



Visit us online at www.northdallasgazette.com

# Recent FCC Investigations: A prudent pursuit of justice or artful attempt at censorship?

By Lori Lee NDG Contributing Writer

After filing suit on a number of media outlets prior to taking office, the Trump Administration started the year with even more attacks on the free press. The Federal Communications Commission (FCC), in the last two months, has announced investigations into Comcast, Public Broadcasting Service (PBS), National Public Radio (NPR,) and local news stations, Axios reported.

Pentagon news organizations NPR, NBC, Politico, and CNN have also been replaced with conservative agencies like the Washington Examiner, Daily Caller, and Newsmax, they report.

Following an election skewed with disinformation, now, more than ever, Americans need accurate me-



The new administration has filed suit against a number of media outlets in what some are seeing as an attempt to quell criticism and a free press. (DWG Studio)

dia sources to keep citizens informed while shielding them from increasing attacks on their democracy. The freedom of the press to is granted by the First Amendment of the Constitution, making direct attacks on press

See PRESS, Page 4



## Helping women in the Trump Era

- See Page 3



Female doctors are at higher risk for suicide

- See Page 4



Passion and Purpose at Dallas ISD

- See Page 7



Queens of the Court in the NCAA

- See Page 8



Film Review:
'On Becoming a
Guinea Fowl'

- See Page 9



Sister Tarpley: Women's History Month

- See Page 14

### Inside...

<b>People in the News</b>	2
Op/Ed	3
Health	4
Community	5
Education	6
Feature	7.0
reature	/-8
Entertainment	
	9-10
Entertainment	9-10 12-13



Scan to go to:
The NDGLive
YouTube
C h a n n e l

By "liking" us, you will be entered into an upcoming promotional contest for tickets to area entertainment events!

For the latest news and events in DFW, follow us online: www.northdallasgazette.com

## People In The News ...



Rep. Al Green



Sen. Elissa Slotkin

NDG Quote of the Week: "Each person must live their life as a model for others."
- Rosa Parks

## Rep. Al Green

By Lauren Burke

In one of the quickest punishments of a member of the U.S. House of Representatives in the modern era, Congressman Al Green (D-TX) was censured by a 224-198 vote today in the House.

His censure featured no hearing at the House Ethics Committee and his punishment was put on the floor for a vote by the Republican controlled House less than 72 hours after the infraction in question. Of the last three censures of members of the U.S. House, two have been members of the

Sen. Elissa Slotkin (D-



Congressional Black Caucus under GOP control. In 2023, Rep. Jamal Bowman was censured.

On the night of March 4, as President Trump delivered a Joint Address to Congress, Rep. Green interrupted him twice. Rep. Green shouted, "You don't have a mandate to cut Medicare, and you need to raise the cap on social security," to President Trump. In another rare event, Rep. Green was escorted off the House floor by security shortly after yelling at the President by order of GOP House Speaker Mike Johnson.

Over the last four years, members of Congress have yelled at President Biden during the State of the Union. Georgia Republican Marjorie Taylor-Greene was joined by Republican Rep. Lauren Bobert (R-CO) in 2022 in yelling at President Biden. In 2023, Rep. Greene, Rep. Bob Good

(R-VA), and Rep. Lisa McClain (R-MI) yelled at Biden, interrupting his speech. In 2024, wearing a red MAGA hat, a violation of the rules of the U.S. House, Greene interrupted Biden again. She was never censured for her behavior. Rep. Green voted "present" on his censure and was joined by freshman Democrat Congressman Shomari Figures of Alabama who also voted "present".

All other members of the Congressional Black Caucus voted against censuring Green. Republicans hold a four-seat advantage in the U.S. House after the death of Texas Democrat and former Houston Mayor

data rates may apply.

Sylvester Turner yesterday. Ten Democrats voted along with Republicans to censure Rep. Green, including Rep. Jim Himes of Connecticut, who is in the leadership as the senior Democrat on the House Intelligence Committee. "I respect them but, I would do it again," and "it is a matter of conscience," Rep. Green told Black Press USA's April Ryan in an exclusive interview on March 5.

After the vote, a group of Democrats sang "We Shall Overcome" in the well at the front of the House chamber. Several Republican members attempted to shout down the singing. House Speaker Mike Johnson gaveled the House out of session and into a recess. During the brief recess members moved back to their seats and out of the well of the House. Shortly after the vote to censor Rep. Green, Republican Congressman Andy Ogles of Tennessee quickly filed legislation to punish members who participated in the singing of "We Shall Overcome."

Earlier this year, Rep. Ogles filed legislation to allow President Donald Trump to serve a third term, which is currently unconstitutional. As the debate started, the stock market dove down over one-point hours from close.

## Sen. Elissa Slotkin

Ill.) delivered a sharp and relentless rebuttal to former President Donald Trump's chaotic address to Congress on Tuesday night, warning that his economic policies and erratic leadership will leave everyday Americans footing the bill for a billionaire-friendly agenda. Slotkin, the newly elected senator from Illinois—one of the key states Trump flipped in 2024 blasted the former president's approach to governance, calling his economic promises "a reckless and chaotic gamble" that would "walk us into a recession." "Trump is on the hunt to find trillions of dollars to pass on to the wealthiest of Americans, and to do that, he's going to make you pay," she said, tearing into his trade policies, rising prescription drug costs, and ballooning national debt.

Slotkin also aimed the Trump administration's sweeping federal layoffs,



which she called a "mindless" purge of critical workers. "The firing of people who protect our nuclear weapons, keep our planes from crashing, and conduct life-saving research—only to rehire them two days later? No CEO in America could do that without being summarily fired," she said. Speaking from Wyandotte, Michigan, Slotkin positioned herself as a voice for working-class Americans frustrated by rising costs and political dysfunction. She called out Trump's coziness with billionaires like Elon Musk, warning that their unchecked influence could jeopardize everything from Social Security to private financial data. "Is there anyone comfortable with Musk and his gang of 20-year-olds using their own servers to poke through your tax returns, your health information, and your bank accounts?" she asked.

Slotkin didn't hold back on foreign policy either, skewering Trump for his embarrassing Oval Office clash with Ukrainian President Volodymyr Zelenskyy. "That wasn't just a bad episode of reality TV," she said. "It summed up Trump's whole approach to the world. Cozy up to dictators like Vladimir Putin, kick our allies like the Canadians in the teeth, and call it strategy." The Illinois senator, a former CIA analyst, framed the stakes as a choice between responsible leadership and reckless upheaval. "America wants change, but there's a responsible way to make change and a reckless

See SLOTKIN, Page 7



product terms and conditions or see Bank for details. Your wireless carrier's



## Visit Our Website

www.northdallasgazette.com

### <u>Chairman Emeritus</u> Jim Bochum

Jim Bochum 1933-2009

### Chief Editor Emeritus

Ruth Ferguson 1965-2020

### Published by

Minority Opportunity News, Inc.

## Assistant Office Coordinator Belda Ibarra

### **Contributing Writers**

Jamal Baker

Katherine M. Brown

Allen Gray

Jackie Hardy

Lori Lee

Terri Schlichenmeyer

#### Religious Editor Emeritus Shirley Demus Tarpley ("Sister Tarpley") 1941-2024

Special Projects to the Publisher Cliniaue Hill

Production

David Wilfong



### **Publisher's Office:**

publisher@northdallasgazette.com

### Sales Department:

marketing@northdallasgazette.com

### **Editorial Department:**

editor@northdallasgazette.com



North Dallas Gazette assumes no responsibility for unsolicited material and reserves the right to edit and make appropriate revisions.

The North Dallas Gazette, formerly Minority Opportunity News, was founded in July 1991, by Mr. Jim Bochum and Mr. Thurman R. Jones. North Dallas Gazette is a wholly-owned subsidiary of Minority Opportunity News. Inc.

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

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

# Three for Women in the Trump Era

By Frederick Joseph

So many people ask me what they can do, how to push back, how to make a dent in the weight of this Trump administration, this era, this slow-moving catastrophe we keep waking up inside of. I tell them the same thing every time: Decide.

Decide to do something. Anything. Because there is no single road to resistance—there are many. Some march, some write, some knock on doors, some feed the people left hungry by policies made in boardrooms far from their tables. I'm offering one path right now. Towards a woman who can use our help.

She is sitting on a cot in a room that was never meant to be lived in, but she is here, and so is her son. He is curled against her side, his small fingers tracing circles on the blanket draped over both of them. The cot is thin, the air sharp with the scent of bleach, but it is clean, and tonight, they are inside. She holds a Styrofoam cup of coffee, lukewarm now, but warm enough. She takes small sips, lets the heat settle in her chest.

The television hums in the corner, a panel of men in suits speaking in clipped, certain tones about budgets, about deficits, about what America deserves. Someone mentions community programs, the ones that are disappearing, the ones that could have helped her before she got here. The words are distant, like weather reports from another city. She

knows better than to listen too closely.

She glances down at her son. His eyelashes flutter against his cheeks. He is asleep. She smooths a hand over his hair, breathes in the familiar scent of him, the one thing in her life that has not been taken, restructured, or deemed unworthy of funding.

Tomorrow, she will try again. She will call the numbers on the papers folded in her bag, she will ask for what they need. And someone, somewhere, will say yes. She believes this. She has to.

She cradles the cup in her hands and holds onto warmth where she can find it

I think about this woman often. Not because I know her name, but because I have known her shape sitting upright on a cot not meant for long-term use, pressing a child to her side, listening to the murmur of policy debates that will never consider her. I have spent a lifetime visiting shelters, both to volunteer and to receive help. I know what it is to wait, to hope, to scan a room for proof that someone, somewhere, still cares.

This is why, for the sixth year in a row, I am raising \$20,000 in honor of Women's History Month for our Lift Women Fund through my non-profit, We Have Stories. Every year, we come together to provide women in shelters with what they need to live with dignity: warm clothing, blankets, undergarments, towels, cookware,

body care items—things that should not be luxuries, but so often are. This fund is not about charity in the way some people think of it. It is about survival. It is about ensuring that women who have been pushed to the margins are not left to disappear there.

And I cannot think of a year more urgent than this one.

Donald Trump is not just

a man; he is a symbol of a country that has, time and again, forgotten women like the one I described. In fact, they have tried to destroy her. We are living in an era where policies are being rewritten not to protect the vulnerable, but to erase them. Shelters are underfunded. Assistance programs are cut. The people who claim to care—the ones who post slogans and call themselves allies—too often look away when it matters most. They shake their heads at the news but do not ask what they can do. They forget that every act of indifference, every silent witness, makes them complicit.

I have seen how easy it is to rationalize not giving. Someone else will. It won't make a difference. I have my own problems. And so people move through the world untouched, never having to think about the women in shelters, the mothers holding their children through the night, the quiet war of simply making it to tomorrow. They do not see, so they do not act.

But seeing is a choice. And so is showing up.

Three dollars. That is all

it takes to make a difference. Many people would not bend down to pick up three dollars from the street, and yet here, now, it could mean the difference between warmth and a meal, between dignity and despair. It is not about grand gestures. It is about proof proof that empathy is not extinct, that people still look out for one another, that we are more than just a nation of callous policies and forgotten promises.

We are at \$3,300 raised, and if even 10% of the people reading this gave \$3, we would meet our goal.

I think about the woman on the cot. I imagine her standing, shaking out her blanket, tossing the cold coffee into a trash can. I imagine her stepping outside, the wind sharp against her skin, looking up at a sky that has never promised her much. Maybe she is waiting for something—some sense that people still care.

My belief is that care is me—and that care is you.

This is not about charity. It is about resisting the kind of world Donald Trump and his ilk are building—one where cruelty is policy, where the most vulnerable are disposable, where looking away becomes second nature. Fighting fascism is not always loud. Sometimes, it is as simple as refusing to let people be forgotten.

Frederick Joseph is a Yonkers, NY raised twotime New York Times and USA Today bestselling author. His work is available at https://substack.com/@ frederickjoseph

Keep up with the news
O N L I N E

www.northdallasgazette.com

# CDC says female physicians have an elevated risk for suicide

(Newswise) — In a new analysis of data from the Centers for Disease Control and Prevention, researchers at University of California San Diego School of Medicine found that female physicians in the U.S. had a 53% higher suicide risk compared to females in the general population. Physicians were also more likely to experience various risk factors for suicide, such as mental health struggles or legal issues. The findings, published in JAMA Psychiatry, underpin the need for more comprehensive suicide prevention strategies in a population that experiences unique and signifi-



cant workplace stressors.

"We're seeing slow but steady progress in promoting wellness in the medical profession, but there's clearly still a long way to go," said senior study author Sidney Zisook, M.D., a professor of psychiatry at UC San Diego School of Medicine and a psychiatrist at UC San Diego Health. "Many suicides could be prevented if we destigmatize mental health treatment and make it more accessible and feasible for physicians."

For physicians, mental health struggles like burn-

out and depression are alltoo-common due to the high-stress nature of their profession. Physicians are regularly required to work long hours within complex health systems and are also responsible for making lifeor-death decisions. While older research has suggested that physicians may be at higher risk for suicide than the general population, more recent studies have been inconclusive. Recent research is also ambiguous about the role of gender in suicide risk among physicians.

"Our study helps confirm the fact that physicians are at high risk for suicide, and it tells us that we need to be even more vigilant about this when it comes to female physicians," said first author Hirsh Makhija, M.S., a postgraduate volunteerresearcher in the Department of Psychiatry at UC San Diego School of Medicine. "Existing suicide prevention programs may not be enough."

The new study, which analyzed data from the National Violent Death Reporting System from 2017 to 2021, helps fill this gap in knowledge. By investigating more than 137,000 suicides across the U.S., the researchers found:

- While males accounted

for 80% of physicians who died by suicide, female physicians had a 53% higher rate of suicide compared to females in the general population.- Compared to the general population, physicians of either sex who died by suicide were 35% more likely to experience depressed mood, 66% more likely to experience other mental health issues, more than twice as likely to experience job problems, and 40% more likely to experience legal problems.-Physicians were 85% more likely to use poisoning for suicide, and more than four

See CDC, Page 13

## PRESS, from Page 1

freedoms unconstitutional.

Yet unlike the recent ban of an Associated Press reporter over refusing to speak of the "Gulf of America," common tactics focus less on content and more on administrative items. These include workplace practices, tax issues, or fraud allegations, explained Joel Simon, founding director of the Journalism Protection Initiative at New York's Craig Newmark Graduate School of Journalism, in a February 14 Ethnic Media Services briefing.

The administration has demonstrated considerable sophistication and employed surprising tactics in its attacks on media. "So expect the unexpected," he warned.

Last month, Brendan Carr, the new Republican chair of the FCC, announced an investigation into Comcast following MSNBC criticisms of Trump Administration Diversity, Equity and Inclusion (DEI) policies, Comcast being the parent of MSNBC. The move came three weeks after a Trump executive order ending DEI hiring practices. The agency's claim that Comcast still promotes DEI forms the basis of its attack on the organization, the New York Times reported.

Further attacks on PBS and NPR over whether their stations' underwriting announcements broke laws by stepping into commercial advertising is another move in a set of regulatory threats, which Simon suggests will eventually implicate other agencies.

FCC investigations are chilling in themselves, added free speech expert and director of the First Amendment Coalition, David Loy. "The process is the punishment," he added.

The FCC is asserting some such claims based on the public interest doctrine,

that news reporting is not in the public interest if government does not approve of what is being said. Loy also pointed out that regulatory authority of the FCC only applies to broadcast media, dating back to when the Supreme Court deemed the airwaves a scarce resource and granted the FCC limited authority to regulate TV and radio.

Yet, issues surrounding the question of FCC authority have just started to surface and have not been thoroughly aired out in court, Loy explained. Initiating FCC investigations or disciplinary actions based on a distaste for what is being reported should be thrown out or laughed out of court if the law is followed, he asserted. The First Amendment protects the right of the press to decide what it will or will not report and the manner in which it is reported, he added. Further, what public officials do and how law enforcement operates are

each matters of public interest, on which the press has a right to report.

Lawyers for Reporters attorney, Zachary Press, recommends beefing up digital security and obtaining affordable media law or media liability insurance. This, so reporters can have the level of confidence needed to report important news stories.

Further, when being served with a third-party subpoena requesting information ordinarily protected by law, reporters need to be aware of their rights.

Press freedoms seem to be under attack in many countries, added Simon. Americans now work in an environment of expanding governmental authority and increasing censorship. American reporters should learn from the experiences of reporters who are already grappling with these threats in other countries, while acknowledging that a different set of laws apply in different territories.

Strategic lawsuits against public participation are becoming more and more common, added Press. States are therefore adding anti-SLAPP (Strategic Lawsuits Against Public Participation) laws to protect people from lawsuits intended to silence them. By helping defendants recover attorneys fees in these meritless cases, the laws can be a strong deterrent to court filings.

Yet, as Simon added, the thing that has kept journalists and media safe has not always been laws or norms, but the power of media relative to government or other adversarial forces. Since the power of media has been diminished, he explained, media agencies have become increasingly vulnerable.

Loy warned journalists they should not be terrified by the flood of attempted intimidation coming from this administration. Autocracy depends on acquiescence, he said. "I do not believe the press or anyone should self-censor because of the fear that government will abuse its power.

Recent acts of intimidation are clearly unconstitutional, yet, it's important to get your business house in order and be as bulletproof as possible from a tax, business, employment, labor, and record keeping perspective.

Be aware of your rights, he added. "I believe strongly in doing what I can with what I have," . . . But "ignore your rights, and they will go away."

There aren't a lot of places where rights have been reclaimed because once eroded, their reclamation is very difficult.

"We're really living through a crucial moment, he added, "and I make that observation based on what I've seen happen around the world."

"Now is the time for the press most of all to stand up for its right to report the news."



## **Debt Relief Just Got Real: Experian erases** millions in balances for African Americans

Experian has launched a major debt relief initiative, committing \$5 million to assist 5,000 families in Louisiana and aiming to expand to other locations. The effort, carried out in partnership with public benefit corporation ForgiveCo, seeks to ease the financial burdens of households

grappling with credit card and personal loan debt.

Steve Hartmann, vice president of Integrated Marketing at Experian, said in an interview with Black Press USA that the initiative goes beyond advertising and directly helps consumers. "Consumer debt is at an all-time high—credit

card balances are soaring, and minimum payments are shrinking. We wanted to do more than just advertise our products. We needed to actively engage with the community and provide real financial relief," Hartmann

ForgiveCo plays a crucial role in the initiative by identifying and purchasing debt in collections on behalf of Experian. "We wanted to focus on credit card and personal loan debt, specifically targeting families in Louisiana who need it the most. ForgiveCo identifies these accounts in collec-

See DEBT, Page 13

## Texans for Medical Freedom laud various measures in current legislative session

The Capitol has been buzzing and below is a list of the first round of bills that Texans for Medical Freedom supports and will be advocating for this session.

### • SB754

By Senator Mayes Middleton Informed Consent

This bill requires that informed consent must be received before health care begins. This bill would prohibit a person from compelling/coercing an individual to obtain health care, contrary to their preferences. The bill also protects against adverse action if an cludes HB1468 by Wilson. individual rejects certain health care, including vaccines. It also allows for a written or verbal religious exemption, as well as medical exemption for health care workers.

### • SB407

By Senator Mayes Middleton Vaccine Exemptions for **Healthcare Workers** 

This bill requires health care facilities to include & accept vaccine exemptions for reasons of conscience, including religious beliefs, for health care workers. Of note, a companion bill in-

### • SB269

By Senator Charles Perry Vaccine Adverse Reactions This bill requires reporting in the event that an individual has an adverse reaction to a vaccine. The adverse reaction must result in medical intervention, congenital anomaly, incapacitation, hospitalization, or death. Adverse reactions caused by vaccines that were taken as part of a clinical trial; it must be approved by the Food and Drug Administration or experimental. Additionally,

the adverse reaction must take place before the one year anniversary of receiving the vaccination. Failure to report such reactions will result in (non)disciplinary measures from the Texas Medical Board.

### • SB386

By Senator Charles Schwertner International Health Orga-<u>nizations</u>

This bill limits the jurisdiction of medical international organizations. As a result, it would allow Texas to not enforce laws or policies of the United Nations (UN), World Health Organization (WHO) or the World Economic Forum.

#### • HB1586

By Representative Lacy Hull Vaccine Exemption Form

This bill requires the Texas Department of State Health Services to post the vaccine exemption form online in a downloadable & printable format. It also prohibits retention of personally identifiable information from being collected by the state. Of note, similar bills include HB1082 by Curry, and HB730 by Swanson.

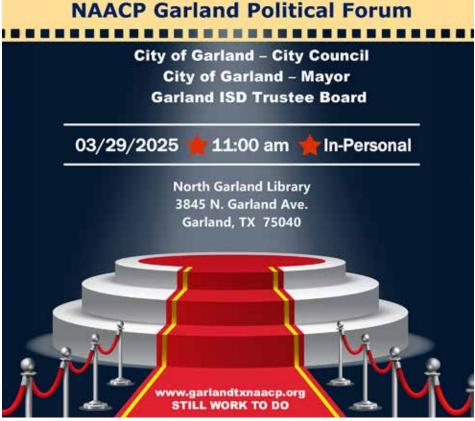
National Association for the Advancement of Colored People





- Pretty Houses
- Ugly Houses
- Divorce
- Inheritance
- Problem Tenants
- Need Repairs
- Vacant House
- Fire Damage
- Estate Sale
- Behind on payments CALL 972-665-0170

Buy Houses ... Fastl



# Turn your passion into purpose at Dallas ISD



**Joyce Foreman**Dallas ISD
District 6

Greetings D6!

I hope you're all having a great semester so far. We're so close to the end of the year, and I know that with a little resilience, confidence, and determination, we'll cross the finish line together!

As we step into March, I want to take a moment to personally recognize and celebrate Women's History Month with all of you. From Alice Walker and Ella Fitzgerald to Fannie Lou Harmer and Rosa Parks, women continue to play vital roles in history, and serve as role models for generations to come. As I reflect on Women's History Month, a quote from Ella Fitzgerald, the great



The David W. Carter High School Choir kicked off the February meeting of rht eDallas ISD Board of Trustees in honor of Black History Month. (Courtesy photo)

jazz singer, comes to mind: "Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong."

This quote resonates at every stage of life, but it holds a special meaning for our students. It's a powerful reminder that magic happens when you explore what truly excites you. With tests, projects, and extracurriculars filling your days, school can feel over-

whelming — but within those experiences are opportunities to discover your passions. Maybe a science project will spark a lifelong love for STEM, or your time on the dance team will inspire you to pursue dance in college. Whatever sets your soul on fire, chase it wholeheartedly. I have no doubt it will take you far in life

I want to give a big thank you to the amazing choir at David W. Carter High School for kicking off the February Board of Trustees meeting with their performance! They've been sharing their talent with the board for six years now, in honor of Black History Month.

Dallas ISD More Choice Expo: We're excited to invite you to the best school fair in the city—the More Choice Expo! Come explore over 200 incredible schools that are dedicated to shaping your student's future through excellence, innovation, and tradition. Join us on Saturday, April 5, from 9 a.m. to 1 p.m. at the Automobile Building in Fair Park—we can't wait to see you there!

Register for pre-K for the 2025-2026 school year: Pre-K is a game changer for students. Those who attend a Dallas ISD pre-K program are 3.5 times more prepared to start kindergarten and build a strong foundation for success. Registration for pre-K opens April 1, and students can sign up at the More Choice Expo on April 5 or join the Early Learning team at a special registration event on Saturday April 19, from 9 a.m. to 2 p.m. at W. H. Adamson High School. Don't miss this opportunity to get your little ones ready for a great school year. For more details, visit dallasisd. org

2025-2026 budget process underway: Open conversations and genuine collaboration with the community are key to shaping the future of Dallas ISD. That's why I want to invite you to discuss Dallas ISD's proposed budget for the 2025-2026 school year. In D6, there will be a meeting at Charmaine and Robert Price Career Institute South, Tuesday, March 25 at 6 p.m. For more information, please visit dallasisd.org.

# Trump moves to dismantle the Department of Education

By Stacy M. Brown NNPA Senior National Correspondent

The Trump administration is preparing to issue an executive order directing newly confirmed Education Secretary Linda McMahon to begin dismantling the Department of Education. While the president lacks the authority to unilaterally shut down the agency—requiring congressional approval—McMahon has been tasked with taking "all necessary steps" to reduce its role "to the maximum extent permitted by law." The administration justifies the move by claiming the department has spent over \$1 trillion since its

1979 founding without improving student achievement. However, data from The Nation's Report Card shows math scores have improved significantly since the 1990s, though reading levels have remained stagnant. The pandemic further widened achievement gaps, leaving many students behind.

The Education Department provides about 10% of public-school funding, primarily targeting low-income students, rural districts, and children with disabilities. A recent Data for Progress poll found that 61% of voters oppose Trump's efforts to abolish the agency, while just 34% support it. In Washington, D.C., where

student proficiency rates remain low—22% in math and 34% in English—federal funding is crucial. Serenity Brooker, an elementary education major, warned that cutting the department would worsen conditions in underfunded schools.

"D.C. testing scores aren't very high right now, so cutting the Department of Education isn't going to help that at all," she told Hilltop News. A report from the Education Trust found that low-income schools in D.C. receive \$2,200 less per student than wealthier districts, leading to shortages in essential classroom materials. The department

See DOE, Page 8



V I D E O C H A N N E L



# Dangerous chemicals detected in 100% of tested braiding hair

By Leigh-Ann Jackson

Whether they want to streamline their beauty regimen, add some gorgeousness before vacation, or prepare their little ones for a few weeks at sleepaway camp, many Black people will pick braided hairstyles as their go-to.

Braids can deliver a look that's chic, versatile, and no-fuss. Well, there's some fuss, if you factor in the hours-long installation process. They can be worn for weeks at a time, minimizing the need for daily hair maintenance and all the copious products, breakage, heat, and wear and tear that come with it.

Deeply rooted in Black culture - not to mention centuries of African aesthetic traditions - and frequently worn by celebrities such as Michelle Obama, Beyoncé, Kerry Washington, Robin Thede, and Halle Bailey; and social media influencers, the popularity of braids and faux locs isn't waning anytime soon.

In addition to being beautiful, desirable, and a time-saver, braids can be accessible. While some braided hairstyles can come with four-digit prices, many consumers can obtain a pack of synthetic braiding hair for as little as a few dollars on Amazon or at their local beauty supply store, then make an appointment with their braider of choice.



When the synthetic hair is heated, VOCs are released into the air.(Courtesy photo)

If they are able to, they can even braid their hair themselves

But could these beloved "protective styles" actually be doing more harm than good?

Intricate designs, varying sizes, with curls, without curls, butt-length or shoulder-length, braids come in many styles, and braiders are the key to giving their clients their desired look.

After experiencing a braiding debacle two years ago, Chrystal Thomas, a student at the Albert Einstein College of Medicine and the City University of New York, set out to find an answer to this very question.

Thomas says she went to a professional stylist to have braids done using what she recalls was the popular synthetic hair brand Kanekalon. Her problems started that same day, she says: "I couldn't sleep well, my throat felt irritated, and I had trouble focusing on any type of work I was doing because of the smell. The smell wouldn't go away even after washing my hair multiple times."

Experiencing constant discomfort, she removed her braids a week and a half later. Typically, people wear braided styles for several weeks. She then decided to research possible health issues tied to braiding hair as part of her public health coursework, and she published her findings in a commentary article about the risks of carcinogenic materials in hair products for Black women.

Contacted about this complaint, Kaneka responded, "Kaneka only manufactures the Kanekalon fibers that are used in various hair products, such as synthetic hair braids and wigs, and does not produce any of the final products." The company went on to say that other companies take those fibers and process, dye, customize, and distribute the actual final products that consumers then purchase. The company added that it would need more information to fully investigate the complaint.

Thomas is not the only person to have this experience.

Black women are the primary users of these products, and people of African descent are the largest group of consumers of hair wigs and extensions. In 2023, the U.S. market for these products was valued at \$2.79 billion and is expected to reach a value of \$6.34 billion by 2029.

Thomas' goal was to spark a conversation about

how the high usage may be putting Black communities at risk. The article called into question the safety of synthetic hair, which may be made from a copolymer of modacrylic and vinyl chloride and can include other chemicals with known links to adverse health effects.

"What is unique about braid extensions is the length of exposure users have to them," Thomas says. "Synthetic braids are typically worn for about four to six weeks. Black women and other individuals who use synthetic hair are, therefore, exposed to those ingredients consistently during that time."

For the extended story, visit our website at www. northdallasgazette.com.



way," she said. "We can make that change without forgetting who we are as a country and as a democ-

racy." Closing her remarks with a call to action, Slotkin urged Americans not to disengage. "Hold your elected officials, including me, accountable," she said. "Go to town halls. Demand action. Doom scrolling doesn't count—I'm putting that on a pillow."



## Queens of the Court: Four schools claim NCAA crowns in Championship Week

NDG Contributing Writer

Four new champions were crowned in their respective power 4 conferences Sunday, March 9, 2025. South Carolina took home the SEC title, TCU won the Big 12 championship, UCLA claimed the Big Ten championship, and Duke won the ACC. Championship Week always serves as an exciting prelude to the NCAA tournament and Sunday's slate of games gave fans a glimpse of what's to come during March Madness. What exactly did we learn about some of the top teams during Championship Week?

Dawn Staley and the South Carolina Gamecocks stood on business and kept receipts. South Carolina played with a take no prisoners mentality against the University of Texas in a dominating 64-45 victory.

"It was personal and we knew that we wanted to get our lick back," Te-Hina Paopao said per The State's Michael Sauls. "We knew that we didn't win against Texas at Texas and that we just came up short. We knew that we wanted to get our win tonight."

With the loss back in



February at the hands of the University of Texas still in their minds, South Carolina made known that they will be a force to be reckoned with in March.

TCU beat Baylor 64-59 to win their first Big 12 tournament title. Hailey Van Lith took home tournament MVP and is now four assists shy of breaking TCU's single-season record.

"We're just so willing to play with each other. The chemistry we have wins games in these tight moments. I couldn't be more proud," Van Lith said.

The Horned Frogs have secured their spot in the upcoming NCAA Tournament—their last appearance came during the 2009-10 season. Currently projected as a No. 2 seed, TCU will look to continue

to ride their momentum

with hopes of adding more

hardware.

The Battle of Los Angeles took place at Gainbridge Fieldhouse on Sunday as UCLA bested USC and star JuJu Watkins 72-67 to win their first Big Ten championship in their first season after joining from the Pac-12. USC won both regular season matchups, but the Bruins would not be denied under the brightest lights. A potential fourth matchup could be on the horizon if both teams make it to the final four.

"I think it would mean a lot for us both to be No. 1 seeds. I think you have to prove yourself. Your play has to back that up. And I hope we do get the chance to do it in Tampa [in the Final Four] a fourth time,"

including Pell Grants and loan repayment plans, could face disruption if the department is dismantled. Experts warn this could worsen the student debt crisis, pushing more borrowers into default. "With funding cuts, they don't have the materials they need, like books or things to help with math," Brooker said. "It makes learning less fun for them."

UCLA head coach Cori formidable opponents like Close said.

Head coach Kara Lawson and the Duke Blue Devils defeated NC State 76-62 to claim their first ACC championship since 2013. Duke put together impressive wins against

Notre Dame and Louisville en route to the ACC title.

"We faced some of the best teams in the country three days in a row," Lawson said. "We were able to put it all together in a weekend. And that's what you want to be as a team in March that can put it all together."

Ladies and Gentlemen March Madness has arrived, strap in and enjoy the ride these "Queens of the Court" are about to take us

## **DOE**, from Page 6

oversees programs under the Individuals with Disabilities Education Act (IDEA), serving 7.5 million students. Transferring IDEA oversight to another agency, as Trump's plan suggests, could jeopardize services and protections for disabled students.

The Office for Civil

Rights also plays a key role in enforcing laws that protect students from discrimination. Moving it to the Department of Justice, as proposed in Project 2025, would make it harder for families to file complaints, leaving vulnerable students with fewer protections. Federal student aid programs,



## Film Review: 'On Becoming A Guinea Fowl' hits the subject of abuse hard

By Dwight Brown NNPA Film Critic

(\*\*\*1/2) Dead uncle in the middle of the road. Do you hit the brakes or accelerate? Depends on...

British writer/director Rungano Nyoni has her own take on the #MeToo movement as it concerns her home country, Zambia. She prefers a modern fable. One in which the protagonist must find her voice to speak the truths about what has happened.

The model for the behavior she must conjure to set things right is not a human. It's a guinea fowl. As explained in an educational program kids are watching on a TV in the movie, the African bird is often used as a watch dog on farms and has a purpose: "Guinea fowls are very useful.



When they see a predator, they make a noise. It says, 'look out there's danger about!'" And so, it goes.

One night Shula (Susan Chardy), a twentysomething is out driving around Zambia, headed home from a party. A mirrored mask with imbedded sunglasses is her headwear, a black balloon-type costume is her garb. She sees something in the road. Stops her car. Under closer scrutiny

she recognizes the body. It's her Uncle Fred (Roy Chisha), her mom's (Doris Naulapwa) brother. She sits in her car in shock. Calls her dad (Henry B.J. Phiri), who, as usual, isn't much help: "Stay there in the car. I'm coming. But send me money for a taxi."

Oddly Shula's crazed cousin Nsansa (Elizabeth Chisela) is nearby and almost taunting Shula as she maneuvers herself into

the vehicle. Over the next hours and days, folks will gather at Shula's mom's house to show respect for Uncle Fred, grieve and divide up his assets. Families from his side and his very young wife's side will meet and hash things out. Meanwhile, the female cousins talk, and the old women conceal. Fred "messed" with a lot of girls. He's gone, but surely his place in the afterworld is hot and fiery and not so heavenly.

Those expecting this allegory to be told in a Western way should be patient and ready to experience how a culture from The Mother Continent handles a universal social issue. Opening scenes with Shula in her car, distressed and remembering a man who left a bad mark on her, are exceedingly slow. To the

point of stymying the storyline and waylaying interests. But stick with it.

As Fred's sordid past is revealed, women who were abused as girls and caught in his web speak out. As they do, the narrative gets heavier, and the odd humor vanishes. Things get serious and more thoughtful by the minute. Like Nyoni is building her case against the deceased and his kind of behavior. She does so like a griot. Much like the world-renown Mauritanian director Abderrahmane Sissako did with his fables, like Timbuktu.

The women talk. They need to. Some have been supportive in their sister-hood. Others have swept things under the rug. But a new day is coming. Something is brewing. Behavior once tolerated may be

called out. Those who were complicit will be held accountable. Maybe not in a call-the-sheriff- kind of way. But accountable, nonetheless.

Shula, as played well by Chardy, isn't the perfect emissary. But she's the chosen one. Remembrances of abuses past are fresh in her mind. Young cousins like Bupe (Esther Singini) manifest their haunting memories in their own way. Shula is able to commiserate with and support them. That's empowering. Doesn't matter how you get to the day of reckoning, just that you get there.

The cinematography is fine but doesn't stand out the way it did with Nyoni's 2018 BAFTA Awardwinning I am Not A Witch,

See FILM, Page 11



# NDG Book Review: Books about Integration, Schools & HBCUs

By Terri Schlichenmeyer

The anticipation is high. Your soon-to-be-graduate has been checking every day to see if there's good news or bad news from the college of their choice, and to determine if they need a change of plans. It's an unnerving time, but also one of hope. So why not be prepared, and read these great books about education in the Black community...

More than 70 years ago, something happened in rural Tennessee that was almost lost to history: three people – one of them, a white man joined forces to help Black southerners get past Jim Crow laws and vote. As you'll read in "Spell Freedom: The Underground



Schools That Built the Civil Rights Movement" by Elaine Weiss (One Signal, \$29.99), they accomplished this feat by opening Citizenship Schools which,

by 1965, had grown from one little room in the back of a grocery store, to over nine hundred such schools. How this happened, and what these schools accomplished, is a story you can't miss.

Here's another book that presents another side of history: "Integrated: How American Schools Failed Black Children" by Noliwe Rooks (Pantheon, \$28) challenges the narrative that says Brown v. Board of Education fixed what was wrong with separatebut-equal laws for schools. Author Rooks says, in fact, that there's so much more to this story, and that understanding what integration actually did for Black students is to understand how it can be so much better. Bonus: Rooks includes personal stories here, which are as entertaining as they are informative for readers concerned about their children's education.

If your student is heading for an HBCU in the fall, be sure to check out "With Faith in God and Heart and Mind: A History of Omega Psi Phi Fraternity" by Maurice J. Hobson, Eddie R. Cole, Jim C. Harper II, and Derrick P. Alridge (University of North Carolina Press, \$29.95). Started in the fall of 1911 by four students at Howard University, Omega Psi Phi was a place for students to join, to bond, and to get support. But it was also a place for greatness: many of its members went on to serve in the military in high places, to serve in society, medicine, science, and politics. In this book, you'll read a history of the fraternity, and you'll learn about its prominent alumni.

And finally, if your stu-

And if these books on education aren't enough for your or your student, be sure to ask your librarian or bookseller for more suggestions. There are many more books on the history of education for you to read, addressing elementary schools, college-level,

and high school.

dent isn't sure if college is in their future, look at "Who Needs College Anymore?" by Kathleen Delaski (Harvard Education Press, \$34). There are other ways to get an education, says the author, and it may still involve a formal education or new twists on old methods of finding a career. Some of them may be controversial. Others may be just the key for a new grad with an aversion to school.

# 2025-2026 Dallas ISD Budget Meetings

You are invited to discuss Dallas ISD's 2025-2026 budgeting process. Please attend any of the meetings listed here to be part part of the conversation. We look forward to seeing you.

DATE	TIME	LOCATION		
Tuesday, March 18	6 p.m.	Environmental Education Center 1600 Bowers Road Seagoville, TX 75159		
Wednesday, March 19	6 p.m.	Resource Center West 2200 Dennison Street Dallas, TX 75212		
Monday, March 24	6 p.m.	Virtual (www.dallasisd.org/budgetmeetings)		
Tuesday, March 25	6 p.m.	Charmaine and Robert Price Career Institute South 4949 Village Fair Drive Dallas, TX 75224		

**DALLAS** 

Visit www.dallasisd.org to learn more.



## Millions of Americans are juggling side hustles to make ends meet

By Stacy M. Brown NNPA Senior National Correspondent

A new 2025 Side Hustle Survey from LendingTree shows that nearly half of Americans, 44 percent, have a side hustle, with many depending on the extra income to cover basic expenses. The findings reflect the financial strain millions face as wages remain stagnant and the cost of living continues to rise. Among those with a side hustle, 43 percent say they need the additional income to stay afloat. Seventyone percent report earning less than \$500 per month, and nearly a quarter make less than \$100 per month. The survey also found that younger generations are the most likely to take on extra work, with 60 percent of Gen Z respondents and 55



percent of millennials reporting that they have a side hustle. That compares to 39 percent of Gen X and 24 percent of baby boomers. While 18 percent of side hustlers bring in at least \$1,000 per month, most earn far less. The unpredictable nature of gig work and rising inflation continue to impact financial stability, leaving many struggling to keep up. "The median amount our side hustlers earned monthly was \$400, but the average was \$1,215," Matt Schultz wrote for Lending Tree. Considering how tight many households' budgets are, \$1,215 is nothing short of a game-changing monthly amount. Men report earning more than double what women say they earn — an average of \$1,580 versus \$749.

A separate study from FinanceBuzz analyzed more than 75 of the largest cities in the United States to determine where Americans are at the highest risk of burnout. The report ranked

## FILM, from Page 9

which was also shot by David Gallego. When the footage isn't focused on shiny masks or the red dresses the matriarchs wear, the everyday clothes by costume designer Estelle Don Banda and ordinary production design by Malin Lindholm seem fitting, natural and blend in.

Lucrecia Dalt's score makes sense, and the playlist brings hints of modern Afrobeat music with infectious tunes like "Godly" by Omah Lay. Editor Nathan Nugent needed a more concise approach to his cuts in the first scenes, which dragged momentum when the film needed it most. After the 20-minute mark, the footage's rhythm finds its beat, which last for the rest of the 99-minute run-

ning time.

There are many reasons why those who've been sexually abused don't speak up. E.g., undeserved shame. But another roadblock that hinders healing, talking and change is not wanting to make waves. As Shula struggles for clarity about her experiences, she assesses what blocked her from moving forward: "All those years everything going on with me. I didn't tell my family, cause I didn't want them to break."

The second and third act of the narrative get stronger. The heaving of guilt off the victim and onto the perpetrator and abettors will resonate with audiences long after the final credits roll. They'll forgive the lack of inertia in the

beginning. Ditto the ending, which doesn't go far enough.

They'll discover how Zambians gather upon the death of a loved one and what they do. Says one snarly patriarch to the grieving much younger widow (Norah Mwansa), who's been left behind by her lecherous husband Fred: "The widow is crying like a mosquito!" That derision is unwarranted. It merits a confrontation.

The movie hits its main point after that moment. When you think Fred has left this earth with his good reputation in tack and his victims on the defensive. That's when someone must decide to hit the brakes or accelerate.

Visit Film Critic Dwight Brown at DwightBrownInk. com.

Denver, Dallas, and Washington, D.C., as the most overworked cities. Denver landed in the top spot, with nearly 62 percent of households having two or more people working full-time jobs. Dallas workers spend almost 45 hours per week at work or commuting, tied with New York City for the second-highest total in the country behind Miami. The percentage of Dallas' 65-and-older population still active in the workforce is also among the highest in the nation, with 25.4 percent still working. The report ranked Detroit as the least overworked city, fol-

lowed by Tallahassee and Buffalo. Detroit has the lowest percentage of senior citizens in the workforce, at just 13.5 percent, and the lowest percentage of employees working at least 50 weeks per year, with only 77.1 percent meeting that threshold.

while platforms like Uber, DoorDash, and Etsy provide flexible opportunities, only 31 percent of side hustlers say they feel financially stable. Thirty-six percent worry that their side hustle income could disappear if demand drops or economic conditions worsen. Approximately 32

percent report working at least 20 hours weekly on their side hustle, effectively holding down a second job. "Sure, many people have side hustling in their blood. They're working these side gigs because they're passionate about them, not just because of the money," Schultz contended. "That's not most people, though. Many Americans take on side hustles to help them manage debt. They've cut their spending to the bone to try to free up money to put toward the debt before realizing they need to bring in more income to make a real dent in their problem."



## Ed Bell Construction Company

An Equal Opportunity Employer

March 1, 2025

Ed Bell Construction is a Dallas based heavy highway contractor doing business in the North Texas market since 1963. With clients such as TxDOT, Dallas County Public Works, and the Cities of Dallas, Fort Worth, Richardson, and Mansfield (plus many others), we have a strong backlog of work in the highway market locally.

We are currently hiring for the following positions:

- Laborer (Earthwork)
- Pipelayer (Underground)
- Boom Mobile Crane (CDL)
- Loader Operator (Earthwork)
- Excavator Operator (Earthwork)
- Motor Grader Operator (Earthwork)
- Barricade Servicer (Must have valid DL)
- Fuel Service Truck Driver (CDL Hazmat)

Available: multiple openings

Rate: Negotiable

Must have own transportation.

Years of Experience required will vary, from 6 months to 2 years (depending on position)

Physical and Drug Screen Required Must have a Clear Background

Must be at least 18 years old (CDL Driver, 21 yrs.)

Must apply in PERSON, Monday – Friday from 8am to 11am @ 10605 Harry Hines Blvd.

Please visit our website: www.edbellconstruction.com/careers Or email your resume to: careers@edbellconstruction.com

# Market turmoil raises concerns among Black investors

By Stacy M. Brown NNPA Senior National Correspondent

The U.S. stock markets have continued to experience significant declines, with the Dow Jones Industrial Average dropping to start the week at 890 points (2.1%) to close at 41,912. The S&P 500 and Nasdaq Composite also fell to begin the week by 2.7% and 4%, respectively.

The downturn has heightened concerns among Black investors, who have historically faced challenges in wealth accumulation and market participation.

"When the 'check engine' light is on in America, the car is on the side of the road for Black America," Antjuan Seawright, a strategist, said in an earlier published interview.

"We always feel the pain more than other constituencies."

Financial advisors recommend that Black investors maintain a cautious approach during this period of volatility. According to a report by T. Rowe Price, many Black/African American investors are seeking guidance on financial topics and are interested in having a financial "coach" to help manage their financial health.

The report states, "Two out of three (67%) Black/ African Americans want to know as much as possible about financial topics. 62% would like a financial 'coach' to help manage their financial health."

Experts have also stressed the importance of building an emergency fund covering six to twelve months of expenses, which can provide financial stability during job loss or economic downturns. Additionally, reviewing and adjusting budgets to distinguish between essential and non-essential expenses can help manage finances more effectively. Enhancing skills to remain competitive in the job market is also advised for career security.

Prioritizing debt repayment, especially high-interest debt like credit cards, can prevent financial strain during economic downturns

The looming threat of a government shutdown adds another layer of uncertainty. The Black Economic Alliance has expressed concern that such a shutdown could exacerbate racial economic inequality and inflict longlasting harm on the U.S. economy.

They highlight that the prolonged loss of income poses significant hardships for federal workers, including Black employees from communities still struggling to overcome generations of systemic exclusion from economic opportunity.

The 2020 Ariel-Schwab Black Investor Survey revealed that only 55% of Black Americans reported stock market investments, compared to 71% of white Americans. This disparity results in middle-class

Don't miss a beatl

Keep up with all the news, events and more from the minority perspective at www.northdallasgazette.com

Black Americans having less money saved for retirement and less wealth to pass on to future generations. Mellody Hobson, co-CEO and President of Ariel Investments emphasized the urgency of addressing this gap, stating,

"Black Americans are already behind the eight ball, and it is disheartening to see that at current savings and investing rates, the wealth gap will continue to expand, endangering our futures and leaving our families exposed."

Hobson said by staying informed and proactive, Black investors can better navigate the challenges posed by economic downturns and policy changes, working towards financial resilience and stability.

"We are resilient people,

and so we have proven time and time again ... we will fight, and we'll get creative in our fight," Seawright asserted. "We're gonna have to use all those tactics and strategies to not just thrive for the next four years but survive.



603 N. Tennessee St. \* McKinney, TX 75069 www.mckinneyha.org

## McKinney Housing Authority 2025 ANNUAL & FIVE-YEAR PLAN

### PUBLIC MEETINGS NOTICE

The Quality Housing & Work Responsibility Act of 1998 requires the McKinney Housing Authority to submit an Agency Plan each year.

The PHA Plan is a comprehensive guide to public housing agency (PHA) policies, programs, operations, and strategies for meeting local housing needs and goals. There are two parts to the PHA Plan: the 5-Year Plan, which each PHA submits to HUD once every 5th PHA fiscal year, and the Annual Plan, which is submitted to HUD every year.

Below is a list of meetings that are scheduled to review and discuss the Agency Plan documents for the 2025 fiscal year.

Program participants, the public and staff are encouraged to attend the meetings.

### Autoridad de Vivienda McKinney PLAN ANUAL Y QUINQUENAL 2025

### REUNIONES DARSE CUENTA

La Ley de Vivienda y Responsabilidad Laboral de Calidad de 1998 requiere que la Autoridad de Vivienda de McKinney presente un Plan de la Agencia cada año.

El Plan PHA es una guía completa de las políticas, programas, operaciones y estrategias de las agencias de vivienda pública (PHA) para satisfacer las necesidades y los objetivos de vivienda locales. Hay dos partes en el Plan PHA: el Plan de 5 años, que cada PHA presenta a HUD una vez cada quinto año fiscal de PHA, y el Plan anual, que se envía a HUD cada año.

A continuación hay una lista de reuniones que están programadas para revisar y analizar los documentos del Plan de la Agencia para el año fiscal 2025.

Se anima a los participantes del programa, al público y al personal a asistir a las reuniones

Tuesday January 28, 2025	4:30pm	Board of Commissioners Meeting	Merritt Homes Community Center	1200 N. Tennessee St. McKinney, TX 75069
Thursday February 13, 2025	4:30pm	Public Meeting	Newsome Homes Community Center	1450 Amscott St. McKinney, TX 75069
Tuesday February 25, 2025	4:30pm	Board of Commissioners Meeting	Merritt Homes Community Center	1200 N. Tennessee St. McKinney, TX 75069

A draft of the proposed ANNUAL and Five Year Plan is available for review at the MHA main office located at: 603 N. Tennessee St. McKinney, TX.

Comments can be submitted by hand delivery, mail, or email to McKinney Housing Authority Main Office; 603 North Tennessee Street; Attn: Roslyn Miller; McKinney, TX 75069 or <a href="mailto:info@mckinneyha.org">info@mckinneyha.org</a>. The final public hearing for plan adoption will be held on Tuesday, March 25th at 4:30pm – Merritt Homes community center.

## **DEBT**, from Page 5

tions, purchases the debt on our behalf, and then we notify beneficiaries through direct mail, text, and email," Hartmann added.

Recipients will not owe taxes on the forgiven debt, an important aspect of the initiative. "They do not have to pay taxes on this," Hartmann confirmed.

The initiative is linked to Louisiana State University's basketball star Flau'jae Johnson, an advocate for financial literacy. "Since we had partnered with Flau'jae before and financial education is one of her passions, it made sense to align this effort with her," Hartmann explained. Johnson will use her platform to spread

awareness about financial literacy and debt relief, focusing on communities in Louisiana where she currently plays.

"It's hard to create a winning financial game plan when you are blocked by debt," Johnson remarked. "I am excited to partner with Experian to empower families in the state and across the country so they can become financial champions of their future."

According to Experian, Johnson's involvement extends beyond promotions. She is actively engaging with students and community members about financial empowerment. "She's not just putting her name on this," Hartmann said. "She's going out, meeting with students and the broader community, and sharing her own financial journey as a young athlete with NIL deals."

Beyond the initial \$5 million relief, Experian has added an incentive tied to LSU's upcoming college basketball tournament performance. The company will contribute an additional \$100,000 for every LSU victory, up to \$500,000.

Beneficiaries will also receive a free one-year premium membership to Experian, providing access to credit monitoring, FICO® scores, and tools to help them regain financial stability. "One of the most rewarding aspects is hear-

ing the stories of the people impacted. Every story is unique, and it reinforces why this work is so important," Hartmann exclaimed.

Dacy Yee, president of Experian Consumer Services, said the initiative provides much-needed relief during difficult economic times. "Unmanageable debt prevents consumers from achieving their goals," Yee said. "During these challenging economic times, Experian offers resources that can help consumers save time and money as well as improve their overall financial health. We hope this debt relief and access to Experian tools will help beneficiaries in Louisiana move towards a healthier financial future."

culture of medicine from one of self-reliance and silent suffering to one of sharing, caring, and connecting," added Zisook, "Self-care and self-compassion should be part of what it means to be a consummate medical professional."



Attention Suppliers of Goods, Services and Construction

Review Competitive Opportunities at https://garlandtx.ionwave.net

www.garlandpurchasing.com

972-205-2415

## TISEO PAVING COMPANY

419 E. Hwy. 80, Mesquite, TX 75150

Tel: (972) 289-0723 Fax (972) 216-5637

www.tiseopaving.com

Performing Concrete Street Paving
in the Metroplex Area
We Accept Subcontracting Bids
For All Public Works Projects
in the Dallas Area.
We Are Accepting Applications for Concrete Mixer Drivers and Heavy Equipment Mechanics

**Equal Opportunity Employer** 

## CDC, from Page 4

times as likely to use sharp instruments.- Physicians were 75% more likely to test positive for benzodiazepines, 32% more likely to test positive for opiates or opioids, 53% more likely to test positive for cardiovascular agents, and almost three times as likely to test positive for drugs not prescribed for home use.

While the study did not seek to determine why female physicians are at higher risk of suicide, the researchers hypothesize that it is due to factors such as under-recognition for their work, inequitable pay and opportunities for promotion, sexual harassment on the job, and often greater domestic responsibilities leading to work-life imbalance.

The findings highlight the need for comprehensive and multimodal strategies for enhancing suicide prevention. Specifically, the study authors recommend limiting access to lethal means, such as medications and sharp instruments and improving mental health resources and support for physicians. They also emphasize the need to continue investigating the root causes of mental health struggles in the health care field as a whole in order to develop new and better approaches to suicide prevention.

"Our work underpins the need for continued efforts to destigmatize mental health care and shift the



PURSUE A CAREER AS A POLICE OFFICER OR FIREFIGHTER!

- Competitive wages
   Array of benefits
   Education incentive pay
   ...and more
- REGISTER ONLINE TO TAKE THE CITY OF IRVING'S NEXT CIVIL SERVICE ENTRANCE EXAM

### www.cityofirving.org

The City of Irving does not discriminate on the basis of race, color, religion, sex, national origin, age, genetics, disability, marital status, sexual orientation, gender identity or expression/reassignment, pregnancy or maternity, or veteran status in accordance with applicable federal, state and local laws.

*NDG* is looking for a Journalism Intern for a 6 month assignment to cover community events on site in the Irving area.

- Must be an aspiring writer looking to gain some experience or a school credit in Journalism.
- Must have transportation, a valid driver's license and vehicle Insurance. Assignment requires candidates to work on and offsite.
- Contract pay is \$13.75 per hour plus gas stipend.
- Hours are 12 to 15 hours per week.

Please send resume or inquiries to: businessoffice@northdallasgazette.com

An Ounce of Wisdom www.NorthDallasGazette.com

## **Make Room For Laughter**

Dr. James L. Snyder

After about two months in recovery mode, I had an opportunity to go to the neighborhood Publix. It's been a long time since I've been in a store, and I was happy to get out of the house and give The Gracious Mistress of the Parsonage a break.

While walking around, I noticed everybody seemed very sad. It looked like everybody was worried about something and had no solution.

There is something about me that makes me want to bring a smile to someone who is sad. I'm not always successful, but at least I try.

Walking around, I tried to think of what I could do to make somebody smile.

Maybe I could do something to make at least one person smile. I might not have a good prank, but how do I know until I try?

I approached an older couple pushing a cart and said, "Pardon me, do you know who I am?"

They both looked at me a little confused and shook their heads. The woman

said, "No, I don't know As I was waiting there, I who you are." was trying to think of what

I smiled at them and replied, "That's great. I thought I was the only one who didn't know who I was. Thank you."

As I walked away, I heard them giggle and laugh. I heard the man say, "He sure was crazy." Then they laughed some more.

I was satisfied that I at least got someone to laugh. If you go through a whole day without laughing, you have wasted that day.

There are so many things that I laugh about that I rarely have a day or an hour in which I am not laughing at something or someone. I don't know how many people laugh at me, but I hope there are some.

I also noticed the store staff seemed rather stressed. The store was overly crowded with customers, and particularly, the people at the checkout counter seemed rather stressed.

I got what I was shopping for, went up to the checkout counter, and stood in line for several minutes, waiting for those in front of me to get fully processed. As I was waiting there, I was trying to think of what I could do to brighten up that young lady behind the checkout counter, who seemed quite stressed.

Then, an idea came to me. I laughed as I thought of it, and I didn't know if it was a good joke, but you never know until you process it, and I was in the processing mood at the time.

I grinned as I waited in line, and finally, my turn came. I looked at the lady behind the register and said, "There was a lady in the back of the store that told me if I mentioned how nice you look today, you could give me a discount." Then I smiled, the biggest smile I had all day.

Looking at me, she said, "What?"

I knew she was under stress, so I repeated it to her and asked her what kind of discount I would get.

At first, she didn't know what to do and looked over her shoulder to see if anybody was watching her. Then she finally looked at me and said, "Sir, I'm new here and have never heard of that discount before, and

I do not believe that I can do it for you today. I'm so sorry for the misunderstanding." Then, much to my surprise, she smiled. After all, that's all I wanted.

I thanked her for her service, smiled, and told her to have a great day.

As I walked out, I could hear some customers behind me giggling. They were talking, but I couldn't understand what they were saying. At least I got a couple of people to smile.

Driving home from the store, the traffic was rather congested. People were going home from work, and many were not very patient. There was a lot of horn blowing and some old guys screaming. I'm unsure how that solved their problem, but I guess they had no other option. They must have

had a hard day at work.

I just smiled as they drove by, not knowing their story. Why can't people just learn how to smile? I looked at all of them as they went by and smiled as best I could.

A couple of drivers looked a little religious in my mind. I'm unsure what they were yelling at me, but one person pointed me to heaven. I smiled and was very appreciative. I nodded, affirming that I was planning to go to heaven. I noticed, though, that, being as religious as he was, he got his fingers mixed up and used the wrong finger to point to heaven.

Instead of being offended, I just smiled and even got to the point of laughing.

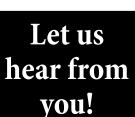
My day was successful because I made about five

people laugh and several others smile. That makes for a great day.

I couldn't help but think 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).

Laughter is the best medicine we could possibly have. And, we never run out of this medicine no matter our circumstances. My goal is to share my medicine with as many people as possible.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail jamessnyder51@gmail. com, website www.jamessnyderministries.com.



If there are any news, events or anything else we need to know about, give us an e-mail at: publisher@ northdallasgazette.com





# **Inspiring Black Women of History**



**Sister Tarpley** *NDG Religion Editor* 

March is "Women's History Month." To celebrate strong women who have made, or who are making a difference I will highlight facts about Black Women and their contribution to mankind this month. Thank God for Godly women of this world.

Throughout history, Black women have made contributions to our society. Unfortunately, most of the time, you will not find their stories in America's history



books.

Nannie Helen Burroughs was one of the best known and well-respected African Americans of the early twentieth century. She was called 'The Black Goddess of Liberty'. She was an educator, institution and organization-builder and a major figure in the Black church and secular feminist

movement.

In 1900, at the annual meeting of the National Baptist Convention (NBC) in Virginia, Burroughs gave a speech, "How the Sisters are Hindered from Helping."

This oration gained her national recognition and served as a lightning rod for the formation of the largest Black women's organization in the United States, the Woman's Convention (WC) an auxiliary to the NBC.

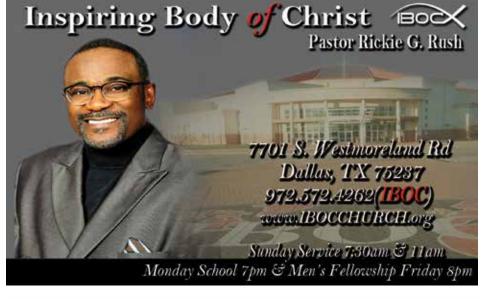
Furthermore, in 1896, Burroughs joined other women and formed the National Association of Colored Women (NACW) to

@ParklandHealth

promote political mobilization of Black women.

Burroughs became a much sought after participant, particularly by the Republican Party. When Herbert Hoover was elected President in 1928, he chose Burroughs to head a fact-finding commission on housing. In 1909, she founded the National Training School for Women and Girls, which was renamed the Nannie Helen Burroughs School in 1964.

(Editor's Note: Originally published in March 2014.)





Dallas CASA needs volunteers to help children living in foster care.

PLEASE JOIN US FOR AN ONLINE INFORMATION SESSION:

Fri, Mar 21, 12:00-1:00 p.m.
Thurs, March 27, 6:00-7:00
Thurs, April 10, 6:00-7:00 p.m.
p.m.

For more information or to register, please visit dallascasa.org



( X F

Care. Compassion. Community.

