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## White women, Latinos return Trump to power as Democrats' missteps helps usher in new era

By Stacy M. Brown  
NNPA Senior National Correspondent

If there were a job description for the presidency, it might as well be written in bold print: women and people of color need not apply. America made history on November 5, though not the kind many would have foreseen. Voters chose a convicted leader whom a jury has found guilty 34 times, a man whom a judge ruled committed massive business fraud, while another court determined he had sexually assaulted a journalist.

They chose the felon over the prosecutor, fascism over democracy, and servitude over freedom.

Latinos and white women, many of whom once more voted against their own interests, who have borne the brunt of his attacks, were primarily responsible for this outcome.



*Latinos and white women, many of whom once more voted against their own interests, who have borne the brunt of his attacks, were primarily responsible for this outcome. (Jon Tyson / Unsplash)*

But plainly put, Donald Trump has ascended to the highest office in the land once more. A bruised Kamala Harris, meanwhile, didn't bother to address the thousands of heartbroken supporters who had gathered at Howard University and soaked up hours by dancing, praying, and hoping that they'd witness the first woman—and first Black and

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#### People In The News ...



Quincy Jones



Kee Jones

*NDG Quote of the Week: "Non-cooperation is a measure of discipline and sacrifice, and it demands respect for the opposite views."*

- Mohandas Gandhi

## Quincy Jones

Quincy Jones, the record producer, arranger, and cultural trailblazer whose influence spanned more than seven decades, has died at 91. His publicist, Arnold Robinson, confirmed his death in a statement, noting that Jones died peacefully at his home in Bel Air. The statement did not specify the cause.



Known for producing Michael Jackson's landmark albums, "Thriller" and "Bad," Jones's career far exceeded even those iconic works.

Jones transformed genres, introduced new styles, and championed

Black artistry in a largely segregated industry. The Rock and Roll Hall of Fame, which inducted him in 2013, called him a "Jack of All Trades" but noted that Jones "excelled at every role he took on." His contributions as a re-

cord producer, arranger, composer, and performer reflect a boundless curiosity that kept him at the cutting edge of music across generations. His presence shaped countless albums, film scores, and even social movements, making him a bridge between jazz, R&B, pop, and hip-hop and between Black and white audiences.

Jones began as a jazz trumpeter, arranging for bands like Count Basie's and becoming a respected composer in his own right. His compositions for films, including *The Pawnbroker* and *The Color Purple*, displayed his extraordinary range, mixing classical,

jazz, funk, and Afro-Cuban influences. His television scores, such as those for *Sanford and Son* and *Ironside*, brought Black music to mainstream audiences, shaping a generation's auditory landscape.

The three Jackson albums Jones produced — *Off the Wall*, *Thriller*, and *Bad* — stand among his most famous works. The albums broke sales records and redefined the global pop music industry, bridging racial divides and setting new standards for production. But Jones's career had already reached milestones before those records. He had become the first Black vice president at

Mercury Records in 1964 and had garnered critical acclaim for his arrangement of Count Basie's "I Can't Stop Loving You." Over time, he received 28 Grammy Awards from 80 nominations, a record surpassed only by a few.

Born in Chicago on March 14, 1933, Quincy Delight Jones Jr. faced a childhood filled with challenges and resilience. According to his official biography, Jones was primarily raised by his father, a carpenter, after his mother was diagnosed with schizophrenia. Moving to Seattle in his early teens, he honed his craft in a music scene as diverse as his mu-

sical inclinations. By 15, Jones had already earned a spot in Lionel Hampton's band, launching a career that would take him across the globe and into the company of jazz greats like Dizzy Gillespie and Ray Charles, who would become a lifelong friend and collaborator.

Jones's time as a jazz bandleader and arranger in the 1950s established his name in elite music circles, but his ambitions led him into film and television scoring, where he created iconic soundtracks. Throughout the 1960s and 70s, Jones's music could

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## Kee Jones

(Black PR Wire) Miami, FL – The tech industry is constantly evolving, and women are making strides and breaking barriers surpassing their male counterparts. The brilliant Kee Jones is featured in the latest episode of BPRW's podcast, *Thrivin' in Color*, in partnership with Women Grow Strong, Inc. Kee is not only the CEO of Black Girl Ai, but she is also the founder and CEO of RESET and a co-founder of Including Us in Tech. During this episode, Kee shares her journey into the tech industry and her commitment to empowering underrepresented communities.



In this engaging discussion, Kee highlights the initiatives behind Black Girl Ai and how it equips young girls to excel in artificial intelligence. She also provides insight into the fairly new organization Including Us in Tech, which helps people of color excel and lead in the technology industry. Kee explains the inspiration

behind RESET and how it aids women in overcoming trauma and taking charge of their lives. "Kee is an incredible person whose work embodies her mission to uplift the Black community in any way she can," said host Camry Brown. "I hope her notable journey and insights inspires listeners everywhere."

Kee Jones is the CEO of Black Girl Ai, co-founder of Including Us in Tech, and the founder/CEO of RESET. At Black Girl Ai, she encourages and inspires females to become future tech industry leaders by providing them with the skills, information, and opportunities

necessary to flourish in AI. As co-founder of Including Us in Tech, she expands on her aim to promote diversity and inclusion in the technology sector. Kee, Founder/CEO of RESET, helps women overcome trauma by combining her technical expertise with a strong dedication to emotional healing and empowerment.

Black PR Wire's *Thrivin' in Color* podcast provides Black and Brown leaders with an exclusive platform to share their stories and ignite the next generation of leaders.

*Thrivin' In Color* is a podcast produced by Black PR Wire, featuring interviews with remarkable sistas and brothas from across the country who are doing extraordinary things in today's society. *Thrivin' In Color* takes us behind the scenes of their world, where we meet with them and pick up some golden nuggets for success. *Thrivin' In Color* podcast is available on Apple Podcasts, Spotify, and all of your favorite podcast services.

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### Special Projects to the Publisher

Clinique Hill

### Published by

Minority Opportunity News, Inc.

### Production

David Wilfong

### Assistant Office Coordinator

Belda Ibarra



### Contributing Writers

Jamal Baker  
Allen Gray  
Jackie Hardy  
Lori Lee  
Terri Schlichenmeyer

### 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

# Three areas where Biden must now act to cement his legacy on the environment

By Ben Jealous

Now in its final months, the Biden-Harris administration has a chance to cement its powerful legacy on the environment. Congress returns for its so-called lame duck session on November 12. The administration should pull out all the stops to work with Congress and use the powers of the presidency to get some more big things done.

First, the administration must continue its historic work to address the climate crisis and further push the United States economy away from the burning of fossil fuels. The Inflation Reduction Act, the Bipartisan Infrastructure Law, and the other major policy initiatives championed by this administration are some of the most effective tools we have ever had to combat climate change, create good American jobs, and ensure the US leads in the next economy. The investments in clean energy and manufacturing must continue. But while that happens, we also need to stop bad policies that threaten reckless fossil fuel expansion – the opposite of the direction in which we need to move.

There are two critical actions the federal government can take right now to combat fossil fuel-driven climate change. One is stopping the buildout of massive liquified natural gas (LNG) export termi-

nals like the proposed CP2 facility in Louisiana. Approving more fracked gas infrastructure only will serve to lock us into a fossil fuel future neither country or the world can afford. Increasing fracked gas extraction and processing for export is a bad choice all around. We do not need to be burning more fossil fuels for energy. Virtually every step of the cycle from extraction to export is fraught with risks to public health. From the fracking and the pipelines used to transport the gas to the liquefaction process and the harm to ecosystems from the new terminals and tanker traffic, it all creates dangerous pollution. And it is a raw deal for American consumers as well. According to an analysis by Public Citizen, domestic consumers could face \$14.3 billion in higher annual energy costs due to LNG exports. The Biden administration should reject LNG expansion and stop the CP2 project.

The other lame duck session action the administration should take against fossil fuel expansion is working to defeat the bad permitting bill by Senators Joe Manchin (I-WV) and John Barrasso (R-WY). Energy Permitting Reform Act of 2024 would gut bedrock environmental laws, endanger public health, open up federal lands and waters to further oil and gas leasing, and fast-track the review of proposed LNG export projects. It

would be another big step in the wrong direction.

The second area in which the Biden-Harris administration needs to continue its historic leadership is in the protection of public lands. The administration's America the Beautiful initiative aims to protect and preserve at least 30 percent of our lands and waters by 2030. President Biden can go out with a bang by using the Antiquities Act to create several more national monuments. This administration's record in this area is stellar. The administration protected over 12.5 million acres of public lands just in 2023 alone. Now President Biden has a chance to create national monument at Sattitla highlands in Northern California. The monument would protect over 206,000 acres of land that hosts unique ecosystems and has deep cultural importance to Indigenous tribes in the area. He should also create the Chuckwalla National Monument, which would protect roughly 660,000 acres of the California Desert south of Joshua Tree National Park. And, at long last, the president should designate the site of Black Wall Street in Tulsa, Oklahoma a national monument to recognize the Tulsa Race Massacre of 1921, one of our country's most horrific and largest incidents of racial violence.

The other action the administration should take to protect lands is to finalize

protections, under the US Forest Service, for America's remaining mature and old growth forests. Mature trees are especially effective at removing carbon from the air and are one of Earth's most important natural defenses against the climate crisis.

Lastly, the Biden-Harris administration should work with Congress to expand access to the outdoors for all Americans. That means doing what it takes to pass the EXPLORE Act and sign it into law. The bipartisan bill is a wide ranging package of policies including the Outdoors for All Act and expansion of the Every Kid Outdoors program to make national parks and public lands accessible to more of America's youth. The EXPLORE Act would help close the nature equity gap and help kids, families, veterans, and millions of others enjoy the gifts of nature.

This president deserves our gratitude for how he has prioritized the climate, fighting pollution, and land conservation. President Biden now has a little under three months to keep doing big things. We should push both his administration and Congress to keep doing big things. These times call for bold action. And the planet, places, and people we love deserve nothing less.

*Ben Jealous is the Executive Director of the Sierra Club and a Professor of Practice at the University of Pennsylvania.*

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## Sleep apnea contributes to dementia in older adults, especially women

By Noah Fromson

(Newswise) — A common yet underdiagnosed sleep disorder contributes to the development of dementia among adults — particularly women, a Michigan Medicine study suggests.

Investigators uncovered this by examining survey and cognitive screening data from more than 18,500 adults to determine the potential effect of known or suspected obstructive sleep apnea on the risk for dementia.

Obstructive sleep apnea is a chronic sleep disorder characterized by episodes disrupted or restricted breathing during sleep.

For all adults age 50 and older, having known obstructive sleep apnea or its symptoms — as people often do not know they have the problem — was associated with a higher chance of having signs or a diagnosis of dementia in



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coming years.

While the overall difference in those dementia diagnoses never rose above 5%, the association remained statistically significant even after researchers accounted for many other factors that can affect dementia risk, such as race and education.

At every age level, women with known or suspected sleep apnea were more likely than men to be

diagnosed with dementia.

In fact, the rate of dementia diagnosis decreased among the men and grew larger for the women as they aged.

The results are published in SLEEP Advances.

“Our findings offer new insight into the role of a treatable sleep disorder on long-term cognitive health at the population level for both women and men,” said first author Tiffany J.

Braley, M.D., M.S., neurologist, director of the Multiple Sclerosis/Neuroimmunology Division and co-founder of the Multidisciplinary MS Fatigue and Sleep Clinic at University of Michigan Health.

Reasons for the sex-specific differences in dementia diagnosis by sleep apnea status, researchers say, are not yet known. However, they pose several possible explanations.

Women with moderate sleep apnea may have a greater risk of cardiovascular disease and are more likely to have insomnia, both of which can negatively impact cognitive function.

“Estrogen starts to decline as women transition to menopause, which can impact their brains,” said co-author Galit Levi Durnietz, Ph.D., M.P.H., an associate professor in the University of Michigan Department of Neurology and Division of Sleep Medicine.

“During that time, they are more prone to memory, sleep and mood changes that may lead to cognitive decline. Sleep apnea increases significantly post-menopause yet remains underdiagnosed. We need more epidemiologic studies to better understand how sleep disorders in women impact their cognitive health.”

Six million Americans

have been officially diagnosed with sleep apnea, yet the disorder is believed to affect closer to 30 million people.

In a 2024 report, a Lancet Commission identified several modifiable risk factors that together account for around 40% of global dementia.

While sleep was not included as an official risk factor, the commission noted that sleep apnea “might be associated with dementia” and to consider adding screening questions about dementia for people with the sleep disorder.

Other modifiable risk factors for dementia include cardiovascular disease and mental health problems, both of which may be exacerbated by untreated sleep apnea.

“These potential harms caused by sleep apnea, many of which threaten cognitive performance and

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## Quitting smoking after cancer diagnosis improves survival across a wide variety of cancers

(Newswise) — HOUSTON — Smokers who are diagnosed with cancer now have more incentive to quit, as researchers from The University of Texas MD Anderson Cancer Center have found survival outcomes were optimized when patients quit smoking within six months of their diagnosis.

Study results, published today in JAMA Oncology, found a 22%-26% reduction in cancer-related mortality among those who had quit smoking within three months after tobacco



Abishek Koli / Unsplash

treatment began. The best outcomes were observed in patients who started tobacco treatment within six months of a cancer diagnosis and were abstinent from

smoking three months later. Survival for these patients increased from 2.1 years for smokers to 3.9 years for abstainers.

“While smoking cessa-

tion is widely promoted across cancer centers for cancer prevention, it remains under-addressed by many oncologists in their routine care,” said principal investigator Paul Cinciripini, Ph.D., chair of Behavioral Science and Executive Director of the Tobacco Research and Treatment Program at MD Anderson. “Our research underscores the critical role of early smoking cessation as a key clinical intervention for patients undergoing cancer treatment.”

Tobacco use remains the

leading preventable cause of death and disease in the U.S. According to the Surgeon General, smoking at or following a cancer diagnosis increases both all-cause and cancer-specific mortality, as well as risk for disease progression and tobacco-related second primary cancers. Each year, about 480,000 Americans die from tobacco-related illnesses.

The average smoker makes several attempts to quit before successfully beating the addiction. MD Anderson’s Tobacco

Research and Treatment Program tackles the barriers to cessation at an individual and population level, and conducts research designed to change clinical practice by addressing knowledge gaps among health care providers on treating tobacco addiction.

In the current study, researchers followed a cohort of 4,526 current smokers who had been diagnosed with cancer and were receiving cessation treatment at MD Anderson.

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# DOJ targets elder fraud and nursing home abuse in sweeping nationwide actions

By Stacy M. Brown  
 NNPA Senior National  
 Correspondent

The Department of Justice (DOJ) has released its annual report to Congress on efforts to combat elder fraud, abuse, and neglect. The report details over 300 enforcement actions against more than 700 defendants accused of targeting older adults. The department recovered nearly \$700 million, disrupted major transnational schemes, and prosecuted cases involving substandard care at nursing homes and serious rights violations in veterans' facilities.

One high-profile case included the convictions of two Pittsburgh-area nursing homes, Brighton Rehabilitation and Wellness Center and Mount Lebanon Re-



The report details over 300 enforcement actions against more than 700 defendants accused of targeting older adults. (Photo via NNPA)

habilitation and Wellness Center. A federal jury found both facilities guilty of falsifying records submitted to the Pennsylvania Department of Health and the Centers for Medicare and Medicaid Services (CMS) to avoid penalties for inadequate care. Evidence pre-

sented at trial revealed that both facilities manipulated staffing records to appear compliant with Medicare and Medicaid standards. Sentencing is scheduled for December following a comprehensive investigation by the FBI, Health and Human Services, IRS, and

the Pennsylvania Attorney General's Office.

In its report, the DOJ noted an investigation into New Jersey Veterans Memorial Homes at Menlo Park and Paramus found conditions that violated residents' constitutional rights under the 14th Amendment.

According to DOJ findings, inadequate infection control and medical care at these facilities exposed veterans to life-threatening conditions. The report noted that poor management compounded these deficiencies, contributing to high death rates among residents.

The DOJ's report highlighted a broad initiative against elder fraud schemes affecting over 225,000 seniors. Fraud cases ranged from romance scams to government impersonation schemes, with DOJ efforts stopping \$27 million in fraudulent transfers before they reached perpetrators. With assistance from financial institutions, the DOJ returned millions of dollars to victims and provided resources through its National Elder Fraud Hotline, which handled more than

50,000 calls from older adults seeking support and guidance.

Beyond prosecution, the DOJ emphasized prevention and awareness, hosting nearly 1,000 elder justice events, including the first Elder Justice Law Enforcement Summit. The summit gathered law enforcement from all 50 states to share best practices in addressing elder abuse and fraud. Public campaigns also raised awareness of common scams, providing seniors with valuable tools to protect themselves from fraud.

"By working together with federal, Tribal, state, and local law enforcement, we can make meaningful progress toward curbing and preventing elder abuse," Attorney General Merrick Garland stated. "Because millions of older

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2562	<b>\$100,000 Money Mania</b> Overall Odds are 1 in 4.35	\$5	12/18/24	6/16/25
2514	<b>\$1,000,000 Cash Blast</b> Overall Odds are 1 in 3.41	\$20	12/18/24	6/16/25
2053	<b>\$750 Million Winner's Circle</b> Overall Odds are 1 in 2.88	\$30	12/18/24	6/16/25

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# Why we should all celebrate Head Start's success

By Khari M. Garvin  
Head Start Director  
U.S. Department of  
Health and Human Services

Did you know that Head Start programs are more than just preschool? The program can be a lifeline for children ages birth to five and their families, helping them thrive through education, health, and community support. It is also a place built on the strengths of children, families, staff, and communities. Head Start programs support children's growth from birth to age 5 through services centered around early learning and development, health, and family well-being. Head Start staff actively engage parents, recognizing family participation throughout the program as key to strong child outcomes.

Head Start services are available at no cost to children ages birth to 5 in eligible families. Head Start preschool services work with children ages 3 to 5 and their families. Early Head Start services work with families that have children ages birth to 3, and many also serve expectant



*Head Start classrooms aren't just places where children learn their ABCs — they are vibrant spaces where each child's culture, language, and identity are celebrated. (Photo via NNPA)*

families. Many programs operate both Head Start preschool and Early Head Start services. Head Start and Early Head Start grant recipients provide services in every U.S. state and territory, farm worker camps, and more than 155 tribal communities. It's important to understand how our programs go above and beyond early learning to ensure every child and family is included, respected, and empowered.

## What Does "Belonging" Look Like?

Inclusion and belonging aren't just buzzwords — they're the foundation of everything the Head Start program does. Staff are committed to creating spac-

es where everyone, regardless of their background, can succeed — whether it's recognizing each child's unique abilities and ideas, valuing parents as experts on their own children and as program volunteers and leaders, or linking families with needed services. Take, for example, how programs recruit and enroll families.

Instead of using a one-size-fits-all approach, programs tailor their outreach to meet the unique needs of each community. This might mean offering materials in multiple languages to ensure accessibility for all, building upon civil rights laws requiring translation when necessary to facilitate understanding and

participation. Programs are proactive in supporting families with disabilities, ensuring they have the necessary aids and services they need to participate in the program. The goal is to open doors and provide support for children and families furthest from opportunity and offer them a place to belong.

## A Classroom That Reflects Every Child's World

Head Start classrooms aren't just places where children learn their ABCs — they are vibrant spaces where each child's culture, language, and identity are celebrated. Teachers take the time to get to know each child's strengths, interests, and challenges, crafting learning experiences that resonate with them personally.

In fact, Head Start staff are trained to recognize and address implicit biases, so no child is unfairly limited by preconceived notions about their background. Through updated resources like the Multicultural Principles for Early Childhood Leaders, program staff are equipped to create environments where diversity is

not only acknowledged but embraced.

For children with disabilities, Head Start programs provide tailored support like visual aids and personalized learning tools that help them thrive alongside their peers. They ensure children get the aid and services they are entitled to under disability rights laws. Staff make sure no one is left out by ensuring every child can fully participate, whether they have a formal diagnosis. Research has shown that inclusive classrooms lead to better outcomes for all!

## Health Equity Is a Critical Part of Belonging

Health is a key part of a child's ability to learn and grow. Head Start programs make health services a central part of children's experiences. But here's the thing: not everyone has equal access to health care. That's why Head Start programs work hard to eliminate the barriers some families face. These barriers may include a lack of health insurance, language barriers, or limited access to doctors.

Head Start health staff

partner with families to help them navigate these challenges, ensuring every child starts school healthily and ready to learn. Through nutrition programs, mental health services, preventive and follow-up care, and more, each Head Start program works to close health services gaps and promote equitable outcomes for children.

## Partnering with Families for Lasting Change

In Head Start programs, family is everything. Fundamental to the program is the belief that children thrive when families are fully engaged. That's why the Head Start approach to family engagement goes beyond parent-teacher conferences. It's about building genuine, respectful partnerships with families from all walks of life.

In every interaction, Head Start staff are trained to meet families where they are — culturally, linguistically, and personally. Whether they are helping families experiencing homelessness acquire stable housing or supporting families facing economic

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## JONES, from Page 2

be heard in theaters and living rooms, with scores for films like *In Cold Blood* and *The Deadly Affair* and contributions to Alex Haley's *Roots*, the celebrated mini-series. His soundtrack for *The Color Purple* in 1985, adapted from Alice

Walker's novel, remains a cultural milestone.

In 1985, Jones united more than 40 of the world's biggest music stars for the charity single "We Are the World," raising awareness and funds for famine relief in Africa. The project's suc-

cess further cemented his reputation as a visionary capable of bridging divides for a greater cause. His label, Qwest, produced a roster as diverse as his interests, featuring artists from George Benson to the experimental jazz saxophonist Sonny Simmons.

Through the 1990s and

2000s, Jones expanded his reach beyond music, producing television hits like *The Fresh Prince of Bel-Air* and the magazine *Vibe*. In his later years, he remained active, working on projects that celebrated his love for jazz and hip-hop alike. In 2022, he collaborated with *The Weeknd*

on *Dawn FM*, delivering a spoken monologue reflecting his decades of life and artistry. His work became a rich tapestry, woven with threads from every major genre and cultural moment in modern American history.

"He always is soaring ahead and doesn't like to

look backwards," Oprah Winfrey said of him during his Rock and Roll Hall of Fame induction.

Jones leaves behind seven children: Jolie, Kidada, Kenya, Martina, Rachel, Rashida, and Quincy III in addition to his brother Richard, sisters Margie Jay and Theresa Frank.



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# Colonial Williamsburg restores America's oldest Black schoolhouse, uncovering a legacy of education and resilience

By Stacy M. Brown  
NNPA Senior National  
Correspondent

Colonial Williamsburg is nearing completion on the restoration of the Williamsburg Bray School, the oldest surviving schoolhouse for Black children in America. Founded in 1760 by the Associates of Dr. Bray, a British Anglican charity, the school was established to teach enslaved and free Black children to read, albeit through a curriculum that promoted religious submission to slavery. Yet, for the hundreds of students who passed through its doors, literacy opened possibilities far beyond their assigned roles.

The school's dedication on November 1 marked a milestone in the project's meticulous restoration efforts, with public tours set to begin this spring. Located on the grounds of Colonial Williamsburg in



For the hundreds of students who passed through its doors, literacy opened possibilities far beyond their assigned roles. (Photo via NNPA)

partnership with William & Mary's Bray School Lab, the Williamsburg Bray School stands as a testament to the oppression and resilience woven into early American history. The Smithsonian's Secretary Lonnie G. Bunch III, who served as the keynote speaker, emphasized the significance of the structure by saying that it has

"extraordinary potential" to demonstrate how a small number of people's dreams helped shape the values of many people.

Dendrochronology—a method of dating wood by its growth rings—helped identify the schoolhouse in 2020, confirming that it was built in the winter of 1759 or spring of 1760. Colonial Williamsburg's

team, under the direction of architectural preservation director Matt Webster, has now identified the 89th original structure in Williamsburg's Historic Area.

More than 80 former students, now identified through Colonial Williamsburg's research, attended the Bray School in the 1760s. Among them was Isaac Bee, who later eman-

ated himself. His enslaver placed ads in the Virginia Gazette warning that Bee "can read." Aberdeen, Bristol, and Phoebe—ages 5, 7, and 3—were among other students taught by Ann Wager, the school's only teacher, who instructed over 300 Black children in reading, Christianity, and obedience. Despite the pro-slavery curriculum, many students quietly resisted by sharing literacy with others in their communities.

"It's a story of resilience and resistance," Maureen Elgersman Lee, the Bray School Lab director, told the Associated Press. "The Bray School's teachings may have been rooted in pro-slavery ideology, but education had a way of empowering these children." Lee and her team continue researching descendants, with several students tracing their ancestry to Black households such as the Jones and Ashby families.

Janice Canaday, a descendant of former students Elisha and Mary Jones, is now Colonial Williamsburg's African American community engagement manager. Reflecting on her heritage, Canaday shared, "To know what your family has come through—that's where your power is."

The Bray School was an exception in a time when most colonies prohibited educating Black people. Though Virginia imposed anti-literacy laws later in the 1800s, Colonial Williamsburg has uncovered evidence suggesting Bray students went on to influence their communities. Jody Allen, director of the Lemon Project, noted that the students likely taught siblings and others what they learned, enabling literacy as an act of defiance.

Since its rediscovery, the Bray School has undergone

**See SCHOOL, Page 10**

## ACA Marketplace enrollment opens with expanded options and subsidies

By Stacy M. Brown  
NNPA Senior National  
Correspondent

The Affordable Care Act (ACA) Marketplace opens its 2025 enrollment season, offering millions the opportunity to secure or adjust health insurance plans. This year's opening enrollment is vital, particularly if Donald Trump is re-elected. The twice-impeached former president and MAGA Republicans have vowed to repeal the healthcare law, which would deprive an estimated 40 million Americans of coverage. Under

Trump's plan, millions of individuals with pre-existing conditions would also lose health insurance.

In 2024, approximately 4.2 million Floridians enrolled in an ACA health plan, marking a more than 200% increase from 2020, according to White House data. Florida, one of 10 states that hasn't expanded Medicaid, is seeing around 823,000 residents lose Medicaid coverage.

More than 418,000 Michigan residents signed up for new health plans through HealthCare.gov—a nearly 30% increase over 2023.

In Wisconsin, over 250,000 residents secured ACA coverage, as state officials reported. Meanwhile, 1.26 million Georgia residents enrolled, reflecting a 206% rise from 2020, with about 96% receiving an advanced premium tax credit to help cover premiums.

Maryland also saw a 33% increase in Black enrollees and a 30% increase in Hispanic enrollees. In Virginia, 389,568 residents enrolled, marking a 67% increase since 2020, with 88% receiving advanced premium tax credits to help cover costs. Meanwhile, 11,910

District of Columbia residents enrolled, although enrollment has decreased by 26% since 2020 — about 22% of D.C. enrollees qualified for advanced premium tax credits.

With increased enrollment nationwide, this year's Marketplace offers more options than ever. According to the Kaiser Family Foundation (KFF), consumers can choose from a broader array of plans, with benchmark silver plans averaging a 4% premium increase and bronze plans up by 5%. However, enhanced subsidies intro-

duced under the Inflation Reduction Act (IRA) continue to make coverage affordable, capping monthly premiums at a percentage of income. Most enrollees on HealthCare.gov can find plans for under \$10 per month, despite unsubsidized premiums reaching \$497 for a 40-year-old on a benchmark silver plan. KFF researchers noted that some states, like Vermont, Alaska, and North Dakota, face double-digit premium hikes, while others, like Louisiana, see decreases in low-cost plans.

Under the Biden-Harris

administration, the ACA Marketplace has expanded to include more insurers, with an average of 9.6 participating insurers per state, allowing 97% of HealthCare.gov users to choose from at least three insurers. The range of options includes silver and bronze plans tailored to meet different healthcare needs. Silver plans, which serve as the basis for subsidy calculations, offer a balance of coverage and cost, while bronze plans provide lower premiums but higher

**See ACA, Page 10**



# Film Review: 'Bird' gets weird, but flourishes in the end

by Dwight Brown  
NNPA Film Critic

(\*\*1/2) She's got a thing for birds. They're like the guardian angels she needs to watch over her.

Bailey (Nykiya Adams) has it rough. As the 12-year-old daughter of a wacky rocked out dad named Bug (Barry Keogan, The Banashees of Inisherin) and sister to a teen half-brother named Hunter (Jason Buda) who's an amateur vigilante, she isn't getting much direction in life. Not good direction. Living in the projects in Kent, a county in South East England, is a dismal, aimless existence. All kinds of people are trapped in poverty—and few have an avenue out. She can't count on her drugged-out mom for guidance, who lives elsewhere, because she lives with an abusive boyfriend. Mom neglects Bailey's terrorized little brother and sisters, and she won't be mothering Bailey either. What's a girl to do?

Nice premise. Odd char-



Nykiya Adams in *Bird* (Photo Courtesy of MUBI - Photographer Atsushi Nishijima)

acters. Director/writer Andrea Arnold (American Honey) gets the gist of this coming-of-age story right. Peppering it with comedy, drama and fantasy. Easy to like Bailey and her wandering and adventurous spirit as she tries to latch on to something. Juvenile crime. Family. Friendships. The location is fairly realistic. The kid's hard knock life is substantiated. She's got responsibilities beyond her

age. Little governance. Audiences like a vulnerable protagonist in need of help. The kind the can that can move them.

The adolescent drama slowly loses its sheen until it gets a jolt from the entrance of a lost-in-life character. A quirky, skirt-wearing man named Bird (Franz Rogowski, Passages). The friendship between interloper and the tween changes the film's direc-

tion. For the better. Grim reality turns into fantasy that's hard to explain but a joy to watch.

Bailey is an odd duck.

Strong but bewildered. Prone to following, being spontaneous and unpredictable. Adams makes this lead character inquisitive and curious to watch. Keogan overdoes the narcissistic dad who's more concerned with his happiness than his kids' ambitions. There is something very eccentric about Rogowski and the way he plays characters. Always an undercurrent. A mystery.

Arnold's direction of the material is better than the stranger. Were it not for the stranger, this story would be one-note. Yet Adams makes the footage fun to watch. Robbie Ryan's cinematography follows Bailey around like it's making a Tik Tok video for bored teens.

The insides of Bailey's home seem chaotic, which is a credit to production designer Maxine Carlier and set decorator Jo Berglund. Alex Bovaird's costumes are as eccentric as the cast. Easy to like the music playlist too.

Can't guess where this story is headed. That's Arnold's plan, which is evidenced when the weirdness intensifies, and really flies out the window headed towards the moon.

Last-minute flourishes save the audience from what could have been 1h 59m of seemingly endless hardship and struggle. In the end, the film takes flight. Wait for it.

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

## SMOKING, from Page 4

The patients included men and women aged 47 to 62. More than 95% of visits in the study were provided via telemedicine. Abstinence was defined as self-reported no smoking in the seven days before each assessment, at the three-, six- and nine-month follow-up marks. The primary outcome was survival recorded by the MD Anderson tumor registry.

"This is a call to action for experts, regulatory bodies and institutions to prioritize smoking cessation as

an integral part of first-line cancer care," Cinciripini said. "MD Anderson has made a significant investment in clinical care and research related to tobacco use, which at the individual patient level translates to a better quality of life and a longer one, for those who quit smoking. The earlier the engagement in tobacco cessation treatment the greater impact on a patient's lifespan."

Limitations of this study include the availability of non-cancer related health

conditions, as per the tumor registry, and the fact that patients in this study were participants in an institutionally sponsored treatment program.

This research was supported by MD Anderson's Tobacco Research and Treatment Program, which is funded by the State of Texas Permanent Health Fund. Additional support was provided by the Margaret & Ben Love Chair in Clinical Cancer Care in honor of Dr. Charles A. LeMaistre and the National Cancer Institute (P30-CA016672).



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or call (214) 823-5700

This event is sponsored in part by the Community Council of Greater Dallas Area Agency on Aging and Texas Health and Human Services.

# NDG Book Review: 'Groundbreaking Magic is a must-read for Disney fans

By Terri Schlichenmeyer

Your dream job is still a job.

You still must be there on time, looking presentable and ready to go. You can love the work and dislike your coworkers, embrace the challenge but hate the drudge, enjoy the process but dread the politics. And in the new book, "Groundbreaking Magic" by Martha Blanding with Tim O'Day, you can relish your unique employment and still have to represent.

On the day she retired from a job she'd had for half a century, Martha Blanding took a tour of her workplace as she took



stock of the years.

Her parents, who'd lived under Jim Crow in their younger days, wouldn't have believed the changes Blanding helped make.

Born in 1950, she'd watched Disney program-

ming on television; living in South Central Los Angeles, she had been aware of the construction of Disneyland nearby. She visited the park for the first time when she was seven years old.

Needing money for college in the early 1970s, Blanding applied for a job at Disneyland and was told that they had no employment available – even though she'd seen postings for job openings. Some weeks later, her roommate encouraged Blanding to re-apply.

Reluctantly, she did. And that time, she was hired to work in the kitchen but before her first day on the job, Blanding was tapped

as a tour guide and given training at "Disney University." Due to her stellar work ethic, she was later promoted to VIP guide; over the years, she moved up the ladder to series of positions that made use of her managerial and promotional skills.

As time passed and the Civil Rights Movement made strides in America, so did Blanding at Disney. She became a gentle activist, so that other minority workers had opportunities to be Cast Members, office staff, and management.

Oftentimes, she said, "...I was the only Black girl there" and "there was no hiding..." it.

None, in fact; instead, she used it to everyone's advantage.

When you first start "Groundbreaking Magic," you know right away that you're in for a sweet, charming story from a hidden-until-now trailblazer.

You may or may not continue to feel that way.

In this biography, author Martha Blanding (with Tim O'Day) writes about creating equality in one small corner of an iconic business, and the story's told from a POV that's unique, engaging, and interesting. Fans of Disney will truly enjoy backstage peeks and insider info that takes readers through the decades and

to various Disney locales.

What's not so interesting is that the authors seem to mention every-single-one they worked with, including everyday people who are long gone or that you'll probably never meet. That isn't initially the distraction it becomes later but as the abundance of names grows thicker, don't be surprised if your attention lags.

If you're business-minded, then, and want to read about a corporation changing with the times, you may eventually be disappointed in "Groundbreaking Magic." Read it for the personal parts though, especially if you're a Disney fan, and it's a dream story.

## ACA, from Page 8

deductibles.

Federal funding has also been allocated to ensure continued support for enrollees. The Biden-Harris administration committed \$100 million to the Navigator program, providing more resources to help Americans understand and

select the best health plan. Enhanced subsidies—initially introduced under the American Rescue Plan Act and extended by the IRA—are set to expire at the end of 2025 unless renewed by Congress. Without renewal, millions would face premium hikes in 2026, with

costs doubling in some cases. A young family of four in Pennsylvania earning \$125,000 would see an annual increase of \$6,448, while a 45-year-old in Wisconsin with a \$60,000 income would experience a \$1,354 hike.

DACA recipients are eligible for ACA coverage for the first time, with

subsidies that help reduce costs. Effective November 1, this new eligibility offers a special enrollment window for an estimated 100,000 DACA recipients despite ongoing litigation. KFF found that further safeguards and protections accompany this year's enrollment. Stricter fraud protections require bro-

kers to secure consent before making plan changes and respond to complaints about unauthorized plan modifications. Non-ACA-compliant short-term plans are now limited to four months and must display clear disclaimers noting they lack comprehensive health coverage. Similarly, fixed indemnity plans,

which pay a set amount for specific medical events but lack ACA protections, now carry required disclaimers.

Health officials said the ACA Marketplace's enrollment success reflects expanded access under the Biden-Harris administration. To register for health insurance for 2025, visit [www.Healthcare.gov](http://www.Healthcare.gov).

## SCHOOL, from Page 8

extensive preservation efforts overseen by Colonial Williamsburg. The team restored historically accurate wooden sills and brickwork, maintaining nearly 75% of the original structure. Officials said the preserved building will anchor

research on the intersections of race, religion, and education, shedding light on a part of America's past often overlooked. "This is an incredibly important opportunity both to understand the Bray School and to understand Williamsburg

in the 18th century," Webster stated.

The school, originally recommended by Benjamin Franklin as a site for Black education, also illuminates the lives of early Black educators in Virginia. William & Mary Professor Emeritus Terry Meyers said the Bray School likely fostered Vir-

ginia's first Black teachers.

Colonial Williamsburg President Cliff Fleet also stressed the educational significance of the school's story. William & Mary President Katherine Rowe noted that the restored building will serve as a "living testament to the resilience and strength of the

Black students who defied their roles by embracing literacy."

The research will continue as scholars, descendants, and visitors explore the Bray School's historical role. Researchers hope to relocate the building to Colonial Williamsburg's Historic Area, preserving the

space where generations of Black children gained the knowledge that helped shape their futures. "This project honors not just the children who learned here, but their courage to transcend the limitations set before them," said Bunch, "a resilience that endures in the story of our nation."

## DOJ, from Page 5

Americans suffer some form of elder mistreatment each year—and because many more abuses go unreported or unseen—everyone has a role to play in this

work."

The report additionally covered DOJ's enforcement of the Americans with Disabilities Act (ADA). Four Texas counties agreed to

improve the accessibility of their election websites, addressing barriers faced by older adults with disabilities. Officials said the commitment to accessibility was part of the DOJ's broader mission to ensure

that elderly Americans can fully participate in their communities.

"The Office for Victims of Crime recently funded the first National Center for State and Tribal Elder Justice Coalitions, promoting

statewide coordination to address and prevent elder abuse more effectively," Principal Deputy Associate Attorney General Benjamin Mizer remarked.

Deputy Attorney General Lisa Monaco added, "Giv-

en the financial, emotional, and physical toll suffered by older victims regardless of how they are victimized, the Department aggressively pursues all forms of fraud and abuse wherever they may arise."

## SBA administrator Guzman celebrates National Veterans Small Business Week

WASHINGTON — Today, Administrator Isabel Casillas Guzman, head of the U.S. Small Business Administration (SBA) and the voice in President Biden's Cabinet for more than 34 million small businesses nationwide, announced that the SBA will celebrate National Veterans Small Business Week (NVSBW) Nov. 11–15.

"Each year during National Veterans Small Business Week, the SBA highlights the unique entrepreneurial spirit of veterans, service members, National Guard members, Reservists and military spouses," said SBA Administrator Guzman.

"America is the proud home of millions of veterans, service members, and military families. They are our neighbors and friends – and, in many cases, the owners and employees of local small businesses we love and support. Under the Biden-Harris Administration, the SBA is going further than ever to enhance and expand our support for veterans, particularly in rural and underserved areas – and it is a profound honor to serve those who have served our country, this week and every week."

During NVSBW, the public is invited to attend virtual and in-person

events across the country on critical topics, such as military-to-civilian transition assistance, entrepreneurial training, government contracting, disaster assistance, and access to capital resources. View the event calendar for a list of local, regional, and national events.

In addition to local events hosted across the U.S., the SBA will host two national webinars for NVSBW. The Are You Lender Ready? For the Military Community webinar will be held on Nov. 13 at 1 p.m. ET. This two-hour virtual workshop will help veteran and military spouse entrepreneurs

learn how to write a strong business loan application and hear tips directly from lenders. Register for the webinar.

A second webinar, Certification Advantage for the Military Community, will be held on Nov. 14 at 1 p.m. ET. During this one-hour virtual workshop, business owners will discover how federal contracting certifications can boost their business growth and gain valuable insights to help them compete for government contracts. Register for the webinar.

Additionally, as part of this year's NVSBW celebration,

five dedicated instructors who teach Boots to Business at various military installations and in local communities nationwide are being honored as Boots to Business Instructors of the Year. The honorees are:

- Todd Bennett, 2024 Institute for Veterans and Military Families (IVMF) Boots to Business Instructor of the Year, OCONUS instructor, located in South Korea.

- Manzel McGhee, 2024 SBDC Boots to Business Instructor of the Year, Abilene, Texas Small Business Development Center.

- Mitchell Fitzpatrick, 2024 VBOC Boots to Business Instructor of the Year, St. Louis VetBiz Veterans Business Outreach Center.

- David Terrell, 2024 SCORE Boots to Business Instructor of the Year, Southern Arizona SCORE.

- Eric Phillips, 2024 SBA Boots to Business Instructor of the Year, SBA Colorado District Office.

The Boots to Business Instructors of the Year recognition ceremony will be held virtually on Nov. 21 at 1 p.m. ET. Join the ceremony online or dial 206-413-7980 and enter conference ID 644 263 054#.

## Connections Homes to Host Texas Chic Gala – 'Boots, Hats & Bling' Fundraiser on November 19th

Connections Homes has announced its annual Texas Chic Gala, "Boots, Hats & Bling," taking place on Sunday, November 19th, at Chicken & Pickle in Grand Prairie, TX.. This highly anticipated event will bring together community leaders, supporters, and families for a night of glamor, entertainment, and heartfelt support for youth who have aged out of foster care and are in need of family connections and guidance.

The "Boots, Hats & Bling" fundraiser is more than just a celebration; it's an opportunity to raise critical funds to provide much-needed resources, mentorship, and housing support for young adults who are seeking a place to call home. By combining fun and philanthropy, Connections Homes aims to continue its mission of creating a community of support and

belonging for young people who need it the most.

Event Highlights:

- **Networking & Games:** Guests will enjoy networking, music, Pickleball, Shuffleboard, Corn Hole and a 360 Photobooth and have the chance to hit the pickle ball court in their best Texas chic attire—cowboy boots, hats, and plenty of bling encouraged!

- **Silent Auction:** A wide variety of unique items and experiences will be available for bidding, with all proceeds directly benefiting Connections Homes programs.

- **Texas Cuisine & Refreshments:** Guests will be treated to an assortment of Texan-inspired dishes and beverages.

"We are incredibly excited to bring an engaging aspect to this year's Texas Chic Gala," said Shawana Black, Executive Director

of Connections Homes. "It's an opportunity for our community to come together and make a lasting impact on the lives of young adults who need a family and a place to belong. Every dollar raised will go directly towards providing the support and connections that are essential for these young people to thrive."

Event Details:

- Date: Sunday, November 19, 2024

- Time: 5:30 PM - 9:00 PM

- Location: Chicken & Pickle 2965 S. Hwy 161 Grand Prairie, TX 75052

- Attire: Texas Chic – Boots, Hats, & Bling encouraged!

Tickets are on sale now and can be purchased at <https://one.bidpal.net/cht2024>. For those unable to attend, donations are welcome and greatly appreciated.



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## TRUMP, from Page 1

Southeast Asian woman—claim the presidency. As the clock ticked toward midnight, it became clear: Trump had taken the race, and, surprisingly, it wasn't even close.

"I have to say from basically start to finish this night has been clear," election analyst Harry Enten said on CNN. "There hasn't been any weird shifting directions. It's basically been Trump since we got the first counties in. Very much unlike 2020 when there was whiplash as the vote count went on." Unofficial results showed that Trump earned at least 276 electoral college votes compared to Harris's 223.

Exit polls reveal that white women, who appeared on the verge of breaking free from the grip of MAGA ideology, voted heavily for Trump despite his disregard for their rights and autonomy. Latino voters also leaned toward Trump, despite his

incendiary rhetoric, which included labeling Puerto Rico as an "island of trash" at a recent Madison Square Garden rally.

Democrats must also face the reality of their shocking defeat. After a final debate in which some questioned his cognitive skills, the party sidelined President Joe Biden yet failed to portray Trump as the volatile threat he posed. With his 2020 victory in hand, Biden had warned that he alone could defeat Trump. But instead of managing their issues internally, Democrats choose to embarrass Biden, forcing him out just over 100 days before the election.

Although Harris raised unprecedented amounts of cash and had the backing of global celebrities, she and the Democratic National Committee faced criticism from Black Americans. There were complaints that the cam-

paigned appeared to scapegoat Black men, with even former President Barack Obama publicly admonishing Black voters for not doing enough.

High-ranking Democrats, including DNC Chair Jamie Harrison and former Congressman Cedric Richmond, played and lost the dangerous game of alienating Black voters, too. The campaign and the DNC largely ignored the Black Press, notably the National Newspaper Publishers Association (NNPA)—the trusted voice of Black America. Instead of engaging with Black-owned outlets in a move that would not only have provided needed resources for these African American small businesses while helping to get the party's vital messaging to a critical constituency, the DNC choose to enrich wealthy mainstream outlets and leave out the Black Press. The DNC betrayed the NNPA by allowing the DNC to approach some Black newspapers

with miniscule ad buys.

Harris's campaign, if reluctantly so, only carried through on Biden's original promise to spend the same \$1.5 million with the Black Press of America that Biden's people had promised. The paltry sum even rankled high-ranking Black lawmakers like Congressman Benny Thompson of Mississippi, who led the House Committee investigating Trump. Harris's campaign and the DNC wrongly determined that the nearly 200-year-old Black Press couldn't reach Black and Latino communities as effectively as megastars like Beyoncé,

Tyler Perry, and Samuel L. Jackson. Instead, as an extension of the Biden administration, they offered cursory invites to functions like the White House's Black Excellence celebration, and, after some pleading, access to campaign events like the vice president's closing argument on the Ellipse and her no-show appearance at Howard University.

There's little doubt that limited ad buys and the flat refusal to engage the Black Press backfired.

With a sinister assist from billionaire Elon Musk, Trump secured his victory. "Now brace for

another Trump inauguration—American carnage redux—and another fantastical claim about his crowd size," Reed declared. "Brace for norms to be trampled, institutions to be undermined, opponents to be targeted for retribution. Brace for an Oval Office occupied by a malignant narcissist without guardrails this time. Brace for unhinged all-caps tweets that trigger news cycles and move markets. Brace for national anxiety off the charts and global tremors from China to Ukraine. Brace, also, for a new resistance and surge of anti-Trump energy."

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# SoFi partners with Venus Williams and Cameron Brink to launch the 'Give Her Credit' campaign in honor of the Equal Credit Opportunity Act

(Black PR Wire) SAN FRANCISCO – In honor of the 50th anniversary of the Equal Credit Opportunity Act (ECOA), SoFi (NASDAQ: SOFI), the one-stop shop for digital personal financial services, has teamed up with tennis champion, entrepreneur and author Venus Williams and Los Angeles Sparks forward Cameron Brink to launch the Give Her Credit campaign. With this national initiative, SoFi will begin accept-

ing submissions to award \$500,000 to 50 people (each receiving \$10,000) to help further advance women's financial independence and help inspire their financial ambitions.

Before the ECOA, banks could restrict women from getting loans, credit cards, as well as access to other credit based financial products without a male co-signer.

When this groundbreaking law was signed on Oc-

tober 28, 1974 and eventually expanded to other historically marginalized groups, it dramatically reshaped people's financial autonomy, making it illegal to deny credit mainly based on gender, marital status, or race. The ECOA prevented financial institutions from discriminating against over half of the U.S. population, effectively opening the door for more women to take control of their personal finances and pursue their

ambitions with newfound financial independence.

"At an early age, I had clear ambitions and drive to be the best, with the discipline and determination to win, but soon learned of the inequalities and imbalances I would have to face to succeed," said Venus Williams, who will serve as a judge for the 'Give Her Credit' campaign. "I am very proud to partner with SoFi to help identify people who are helping women across the

country to reach their financial independence. This campaign is about more than just celebrating progress – it's about creating real opportunities for financial independence that empower the next generation of women to dream big and win."

Cameron Brink, SoFi's newest brand athlete added, "Partnering with SoFi on the 50th anniversary of the ECOA through the Give

Her Credit campaign is deeply personal to me. As a female athlete, I've seen firsthand how vital financial independence is to women's progress, and it's been a key part of the conversations I've had to navigate my own career."

To learn more about SoFi's Give Her Credit campaign, full entry details, eligibility, and terms and conditions, please visit SoFi.com/givehercredit.

## EARLY, from Page 6

challenges, Head Start programs ensure everyone has a seat at the table.

Through resources like the Family Economic Mobility Toolkit, programs help families build financial stability and create brighter futures for their children. By addressing not only the child's needs but also the family's, the Head Start program creates lasting, positive change for generations.

### A Future Where Everyone Belongs

The Head Start mission

has always been to break the cycle of generational poverty — providing children and families with a head start in life. The Head Start program is about so much more than academics. It's about creating a world where every child — regardless of background, ability, or circumstance — feels confident and competent and knows they belong. These children will persist as they continue to grow and learn even after they leave their Head Start programs.

Let's celebrate every program's commitment to serving the children and families furthest from opportunity and helping them thrive.



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# I Thought She Said, 'Doughnut'

By Dr. James L. Snyder

As hard as I try, and believe me I try, I don't always hear correctly, especially regarding The Gracious Mistress of the Parsonage. I don't always hear every word she says.

I know God gave me two ears and only one mouth, but I must confess I use my mouth a lot more than I use my ears, which has created problems.

I have worked on this problem for a very long time, and it just seems to be getting worse. Maybe I should quit working.

You would think that as long as I've been married, I would have somehow adjusted to this hearing situation.

The Gracious Mistress of the Parsonage once set me up and said, "Did you hear what I just said?"

"Oh, yes, my dear, I heard you clearly."

Then she said, "Well then, what do you think I should do?"

At this point, I knew she was trying to set me up because she knew I wasn't listening, but I had to respond. Believe me, I was nervous.

"Oh, my dear, I think your idea is splendid. Go with it."

Then she got up, walked to the kitchen, and says, "Okay, then it's broccoli for supper."

Now I'm in a pickle, and I'm not quite sure what to do. Why didn't I hear the word "Broccoli"? I was very suspicious.

The other day, she asked if I would go to the grocery store and pick up a few items. She rarely asked me to go and get some groceries, so I wasn't quite sure what to do, but I said yes. What else could I say?

I went to the store, checked off every item on the list, and went to the checkout line when I remembered she told me something after giving me the list. I tried to think of what it was, and then it came to me. She mentioned something about doughnuts. I think she wants me to get her some doughnuts. That made me smile.

I pushed the cart to where the doughnuts were and looked at all those wonderfully delicious donuts. How can anyone pick just one? I spent an awful lot of time

going through every donut, I couldn't find one I didn't like, and I didn't know what exactly to do.

Finally, I picked one, went to the checkout counter, paid for the items, and then got in my truck to go home.

I was very happy as I drove home because I usually don't get things done exactly the way she likes them. I drove into the driveway, parked my truck, and went inside with the bag of groceries.

Walking through the door, I shouted, "Honey, I'm home." I placed the bag on the kitchen counter, and with a huge smile, and went to my easy chair, waiting to be congratulated by The Gracious Mistress of the Parsonage for a job well done.

It wasn't long until she entered the kitchen, and I heard her say, "What is this?"

I had no idea what she was talking about, but as she walked over to me, she was holding the box of donuts. "What is this?"

Looking at her with a big smile, I said, "Oh, my dear, those are the donuts you

asked me to get. Remember?"

She went back into the kitchen. I heard her going through the grocery bag. Then she came back and handed me the grocery list she had given me and said, "Where do you see donuts on this list I asked you to get?"

I was a little confused, so I said, "Don't you remember as I was leaving you told me to get doughnuts?"

"I said no such thing. What I said was, Do Not get anything that is not on this list."

Oh boy, was I in trouble? All I heard was the word "doughnut," which got me into trouble.

She stood there staring at me as I looked at the list, and I did not know what was next. Looking at her, I said, "Do you want me to

return the donuts?"

I never saw her look so confused as at that moment. I'm not sure you can return donuts, but I could see she was processing the whole situation, and I was in a position where I couldn't help her solve this problem.

At that time, one of our daughters stopped to drop off something in The Gracious Mistress of the Parsonage and said, "Here, would you like a box of donuts to take home?"

The daughter laughingly said, "Of course I would. Thank you."

When she handed the box of donuts to our daughter, my wife glanced at me with one of her smiles. I wanted to smile back but couldn't find any muscles on my face that could create a smile.

That afternoon I was reading my Bible and came

across a verse that encouraged me.

"To whom shall I speak, and give warning, that they may hear? behold, their ear is uncircumcised, and they cannot hearken: behold, the word of the Lord is unto them a reproach; they have no delight in it" (Jeremiah 6:10).

I believe it takes all of the Bible to make it the Word of God. I can't cherry-pick what I want to believe. If I only hear part of the Bible, I will get it wrong and bear the consequences. All heresy is built on fragments of the Bible.

*Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail jamesnsnyder51@gmail.com, website www.jamesnsnyderministries.com.*

## SLEEP, from Page 4

decline, highlight the importance of early diagnosis and treatment," Braley said.

"Obstructive sleep apnea and resultant sleep deprivation and fragmentation are also associated with inflammatory changes in the brain that may contribute to cognitive impairment."

The Michigan Medicine study used existing data from the Health and Retirement Study, an ongoing

survey that is representative of Americans aged 50 and older.

"This study design cannot fully prove that sleep apnea causes dementia — that would likely require a randomized trial, over many years, to compare effects of sleep apnea treatment to the effects of no treatment," said co-author Ronald D. Chervin, M.D., M.S., director of the Division of Sleep Medicine in the Department of Neurology at U-M Health.

ogy at U-M Health.

"As it may be a long time if ever until such a trial occurs, backward-looking analyses such as ours, within large databases, may be among the most informative for years to come. In the meantime, the results provide new evidence that clinicians and patients, when making decisions about testing for sleep apnea and treating it, should consider the possibility that untreated sleep apnea causes or exacerbates dementia."

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# The Ultimate Performance Review



**Sister Tarpley**  
NDG  
Religion  
Editor

*“If what he has built survives, he will receive his reward.”*

**(1 Corinthians 3:14)**

Have you ever had a job performance review? If you are in the workplace, you will likely have had one.

Employers want to see if you have done what was desired of you and whether you have done it in the prescribed way that has produced results.

If you do well, you will be affirmed and may even get a pay raise. If you fail to live up to expectations, you could even get fired.

Eternal life is what the



reward in Heaven is for all Christians as they get their performance review.

The Bible has its own performance review. It is called the Judgment Seat, *“For we must all appear before the judgment seat of Christ, that each one may receive what is due him for the things done while in the body, whether good or bad.”*

**(2 Corinthians 5:10)**

The generation that came out of Egypt with Moses is

going to have a bad day at the Judgment Seat because we already know God’s view on the matter.

*“That is why I was angry with that generation, and I said, ‘Their hearts are always going astray, and they have not known My ways’”*

**(Hebrews 3:10)**

The Bible says there is a way that seems right to a man, but the end is death (Proverbs 14:12).

There is a way that God wants Christians to operate

on the earth. He has given us His Word, The Holy Bible, our instruction manual, in order to know His ways of doing things.

How well do you know the instruction manual? Have you read only a few parts here and there, or do you read it every day?

Are you well versed on the intricacies of His ways so that you will be able to have a glorious “performance review” when the time comes?

Take time every day to get your instructions for His ways of living your life. Your reward will be great.

Ask God for His wisdom, knowledge, guidance, patience, love, protection,

understanding, insight and for everything you need to be a positive life-changing influence on people you met each day.

Pray that God will keep everyone safe from all harm and evil. Pray that each one will see their life as an opportunity to make a difference in other lives and to

show their love to others.

Pray that they be salt and light in this world. Pray that they may rely on God’s strength and grace each and every day to accomplish that which God would have them do.

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

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**DOING THE RIGHT THING**

“The time is always right to do what is right.” — Martin Luther King, Jr.

**Dallas CASA needs more Black volunteers to serve our community’s abused and neglected children living in foster care.**

PLEASE JOIN US FOR AN ONLINE INFORMATION SESSION:

<b>Friday, Nov 1</b> 12:00 - 1:00 p.m.	<b>Friday, Nov 15</b> 12:00 - 1:00 p.m.
<b>Thursday, Nov 7</b> 6:00 - 7:00 p.m.	<b>Thursday, Nov 21</b> 6:00 - 7:00 p.m.

For more information or to register for this event, please visit [dallascasa.org](http://dallascasa.org)



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