookie if you promise not to come into the kitchen while I'm gone."

All I could see was the cookie in her hand. I nodded excitedly and took the cookie, and she left my office. It was a delight to have another cookie, and I munched on it rather slowly but enjoyably.

The cookie disappeared rather quickly, and my wife had been gone for at least half an hour, and all I could think of was cookies, cookies, cookies.

Getting up out of my chair, I slowly walked toward the kitchen. As you go into our kitchen on the right, a table connects with the kitchen sink. I noticed on that table piles of freshly baked cookies.

I thought of my agreement with her that I would not go into the kitchen,

and I stood there, reached my arm around the corner, found several cookies, picked them up, and returned to my office. I think I got away with some more cookies.

Not long after that, I heard The Gracious Mistress of the Parsonage come into the house and go into the kitchen. Then I heard her say, "Oh, the cookie monster has returned."

I then knew I was in trouble.

A scripture verse came to my mind, "Therefore to him that knoweth to do good, and doeth it not, to him it is sin" (James 4:17). Ouch! I think I know what to do. Gracious Mistress of the Parsonage, here I come.

*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.*

## God gives nothing to those who keep their arms crossed

By Terry Allen

In her gentle, yet unwavering voice, my grandmother Lucille used to say, "God gives nothing to those who keep their arms crossed." At first, I didn't quite grasp the depth of her words, but over time, her wisdom revealed itself in so many profound ways. From Lucille Allen, wisdom flowed like a soothing river.

"Child," she'd remind me, "life's gifts and assignments won't land on you if you stand there with your closed mind and crossed arms crossed. Open your heart and embrace all that life has to offer." Grandmother's lessons were illustrated with the efforts of those who seek to ban books — a stark example of how closed minds hinder growth and understanding.

"Blocking others' journeys is like blocking your own blessings," she'd say. Through her, I learned that true wisdom comes from welcoming diverse perspectives.

This weekend, at the Pan African Bookstore, after being introduced by the wordsmith, Patrick Oliver, Dr. Julianne Malveaux reminded us that "we have to tell the truth about American history not only to others but to ourselves." Before that moment, I presented Dr. Malveaux with grandmother's roses and a custom replica doll of the famous journalist & activist Ida B. Wells Barnett. Grandmother's spirit invaded my soul.

Furthermore, grandmother used this notion to encourage us not to accept the status quo. "Don't let injus-

tice thrive while you stand idle," she'd declare. She would read out loud Mary McLeod Bethune, "silence in the face of discrimination amounts to consent. Protest openly against anything that smacks of discrimination or slander."

Grandmother would recite Robert F. Kennedy's words: "Each time a man stands up for an ideal, or acts to improve the lot of others, he sends forth a tiny ripple of hope." She made me realize that ripples are born out of our gifts and assignments. I grew to know we can converge into a powerful current that dismantles the strongest barriers of oppression.

Grandmother left us with lifetime tools -- the courage to welcome diverse experiences and the determination to stand up against injus-

tice. Her words still echo in my heart, a testament to the enduring wisdom that she,

like the countless ripples of change, bestowed upon us. If you have opened your

closed arms, email at [terryallenpr@gmail.com](mailto:terryallenpr@gmail.com) and share. Amen.

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# Trust God's Timing



**Sister Tarpley**  
NDG  
Religion  
Editor

*A friend going through a trial that seems to be lasting, to her at least, a long time, after reading an article asking, "Are You A Carrot, Egg or Coffee?"*

*This friend gained a little more faith, tied a knot to the end of her rope, and decided to continue trusting in God.*

An old adage says, "God's answer to your prayer is seldom early, but it is never late!" If you trust Him, God will give you the grace you need when you're in His timing.

If you keep a right attitude and not allow bitterness or resentment to take hold, then at the right time, in due season (if you faint not); God will answer your prayers.



The answer may be "No, or something different from what you want or think, but it will be for your best.

Habakkuk 2 tells us that God has an appointed time to answer your prayers so that you receive just what you need at just the right time to live victoriously and happily.

Wait for God's timing to bring these things about. Believe that He is at work in your life bringing about what He knows is best for you.

You may wish to ask for patience as you faithfully await His answer. Your situation will improve, but on God's timetable, not yours!

*"For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry."*

**Habakkuk 2:3.**

God Really Does Care for You—"Casting all your care upon Him, for He careth for you." 1 Peter 5:7.

When you are facing a problem that is so big it seems downright irresponsible not to worry about it. There may not be a thing you can do about it, but you feel like you need to at least be concerned.

After all, somebody needs to! Not a friend or family member seems to be volunteering for the job.

The devil will attack your mind and will tell you that no one cares about you or your problem and will try to convince you that you are alone with this problem.

Instead of giving in to those evil thoughts, get your Bible and turn to scriptures in the Word of

God that guarantees you that your needs will be met.

Tell God that with the help of the Holy Spirit, you won't take back your problem. This is not an easy thing to do; but every time the problem comes to your mind, quote a scripture and praise God.

A pastor once told his congregation, you can't stop temptations and evil thoughts from coming to your mind, but you don't have to let them build a nest there.

The next time you're facing a problem, give it to God. He has volunteered for the job and you can trust

Him to do it well. After all, He really does care for you.

Things to Ponder – Your presence is a present to the world. You're unique and one of a kind. Your life can be what you want it to be. Take the days just one at a time.

Count your blessings, not your troubles. You'll make it through whatever comes along. Understand, have courage, be strong. Don't put limits on yourself. Remember that life's treasures are people . . . together; and not things.

*(Editor's Note: This column originally ran in November 2016.)*

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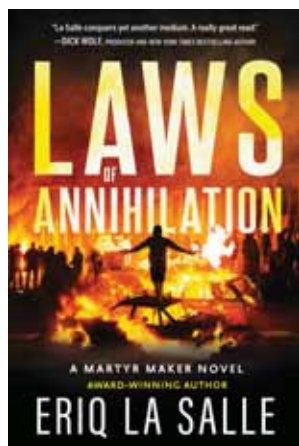
# NDG Book Review: 'Laws of Annihilation' is a fast-paced thriller

By Terri Schlichenmeyer

One thing or another.

You have to choose, you can't have both. This one or that one, that or the other, think about it and then pick a side. Or maybe you don't even have to think about it. Maybe, as in the new novel "Laws of Annihilation" by Eriq La Salle, the decision was made decades ago.

Agent Janet Maclin wasn't entirely unprepared for the news but still, it's tough to learn that you have incurable cancer and that death is near. The diagnosis explained her constant pain and the ravaging of her entire body on a daily basis



but it didn't explain how she was going to break the news to her two partners in the department.

Detective Phee Freeman and Detective Quincy Cavanaugh were not just partners, but friends – maybe

the only friends Maclin had anymore – and she was reluctant to share her news. She was not going to survive this, so why would it matter? They were busy enough on a huge case; there was no need to add anything else.

A young Black man had been caught spray-painting hate symbols on a Jewish synagogue and the mob that witnessed his deed chased the young man to his death. Did this lead to the bloody, gruesome murders of Jewish rabbis who had called for peace in the community? Were those deaths connected to the disappearance of a man named

Spider, who was heavily involved in an Islamic group in Harlem and who was the young man's uncle? And where was Ezra Pearl, an influential man in the Jewish community who'd been filmed leading the chase that caused the young man's death?

The Mayor of New York was calling for calm but with both sides demanding revenge, two people missing, and a killer (or two) on the loose, Maclin knew that calm wouldn't be that easy. Neither would solving what was a growing list of violent crimes.

As New York City seethed, she hoped she'd

live long enough to see this end.

Crack open "Laws of Annihilation" and you might think you'd stepped onto a random sidewalk in a major city somewhere in America. The events in the book are entirely plausible, given current events in the world today and last summer's heatwave. You can almost feel the tension. You can almost smell it.

That realism sharpens the vicious gruesomeness of the murders that pepper this story, as does the authenticity in the details pertaining to religions. The latter is subtle, as author Eriq La

Salle leads readers to understand without detracting from the story itself.

And that story...? Well, let's just say that if you plan on sharing this book, you might want to get someone their own copy. Yours will be ripped from ferocious, eager page-turning...

It may go without saying that this thriller contains violence, profanity, and a relatively quick, relatively chaste bedroom scene, but a warning bears repeating. Still, if you love a good thriller with a decent cliffhanger, "Laws of Annihilation" is one thing you should read.

## ↓ DOWNS, from Page 6

be on Friday, December 1, from 6-8 p.m. Wine and light hors d'oeuvres will be served.

The event will take place at The ArtCentre of Plano, 902 E. 16th St., Plano 75074 (open Tuesday - Sat-

urday, 10 a.m. - 5 p.m.

Visitors should call in advance to ensure the Centre is not reserved for a private event.

"I can't really recall the moment when I realized I saw the world around me

differently than others. I didn't know what it meant. I only knew that for me, I would be mesmerized by a scene that friends barely glanced at. I may have even asked them, "Do you see that?" Over time, I came to realize that artists of all stripes experienced similar

visual stimulation. We see light and color differently. Whether it's our physical makeup or more likely our creative neuron's interpretation of the data, I think we experience life in unique fashion. In the camera world I think they refer to it sometimes as "having

an eye" for photography. The camera and associated software give me the ability to gather raw data and then work with that to be as creative as I like. If I desire to represent the moment, the model, or the scene as realistically as possible I can do so. More likely, I want

to represent the subject as MY mind sees it. Why do I want to do that? A phrase I created as I worked through my artistic growing pains early in my photography journey is "Art is unseen energy within an individual willing itself into physical form...a voice expressed."

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1. Minimum opening deposit is \$25. The monthly service fee can be avoided with one of the following each fee period: Primary account owner is 13 through 24 years old. (When the primary account owner reaches the age of 25, age can no longer be used to avoid the monthly service fee. Customers between 13 and 16 years old must have an adult co-owner. Linked to a Wells Fargo Campus ATM Card or Campus Debit Card. Eligibility is based on university and college participation in the Wells Fargo Campus Card™ program. Ask a banker or visit [wellsfargo.com/campuscard](https://wellsfargo.com/campuscard) for additional details.  
2. Other fees may apply, and it is possible for the account to have a negative balance. Please see the Wells Fargo Consumer Account Fee and Information Schedule and Deposit Account Agreement at [wellsfargo.com/depositdisclosures](https://wellsfargo.com/depositdisclosures) for details.  
3. With Zero Liability protection, you will be reimbursed for promptly reported unauthorized card transactions, subject to certain conditions. Please see the applicable Wells Fargo account agreement or debit and ATM card terms and conditions for information on liability for unauthorized transactions.  
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