



North Dallas Gazette

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Dallas Voting Debacle Puts Texas Dust-Up on the National Stage

Widespread confusion over polling locations marred the Dallas County primary elections on Tuesday, leading to hundreds of voters being turned away and prompting a flurry of legal actions as Democrats accused Republicans of creating barriers to voting.

The chaos stemmed from the Dallas County Republican Party's decision to opt out of a joint primary with Democrats, ending more than a decade of countywide voting where residents could cast ballots at any location within the county. Instead, voters were required to go to their assigned precincts, a change that caught many off guard despite warnings from election officials.

The result was that election night ended in frustration and even anger among many Democrats, and the Dallas debacle became fodder for political pundits in the national media.

"Unfortunately, this is what Republicans like to do," U.S. Rep. Jasmine Crockett, currently running



The decision to change the format of countywide voting by the Dallas County GOP led to voter confusion, which was further complicated when Texas Attorney General Ken Paxton objected to a decision to extend voting hours. The result was a chaotic squabble that put Dallas County in the national spotlight on election day. (DWG Studio)

for U.S. Senate, told her supporters when giving up on having final answers on election night.

"And so, they specifically targeted Dallas County and I think we all know why. So, I want you to enjoy yourselves, but I won't be back tonight because I have no idea of

when we're gonna get results and I fully anticipate it won't be until tomorrow."

Crockett's primary race against James Talarico was up in the air and too close to call through the late

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People In The News ...



Kathy Bounds



Tony Adamo

NDG Quote of the Week:

"He who is not courageous enough to take risks will accomplish nothing in life."

— Muhammad Ali



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Kathy Bounds

The National Court Reporters Association (NCRA), the country's leading organization representing stenographic court reporters and captioners, has announced that Kathy Bounds has earned the nationally recognized Registered Diplomat Reporter (RDR) certification, the highest credential available to stenographic court reporters.

The reporters with the RDR credential are recognized as highly experienced and seasoned, and members of the profession's elite.

Earning RDR credentials is a reflection of the com-



mitment to advancement in a court reporter's career and their professional growth. RDRs truly are the elite members of the court reporters and captioners when it comes to experience and knowledge of the latest technology, reporting

practices and professional practices.

NCRA currently has about 350 members who hold this highly prestigious certification.

Bounds, from McKinney, Texas, is a member of NCRA and has worked as a court reporter for 35 years.

She also holds the professional certifications of Registered Professional Reporter (RPR), Registered Merit Reporter (RMR), and Certified Realtime Reporter (RPR). Bounds is currently an official court reporter for the 417th Judicial District Court in Collin County, Texas.

To be recognized as an RDR, candidates must

hold the Registered Merit Reporter (RMR) certification and have five current and continuous years of membership in the NCRA, as well as pass a written knowledge test that focuses on the areas of technology, reporting practices and professional practices.

"I have finished the race that was set before me and achieved the goal!" Bounds said. "I am truly humbled to be a part of this profession and this association. NCRA is an integral part of the court reporting industry.

"It provides endless opportunities for its members to reach excellence and

maintain a strong level of professionalism in our chosen field.

"Being a member of NCRA gives you a deep sense of camaraderie, and I am thankful they have been by my side every step of the way," she added.

The court reporting and captioning professions offer viable career choices that do not require a four-year college degree and yet offer good salaries, flexible schedules, and interesting venues.

There is currently an increasing demand for more reporters and captioners to meet the growing number of employment opportuni-

ties available nationwide and abroad.

Court reporters and captioners rely on the latest in technology to use stenographic machines to capture the spoken word and translate it into written text in real time.

These professionals work both in and out of the courtroom recording legal cases and depositions, providing live captioning of events, and assisting members of the deaf and hard-of-hearing communities with gaining access to information, entertainment, educational opportunities, and more.

Tony Adamo

Visit McKinney is proud to welcome Tony Adamo as the new Sales Manager, bringing a dynamic blend of creative marketing, communications expertise, and deep municipal tourism experience to the organization's destination sales efforts.

Prior to joining the Visit McKinney team, Adamo served as the City of McKinney's Communications and Media Specialist where he played a key role in shaping the city's public-facing parks and recreation marketing and communications.

In his new role with Visit McKinney, he will leverage that experience to strengthen partnerships, attract meetings and sporting events, and position McKinney as a must-see desti-



nation for travelers across regional, state, and national markets.

With a career rooted in destination marketing and municipal government, Adamo brings a proven track record of building compelling tourism campaigns and meaningful community connections. His previous roles include work with several surrounding cities and CVB's and his diverse background gives him a

unique understanding of how destination branding, events, and visitor experiences work together to drive economic impact.

Tony says, "I'm excited to join Visit McKinney during such a period of momentum for our city. I look forward to working with our partners to strengthen our tourism presence and support continued economic impact."

In his new role, Adamo will lead sales efforts to attract visitors, meetings, and tourism-focused initiatives to elevate McKinney's profile while highlighting the unique character, historic downtown, vibrant sports scene, and growing list of attractions.

For more information about Visit McKinney and upcoming initiatives, visit our website at visitmckinney.com.

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*Earns tiered interest—See customer service representative for current rate information, calculation method and to obtain a copy of our Truth in Savings Disclosure. Transaction limitations and fees apply. Fee for each early withdrawal applies. \$5 customer debit charge for each withdrawal prior to annual payout. Fees could reduce earnings. Rates subject to change. No overdraft privilege available. See Bank for details.

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Published by

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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.

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Our Black History Crisis



Dr. John E. Warren
Publisher,
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Viewpoint

As Black History Month draws to a close, Black Americans, in many ways, are being steered backward towards segregation and inequality similar to what followed reconstruction after the Civil War. The attack on Diversity, Equity and Inclusion is similar to the "Jim Crow" attitudes, but without the laws that were enacted to enforce them. The efforts to wipe out books, monuments,

remove us from historical acknowledgements and recognition, while carrying the Trump label, are being met with little or no resistance by those in positions of authority to speak out and fight back.

As we enter the 2026 Primary season, now is the time to determine what will be our contribution to the Black History we are making today. Too many of us are still not registered to vote. Too many of us appear detached from the racism the Trump Administration is encouraging. Our silence gives consent. The immigration issue should be of concern to us. It will

not be long before ICE will not care whether you are Somalian or just a Black American, without your passport.

Now the question is where do we go from here? We need to look very closely at how we are spending more than 2 trillion dollars a year as our contribution to the American economy and getting nothing back. Well, let's look at how much we are spending with companies like Target and Pepsico, which owns Pizza Hut, KFC, Taco Bell, and the many soft drinks and power drinks produced by this company. Why are we still spending with McDon-

alds, Popeyes, and Jack in the Box? Are any of them hiring people that look like us? If you know differently please let us know. And what about the Blacks who have risen to positions of decision making. Why are so many afraid to do anything for their own when others in their positions do so all the time.

This Saturday is "No Kings Day", as millions of Americans will take to the streets to protest Donald Trump and his policies. Will we be included? It's up to each of us. We are still making Black History. Will it be as significant as our past?

America is at war. Does the reason really matter?

By Josh Moon
Speakin' Out News

"For 47 years ...," said Alabama Senator Katie Britt.

"For five decades ...," said Representative Robert Aderholt.

"Iran has long been ...," said Representative Dale Strong.

"For 47 years ...," Alabama Attorney General Steve Marshall said.

These were how Alabama's elected Republicans chose to begin their messages to the people they represent concerning the U.S. military's strike on Iran—an action the current president defined as "war," although, in his defense, he has rarely cared or known what many words meant.

That was the same president who launched that military action from the comfort of his beach club,

and truly, nothing sums up America 2026 quite like a billionaire phoning in from the martini room of a palatial estate to send the poor children off to do the war bidding. And you thought the Hunger Games were cruel.

At least the Hunger Games had purpose.

The best anyone can tell, Trump's Iran action has none, save for the possibility of further distracting from any one of a number of scandals and poor reflections upon him. With each deposition of someone not named Trump, the Republicans running interference for him in the child sex scandal move another step closer to having zero reasons to delay his under-oath questioning any further.

Then there's the economy that is in shambles and the farmers going bankrupt

and the immigration raids killing Americans and the fact that Trump and his bumbling brigade of goobers somehow managed to screw up an Olympic gold medal.

War in a sandy, far-away place has long been the answer for a Republican president in turmoil at home, so send in the poor kids. By Sunday evening, three of our servicemen were dead, five more injured.

A small price to pay for ... whatever it is we've gone to "war" over. Unless, you happen to be the parents who answered the door on Sunday to find a chaplain and a guy in full military uniform standing on your front porch. In which case, you're probably owed some explanation.

The rest of us are, too, by the way. And Congress was due one prior to the mili-

tary action being launched, particularly if the president was going to deem it a "war."

But that's just the Constitutional requirements, and according to the U.S. Supreme Court, when it comes to Trump being required to follow those, eh.

You would think someone would ask though, right? I mean, Trump campaigned on the promise of ending wars, not starting any new ones and being a master negotiator who would never, ever need to start a war. Hell, he called guys who even threatened to bomb Iran in the past "weak" and "pathetic."

So, whatever Iran did to prompt this military action, it must have been serious. The U.S. must have been under a direct threat. Imminent danger. Had to move.

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Keep up with the news

O N L I N E

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Walking in Step with the Rhythm of Life to Strengthen Circadian Rhythm

By Lori Lee
NDG Contributing Writer

The human body has a biological rhythm that keeps it functioning through cycles of sleep, immunity, and energy. When this rhythm is in tune with the world, environmental elements like light and temperature help the body sleep and wake naturally.

As covered in a recent Newswise press release, Melissa Knauert, MD, PhD, researcher and associate professor of medicine at Yale School of Medicine (YSM) said, environmental cues are taken in as information and processed by the body to reinforce a daily circadian rhythm. The rhythm is optimized by eating, mov-



DWG Studio

ing, and sleeping at certain times.

The different organ systems are designed to function at different times of day, said Knauert, driven, in part, by hormones.

According to the National Institutes of Health, Melatonin, associated with sleep, is normally released during the night, while cortisol,

associated with alertness, dominates during the day.

While melatonin functions to fuel sleep, it also is a protector of cells from death and aging and a very strong supporter of immunity, it reports.

Often known as the stress hormone, cortisol's main function is in regulating energy. It mobilizes glucose

and converts proteins, carbohydrates and fats to produce energy for the muscles and brain.

Cortisol peaks 30 to 45 minutes after waking and declines slowly through the day to allow sleep at night, reported UT MD Anderson.

The rhythms of everyday life—work, stress and travel—affect the strength of circadian rhythm, noted Brienne Miner, MD, MHS, assistant professor of medicine (geriatrics) at YSM, as reported in Newswise.

A strong and regular circadian rhythm can even affect mortality and cognition, Miner pointed out.

“Daylight, exercise, social activity, meal timing, and a regular sleep-wake schedule allow us to keep a

normal rhythm,” Miner noted. “So any changes to these behaviors or lack of these cues from the environment can disrupt the circadian rhythm.”

One of the main ways to keep rhythm on track is to be active during daylight hours, she added, rather than staying home. Miner, whose work focuses on improving sleep-related symptoms in older adults, said getting out exposes you to light, physical and social activity—multimodal activities that promote hormone levels that protect the elderly from aging.

Coming up on March 8, as people adjust their clocks forward for Spring, some will find keeping up with their new social schedules

are difficult.

Knauert accentuates taking in sunlight in the morning and avoiding bright lights and meals at night. This is especially important the first few days after transitioning to Daylight Saving Time, she said.

Knauert's research on sleep and circadian disruption in critically ill patients has found lighting levels are powerful, even affecting the length of hospital stays.

“There's even data emerging about optimal times to receive chemotherapy treatment, take medicine, and get vaccinated,” Knauert added.

“Better understanding this new frontier has the potential to fundamentally improve health in a very broad way,” she said.

Parkinson's-Related Protein Linked to Faster Alzheimer's Onset in Women

(Newswise) — ROCHESTER, Minn. — Alzheimer's-related brain changes progressed up to 20 times faster in women who also had abnormal levels of a Parkinson's-related protein, according to a Mayo Clinic study published in JAMA Network Open. The same

pattern was not observed in men.

The findings suggest that when alpha-synuclein — a protein linked to Parkinson's disease — accumulates alongside Alzheimer's pathology, it may drive faster disease progression in women. That interaction

could help explain a longstanding disparity: women make up nearly two-thirds of people living with Alzheimer's disease in the U.S.

Kejal Kantarci, M.D., a Mayo Clinic neuroradiologist and senior author of the study, uses advanced brain

imaging to track Alzheimer's progression.

“Recognizing these sex-specific differences could help us design more targeted clinical trials and ultimately more personalized treatment strategies,” Dr. Kantarci says. “When we see disease-related changes un-

folding at dramatically different rates, we cannot keep approaching Alzheimer's as though it behaves exactly the same way in everyone. Co-pathologies may impact the disease process.”

Alzheimer's disease is marked by the buildup of tau protein in the brain.

Many people along the Alzheimer's disease continuum also develop abnormal clumping of α -synuclein, a protein associated with Lewy body diseases such as Parkinson's disease and dementia with Lewy bodies.

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TEXAS, from Page 1

hours, exacerbating tensions caused by the disruption.

Dallas County Democratic Party Chairman Kardal Coleman indicated hundreds, indeed up to possibly a third of Democrats who intended to vote, were redirected to other sites. Many of those were outraged when they realized they would not be able to reach the appropriate location in time.

The retort from the Republican side was short and

dismissive.

“That's on them,” Dallas County GOP Chair Allen West told NBC reporters via phone. “You didn't see us asking for an injunction. We did a good job of explaining the process to our voters.”

West had been a proponent of the change in format, citing the Republican mantra of improving election security.

Making matters worse, the county's elections website crashed as a tidal

wave of voters logged on to check their precincts. A petition filed by Coleman described “mass confusion” severe enough to warrant intervention.

Dallas County District Judge Staci Williams responded by ordering Democratic polling sites to remain open until 9 p.m., two hours past the standard 7 p.m. closing, to accommodate those impacted.

“The Court after reviewing the petition finds that there has been mass confusion as to where voters were entitled to cast their

ballot on election day, and voter confusion was so severe that the Dallas County Election Department website crashed,” Williams wrote in response.

But the Texas Supreme Court, prompted by a challenge from Republican Attorney General Ken Paxton (who is himself seeking election) issued a stay.

“Voting should occur only as permitted by Texas Election Code Section 41.032. Votes cast by voters who were not in line to vote at 7pm should be separated,” the order read.

The court mandated that ballots cast after 7 p.m. by voters not already in line be segregated, potentially subjecting them to later scrutiny. Dallas County Elections Administrator Paul Adams confirmed the separation of those votes.

Despite the clamor, poll watchers were confident in calling the U.S. Senate primary for Talarico late in the evening. In his remarks to his followers who stood the course through the evening, he acknowledged that his opponent had grounds for

disappointment in the process.

“We are still waiting for an official call, but we are confident in this movement we build together,” Talarico said. “Every vote must be counted. Every voice must be heard. The voter suppression in my home county and in Congressman Crockett's home county underscores the gravity of this moment. This movement is about whether the people will hold the power in this state and in this country.”

DART CEO Honored by National Conference

To celebrate Women’s History Month, the Conference of Minority Transportation Officials (COMTO) named 10 transit leaders trailblazing the transportation industry in their annual “Women Who Move the Nation” Awards. Among the list was Dallas Area Rapid Transit President & CEO Nadine Lee.

Lee and the nine other transportation leaders will be honored at the 15th annual

COMTO awards ceremony on April 15 in Washington, D.C.

“It is an honor to represent DART and the North Texas community as I’m recognized alongside my peers in the transportation industry,” said Lee. “The role of transit is more than moving people from point a to point b. Transit represents access, freedom, and mobility for people and communities.”

Lee joined DART as President and CEO in 2021 from Los Angeles County Metropolitan Transportation Authority (Metro) where she served as Chief of Staff.

In her time at DART, Lee has focused the Agency on the Point B initiative, a 10-year strategic approach to ensure DART is the first-in-mind mobility partner for North Texans. The first Point B Annual Report, published in 2025, shows

significant progress toward Agency goals including opening the 26-mile Silver Line commuter rail, advancing \$110 million in security and cleanliness contracts, and launching DART Transform, a \$2.5 billion system-modernization program.

Lee and the other honorees will be featured on COMTO social media throughout the month of March. To learn more visit www.comto.org.



Nadine Lee (Dart.org)

NCTCOG Invites Public Input On Transportation, Funding At March 9 Meeting

ARLINGTON - The North Central Texas Council of Governments (NCTCOG) invites the public to provide input on recent zero emission and electric vehicle transportation initiatives, stormwater infrastructure planning and traffic signal funding during a hybrid public meeting at noon on Monday, March 9.

The meeting will be held in the Transportation Council Room at the NCTCOG offices, located

at 616 Six Flags Drive in Arlington. Those unable to attend in person can view the meeting online at PublicInput.com/nctcog-March26. Residents can also participate by calling 855-925-2801 and entering code 3423. Public comments will be accepted until April 7.

The meeting will include a staff presentation on the North Texas Zero Emission Vehicle (NTxZEV) Call for Projects. On behalf of

the region, NCTCOG was awarded \$60 million under the Environmental Protection Agency’s (EPA) Clean Heavy-Duty Vehicles Program. NCTCOG will use this funding to award rebates to public and private entities to replace existing heavy-duty vehicles. For more information, visit NCTCOG.org/NTxZEV.

Staff will also provide an update on the status of the Texas Department of Transportation’s (TxDOT)

Texas Electric Vehicle Infrastructure Plan. This comprehensive plan aims to spur economic development and enable electric vehicle travel across Texas. Staff will present recommendations to be administered by TxDOT in North Texas.

Additionally, the meeting will include a staff update on the Integrating Transportation & Stormwater Infrastructure (TSI) Study. Initiated in 2023,

the \$10 million TSI Study is a planning effort to identify ways to reduce future flood risk and prevent negative impacts on communities, health, safety and growth.

Finally, staff will provide an overview of the Traffic Signal Funding Program and its seven funding categories. These categories were established based on previously approved traffic signal improvement types.

Residents planning to

use transit to attend the meeting can take advantage of \$6 round-trip rides from the CentrePort/DFW Airport Station to NCTCOG via the Arlington Transportation app. Visit ArlingtonTX.gov/ondemand to download the app.

For special accommodation related to disabilities or language interpretation, call 817-695-9109 or email kcadena@nctcog.org at least 72 hours prior to the meeting.

LEGAL NOTICE

These Texas Lottery scratch ticket games will be closing soon:

Game #	Game Name / Odds	\$	Official Close of Game	End Validations Date
2518	500X Loteria Spectacular - Overall Odds are 1 in 3.21	\$50	3/21/26	9/17/26
2588	\$400 Million Mega Bucks - Overall Odds are 1 in 3.84	\$100	3/29/26	9/25/26
2642	20X - Overall Odds are 1 in 4.76	\$1	4/22/26	10/19/26
2618	\$60,000 Blitz Word Search - Overall Odds are 1 in 4.34	\$3	4/22/26	10/19/26
2619	\$200,000 Blitz - Overall Odds are 1 in 4.08	\$5	4/22/26	10/19/26
2631	\$100,000 Richer - Overall Odds are 1 in 4.34	\$5	4/22/26	10/19/26
2643	50X - Overall Odds are 1 in 4.10	\$5	4/22/26	10/19/26
2644	100X - Overall Odds are 1 in 3.93	\$10	4/22/26	10/19/26
2638	Mega Jumbo Bucks - Overall Odds are 1 in 3.76	\$20	4/22/26	10/19/26
2645	200X - Overall Odds are 1 in 3.39	\$20	4/22/26	10/19/26
2616	30X Supreme - Overall Odds are 1 in 3.76	\$30	4/22/26	10/19/26

Texaslottery.com is the official source for all pertinent game information. Game closing procedures may be initiated for documented business reasons. These games may have prizes unclaimed, including top prizes. In addition, game closing procedures will be initiated when all top prizes have been claimed. During closing, games may be sold even after all top prizes have been claimed. Must be 18 or older to purchase a ticket. PLAY RESPONSIBLY. For help with a gambling problem, ncpgambling.org. © 2026 Texas Department of Licensing and Regulation.



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Mayors' Masked Ball Raises \$550K to Support HBCUs, Students

The 10th annual UNCF North Texas Mayors' Masked Ball was a huge success, conducted on Feb. 7 at the Hyatt Regency, Dallas. With more than 650 guests in attendance, the event raised \$550,000 in cash and in-kind donations, and featured various dignitaries, speakers, an awards presentation and more.

The evening brought together a cross-section of civic leaders, philanthropists, corporate partners and community advocates committed to advancing educational opportunities for students across Texas.

Participants included Lady Jade, host, influencer and media personality; Brittney Johnson, NBC5 news anchor, Lael and Peter Brodsky 2025 Event Chairs passing the torch to Marissa and Michael Horne 2026 Event Chairs; Kimberly



(Left to right) Michael Horne, Marissa Horne (*The 2026 Ball Chairs*), Cortney Lewis Smith (*Dallas Area Office Development Director*), and Maurice E. Jenkins, Jr. (*Executive Vice President, Chief Development Officer, UNCF*) (Courtesy photo)

Bizor Tolbert, Dallas City Manager; Senator Royce West, Texas State Senate, District 23; Pastor Bryan L. Carter, Senior Pastor, Concord Church Dallas and Maurice E. Jenkins, Jr., executive vice president and

chief development officer, UNCF.

In recognition of their outstanding commitment to advancing and supporting higher education, three distinguished recipients were honored with the

UNCF Masked Award: Lynn McBee, president and CEO of the Young Women's Preparatory Network; Doris and Hiawatha Williams, owners of Williams Chicken; and ARCA Continental Coca-Cola Southwest Bev-

erages.

"The overwhelming support we received at this year's UNCF North Texas Mayors' Masked Ball is a reflection of this region's deep-rooted commitment to education, community and supporting future leaders," said Frankie Andres, regional development director, Southern Region, UNCF. "Every dollar raised represents an investment in the future of our students -- young people who will go on to lead, innovate and give back to the very communities that helped lift them."

Major sponsors of the 2026 North Texas Mayors' Masked Ball were Hunt Consolidated, TXU/Vistra, HEB, University of Texas Arlington, Arca Continental Coca-Cola Southwest Beverages, American Airlines, Comerica, Frost, Greenberg Traurig, Kroger, Lynn

McBee, Simmons Bank, Troutman Pepper Locke, Goldman Sachs, Tenet Health, Matrice Ellis-Kirk and Ron Kirk.

"UNCF is proud to continue the momentum of fueling HBCUs with vital resources to educate generations of students who will become future leaders in our nation," said Dr. Michael L. Lomax, president and CEO, UNCF. "Thanks to the generous support and commitment of our donors, we are moving forward as we help students go to and through college to achieve successful careers. We thank everyone in North Texas who participated in the North Texas Ball to help ensure better futures for us all."

The North Texas Mayors' Masked Ball is still accepting donations. To learn more or to donate, please go to UNCF.org/Dallas.

IRAN, from Page 3

Couldn't wait.

Turns out, nah.

Trump released a video on Sunday that cleared up exactly nothing. It was mostly the usual bluster and BS from Trump, as he praised himself and his actions and warned that more U.S. deaths were possible. He also said the military

action could take a month, which if I know my Middle Eastern-regime-change-timelines, means somewhere between six months and 20 years. There's a high probability that our children will be reading of U.S. casualties in the "Iran occupation" well into their teen years. It all depends

on who needs a new defense contract and what the oil prices are looking like.

But two things are certain for now—there is absolutely no recent justification for military action against Iran and Republicans, particularly the Alabama species, are scared to absolute death to even suggest that there should be one.

These were many of the same people, mind you, who attacked viciously both Hillary Clinton and Liz Cheney for their "pro-war" histories and used such criticisms to justify returning a 34-time felon to office. Surprise, surprise—multiple felons with a history of fraud and suspicious financial dealings are prone to lie to you. A lot.

We've seen this play before, though. At least the last time it ran, though, there was a fictional weapon of mass destruction to lean on. Now we've just got a mystery cause—a MacGuffin, if you will. It's Trump's magical briefcase glowing golden and driving his Republican lapdogs to act.

Just rest assured that a

decade or so and billions of dollars from now, when a Democratic president finally ends the occupation and brings American troops home to safety, it will be all his fault that the whole thing didn't turn out better.

And the folks who suddenly seem to recall the history of Iran so vividly today will be unable to remember any of this.

STUDY, from Page 4

Tau and α -synuclein occur naturally in the brain. In neurodegenerative diseases, however, these proteins can misfold and clump together, forming abnormal deposits. This pathological buildup disrupts communication between brain cells and contributes to cognitive decline.

Researchers set out to determine whether having both abnormal protein buildups alters how the disease progresses and whether that effect differs between women and men.

To investigate, the team analyzed data from 415 participants in the Alzheimer's Disease Neuroimaging Ini-

tiative, a national research consortium that tracks brain changes over time. Participants underwent cerebrospinal fluid testing to detect abnormal α -synuclein and repeated brain imaging to measure changes in tau accumulation. About 17% of participants showed evidence of abnormal α -synuclein.

Among participants with

both Alzheimer's-related pathology and α -synuclein abnormalities, women accumulated tau dramatically faster than men with the same coexisting protein changes.

Elijah Mak, Ph.D., first author of the study and a Mayo Clinic neuroimaging researcher, studies how multiple brain pathologies interact and drive disease

progression.

"This opens an entirely new direction for understanding why women bear a disproportionate burden of dementia," Dr. Mak says. "If we can unravel the mechanisms behind this vulnerability, we may uncover targets we haven't considered before."

The researchers are now examining whether these

sex-specific effects also appear in patients with dementia with Lewy bodies, where α -synuclein is the primary disease driver rather than a coexisting pathology. The work will help determine whether the observed difference is unique to Alzheimer's disease or reflects a broader sex-specific vulnerability across neurodegenerative conditions.

Kym Whitley Set to Rock Arlington Improv with Back-to-Back Shows

Comedy fans in Arlington are about to have their funny bones tickled as the hilarious Kym Whitley prepares to hit the stage at Arlington Improv for a three-night comedy event. Scheduled from March 5-7, this 18+ show promises belly laughs that might even give you an ab workout.

“Comedy is like oxygen; you may not think about it when it’s there, but once you run out, you’re gasping,” said Kym Whitley with her signature wit. “Arlington, better be ready because I’m bringing enough comedic oxygen to keep everyone laughing!”

The laughs begin each evening with comedian Buddy Lewis, whose seasoned comedic prowess has graced stages on BET’s Comic View and HBO’s Def Comedy Jam. With his charismatic storytelling and quick wit, Lewis will open each night.

“A world without comedy is like an orchestra missing its conductor,” Buddy Lewis mused before his up-



Courtesy photo

coming performance spree alongside Whitley.

In her upcoming role as co-star in BET+’s The Varnell Hill Show—a vibrant spinoff inspired by Martin Lawrence’s iconic ‘90s sitcom—Kym continues to challenge norms while merging humor with thoughtful discourse.

Kym is a Daytime Emmy-Nominated actress portraying the character Big Candi on The Bay. In addition, she is a 3-time NAACP Image Award winner for her podcast, Two Funny Mamas, which she co-hosts with Sherri Shep-

herd.

Whitley also won the 2023 Signal Award for her Audible podcast, “Kym”, which loosely follows the life of the multi-hyphenate actress. Her latest roles include Netflix’s half-hour series Happy Gilmore 2 and Act Your Age.

In addition, Whitley lights up the screen in the Killing Mary Sue and the newly released Re-Election, both available on Amazon Prime Video. Kym’s illustrious career spans hits such as Next Friday, Young & Hungry, and Curb Your Enthusiasm.

Frontiers Of Flight Museum to Host Dallas Cowboys Legend, Aviator Chad Hennings

The Frontiers of Flight Museum is proud to announce the second installment of its Caroline Rose Hunt Lecture series, celebrating the legacy of the devoted patron of aviation, a passionate supporter of Dallas and a champion for education.

On Thursday, April 30, the lecture series will feature legendary Dallas Cowboys star and fighter pilot Chad Hennings. Af-

ter graduating from the U.S. Air Force Academy in 1988, where he was an All-American football player, Hennings became a pilot of an A-10 Thunderbolt II – one of the few aircraft that would allow for his 6’6” height. Hennings flew 45 combat missions during Operation Provide Comfort, the humanitarian relief effort to aid Kurdish refugees in Northern Iraq.

After leaving the Air

Force, Hennings signed with the Dallas Cowboys, where he spent nine seasons as a defensive tackle, earning three Super Bowl rings. Hennings now is a published author of three motivational books and works with Dallas’ philanthropic community to serve others.

During his talk, Hennings will discuss life at the

See FLIGHT, Page 13

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MARCH 10 - 22

MUSIC HALL AT FAIR PARK

BROADWAY DALLAS

Photo: Mike Cervino

Dwain Price Earns His Place in the Hall of Fame

By Jamal Baker
NDG Sportswriter

Longevity and consistency are two words that come to mind when you think about legendary sports journalist Dwain Price. This weekend, he officially becomes a Hall of Famer for his legendary and hard work as a journalist.

Price is being inducted into the Texas Black Sports Hall of Fame as he continues his ongoing 51-year career in sports journalism.

The Hall of Fame reception will be held Friday, March 6 at 6:30 p.m. at the African American Museum in Dallas, TX. The induction luncheon will follow Saturday, March 7



Schreiner Alumni / Instagram

at 11:30 a.m. at the Renaissance Dallas Hotel.

“I never thought when I started this journey in 1975, this [Hall of Fame induction] would be a part of it—that one day that I would end up in the Hall of Fame because when I think of the Hall of Fame, I’m thinking this is for athletes and the coaches, not

the writers. I am humbled and to God be the glory. I’m just so surprised and shocked, and thrilled,” Price said.

Price is currently a writer and reporter for the Dallas Mavericks with Mavs.com, and has also worked for the Fort Worth Star-Telegram, Dallas Times-Herald, Beaumont Enterprise and

North Dallas Gazette.

Price graduated from Schreiner University in 1975 and built a distinguished career in sports media. His mentorship, passion for insightful storytelling and commitment to excellence have shaped how young journalists and fans engage with and understand the game of basketball.

“I owe it all to my mom, she knew when I was a little kid,” Price said. “I was in the third grade, and I wanted to be a sportswriter, writing always came easy to me. Here I am 51 years later still doing it.”

In journalism there is a fine line between being good and great. Greatness in sports media isn’t born

overnight—it’s countless hours of honing your craft and making sure you’re always properly prepared.

“Before you go in to interview somebody, you have to have some questions lined up and done some research on that person,” Price said. “That’s why I always liked doing one-on-one conversations because a lot of times if you go into one of those press conference rooms, a lot of writers don’t come prepared with questions. You have to do your homework, that’s what good reporters do.”

Price has earned the respect of fellow sports media professionals as well as NBA athletes and coaches. Through his coverage of

players and coaches such as Dirk Nowitzki, Luka Doncic, Cooper Flagg, Jason Kidd and Rick Carlisle, he has had the opportunity to work alongside some of the greatest talents the game has ever seen.

“Longevity, when you talk about being consistent and showing up every day for work, and excited about showing up,” Mavs head coach Jason Kidd said. “I can’t wait to read about [Dwain Price]’s book when he writes it because he can share a lot of stories...He’s a legend, he can teach a lot of people in this industry how to be successful.”

After 51 years in the business, Dwain Price’s story is far from finished.

Carrollton Public Library Nationally Recognized as Family Place Library

The Carrollton Public Library (CPL) is now part of the Family Place Libraries™ national network, providing a welcoming community environment with resources to help families nurture their children’s development and early learning during the critical first years of life.

Carrollton joins this network after a site visit and banner presentation on Wednesday, January 28 with librarians from Middle Country Public Library, the national model for the program. CPL is one of 500 Family Place Libraries™ in 32 states serving thousands of young children and their parents/caregivers.

As a Family Place Library, CPL recognizes the role of parents and caregivers as the first and most important teachers and has implemented this program to support that crucial role



Courtesy photo

in their children’s lives. Based on research regarding the connections in the brain that need to be made at very early ages, the space and resources available at both Libraries emphasize the importance of learning through purposeful play.

To help ensure all children enter school ready and able to learn, CPL’s Family Place offers:

- A specially designed space in the children’s area

for families with young children to relax, play, share books, and meet other families.

- Parent-Child Workshops, known as Family Place playgroups: a five-week series of fun, play-based activities for toddlers and their parents and caregivers. Abundant with toys, books, and art activities, the workshops provide an opportunity for families to spend time together, make

friends, and talk one-on-one with specialists on various aspects of child development and early literacy.

- Collections of books, toys, music, and multimedia materials for babies, toddlers, preschoolers, parents, and caregivers.

- Librarians specially trained in child development and family support.

“The Carrollton Public Library is proud to have earned this national designation as a Family Place Library,” Brittnee Emerine, Youth Services Supervisor, said. “We implemented many aspects of what it means to be a Family Place Library, including our playgroup, about two years ago and the sessions fill up every time they’re offered. Four staff members have already completed a total of 160 hours of learning from the Family Place Training Institute to implement

this program in Carrollton, which represents one more way the Library can serve patrons and sustain a high quality of life for the community.”

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Film Review: 'American Doctor' is a Loudspeaker for Brave Voices

By Dwight Brown
NNPA Film Critic

(***) You know you're brave? You know you're brave when you go into Gaza in 2025, in the middle of a war with mass casualties, and try to save lives.

That was the calling of three American doctors of different ethnic backgrounds who were willing to risk their safety to bring care to those in need: Thaer Ahmad is an emergency medicine physician of Palestinian descent based in Chicago. Mark Perlmutter is an orthopedic surgeon from North Carolina, a Jewish-American. And Dr. Feroze Sidhwa is an American trauma and critical care surgeon based in Stockton, California whose family is from Pakistan. They're doctors by profession, humanitarians by calling. All spend quality time at the Nasser Hospital in Khan Younis, the largest healthcare center on the southern Gaza Strip.

Director Poh Si Teng and a courageous camera crew (Ibrahim Al-Otla, Chris Renteria, Arthur Nazaryan and Ramzy Haddad) record their mission abroad and their speeches, conversations and pleas in The States. The team's use of natural lighting, perfect framing and smart composition almost seems intuitive. As a team they capture candid and profound thoughts. Personal viewpoints: "I'm a doctor who doesn't want to see babies who look like my baby killed anymore." Survivor's guilt: "When you leave Gaza you feel like you have no right to leave. You feel shame." Outrage from Mark, who says his father provided aid in death



Ibrahim Al Otla via Sundance

camp during WWII, may be the most exacting: "... Stop grabbing land from people who've lived there for a millennium... Evil of Zionism...Cruelty."

Wherever they go, whatever they see is captured on film—from the corridors of Nasser Hospital, one of the last functioning medical centers in Gaza, to operating and triage rooms filled with the wounded. The images are harrowing: maimed children, rows of bodies, the relentless aftermath of bombardment. Viewers are confronted with the same chaos the doctors endured—bombs exploding nearby as they worked amid the rubble of collapsed homes, apartment buildings and stores. Yet even that proximity to danger cannot equal the suffering experienced daily by Gazans themselves. The doctors carry those memories with them: the lives they saved, the ones they couldn't, the patients they left behind and those who didn't survive.

Editors Christopher White and Ema Ryan Yamazaki trim the footage down to a succinct 91 minutes. Composer Suad Bushnaq creates the right kind of score for a documentary that's so filled with agony, rage, love and bravery. The subject of the Israeli-Hamas war, its beginning, middle, end and

aftermath, is a debate that will rage for decades. Films like this give the conflict personal perspectives—outsiders' observations. These are people who can compare what they see here to what they've experienced at Ground Zero, in Haiti or Ukraine. It amplifies the tragedy and callousness in ways that could be more tangible to theater, streaming and academic audiences.

Three scenes/sequences have a particularly distinct impact, which is saying a lot as there are so many devastating moments: 1. A Palestinian hospital worker is torn between saving lives and taking care of his family—both dire needs that many fathers relate to. 2. Showing bodies of men, women and children that've become a mosaic of death after a bombing. 3. The transition from war-torn Middle East to the United States, where too few seem to understand the magnitude of the situation. It's a stark duality.

Teng's style is unfettered cinéma vérité, no frills and just hard reality. Especially when the doctors are deciding who they can save, mend and return to their families—if there's any kin left. No editorializing, just straightforward chronicling. This is film as a witness and necessary documentation that's so-

bering, graphic but never exploitative.

It's easy to be overwhelmed by the enormity and consequences of action and inaction. None of it is sensationalized by the direction, crew or participants. No section of Gaza, house of worship or hos-

pital is safe. Nothing. It's graphic and scary, but not as emotionally devastating as other horrific war documentaries (e.g., Last Men in Aleppo).

Relaying that the situation is dire in Gaza becomes the mission of three American doctors, a film

crew and the Gazans who speak out. All on view are brave beyond words.

For more information about the Sundance Film Festival go to: <https://festival.sundance.org>

Visit Film Critic Dwight Brown at DwightBrown-Ink.com.

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DFW Black Arts Council Hosts 8th Annual Irma P Hall Black Theatre Awards

By Terry Allen
Guest Columnist

The DFW Black Arts Council presented the 8th Annual Irma P Hall Black Theatre Awards on Sunday, February 22, 2026, at the Life in Deep Ellum Event Center, celebrating excellence in Black theatre across North Texas.

The annual ceremony recognized outstanding achievements in performance, direction, design, and community impact during the 2025–2026 theatre season. The evening opened with a purple carpet reception and concluded with multiple standing ovations as artists and arts leaders were honored for their con-



Facebook

tributions to the region's creative landscape.

Irma P Hall Medal Recipients

The evening's highest honors, the Irma P Hall Medals, were awarded to five individuals whose work has significantly influenced theatre and the broader community.

• Regina Taylor received the Lifetime Achievement Medal for her enduring impact on Black theatre nationally and internationally.

• Jonathan Norton was honored for Theatrical Excellence.

• Akwete Tyehimba received the Community Engagement Medal for de-

cadecades of civic and artistic leadership.

• Tiffany Mann was presented with the Dallas Illumination Medal, recognizing her dynamic artistic presence.

• Ashley McIver received the Philanthropic Support Medal for her commitment to sustaining arts organizations and artists.

Production and Performance Awards

Top production honors included:

• Best Play: I Got the Last Laugh — Jubilee Theatre

• Best Musical: The Color Purple — Urban Arts Collective

Awards were also presented across multiple categories recognizing excellence

in acting, directing, choreography, musical direction, stage management, and design.

By the Numbers

Award distribution reflected a strong season across several companies:

• Jubilee Theatre led the evening with six awards, including Best Play.

• Urban Arts Collective earned three awards, including Best Musical.

• Circle Theatre received three awards for performance and design excellence.

• Soul Rep Theatre and Bishop Arts Theatre Center each secured two awards.

• Stage West Theatre, Theatre Three, and Undermain Theatre each received

one award.

Organizers noted that the ceremony continues to spotlight both established institutions and emerging voices shaping Black theatre in North Texas. The evening underscored the strength, sustainability, and artistic depth of a thriving regional theatre community.

The Irma P Hall Black Theatre Awards remain a signature celebration of creative excellence and cultural legacy in Dallas and beyond.

Terry Allen is an NABJ award-winning Journalist, DEI expert, PR professional, and founder of the charity – Vice President at Focus-PR, Founder of City Men Cook, and Dallas Chapter President of NBPRS.org.

KERA Breaks Ground on Community-Focused Headquarters

On Tuesday, KERA broke ground on its new headquarters in uptown Dallas, designed specifically to invite North Texans to “Be Our Neighbor.” Made possible through its Ground Breaking Capital Campaign, the new building will be located on the Katy Trail and feature a unique design that planners say “puts community first, physically and conceptually, via live performance spaces, shared podcasting

KERA

and studio resources, and in-person arts and learning experiences.”

The new headquarters will be named after The Addy Foundation following its \$15 million gift to KERA's capital campaign. In addition to being a cen-

tral destination for North Texans to convene and create, the new headquarters will be the home for all of KERA's radio and TV properties, as well as the national programs “Think” with Krys Boyd and KERA's newly acquired “From the

Top.”

KERA is the largest investor in its own capital campaign, following the sale of two-thirds of its land in 2025. The new building will be located on the remaining third of the land, adjacent to the Katy Trail.

“As we look to the future, we must ensure these services are available and relevant not just for the audiences of today, but for generations of North Texans to come,” the

organization said in a written statement. “KERA's Ground Breaking Capital Campaign is making this possible, through a new community-centric headquarters, investments in KERA's core service and more.

“Together we are investing in the future of KERA, but more importantly we are investing in the future of North Texas — a future where we are more connect-

ed, informed and inspired through KERA's many services.”

A new headquarters is not the only way KERA is currently investing in its future. KERA's capital campaign is also investing in the future of its core areas of service — including local journalism; early childhood education; and music, arts and culture. This includes launching a local news show on KERA News 90.1 FM.

The Dallas Bike Ride Offers a Motorless Tour of Big D Landmarks

The Dallas Bike Ride returns on Saturday, May 16, 2026 after a celebrated return last year that drew thousands of riders of all ages.

Starting at 8 a.m., the city's only car-free social ride is billed as “a fun, family-friendly celebration of cycling and community.” Organizers are hoping to welcome an expected 5,000

riders to cruise at their own pace past some of Dallas' most iconic landmarks.

Participants enjoy a 20-mile festive, car-free ride with rest stops, live music, and photo moments through Dallas landmarks and neighborhoods including Reunion Tower, the JFK Memorial, Uptown, the Bishop Arts District, and the Design District cul-

minating at City Hall for the Methodist Dallas Finish Festival featuring live music, food trucks, a beverage garden, and family-friendly fun.

A shorter 10-mile route is also available.

For more information, visit www.dallasbikeride.com.

The ride will embark at the intersection of Young

Street and S Ervay Street.

A portion of proceeds from the ride will support Dallas Bicycle Coalition, Bike DFW and Bike Friendly South Dallas in their respective missions to make bicycling safer and more accessible for all.

The cost for the event is \$80 with various packages, add-ons, and discounts available.



Courtesy photo

Black Mom, Truck Driver Launches Line of Natural Haircare Products

(BlackPR.com) As a single mother juggling long days, real responsibilities, and very little margin for error, Ebony Richards, Founder and CEO of Luminous Strands, wasn't trying to build a beauty brand. She was trying to fix a problem no one seemed to be addressing—why so many hair routines looked good on the surface but failed where it mattered most: the scalp.

Between work, motherhood, and late nights at home, Richards began experimenting on her kitchen counter.

She watched how prod-



BlackPR.com

uct overload, mineral buildup, environmental stress, and neglected scalp care left hair dull, dry, and struggling—no matter how many products were layered on top. The issue wasn't effort. It was an im-

balance. "Healthy strands don't start at the ends—they start at the scalp," Richards says. "Most routines never truly reset the hair. I didn't want products that masked damage. I wanted products

that restored balance."

What started as small, intentional batches made with ingredients she trusted quickly became something bigger. Friends noticed the difference. Word spread. And a personal solution began to take shape as Luminous Strands—a scalp-centered haircare brand rooted in restoration, not quick fixes.

"Sometimes it still feels unbelievable," Richards reflects. "It feels like just yesterday I was in my kitchen trying to solve real

scalp and moisture issues for myself. Seeing it turn into a brand with a clear purpose has been deeply rewarding." Today, Luminous Strands stands at a pivotal moment. Built on the philosophy that healthy hair begins at the foundation, the brand focuses on clarifying, restoring, hydrating, and revitalizing natural hair—without stripping it. Each product is designed to bring hair back into balance so it can truly thrive.

The future of Luminous

Strands is intentional and forward-moving. What began on a kitchen counter is now preparing to reach a wider audience, staying true to its mission while scaling with care.

Luminous Strands products are available on LuminousStrands.com and will be available on Amazon and in retail stores soon, bringing its scalp-first approach to customers nationwide.

Because when the foundation is healthy, everything else follows.



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- Motor Grader Operator (Earthwork)
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2:00 PM – Silence Auction Start Time

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**McKinney Housing Authority
2026 ANNUAL 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 2026 fiscal year. Program participants, the public and staff are encouraged to attend the meetings.

**Autoridad de Vivienda McKinney
PLAN ANUAL 2026
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 2026.

Tuesday January 27, 2026	4:30pm	Board of Commissioners Meeting	Newsome Homes Community Center	1450 Amcott St. McKinney, TX 75069
Tuesday February 24, 2026	4:30pm	Board of Commissioners Meeting	Merritt Homes Community Center	1200 N. Tennessee St. McKinney, TX 75069
Tuesday March 31, 2026	4:30pm	Board of Commissioners Meeting	Newsome Homes Community Center	1450 Amcott St. McKinney, TX 75069

A draft of the proposed ANNUAL 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 info@mckinneyha.org. The final public hearing for plan adoption will be held on Tuesday, March 31st at 4:30pm – Newsome Homes community center.

New Database Maps the Politics of America's Workplaces

(Newswise) — Researchers, including Professor of Management and Organization Reuben Hurst at the University of Maryland's Robert H. Smith School of Business, have produced VRscores, an unprecedented public database for understanding the partisan lean of different employers in the United States.

Hurst, with co-authors Justin Frake (University of Michigan) and Max Kagan (Columbia University),

developed VRscores over three years of data work, outlined in their working papers "VRscores: A New Measure and Dataset of Workforce Politics Using Voter Registrations" and "Political Segregation in the US Workplace."

The results "strike us that the workplace could be distinct in terms of creating an environment where Democrats can interact with Republicans in ways that would make people less af-

fectively polarized," says Hurst, who adds that he has always been interested in the intersection between business and politics. "People spend more time at work than at any other part of life. I think it leads to the question, 'How do experiences at work relate to the political behaviors and attitudes outside of work?'"

The dataset covers 2012 through 2024 and brings together data on 534,000 employers and 24.5 million

workers by linking U.S. voter registrations to electronically available worker profiles. Hurst says one of the project's main goals was to figure out to what extent people were exposed to people who were politically different from them at work.

"There's a lot of work in social psychology suggesting that for intergroup interactions to decrease animosity or prejudice, there must be certain conditions. Those interactions are much more

likely to decrease animosity when you are working together for a shared goal but under the same leadership," he says, noting that the workplace is one of the only places where people who have different political beliefs consistently work together with a shared goal.

The data can be visualized and downloaded on the Politics at Work website, where the researchers break down partisan data by geographic region, industry and

occupation, as well as by organizations. The data shows that some industries tend to lean more Republican, like the oil and gas industry. Hurst also notes that more pilots tend to be Republican while professors, museum curators and writers tend to have a more liberal lean. Referencing visualizations on the website, Hurst points out the field of finance leans more toward the Democratic party, "which I think is kind of surprising to people."

FLIGHT, from Page 7

top of two very demanding worlds – combat aviation and pro football. Both depend on preparation and trust in your team and carry intense, constant pressure. He'll also speak of his love of aviation and his passion for service. A Q&A with Frontiers of Flight Museum President and CEO Abigail Erickson-Torres will follow.

The Caroline Rose Hunt Lecture Series is designed to feature aviators, astronauts, innovators and leaders from across the aerospace community who will share their experiences, insights and vision for the future. Their stories are designed to inspire the next generation of aviators, engineers and explorers, while strengthening Dallas'

role as a hub for aerospace excellence.

Proceeds from the Caroline Rose Hunt Lecture Series will directly fund programs that bring aerospace education to underserved communities across North Texas.

"Chad Hennings is a true American hero – both for

his military service and his successes on the football field," said Erickson-Torres. "We are honored to have him share his story with our guests and inspire them with his example of building a life of impact."

Tickets to the event, which runs from 5:30 to 7:30 p.m., are \$45 and can

be purchased at flightmuseum.com/events/caroline-rose-hunt-lecture-series. To learn more about the mu-

seum, visit flightmuseum.com or follow it on Instagram @frontiersofflightmuseum and Facebook.



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Hallowed Ground

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EP.2 Martyrs Park

EP.3 Juanita Craft Civil Rights House

EP.4 Northern Farmlands

EP.5 Paul Quinn College - Dallas' HBCU



This is a series of mini-docs dedicated to memorializing locations in the Dallas area of specific importance to the African-American community.

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"Anybody interested in Dallas' Black community and on its culture - North Dallas Gazette's inaugural season of 'Black Dallas: Hallowed Ground' is a MUST SEE!"
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Hocus-Pocus, My Sanity Has Disappeared

Dr. James L. Snyder

For over 70 years, I believed sanity was a very important part of a person's identity. Being sane enables one to be successful in life. Who doesn't want to be successful?

I've made it my business to focus on my sanity and make sure it's working just fine. Of course, I'm not sure how to build my sanity.

Actually, it wasn't until I met and married The Gracious Mistress of the Parsonage that I understood what sanity was all about. All my sanity brought me to that wonderful place in my life. If anybody has more sanity than The Gracious Mistress of the Parsonage, I have yet to meet them.

For over 50 years, she has been the most sane aspect of my life. Without her, I don't know where I would be today. At least I wouldn't recognize where I'm at.

It wasn't until I hit my 70s that I realized my sanity had disappeared. I have no idea where it went, and believe me, I have searched for it for a long time. I even watched a Three Stooges movie and still did not find it. Where else would it be?

All of this came together this past week.

I was working on a project that needed to be finished by the end of the month. Sometimes those



DWG Studio

projects stress me out. But finishing a project is a wonderful experience. I enjoy it very much.

Then my phone rang, interrupting my moment at the time. Sometimes I don't turn my phone on until the end of the day, but I had it on this morning.

When I answered it, I was rather surprised. According to the person on the other end of the phone, I had made a marvelous victory. According to the person on the phone, I had won over \$5 million plus a brand-new Mercedes. I can't tell you how happy I was.

I couldn't thank the person on the phone enough for this marvelous win. I didn't know if I had regained my sanity or if I had dropped to a lower level of sanity.

Do you know what I could do with that kind of money? Neither do I.

When he told me about my winnings, I laughed hysterically and couldn't thank him enough over the phone.

"When can I expect my winnings?" I asked the guy on the phone.

"We can send it to you today," he said very happily. "Just give us your address and it'll be on its way."

Then I had an unusual sane moment. Thinking about it, I asked, "How much is this going to cost me?"

"Oh, my lucky friend. All you have to do is pay a \$1500 processing fee and the package will be yours."

Sanity started knocking on my door, and I began thinking, "It'll only cost me \$1500 to get \$5 million. That shouldn't be too much to ask for."

Sanity began whispering in my ear, suggesting a question. So, I responded to the person on the phone and said, "That sounds great. Just deduct that \$1500 from my \$5 million winnings, and we got a plan."

If you think about it, that makes a lot of sense. He gets his fee, and I get my winnings. What's wrong with that?

From the other end of the phone, I heard, "That's not possible. I've already wrapped your cash money in a box and I am not able to unwrap it and take money out. You will have to send me the \$1500 through some gift card that you can get at the store."

Yeah, right, a gift card. I may have lost a lot of sanity along the way, but I have now experienced a revival of my sanity.

See SNYDER, Page 16

This Just In:
"Laurel Land Single Space For Sale"

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Weaving the Stories of Women's Lives



Sister Tarpley
NDG
Religion
Editor

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.

The stories of Black women's lives, and the choices they made, encourage girls and young women to think larger and bolder, and give Black boys and men a fuller understanding of the female experience.

Knowing Black women's achievements challenges stereotypes and upends social assumptions about



Delilah L. Beasley
(Wikipedia)

who they are and what they can accomplish today.

There is real power in hearing Black women's stories, both personally and in a larger context. Remembering and recounting tales of our ancestors' talents, sacrifices, and commitments inspires today's generations and opens the way to the future.

Delilah L. Beasley was a Historian and Newspaper

Columnist. At her memorial service, which was a testament to her life-long crusade for justice, all attending stood and made the following pledge—"Every life casts its shadow, my life plus others make power to move the world. I, therefore pledge my life to the living work of brotherhood and material understanding between the races.

Beasley was the first Black woman to be regularly published in a major metropolitan newspaper and the first author to present the history of Blacks in early California.

Growing up in Ohio, Beasley started writing social columns for Black and White newspapers while still a teenager. After her parents' deaths, she sought a career path that would

better support her younger siblings, working as a hairdresser, massage therapist, nurse, and maid for many years.

In 1910 she moved to Oakland California where she immersed herself in the local Black community and again started writing articles in local newspapers.

In 1915 Beasley started writing a weekly column in the Oakland Tribune. Her articles protested the stereotypes contained in the movie "The Birth of a Nation." Through a column called "Activities among Negroes," she campaigned for Black dignity and rights.

Highlighted activities of local churches, women's clubs, literary societies, along with national politics, and achievements of Black men and women; her column aimed to give all readers a positive picture of the Black community and demonstrate the capabilities of Blacks.

Deeply interested in the history of Black Californians, Beasley trained herself in archival research and oral histories. In 1919 she self-published The Negro Trail-Blazers of California, this was a groundbreaking book chronicling the lives of hundreds of Black Californians from

the pioneer period through the early 20th century.

Her book included an unprecedented amount of Black women's history, focusing on the strong roles women played in their communities and featuring countless biographies of Black women leaders.

In the thirties, Beasley was the driving force behind the passage California's first anti-lynching bill. She continued her column and was active in the community until her death in 1934.

(Editor's Note: This column originally ran in March 2015. It has been edited for space.)

What's Your Risk?

If you have these symptoms, you may have type 2 diabetes

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BLURRY VISION

FREQUENT URINATION

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Friday, February 27, 12:00-1:00 p.m. Friday, March 13, 12:00-1:00 p.m.
Thursday, March 5, 6:00-7:00 p.m. Thursday, March 26, 6:00-7:00 p.m.

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

NDG Bookshelf: Books for Women's History Month by various authors

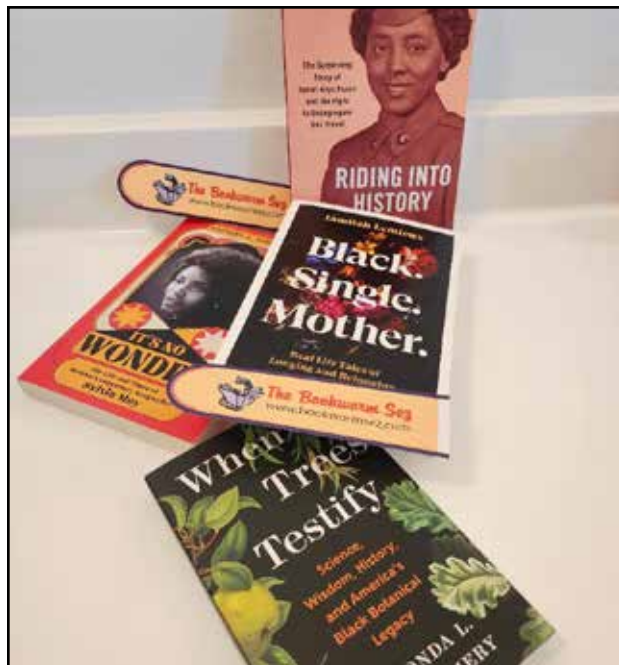
By Terri Schlichenmeyer

The history books seem to be full of men.

Galileo, Frederick Douglass. Abraham Lincoln. Jesse Jackson, Franklin Roosevelt, the list goes on. So this month, put a few women on your radar by reading these great Women's History Month books...

Soon, your mind may turn to gardening and greenery and **"When Trees Testify"** by **Beronda L. Montgomery** (Henry Holt, \$27.99) is a great place to start.

Written by a renowned biologist, this book explains how African Americans have made their mark on the world of botany, and vice versa. Trees, especially, have been essential in Black history, and Mont-



Terri Schlichenmeyer

gomery writes specifically about seven of them, plus the cotton shrub. This is a great book for historians, of course, but also for gardeners, homeowners, and any-

one who appreciates a tree. Everything has to start somewhere, and in **"Riding Into History"** by **Amy Nathan with Sarah Keys Evans** (Duke University

Press, \$29.95), you'll read the story of Women's Army Corps PFC Sarah Keys, who was trying to take a bus home from her post at Fort Dix, New Jersey when she was arrested for disorderly conduct for doing what Rosa Parks would do some three years later. Her actions, says Nathan, still resonate today. This is an important story to read, one that's not often told when talking about the Civil Rights Movement. (Out March 24).

Another little-told story in women's history that you'll like knowing is that of Sylvia Moy, so find **"It's No Wonder: The Life and Times of Motown's Legendary Songwriter Sylvia Moy"** by **Margena A. Christian** (DaCapo, \$30).

You'll want to dust off

your favorite vinyl when you read this book about the woman who wrote songs for Stevie Wonder, The Isley Brothers, Martha and the Vandellas, and the Temptations. She was the first woman to become an in-house Motown producer-songwriter, and she had to fight to keep that place. You'll like this incredible, til-now-hidden story, especially if you're a fan of old-school tunes from back in the day.

And finally, if you've ever had a mother, then **"Black. Single. Mother."** by **Jamilah Lemieux** (Roc Lit, \$32.00) is a book that'll make you want to thank her.

This is a wide but intimate examination of being a single mom that happens to be Black – the ups and

downs, the myths, the nasty comments and the absolute joys. It's about what it's like to raise kids without their father around, and why respect and love from the rest of society is long overdue. Written through interviews with more than twenty single Black moms, this is a strong look at a topic that's rarely examined in such a wide, open-hearted way. (out March 10)

And if these books aren't enough, then head to your favorite bookstore or library and ask for more. The staff there can help you find whatever you need to read for Women's History Month, in almost any category and for almost any age group. All you gotta do it ask – because, isn't it time that women take their place in history, too?

LIBRARY, from Page 8

week series of fun, play-based activities for toddlers and their parents and caregivers. Abundant with toys, books, and art activities, the workshops provide an opportunity for families to spend time together, make friends, and talk one-on-one with specialists on various aspects of child development and early literacy.

- Collections of books, toys, music, and multime-

dia materials for babies, toddlers, preschoolers, parents, and caregivers.

- Librarians specially trained in child development and family support.

"The Carrollton Public Library is proud to have earned this national designation as a Family Place Library," Brittnee Emerine, Youth Services Supervisor, said. "We implemented many aspects of what it

means to be a Family Place Library, including our playgroup, about two years ago and the sessions fill up every time they're offered. Four staff members have already completed a total of 160 hours of learning from the Family Place Training Institute to implement this program in Carrollton, which represents one more way the Library can serve patrons and sustain a high quality of life for the community."

For CPL, this expanded public library role is made possible in part by a grant from the Institute of Museum and Library Services to the Texas State Library and Archives Commission under the provisions of the Library Services and Technology Act, and in part by a State-funded grant from the Texas State Library and Archives Commission.

To learn more, find Family Place Library at cityofcarrollton.com/library.



Courtesy photo

SNYDER, from Page 14

It seems feasible to send him the money so I can receive my reward.

I continued my phone conversation and asked an important question: "Sir, how do I know I can trust you to send me the money?"

He chuckled on the

phone and then said most bravely, "You can trust me with anything. I'm not here to scam anybody I'm just here to get you your winnings to you as fast as possible. Believe me, you can trust me. Everybody trusts me."

He then sent me photo-

graphs of other people who had won millions of dollars. As if I'm going to believe that.

Responding to those pictures, I said, "How can you prove to me that those are real people with winnings and not some AI production?"

"Oh my friend," he said most enthusiastically, "you

can trust me I would never lie to someone like you."

If this wasn't a scam, I've never heard of one. I responded by saying, "When you send me my winnings, I will pay you the processing fee plus a \$500 tip. How does that sound?"

The only sound I heard was "click," and he was no more. I love it when

my sanity shows up with a smile every once in a while.

As I was thinking about this, a verse of scripture came to mind. "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind" (2 Timothy 1:7).

True sanity comes from God. He gives me everything I need to be all He

wants me to be. He is the only one I can truly trust, and that's my daily discipline.

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