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## Hate crimes follow uptick in hate speech and bitter political rhetoric

By Lori Lee  
NDG Contributing Writer

On January 28, 2021, Vicha Ratanapakdee was taking his daily walk in his San Francisco neighborhood when a man ran across the street and pushed him to the ground. After suffering head trauma, Ratanapakdee remained unconscious and died in the hospital two days later, his daughter Monthanus Ratanapakdee explained in an August 2024 briefing hosted by Ethnic Media Services.

The attack, a vivid expression of one American's hate, came during the pandemic, when many Asian Americans were suffering abuse. The death of the Thai immigrant caused public outrage among many other Americans, prompting artists to paint murals and portraits of the elderly man, and spurring anti-hate



*As heinous as they can be, hate crimes can be difficult to prosecute due mainly to insufficient evidence. The U.S. Department of Justice reports about 82% of recent hate crimes have not been charged. (Clay Banks / Unsplash)*

activism, CNN reported.

The suspect has been held in county jail for three years now, as his family continues to fight for justice. Though prosecutors offered a

plea deal, the family is pushing toward trial, though murder cases can take up to ten years in San Francis-

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**People In The News ...**



**Tito Jackson**



**Rep. Colin Allred**

*NDG Quote of the Week: "We may encounter many defeats but we must not be defeated."  
- Maya Angelou*



## Tito Jackson

Tito Jackson, a founding member of the legendary Jackson 5, has died at the age of 70. The Jackson 5, which included Tito and his brothers Jackie, Jermaine, Marlon, and Michael, skyrocketed to fame in the 1970s with timeless hits like “ABC” and “I’ll Be There,” reshaping the music scene and turning the group into teen heartthrobs.



Sons Taj, Taryll, and TJ, confirmed Jackson’s death, sharing the news in an Instagram post on their music group 3 T’s account. “Some of you may know him as Tito Jackson from the legendary Jackson 5, some may know him as ‘Coach Tito’ or some

know him as ‘Poppa T,’” the statement read. “Nevertheless, he will be missed tremendously.” Former Jackson family manager Steve Manning revealed that Tito died of an apparent heart attack while driving from New Mexico to Oklahoma on Sun-

day.

Born Toriano Adaryll Jackson on October 15, 1953, in Gary, Indiana, Tito was the third of ten children born to Katherine and Joe Jackson. His early talents as a singer and guitarist caught the eye of his father, Joe, who formed the Jackson Brothers in 1964, initially featuring Tito, Jackie, and Jermaine. As the group evolved into the Jackson 5, they became one of the first Black American groups to achieve crossover success, breaking racial barriers with their infectious music and dynamic performances.

The Jackson 5’s rise to fame was meteoric. With Motown Records backing them, they delivered chart topping

hits that remain classics today. Their infectious energy and catchy songs turned them into pop culture icons almost overnight. After leaving Motown in 1975 and signing with Epic Records, they were forced to change their name to The Jacksons. Despite the shift, they continued to dominate the music scene, with Tito playing a crucial role in the band’s success.

While the Jackson 5 set the stage for Michael Jackson’s solo superstardom, with Michael permanently leaving the group in 1984 following the massive success of his

“Thriller” album, Tito also carved out his own place in music history. The Jackson 5 were inducted into the Rock & Roll Hall of Fame in 1997, a testament to their enduring impact on the music industry.

Though never officially disbanding, the Jacksons saw their members explore solo endeavors. Tito ventured into a solo career later in life, releasing his debut album “Tito Time” in 2016, followed by “Under Your Spell” in 2021. His work as a solo artist showcased his versatility and deep-rooted love for music, allowing him

to step out of the shadow of his famous family name. Tito also fronted a blues band that performed mainly in Southern California but had made a name for itself nationally.

Tito Jackson’s legacy is more than just his role in one of the most successful pop groups ever. He was part of a cultural phenomenon that helped shape the music industry and left an indelible mark on fans across the globe. His contributions to music resonate with generations who grew up listening to his voice and watching his performances.

## Rep. Colin Allred

This week, the Texas Organizing Project (TOP) announced its endorsement of Colin Allred for U.S. Senate.



Dr. Doshie Piper, TOP Board Co-President based in San Antonio, offered the following statement:

“When MAGA extremists like Ted Cruz continue to push their vile agenda intended to divide, diminish, and dehumanize working Black and Latino Texans, TOP members and supporters just don’t sit on the sidelines. We mobilize, vote, and fight back.

“Building a stronger, more progressive, and inclusive Texas means electing responsive leaders who will fight for a future where ALL in our state can thrive — no matter what part of Texas you live, the language you speak, or how much money you have in our pocket.

“That’s why TOP is proud to endorse Colin Allred, an accomplished civil rights attorney and member of Congress, who has shown he’s committed to championing issues important to our communities — such as good-paying jobs, quality public schools, legal system reform, and the expansion of healthcare access.”

Julie Alonzo-Rivera, TOP Board Member based in Dallas, added:

“Since his election in 2012, working Texans have seen for themselves how out-of-touch Ted Cruz is

with the needs of everyday people. He’s too busy being a Trump lackey, and will say and do anything to gain ‘respect’ in the eyes of the far-right fringe.

“Meanwhile, through his work in Congress and in the community, Colin has demonstrated he’s a listener, leader, and humble public servant who truly believes in a Texas for all.

“Along with millions of others across the country, TOP is ready to turn the page on unhinged Donald Trump and his MAGA loyalist ‘Cancun Cruz.’ Texans can trust Colin Allred to defend our rights and improve our quality of life.”

TOP organizes Black and Latino communities in Dallas, Harris, Bexar, and Fort Bend counties with the goal of transforming Texas into a state where working people of color have the power and representation they deserve. For more information, visit [organizetexas.org](http://organizetexas.org).

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### Special Projects to the Publisher

Clinique Hill

### Assistant Office Coordinator

Belda Ibarra

### Contributing Writers

Jamal Baker  
Allen Gray  
Jackie Hardy  
Lori Lee  
Terri Schlichenmeyer

### Religious Editor Emeritus

Shirley Demus Tarpley  
("Sister Tarpley")  
1941-2024

### Account Executive

Teryck Edwards

### Production

David Wilfong



### Publisher's Office:

[publisher@northdallasgazette.com](mailto:publisher@northdallasgazette.com)

### Sales Department:

[marketing@northdallasgazette.com](mailto:marketing@northdallasgazette.com)

### Editorial Department:

[editor@northdallasgazette.com](mailto:editor@northdallasgazette.com)



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

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

# Supporting Democracy: It is up to all of us

By Amb. William W. Popp  
U.S. Mission Uganda

Each year on September 15 we celebrate International Day of Democracy. This day reminds us not only the precious value of freedom, but also our own individual role in supporting democracy. As Nelson Mandela said, "To be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."

Democracies provide individuals from all walks of life the opportunity to have a voice in how they are governed. They inherently incorporate many ideas. Some ideas gain prominence and acceptance, and others decline. Democracies are not static, and they are not perfect. They are dynamic, constantly seeking a better way. They are the best way to give voice to the people's desire for greater liberty and economic opportunity.

Democracy presumes that individuals, not states, are supreme, and all people in a society have an equal voice. Chapter 1, Article 1 of Uganda's Constitution affirms this: "All authority in the State emanates from the people... and the people shall be governed through their will and consent." In democracies, individuals select from among themselves leaders to guide their society, and they can change those leaders through free and fair elections. In application, democracies can be messy, and the competition of ideas at times can generate frustration. As Winston Churchill quipped in 1947, "Democracy is the worst form of government except for all those other forms that have been tried."

A well-functioning democracy is based on the rule of law, which relies on the premise that everyone is equal and therefore equally subject to society's laws. As

society's leaders ensure the laws are enforced fairly and consistently, the democratic process will produce leadership that reflects the people's will. In this way, leaders are accountable to the citizens via the ballot box, and leaders hold each other accountable under the rule of law.

With these two principles, democracy generates a range of benefits, including dynamic economic growth and innovation. In the United States, as democratic institutions deepened and expanded over the past 248 years, they have helped foster multiple industrial and technological revolutions, contributing to significant global improvements in prosperity, life expectancy, health, and quality of life.

In recent decades, some have claimed that authoritarian regimes are better suited toward economic growth. At the 2014 World Economic Forum, MIT Professor of Applied Economics Dr. Da-

ron Acemoglu soundly debunked this theory. He and his team found that when a country shifts from an undemocratic regime to democracy, that country on average experiences 20% greater economic growth.

At the same time, history has shown that when countries walk the path of democracy, they must openly discuss and resolve issues cooperatively. And they must embrace the flexibility to adjust to changing realities. In that sense, effective self-governance is the purest form of civic responsibility.

Among the rights of a citizen enshrined in Uganda's constitution is to "promote democracy and the rule of law." As we commemorate International Day of Democracy, we all have an opportunity to reflect on the principles underlying an effective democracy, including that supporting freedom and liberty is up to all of us!

## Biden and Harris rally Congressional Black Caucus at CBCF Phoenix Awards

(Congressional Black Caucus) Washington, D.C. – The work of the Congressional Black Caucus (CBC) and the Congressional Black Caucus Foundation (CBCF) was honored Saturday night by President Joe Biden and Vice-President Kamala Harris – noting that these bodies have helped advance freedoms for all Americans that are now under threat ahead of November's Presidential elections.

As he was honored with the CBC Lifetime Achieve-

ment award at the Annual Phoenix Awards Dinner, the flagship event of the CBCF's Annual Legislative Conference, President Biden noted that his administration's achievements were bolstered by the actions of the CBC.

He said, "With the CBC, we went big and we went bold and we are better off today than we were four years ago. I'm being very sincere when I say a big reason why is because Congress boasts the highest number of Black members in American his-

tory."

Looking beyond his presidency, President Biden added, "We must show up; we must look to the future. I'm looking to you to help lead the way, to help push us forward and be the country we say we are, a country of freedom, justice and equality and proving that Black history is American history and Black excellence is American excellence."

Vice President Harris called on the CBC to leverage its history as "the con-

science of the Congress" to provide a vision for the future of the country.

She said, "As a proud former CBC member I know first-hand America relies on the leaders in this room not only for a conscience but for a vision. The CBC has always had a vision for the future of our nation; a future where we can see what is possible unburdened by what has been, a future where we fulfill the prom-

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# Substituting lower-wage staff for hospital RNs is a poor business model

(Newswise) — When hospitals replace registered nurses (RNs) with licensed practical nurses and unlicensed assistive personnel, patients are more likely to die, experience readmissions, and have longer hospital stays, and Medicare must bear millions of dollars annually in avoidable costs. Moreover, there is no business case for this practice—hospitals actually experience a negative return on investment. Those conclusions come from a study in the latest issue of *Medical Care*, the official journal of the Medical Care Section of the American Public Health Association, published in the Lippincott portfolio by Wolters Kluwer.



Eben Kassaye / Unsplash

Multiple state and federal laws are proposing minimum hospital nurse staffing levels to improve safety. Yet many hospital leaders—and national organizations—are instead resurrecting the outdated “team nursing” model that was adopted as a stop-gap measure after World War

II. “‘Team’ in this context is not a multidisciplinary team of professionals, which research shows enhances patient outcomes, but substitutes lower-wage workers for RNs, the effect of which is a reduction of RN care to patients,” Karen B. Lasater, PhD, RN, FAAN, Associate

Professor of Nursing at the University of Pennsylvania, and colleagues explain.

## Quantifying the harms of reducing RN care

Dr. Lasater’s group evaluated the effects on patients, payers, and hospitals of reducing RN care. They analyzed data from the American Hospital Association, Medicare, and the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS, which collects patient satisfaction ratings).

Based on the experience of 6,559,704 Medicare patients admitted to 2,676 general acute care hospitals in 2019, they found that a 10-percent-

age-point reduction in the proportion of RNs to total hospital nursing staff is associated with:

- 7% higher odds of in-hospital mortality
- 4% higher odds of death within 30 days
- 1% higher odds of hospital readmission within 30 days
- 2% increase in the number of days per hospital stay
- 23% higher odds of losing a star on “overall hospital rating” in the HCAHPS

Using projected figures, the researchers also estimated that with a 10-percent-

- 10,947 avoidable patient deaths would occur annually
- 5,207 avoidable readmissions would occur annually,

costing Medicare \$68.5 million extra

- Hospitals would miss out on \$2.9 billion in cost savings annually because of longer patient stays
- Hospitals would save \$31.94 per patient day in labor costs, but they would lose \$66.03 per patient day due to longer stays; for a 500-bed hospital with average occupancy rate, this translates to a \$5 million loss annually

“Though substituting lower-wage nursing staff for RNs is associated with reductions in hospital labor costs, those savings will likely be much reduced, if not

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## HATE, from Page 1

co. “Justice doesn’t always come easy,” said Ratanapakdee. “People have to be willing to fight for it.”

The City of San Francisco honored the victim by naming a street after him in his Anza Vista neighborhood, and the family has established a foundation for him.

His family wants to warn the next generation so they can help their families, his daughter said, and they want to help people understand the disrespect that persists for immigrants in this country.

“We don’t want this to happen to our elderly, she said. “We don’t want to see this violence in our society.”

The family hopes their activism will encourage people to speak out and to report hate crimes despite their fears. Ratanapakdee understands the fear of standing up against such criminals because she too

was afraid to speak up in the beginning, she said. She credits the San Francisco D.A.’s office for helping her get past that fear.

She also brings attention to the 2021 federal Bipartisan hate crime legislation that made online reporting available in multiple languages and Marsy’s Law, adopted in twelve states, which supports victims and families as bail and release conditions are set.

About half of hate crimes go unreported, according to the National Crime Victimization Survey. And before these crimes can go to trial, they must first be reported to law enforcement, The Center for Public Integrity reports.

A lack of confidence in the police is one reason for the lack of reporting, an attitude that is often prevalent in marginalized communities. According to Brendan

Lantz, an associate professor at Florida State University, Black victims are disproportionately denied compensation in many states, often due to implicit bias.

This history does not encourage the Black community to speak out against hate crimes.

One problem is law enforcement tends to lack the training it needs to properly document and investigate crimes of hate, The Center for Public Integrity reports. And since hate crimes often fall on immigrant communities, fear of revealing citizenship status is a primary factor.

Major cities have seen steep increases in hate crimes over recent years, Chicago in 2023 experiencing a 43% increase, in San Diego, a 47% rise, and in Houston, a shocking 193% spike.

Anti-immigrant rhetoric by Texas political leaders, including Gov. Greg Abbott,

has played a role, The Texas Tribune citing Abbott’s reference to immigrant invaders prior to the 2019 shooting that killed 22 people at an El Paso Walmart. Vowing to stop the language after the shooting, the governor has since resumed his extremist rhetoric, the Tribune reports.

The Texas surge in hate crimes brings attention to recent white-supremacist and antisemitic activities in Texas, including training, rallies, and the formation of a white supremacist group, Patriot Front, in the Dallas area, The Texas Tribune reports, citing a 2023 report by the Anti-Defamation League (ADL).

Texas, also home to churches, like Stedfast Baptist in the Dallas area, is linked to the New Independent Fundamental Baptist movement, which uses extreme, sometimes violent, language against the LG-BTQ community, the ADL

cited.

As heinous as they can be, hate crimes can be difficult to prosecute due mainly to insufficient evidence. The U.S. Department of Justice reports about 82% of recent hate crimes have not been charged.

Erin West, a prosecutor for Santa Clara County, explains, their office takes the cases very seriously, with procedures which call for a minimum of two investigators per case and where disagreement is found, a third person being brought in. The team evaluates the motivation behind its crimes and tries to determine whether bias was present or played a substantial role. Proving bias or hate as a motivation can be difficult, especially in the absence of hate speech.

Proving how a person was thinking without visible evidence can be tricky, said West, but it doesn’t mean it can’t be done.

As the first county in the

nation to respond to Asian hate crime victims during the pandemic, West said they found Asian female victims were being targeted with purse snatchings because they were believed to be easy targets who carry a lot of money. The County understood that as bias, said West, and hate charges were successfully convicted in many cases.

West said she understands how it would be excruciating to continue to live in a neighborhood where a hate crime went unprosecuted.

Hate crimes reverberate through the community in a way that other crimes do not, explains Florida State professor Lantz, causing community members to experience a lack of safety when hearing about crimes against their own people. Therefore, bringing that extra hate crime charge can be particularly meaningful to marginalized communities, he said.



WhiteHouse.gov

## Historic celebration of Black excellence held at the White House

On Friday, September 13, the White House South Lawn transformed into a historic celebration of Black excellence, bringing together actors, authors, television personalities, journalists, writers, activists, and artists. The event marked the first time such a celebration exclusively dedicated to honoring the achievements of Black Americans took place on the White House grounds, outside the context of Black History Month, Dr. Martin Luther King Jr. Day, or Juneteenth.

The program included buffet tables with the delicacies of acclaimed African American chef Kwame Onwuachi

Biden asserted that he and Vice President Kamala's administration counts as the most diverse in the country's history, with significant milestones such as the appointments of the first Black female Supreme Court Justice, Ketanji Brown Jackson, the first Black Vice President, and the first Black female queer White House Press Secretary, Karine Jean-Pierre.

Speaking before Biden, Jean-Pierre praised the administration's support of Black Americans. "There

are hundreds of Black leaders on the South Lawn of the White House who exemplify Black excellence," she noted. Under the Biden-Harris administration, the representation of Black Americans in powerful roles has become the norm, reflecting a commitment to inclusivity and equity.

The President reflected on past events held on the White House grounds, stating, "On this very lawn, in front of the White House built by enslaved people, we hosted the first-ever Juneteenth concert after I made Juneteenth a federal holiday, and on this lawn, we celebrated the first Black woman appointed to the United States Supreme Court, the best decision I made: Justice Ketanji Brown Jackson," he proclaimed.

Addressing ongoing issues of racism, Biden condemned the treatment of Haitian migrants in the U.S., calling it "simply wrong" and emphasizing that the Haitian community is "under attack in our country right now." He directly confronted recent conspiracy theories and false claims being spread about migrants in Springfield, Ohio.

Guests at the event in-

cluded inspirational speaker Iyanla Vanzant, actor Anthony Anderson, rapper David Banner, actresses Marsai Martin, Kyla Pratt, and Erika Alexander. Georgia Senator Rev. Raphael Warnock, Rep. Gregory Meeks (N.Y.), and Minority Leader of the U.S. House of Representatives Hakeem Jeffries were also present, engaging with the Black Press of America during the event.

Warnock praised the administration's dedication to uplifting the Black community, contrasting it with other political agendas. "I certainly like what this administration and its agenda represents for 2025 versus Project 2025," Warnock stated. "The Biden-Harris administration has, from Day 1, focused on uplifting and including the Black community. We don't have to worry about whether to invite President Biden to the barbecue; he opened the White House and brought us all to the barbecue."

Vanzant, known for her "Fix My Life" program, offered a poignant response when asked how she would fix former President Donald Trump's life. With characteristic directness, she quipped, "Try Jesus."

## Global Nonprofit DSNDP Volunteers from Texas participate in Cleanliness Drive on Sept. 15

Texas State residents joined hands as dedicated volunteers of the global non-profit organization Dr. Shri. Nanasaheb Dharmadhikari Pratishthan (DSNDP), undertaking an Adopt-A-Street cleanup drive in collaboration with the City of Frisco at A8890 Preston Rd.

This cleanliness drive by DSNDP drew 10 volunteers at Collin County who collected five large bags of trash resulting in collection of around 125 pounds of waste.

Earlier in Texas, the organization also carried out 26 cleanliness activities that includes Adopt-a-Road, Adopt-a-Highway, Storm Drain marking across 7 cities involving a total of 309 volunteers who worked for around 537 volunteer hours, collected 194 bags of waste



Courtesy photo

resulting in approx. 2910 pounds of trash.

Within the North America continent, DSNDP continues to collaborate with 18 states and 74 cities across the United States for nationwide cleanliness drives including 23 different programs such as Adopt-Highway/Park/Beach/Street/ River etc. During these cleanliness drives, DSNDP has successfully engaged 2356 volunteers, actively collecting 37785

pounds of trash, resulting in significant cost savings for the government. The organization has received accolades from various state and county governments in the form of 53 certificates and 51 signboards within the nation.

To learn more about our initiatives and get involved, visit <https://www.dsndp.com> or contact DSNDP representative Sameer Ghag at [sameerghag@gmail.com](mailto:sameerghag@gmail.com).

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# Head Start is a jump start for women's economic security

By Christian F. Nunes,  
MBA, MS, LCSW



Vince Alongria NNPA

Since 1964, the Head Start program has been a lifeline for generations of women and families, providing free, high-quality educational, health, social-emotional, and nutritional services and opening doors to opportunity and economic justice that had long been kept shut. Now, as Head Start approaches its 60th anniversary, it's a great time to look back on all that the program has achieved — and look

forward to what our country could look like if Head Start was strengthened. It's been said that when it began, Head Start was not simply an "innovation" but also an

"invention," and a radical one at that. President Lyndon Johnson, a former teacher in a one-room schoolhouse, believed strongly that education was the key to breaking the cycle of poverty, and Head Start was one of the earliest elements of the "War on Poverty" launched by his administration.

He put the whole engine of government to work on disrupting the cycle of poverty that endured from one generation to the next and advanced a social justice agenda in areas where edu-

cational opportunity was denied based on race. Naturally, this intersects with the issue of economic justice for women. As Marian Wright Edelman — the first Black woman admitted to the Mississippi Bar and the founder of the Children's Defense Fund — described it, "After the Mississippi Summer Project, the Freedom Summer of 1964, without a doubt, Head Start coming to Mississippi in 1965 was the most important follow-up and aftermath. It led to a bunch of independent

people getting jobs outside of the plantation structure, not going through the state structure — where they wouldn't have gotten jobs anywhere, except as janitors. And creating this Head Start program, those 3,000 people multiplied into many of your hundreds of elected officials today. It was the next phase of trying to build the movement." The experts, scientists, and officials who crafted Head Start believed that a child who is physi-

**See HEAD START, Page 13**

## Biden-Harris Administration Commits Record \$17 Billion to HBCUs, Driving Unprecedented Educational and Economic Impact

The Biden-Harris administration's mission to strengthen educational equity and economic opportunity was on full display again as the White House announced an additional \$1.3 billion in federal investments for historically Black colleges and universities (HBCUs). The new funding brings the administration's total investment in HBCUs to an unprecedented \$17 billion since Fiscal Year 2021, setting a new record and further displaying the administration's commitment to institutions that have long served as beacons of opportunity and excellence for Black Americans.

Though representing only 3% of all U.S. colleges and universities, HBCUs play a crucial role in fostering economic mobility. According to White House officials,

HBCUs enroll twice as many Pell Grant-eligible low—and middle-income students as non-HBCU institutions, producing a significant percentage of Black professionals in critical fields—40% of engineers, 50% of teachers, 70% of doctors and dentists, and 80% of judges. Officials touted Vice President Kamala Harris, an alumna of Howard University, as an example of these institutions' profound impact on shaping national leadership.

A White House fact sheet highlighted how HBCUs are not just educational powerhouses but also drivers of economic growth. Research by the United Negro College Fund (UNCF) shows that HBCUs help more than five times as many students move from the bottom 40% to the top 60% of U.S. households compared to Ivy

League and other elite non-HBCU institutions. Further, a report from the Council of Economic Advisors (CEA) links HBCU enrollment with higher graduation rates and increased household incomes, affirming their role in advancing social and economic equity.

Economically, according to the UNCF, HBCUs contribute \$16.5 billion annually to the U.S. economy, generate over 136,000 jobs, and produce \$146 billion in lifetime earnings for their graduates. The administration's investments aim to amplify this impact, particularly by enhancing HBCUs' research and development (R&D) capacities in STEM fields.

The new \$1.3 billion investment includes \$188 million in competitive grants for R&D capacity building

and \$1.1 billion in funding to support students directly through need-based grants and programs like Pell Grants. According to the fact sheet, this action builds on a series of initiatives launched to expand HBCUs' influence and capabilities, including:

**Innovation in Defense:** The Department of Defense created the first-ever HBCU-led University Affiliated Research Center (UARC). Howard University, leading a \$90 million program over five years, focuses on advancing autonomous technologies for Air Force missions.

**Bridging the Digital Divide:** The Department of Commerce's Connecting-Minority-Communities program funds 43 HBCUs to secure high-speed internet, equipment, and IT person-

nel, directly addressing the digital divide.

**Leading in Clean Energy:** The Department of Energy's \$7.75 million HBCU Clean Energy Education Prize is designed to enhance STEM education and inspire future leaders in clean energy fields.

**Diversity in Agriculture:** The Department of Agriculture's \$262.5 million investment supports 33 projects to train over 20,000 future food and agricultural leaders, emphasizing diversity in the agricultural sector.

Officials said that the unprecedented support for HBCUs reflects the administration's broader agenda to promote educational excellence and equity. Reestablishing the White House Initiative on Advancing Educational Equity, Excellence, and Economic Op-

portunity through HBCUs further signifies this commitment, they said. Further, according to the fact sheet, the administration's diversity is a testament to this focus, with many HBCU graduates, including Harris, holding key roles.

The new funding coincides with Forbes magazine's recent ranking of HBCUs. Forbes named Howard University the number one HBCU. It was ranked 273rd among the top 500 colleges and universities, ahead of Spelman, Morehouse, Florida Agricultural and Mechanical University (FAMU), North Carolina A&T, and Hampton University. The rankings showcase HBCUs' ability to produce high-earning, influential graduates from diverse economic backgrounds, often with lower student debt.



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# Cowboys open familiar wounds as Saints come marching in

By Jamal Baker  
NDG Contributing Writer

The Dallas Cowboys returned to AT&T Stadium Sunday for the first time since the unforgettable and embarrassing loss suffered at the hands of the Green Bay Packers back in January. Cowboys fans, players and coaches experienced the wrong type of déjà vu as the New Orleans Saints delivered a 44 - 19 drubbing to a Cowboys team that had no answers.

There seems to be a common theme with the Dallas Cowboys struggling against offenses that employ a similar heavy shift and motion scheme to that of San Francisco 49ers head coach Kyle Shanahan. New Orleans Saints offensive coordinator Klint Kubiak is a disciple of the rapidly growing Kyle Shanahan coaching tree—serving most recently as passing game coordinator for a 49ers team that lead the league with 9.3 pass yards per attempt in 2023. Kubiak showcased his proven ability to dial up explosive plays as he exposed every weakness of a Cowboys defense that apparently left their physicality and discipline in Cleveland last week.

“We got hit in the mouth, I’m glad it happened early. We know what that feels like, we just go to be better in the future. I have faith in all the guys, I know we gone be better,” Trevon Diggs asserts following Sunday’s loss.

Where exactly does this Cowboys team need to be better? The biggest elephant or humpback whale at this point in the room is this team still cannot stop the run. Alvin Kamara had a phenomenal day tallying 180 all-purpose yards and four total touchdowns.

“I wouldn’t say I’m concerned right now just because it’s so early in the year. We can get so much better, like I said, I don’t think a lot



*The Dallas Cowboys faced a very disappointing Week 2 of the NFL season with a definitive loss to the New Orleans Saints.*

*(Composite: David Wilfong / NDG, Photo: Chris Hunkeler, CC BY 2.0)*

of guys played with a 100 percent and we didn’t do our job to the best of our standard,” Micah Parsons claims.

Let’s not let the offense completely off the hook. Dak Prescott connected with yards after catch extraordinaire CeeDee Lamb on a 65 yard touchdown for one of the very few bright spots during this lackluster offensive performance. Training camp matters ladies and gentlemen. Lamb has a strong claim to being the top dog at the wide receiver position in the National Football League, and signed a well-earned four- year, \$136 million contract extension just before the regular season. Having two gifted players in Prescott and Lamb, naturally the star duo will make splash plays, but it was clear on a couple targets the two were simply out of sync due to lack of training camp reps.

The Cowboys’ running game posed no consistent threat and is tethering on the edge of being non-existent. The coaching staff looks to still be figuring out the identity of this backfield as Dalvin Cook pre-

pares to be active at some point this season.

“Hey in seven days we got another playoff team coming in here, so we’ll take the time tomorrow to learn from it and we got to get ready for Baltimore,” head coach Mike McCarthy said postgame.

The Baltimore Ravens hold an 0-2 record and will come into Jerry’s World this Sunday more desperate than Boyz II Men on their hit single “On Bended Knee.” Baltimore features a physical run-heavy and play-action pass offense with reigning MVP Lamar Jackson running the show. Cowboys’ defensive coordinator Mike Zimmer had success spying the mobile Deshaun Watson during their week one victory, and look for him to devise a similar plan utilizing a combination of DeMarvion Overshown and Micah Parsons to contain Jackson.

This upcoming week three tilt will be an identity defining game for the Dallas Cowboys who are seeking to bounce back in what is set to be a thriller during Sunday’s matinee slate of games.

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# NAACP Garland Unit Commemorates Four Decades of Volunteer Service

By Gwendolyn H. Daniels

The year was 1984, Ronald Reagan was President of the United States, Mark White was the Governor of Texas, and Charles R. Matthews had just succeeded Ruth Nicholson, serving as Mayor of Garland. However, the actual spotlight lies with the historic charter issued on July 6, 1984 establishing yet another local branch of the National Association for the Advancement of Colored People (the NAACP) in Garland, Texas.

Ms. Goldie Locke was founding president, Mr. Johnnie O. Steadham was 1st vice president and 18 Executive Committee mem-



Lenell Geter, whose wrongful conviction of a crime in Greenville gained nationwide attention, served as the keynote speaker at the Garland NAACP event. (Courtesy photo)

bers served as leaders to 127 members that joined the new NAACP Garland, Texas Branch. Two of the original charter members are still active today (Rev. Dr. Chester B. Johnson and Ms. Carol A.

Montgomery). Of the Garland NAACP's 40-year history, only six presidents ever served and three of them were present at the 33rd Annual Freedom Fund Brunch and Silent Auction held on

Saturday, September 14th at the Hyatt Place Hotel in Garland, Texas. Those three presidents in attending the brunch were Ms. Leala H. Green, 4th president, Councilman Billy J. Williams,

5th president and Mr. Ricky C. McNeal, the 6th and current president of the NAACP Garland Unit.

"Four Decades of Making a Diversified Difference" was the theme chosen for

this year's Freedom Fund event and Mr. Lenell Geter, the former aeronautical engineer from E Systems in Greenville, Texas served as

See NAACP, Page 11

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# Legendary soul icon Frankie Beverly passes away

Frankie Beverly, the iconic frontman of the soul, R&B, and funk band Maze Featuring Frankie Beverly, has died at the age of 76. His family confirmed the news in a devastating post on social media. "Grieving the loss of a loved one is a deeply personal and emotional experience," the family wrote. "During this time, as we are navigating feelings of sorrow, reflection, and remembrance, we kindly ask for privacy and understanding, allowing us the space to grieve in our own way."

The statement continued, "Howard Stanley Beverly, known to the world as Frankie Beverly, lived his life with pure soul. He lived for his music, family, and friends. For us, no one did it better. Love one another as he would want that for us all."

Beverly, born Howard Stanley Beverly on December 6, 1946, in Philadelphia, Pennsylvania, rose to prominence as one of the most influential figures in the music industry. Growing up in the East Germantown section

of Philadelphia, he began his musical journey singing gospel in local churches. At just 13 years old, he joined the ensemble The Silhouettes and later formed his own group, The Blenders, inspired by doo-wop icons like Frankie Lymon. In a nod to his musical idol, Beverly changed his first name to Frankie, setting the stage for his future legacy.

In 1970, Beverly founded the band Maze in Philadelphia, originally named Raw Soul. The group's big break came when R&B legend

Marvin Gaye, impressed by their talent, suggested they change their name to Maze. Beverly relocated to San Francisco in 1971, and the rest is history.

Beyond his musical accolades, Beverly's family said he was a devoted father to his son, Anthony Beverly, and a loving grandfather to three grandchildren. They said his legacy, marked by five gold albums and countless unforgettable songs, will continue to inspire and resonate with fans for years to come.



Frankie Beverly in 2002. (Photo: William Henderson / Wikimedia Commons)

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# NDG Book Review: 'The Second Fifty' is one for the older crowd

By Terri Schlichenmeyer



You've got big plans. Resign from your current job and find work that makes your heart sing. Spend time with family, maybe research your genealogy. That dream vacation is on your list, and you're eyeing a new hobby that looks fun. So many possibilities for your retirement. Now read "The Second Fifty" by Debra Whitman, PhD and make sure you get there.

You eat right, exercise, buckle your seatbelt, and you're financially secure. You're in good shape, which is what Whitman figured about her husband, until he had a life-threatening heart issue while on a hike in the mountains a few years ago.

He did everything right – she's an expert on aging! – but he had three bad arteries, which is common in older men.

That's when Whitman realized that when it comes to aging, there are no guarantees. Even so, there are things

you can do to give yourself a better chance at a longer life.

Ask yourself, first, how long you can expect to live? The average life expectancy for Asian Americans is much, much higher than it is for white and Black Americans, but each individual is different. Will you be healthy in the coming years? Take steps now for it.

Will you retain your memory? Whitman says that the rates of dementia are declining, due to better nutrition and better lifestyles, so know how to maintain brain health. Will you want to work a few years after your retirement age, or will you have to? Will you have enough money to enjoy life? Being financially secure is one of the hallmarks

of longevity, but a job after 65 doesn't have to be a drudge.

And finally, one fact remains: you'll eventually die. You may wonder how that'll happen, but having plans in place for then will ease your mind today.

If you came across "The Second Fifty" on a shelf somewhere, you might think you're getting advice on how to enjoy your so-called golden years. And it is that – but moreover, it's about getting there healthy and set up to seize them.

At a time when life expectancy in America is lagging, that's important information to have – and when it comes from AARP's chief public policy officer, you know you can trust it. Author Debra Whitman uses plenty of real-life examples to make her advice as relevant as possible, and what she says will make readers take hard looks at their lives, to spot where even the smallest changes can make the biggest differences. Whitman also invites readers to consider the next

generation by becoming activists for enhanced health care benefits, more safe senior housing, an elimination of racial and geographical differences in aging, and better ways to pay for nursing homes and memory care.

That makes this a great handbook for anyone over age 60, but it's also a map for midlife, too, and don't be surprised if your 20-something picks it up. If any of you are hoping for retirement someday, "The Second Fifty" should be part of your plans.

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## NAACP, from Page 8

the keynote speaker. Mr. Geter was wrongfully convicted of robbing a Kentucky Fried Chicken in Balch Springs, Texas and served 18-months in prison before 60 Minutes broke the story of a railroaded trial and the national televised story led to the over-turning of his wrongful conviction. Lenel Geter is now a life coach, entrepreneur, and author of the book "Overcome, Succeed and Prosper." His keynote address was electrifying!

Garland Housing Finance Corporation joined Dallas College to underwrite expenses for Mr. Geter to return to Texas from South Carolina to tell his story of his horrid experience in Greenville, Texas that changed his life forever. Hyatt Place Garland provided complimentary hotel accommodations.

Dr. LaKisha Culpepper, the Garland ISD Community Liaison to the African American Community, served

as Mistress of Ceremony, young Mister Brayden Zachery, violinist, performed two instrumental selections, and Rev. S. Michael Greene, Sr. Pastor of Mt. Pisgah Missionary Baptist Church delivered the invocation. NAACP Garland Executives Cassandra Cox introduced the adult honorees and Dr. Joyce Miller introduced the first two scholars. Dr. Babetta Hemphill of the Garland ISD introduced the GISD academic scholars, and members of the inspiring NAACP Garland Youth Council introduced the dais, delivered the welcome and occasion, introduced the keynote speaker and served as ushers throughout the morning.

The Garland NAACP presented nine scholarships to aspiring African American seniors and recognized four adults making a positive impact in the community. The adult honorees were: LaVerne Snowden, recipient of

the Education Award; Eva Miles, Community Service Awardee; Leslie Montena, recipient of the Entrepreneur Award; and Sam Allen receive the "B.J. Williams History Maker Award."

Nine scholars receiving the 2024-2025 school year scholarships included: Evan Straughter, the \$1,300 Elaine Bradley Scholarship; Saron G. Elias, the \$1,200 Goldie Locke Top Scholar Award; Tyler Lott-Johnson, the \$1,000 John W. Washington Legacy Scholarship; LaKeria Johnson, the \$1000 top African American South Garland High Scholar; Amia Conley, the \$1,000 top African American Naaman Forest High Scholar; Mahlet Atsedewoin, the \$1,000 top African American Lakeview Centennial High Scholar; Daley-Andrena Wilson, the \$1,000 top African American Rowlett High School Scholar; Ikeoluwa Sowemimo, the \$1,000 top African American North Garland High Scholar; and Amir Bland, the \$1,000 top Afri-

can American Sachse High Scholar.

Corporate sponsors of the NAACP Garland Unit include: Mitchell/Tufts Foundation Fund at the Dallas Foundation; J.P. Morgan Chase; Trophy Nissan; First Guaranty Bank; Garland Power and Light; Frost Bank; Mesquite KIA; and Randall Reed's Planet Ford 635.

Individual citizens sponsoring scholarships include: The Honorable Weldon Bradley; Carol Montgomery; The Honorable Billy J. and Dorthy Williams; Gwendolyn Clemmons; Presi-

dent Ricky C. and Najeda McNeal; James and Joyce Miller; Ruby Adams; Cassandra Cox; Roderick and Marcia Stewart; and Larry and Gwendolyn Daniels.

Ruby Adams serves as Chair Lady of the Garland NAACP Freedom Fund Brunch; Carol Blakes is Vice Chair; Robert Ben is Chairman of the ever-popular silent auction; The Honorable Annie Dickson is Vice Chair; Gwendolyn Daniels is Corporate Sponsor Chair Lady, and Mr. Ricky C. McNeal serves as the President of the NAACP Garland Unit and chairs the Politi-

cal Action Committee and the Freedom Fund Program Booklet.

The final surprise award presentations came at the conclusion of the morning program when President McNeal presented Unit Historian Gwendolyn H. Daniels the "Distinguished Woman of the Year Award" and Unit Treasurer Larry D. Daniels with the 2024 President's Award.

For more information on the national award-winning NAACP Garland, Texas Unit, visit their website at [garlandtxnaacp.org](http://garlandtxnaacp.org) or contact them at 972-381-5044.



Brayden Zachery, violinist, performed for the crowd at the Garland NAACP event on Sept. 14. (Courtesy photo)



Gwendolyn H. Daniels (left) received the "Distinguished Woman of the Year Award" and Unit Treasurer Larry D. Daniels (right) was awarded the 2024 President's Award. (Courtesy photo)



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# State Department launches online passport renewal system

Millions of Americans can now renew their passports online instead of mailing the State Department paper documents with a check. The department announced Wednesday that its online system is now open after months of limited testing and years of pilots.

The State Department es-

timates that up to 5 million Americans can use the service annually. Last year, the department renewed 9.6 million passports.

The online service is currently limited to renewals for adult, 10-year passports that have expired within the last five years or will expire in the coming year. It is also avail-

able for those needing expedited service, anyone not living in the United States, or people changing details like their name or gender.

The online option does not offer faster processing times or reduced fees compared to renewing by mail. Passport processing times, which ballooned during the pandemic,

are currently below six to eight weeks.

The announcement follows months of limited testing of a public beta version of the tool. The department closed the tool after it reached certain application thresholds, making changes based on customer feedback. The state also previously pi-

lotted online applications in 2022.

The update is part of the department's broader efforts to modernize and reduce administrative barriers. The move to online renewals was included in a 2021 executive order on customer experience.

Currently, only adult pass-

ports can be renewed online, and only those living in the U.S., either in a state or territory, can use the service.

Passport processing times have returned to below six to eight weeks after peaking at 18 weeks in 2021 due to COVID-related staffing shortages. Despite a drop in demand during the pandemic.

## CBC, from Page 3

ise of America; a promise of freedom opportunity and justice, not just for some but for all. And today that vision is under profound threat."

She concluded, "Each of us has a job to do, and the bottom line is we know what we stand for and that's why we know what we fight for. And when the CBC fights, we win."

With those powerful words, CBCF President and CEO Nicole Austin-Hillery added "this year's ALC theme, "From Vision to Victory: Amplifying

Black Voices" acts as a challenge to engage, advocate, and drive change, adding that every voice and action strengthens our unity and determination, essential for achieving victory."

Additionally, CBCF Board Chair Rep. Terri A. Sewell (D-AL-07) noted that the murder of George Floyd has sparked a renewed commitment to addressing racial inequalities across American society.

She said, "The racial reckoning, brought about by the murder of George Floyd has

renewed our energy and our commitment to work for social justice and economic prosperity; and to close the racial gaps that confront all of American society – in education, in income, in home ownership, in environmental justice, in public safety, and so much more."

This set the stage to honor this year's trailblazers whose work embodies the spirit of that fight and the theme of #ALC53.

The winners of the 2024 Phoenix Awards are:

- President Joseph R. Biden, Congressional Black Caucus Lifetime Achieve-

ment Award.

- Governor of Maryland Wes Moore, Congressional Black Caucus Foundation Annual Legislative Conference Honorary Co-Chairs' Award

- The late Sheila Jackson-Lee, former U.S. representative for Texas's 18th congressional district, Congressional Black Caucus's Body Award

- The 14th Librarian of

Congress Dr. Carla Hayden, Congressional Black Caucus Foundation Chair's Award

- Democratic National Committee Chair Jaime Harrison, Mission In Action Award

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# HEAD START, from Page 6

cally or mentally unwell, or who is hungry, would not be able to learn, and they made health and nutrition integral parts of Head Start.

By now, Head Start has served nearly 40 million children (about twice the population of New York), birth to age five, and their families. In 2023, that included more than 833,000 children and pregnant people in all 50 states and the District of Columbia. Head Start protects the healthy development of children living in poverty and it frees parents to pursue their education or employment, opening doors to middle-class security. What's more, Head Start is an essential building block on the path to universal pre-K, with many states integrating Head Start programs into their state pre-K system. But not everyone sees it that way, with some pushing to eliminate Head Start from state and federal budgets. That would slash pre-K, cut the number of available childcare slots, cause childcare costs for

families living in poverty to skyrocket, thwart economic growth, and widen income inequality. Roughly 68% of children under age six have all available parents in the workforce, making access to childcare both a necessity for families and the nation's economy. It's been estimated that lack of access to reliable, affordable infant and toddler care costs \$122 billion every year due to lost earnings, productivity, and tax revenue.

Childcare is work that supports all other work. Mothers, who do most of the caregiving, too often must choose between staying home reducing their paid work hours to care for their children, or arranging childcare that can be so expensive that continuing to work may not be worthwhile. The cost of childcare can be a "tax" on wages — for every hour a single mother works, she must pay someone else to take care of her children. Head Start saves women money and connects them to a support network of

other parents and service providers to help them rise the economic ladder. At a time when most Americans live in childcare deserts, areas with an insufficient supply of licensed childcare, women can't afford to lose the hundreds of thousands of childcare places and the network of services provided by Head Start. This is especially true in rural communities. A 2018 survey of ten states (Colorado, Georgia, Iowa, Kentucky, Michigan, Minnesota, Mississippi, Missouri, South Dakota, and Texas) found that Head Start programs

provided 22% of the overall childcare supply in rural areas, including more than one-third of the center-based child care in Georgia counties and more than 40% in frontier counties (those with a population density of fewer than six people per square mile) in Michigan.

The rising cost of childcare takes a painful, daily toll on women's economic security. The national average price for childcare in 2023 was \$11,582. For families at the poverty level, which is the income eligibility threshold for Head Start, that represents 38.6%

of their income and is more than five times greater than the threshold the government has said is affordable for families to pay for childcare. Dozens of studies have shown how Head Start children and their families benefit over the long term across health, education, parenting, high school graduation rates, participation in college, employment, and earnings. One study even

found positive impacts on the children of Head Start graduates. The numbers are clear, and the facts are plain. Head Start is a great example of a government that works for women and children. It must be protected, strengthened, and expanded.

*Christian F. Nunes is the National President of the National Organization for Women.*

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# One Man's Apple Fritter Is Pure Delight

By Dr. James L. Snyder

One thing I have learned in life is there are times when things do come together.

For the last several months, I have been struggling to keep up with my schedule, and I was getting behind in some things I do. That is always frustrating for me. I like finishing what I start, but I like finishing it on time.

Just the other day, I finished my manuscript for my publisher and sent it in, and I was in great relief that that job was done. I sat back in my chair and just enjoyed the feeling of being caught up.

The Gracious Mistress of the Parsonage and some girls in the family had taken a two-day trip out of town for whatever they were going to do. I have learned not to get involved in what the girls are doing. I know from The Gracious Mistress of the Parsonage's side that it has a lot to do with thrift store shopping. If there is something I like less than thrift store shopping, I have never met it yet.

Being alone for a couple of days, I enjoyed the satisfaction of being caught

up. I was trying to think of some way to celebrate this achievement, and I wanted something very special because this was a special time.

My thinking sometimes is not always on schedule, and I do not always even have thoughts that I can think of. So, I was having a little trouble figuring out what I could do to celebrate this breakthrough in my work.

I've never had this kind of breakthrough, so it was new to me. I was trying to think of something special to celebrate my accomplishment.

Thinking for some time while sipping coffee, I realized I had not expected a thought to come dancing into my head. I can tell when a thought comes into my head because that's a rare occasion. But this time, this thought brought a great deal of pleasure to me.

I don't share my thoughts with too many people because I don't have that many thoughts to share. So I was leaning back in my chair, celebrating this situation and rejoicing over this thought that just came into my head.

This thought dancing in my head had to do with a fresh Apple Fritter or two. I

cannot celebrate any better than with several Apple Fritters, particularly one in each hand.

The Gracious Mistress of the Parsonage is not too happy with Apple Fritters. For some reason, she thinks they are bad for me. On the other side of the table, I believe there is nothing better in the entire world than an Apple Fritter. After all, it is a fruit.

Broccoli is on the other side of the table, and The Gracious Mistress of the Parsonage thinks it is solid gold in her mouth. I can't even look at broccoli, let alone eat it. But when she wants to celebrate, that's the first thing on her mind. Believe me, it is the last thing on my mind.

But that idea of an Apple Fritter was very alluring to me. I couldn't get it out of my head. Three blocks down the road, I could get a fresh Apple Fritter. I could even walk there if I wanted to.

Since the Gracious Mistress of the Parsonage was not home, I had the freedom to do whatever I wanted. When she left the other day, she said, "You behave yourself while I'm gone. Do you hear me?"

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Boy, did I hear her? I'm only thinking whether she heard what she said. If I'm going to behave myself, I will behave like myself. And one of the most important things about myself is my adoration of Apple Fritters. When I have an Apple Fritter in each hand, I behave myself better. I am more myself with an Apple Fritter than anything else.

The more I thought about this, the more I knew I needed to get one of those Apple Fritters or maybe even two.

After thinking about it, I decided to flip a coin to see what I should do. If the coin is heads, I win; if it is tails, the Apple Fritter wins. Who can lose with that?

With great delight and

anticipation, I got into my truck and drove down to Publix, where I usually get my Apple Fritters. The problem was that everybody in that public store knew my wife and her thoughts about Apple Fritters.

However, across the town, about 15 minutes away, is another public store that sells Apple Fritters. The thing about this Publix is that nobody knows my wife.

That evening, I sat in my easy chair, leaned back, sipped some hot coffee, and began nibbling on my Apple Fritters. As I was nibbling, I couldn't help but think how wonderful it is to get caught up in life's projects and then celebrate with the most amazing treat: the Apple

Fritter.

I thought of one of my favorite Bible verses. "A merry heart doeth good like a medicine: but a broken spirit drieth the bones" (Proverbs 17:22).

It's very difficult to find someone with a "merry heart." There is so much pain and stress in this world that a merry heart is absent. It doesn't matter what's on the outside if my inside (heart) is focused on Christ as our Lord and Saviour.

*Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail [jamesnyder51@gmail.com](mailto:jamesnyder51@gmail.com), website [www.jamesnyderministries.com](http://www.jamesnyderministries.com).*

## NURSES, from Page 4

nullified, by longer expected patient stays, unfavorable performance on value-based purchasing metrics, and added costs of RN turnover and labor actions," Dr. Lasater and her co-authors conclude. "The cost is ultimately paid by patients who are more likely to die, be readmitted, have longer hospital stays, and experience less satisfactory care."

"With roughly half of hospital RNs reporting high levels of burnout, hospitals should focus on fixing the root causes of their burnout—chronic understaffing and poor work environments—not replacing RNs with lesser trained nursing staff that the evidence shows is likely dangerous to patients," Dr. Lasater noted.

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# Our Staff as Our Protector



**Sister Tarpley**  
NDG  
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Editor



“The Amalekites came and attacked the Israelites at Rephidim. Moses said to Joshua, ‘Choose some of our men and go out to fight the Amalekites. Tomorrow I will stand on top of the hill with the staff of God in my hands’” Exodus 17:9.

Moses’ staff represented his vocation as a shepherd. When God first met Moses’ in the desert at the burning bush, He told him that He was going to use his staff to perform miracles and bring a people out of slavery.

God related to Moses through his vocation as a shepherd. Moses later faced one of his enemies in the new land, the Amalekites.

God told him to go to the top of the mountain and hold his staff up to heaven. As long as his staff was outstretched to heaven, Israel would win the battle. But if it was not uplifted, they would suffer defeat.

“So Joshua fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill. As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning.” Exodus 17:10-11.

Isn’t this an interesting picture? When we raise our “staffs” up to the Lord, He

becomes our protector. He is our defender. As long we offer up our staffs before the Lord, He can work through it.

My Christen friend, the lesson for us is to continually offer up our lives to the Lord and see His protection and blessing upon us as we continually raise our lives to the Lord for His use.

Tell God that for every hurt, every fear, every worry, every need, there is a remedy--through the power of the Resurrection, the presence of the Holy Spirit, and the care of the Almighty, and everything is going to be all right.

As long as God is in con-

trol of your life, everything is going to be all right. I hold to the Savior’s invitation to “come unto me, all ye that labor and are heavy laden, and I will give you rest.

Take my yoke upon you,

and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

*(Editor’s Note: This column originally ran in September 2017.)*

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