



MY TRUTH

BY CHERYL SMITH
PUBLISHER

HELP

"The law holds that it is better that 10 guilty persons escape than that one innocent suffer."

Jurist William Blackstone
Laws of England, 1760s

Have you ever been wrongly accused? Have you had to suffer because someone who was guilty actually got away with a crime, infraction, bad act?

I met Joyce Ann Brown, shortly after she was released from prison after spending nine



RODNEY REED

years, five months and 24 days in prison for a crime she didn't commit.

She changed my entire outlook as I realized that everyone in prison is not guilty.

Then when former Dallas County District Attorney Craig Watkins started putting faces to more of the wrongfully incarcerated, I realized we definitely had an issue. You have to ask yourself, "If people are getting out of jail after being wrongfully imprisoned,

SEE MY TRUTH, PAGE 7

Dikita Enterprises celebrates 40-year milestone

The oldest African American family-owned and -operated civil engineering and consulting firm in North Texas will celebrate its 40th birthday in mid-November of 2019.

Dikita Enterprises, led by Eve Williams, president and chief executive officer and daughter of founder and chairman Lucious L. Williams, sees a bright future after four decades in business.

"We have discovered our niche and it is driven by paying close



HON. CAROLYN KING-ARNOLD, LUCIOUS WILLIAMS, AND MARSELLA AND HON. TENNELL ATKINS

attention to our clients and their needs," said Eve, who took over the

leadership of the company from her father in 2010 after serving as its Chief Financial Officer for 27 years having received a MBA in accounting from the University of Texas at Arlington. "We know we must exceed the expectations and provide services our clients may have overlooked," she added.

The company provides a variety of services in the aviation, education, hospitals,

SEE DIKITA, PAGE 2

OAK CLIFF CHAMBER OF COMMERCE - Transportation & Mobility Summit held



Pictured: Keynote Speaker: U.S. Congresswoman Eddie Bernice Johnson spoke on transportation and automation processes and training to support automated systems. Moderator Michael Rogers, Director of Department of Transportation - City of Dallas; Majed Al-Ghafry, Asst. City Manager, City of Dallas; Carlos Aguilar, President & CEO - Texas Central Partners; Michael Thacker, Bell-Bell Nexus and Steven Duong AECOM - Hyperloop One; held at Methodist Hospital Dallas. Photos: Stewart Caret

Black and Clark Funeral Home experience shared with readers

Dear Texas Metro News Reader,

Black and Clark Funeral Home is pleased to have an opportunity to reach you monthly in Texas Metro News.

Black and Clark is looking forward to sharing with you information about funeral and memorial services provided by Black and Clark.

More so, we want to keep you informed about your rights when buying funeral goods and services.

At Black and Clark, we respect and appreciate you, the consumer,



LINDA A. MITCHELL

and want to keep you informed about topics that are important when making very difficult decisions.

Each month we will write about topics, such as: "The Purpose of Funerals," "Creating a Meaningful Service," "Pre-Planning a Funeral," "Decisions You Make During Arrangements" and may more topics that will be beneficial for you and your family. Black and Clark wants you to have a memorable and positive experience when it is time to

SEE BLACK AND CLARK, PAGE 8

I WAS JUST
THINKING...

BY NORMA
ADAMS-WADE



Sharing Harriet -- the Woman

I'm pretty possessive about Harriet – the women. Always have been. I have not seen *Harriet*, the movie – yet.

But I plan to, when I get over my jealousy. You see Harriet Tubman



HARRIET TUBMAN
Photo Credit: Library of Congress

belongs to me. At least, she always has in my mind. This towering figure of strength, tenacity and endurance, gutter smarts, and almost superhuman achievement has been my secret North Star since I was a clueless little Black girl in a South Dallas grade school.

I did not tell many people about Harriet. I did not want to share. Now, I have to share, like it or not. You see, my heroine Harriet, the woman is getting her due attention, at least a better portion of it, through the movie whose title is simply her name. 'Nough said.

Secretly, I feel my seeing the movie Harriet should be a private-showing, just me in the theater exclusively. I feel I deserve a private-showing, considering the adulation I've internalized about

SEE THINKING, PAGE 4

INSIDE

 **EDUCATION** pg. 3

 **EDITORIAL** pg. 4

 **PERSPECTIVE** pg. 5

 **CALENDAR** pg. 6

 **SPORTS** pg. 14

MAILING ADDRESS
320 S. R.L. Thornton Freeway
Suite 220
Dallas, TX 75203

WWW.TEXASMETRONNEWS.COM
214-941-0110

Cheryl Smith
PUBLISHER - EDITOR
editor@myimessenger.com



CREDO OF THE BLACK PRESS

The Black Press believes that America can best lead the world away from racial and national antagonisms when it accords to every person, regardless of race, color or creed, full human and legal rights. Hating no person, fearing no person, the Black Press strives to help every person in the firm belief that all are hurt as long as anyone is held back.

Dikita Enterprises continued from front page

highways, transit and transit market research industries including planning, data analysis and reporting, transit market research, and program management. The first major client for the firm was the Frank Crowley Court Building on River Front Blvd. for Dallas County in 1986. The firm provided civil, electrical, and structural engineering design.

Dikita, which has two offices in Dallas and Fort Worth, has recorded several firsts in the engineering field. It was the first African American company to become a program manager for Dallas ISD and its Bond Program of 2015, whereby the firm is one of three responsible for managing the \$1.6 billion worth of capital improvement, including construction of nine new and replacement schools; expansion of facilities and 326 classrooms; land acquisition and educational program.

“They have been excellent,” said Lew Blackburn, former Board President and Trustee for Dallas ISD. “The projects have been on time and budget.”

The company also served as the Program Manager in 2015 to the Lancaster ISD as well,

overseeing architecture design and



NTTA CFO HORATIO PORTER, CHAIRMAN LUCIOUS WILLIAMS AND STATE SENATOR ROYCE WEST



DESOTO MAYOR CURTISTENE MCCOWAN (c) AND HUSBAND LEON MCCOWAN SHARE A MOMENT WITH EVE WILLIAMS

construction of 2 new elementary schools (Pleasant Run and West Main); one 9th grade remodel, the Barack & Michelle Obama 9th grade campus; and one middle school to be opened August,

2020 school year (Elsie Robertson).

Those services included budget review, quality assurance, cost estimates, constructability review, and overall contractor management. “We strive to create value,” said founder and chairman Williams, who led the firm for over 30 years and is still active as its Governmental Affairs Officer. “My daughter makes sure we consistently let our employees know if we made a promise to our clients, keep your promise and exceed expectations.”

A key executive in the bond program management area for the company is Walter Dansby. Dansby, a Fort Worth native, is senior vice-president and program executive for the firm.

He has more than 40 years of experience in the Public School system, where he has served as a Coach, Assistant Principal, Principal, Executive Director of Instruction, Associate Superintendent and Superintendent. As Deputy Superintendent, he was responsible for a \$593.6 million capital improvement

program, which was completed on time and under budget, successfully building five new schools, nine additional and extensive refurbishment of athletic facilities and over 130 campuses.

“No question our growth in this area has been Walter’s tremendous experience,” said Eve. “His background and leadership are invaluable.”

A hallmark of the company is its status with clients, particularly Dallas Area Rapid Transit (DART). The firm enjoys a 32-year relationship with the public transit entity.

“We would not be where we are without our services to DART,” said Eve.

“Working with Dikita has been excellent. Dikita has been competent, capable, timely, responsive and completely professional in responding to our needs. I know who they are. They make sure things get done,” said Gary Thomas, president and executive director of DART.

Dikita is a certified Disadvantage Business Enterprise (DBE), Minority Business Enterprise (MBE), Historically Underutilized Business (HUB), Small Business Enterprise (SBE) in over 19 states including Texas, California, Georgia, Louisiana, Michigan, Florida, Arizona, New York and Washington, D.C.

DCCCD is RBCA ‘Industry Partner of the Year’

Dallas County Community College District is the latest recipient of the ‘Industry Partner of the Year’ award presented by the Regional Black Contractors Association (RBCA). The distinction, awarded Friday during the association’s annual gala, highlights a partnership focused on construction education that prepares formerly-incarcerated men and women for re-entry into the workforce.

“The economic and workforce

impact to the community and employers provides an opportunity of pride, self-respect and dignity for each of these students,” said Joyce Williams, DCCCD’s associate vice chancellor of workforce and community. “The possibilities are endless as they transition into the workforce with construction certifications and employability skills earning them \$15-\$18 hourly.”

Since June, approximately 100 students have received construction



JOYCE WILLIAMS
DCCCD ASSOCIATE VICE CHANCELLOR

training and industry certifications.

These certificates are made possible through a partnership between Cedar Valley College’s Career and Technical Education program and Workforce Solutions of Greater Dallas.

The four-week program, funded by DCCCD’s WorkReadyU and Cedar Valley, takes students through construction trade and support classes composed of soft skills, work readiness and technical skills.

“I believe this is a game-changer

at the lowest level, because we have the ability to change the lives of these men and women today and not in the distant future,” said Dr. Ruben Johnson, executive dean of business, workforce and skilled trades division at Cedar Valley.

After completing the program, students typically receive employment through a partnership with RBCA. The non-profit advocacy group works to include African American businesses in the construction industry.

For more info on the construction trade program at Cedar Valley College, please contact Dr. Ruben Johnson at (972) 860-8161 or by email at rjohnson@dcccd.edu.

DBDT Founder Ann Williams speaks at One Dance UK International Conference

Dallas Black Dance Theatre's (DBDT) Founder Ann Williams will participate in the One Dance UK international conference Re-generations - Dance and the Digital Space Conference 2019 in November at The Lowry Theatre in Salford in the United Kingdom. She will be a speaker on the panel "Exploring the Cultural Barriers to Outreach and Training."

The event aims to bring the dance community together to share current practices and encourage new perspectives on the topic of the dance of the African Diaspora (DAD). Attendees will explore the ways digital technologies are used for artistic innovation and creative practices. The conference provides an



ANN WILLIAMS

international platform connecting UK artists, practitioners, and scholars with global leaders from Africa, the USA, Canada, the Caribbean, and Europe.

One Dance UK, IRIE! Dance Theatre, Middlesex University, Dance Immersion, and The Lowry are hosting the conference in a partnership. It will include panel discussions, master classes, lecture-demonstrations, workshops, academic paper presentations, and performances.

For more details, visit www.DBDT.com and www.dbdt.com/academy.

Why small businesses need strong business plans:

The upcoming Lunch & Learn session at Frazier House will feature Trevor Noel, CEO of the Noel Performance Group, who will talk about the key components of a business plan and the critical points of the importance of having a plan that will enable you to be more effective in establishing a viable and successful business venture.

One of the key steps to starting a small business is the development of a business plan, which serves as an organized and well researched guide on how to turn your business concept into an up and running profitable business, said Mr. Noel.

This Lunch & Learn session, Thursday, Nov. 14 from 11:30 a.m. to 1 p.m., is sponsored by the Zan Wesley Holmes Jr. Community Outreach Center at Frazier House, 4600 Spring Ave., Dallas 75210.

This free session will provide

participants with:

- An understanding of the importance of developing a plan that will guide you during the lifetime of your business
- An understanding of how a plan will aid in attracting potential lenders or investors for start-up funding
- The importance of studying and knowing the need for and differentiation of your products and services
- Understand the need to research your potential customers with a valid targeted marketing strategy
- An understanding of the need to develop a realistic financial plan which makes cost projections and planned cash flow
- An understanding of how a financial statement analysis will aid to measure progress and make profitability decisions and help you evaluate the potential of your business in a broader marketplace.

Trevor O. D. Noel is a retired Colonel from the United States Air Force, with 33 years of service. He also worked in corporate America as a Human Resource Management professional, in the Telecommunications industry. He is a blended professional with both public and private sector leadership and management experience.

He has more than 25 years of leadership and programs management experience in Military Aviation Operations management and Human Resource management. He holds two Masters of Science degrees; Human Resources Management and Strategic Studies.

To register, go to: www.zwhjcc.org and click on "Classes." The class is free and open to the public. Join us in person or via Facebook Live. Bring your lunch; we will provide the drinks.

For more information, follow on Facebook—<https://www.facebook.com/ZWHJCC/>, email us at: info@zwhjcc.org or call Jasmine Anderson, 214.324.4443.



An Important Message from Medicare

"WE SAVED ON PRESCRIPTION COSTS. IT PAYS TO COMPARE PLANS."

MEDICARE PLANS CHANGE YEAR-TO-YEAR.

Use the new **Plan Finder at Medicare.gov** to more easily compare:

- Part D prescription plans for cost, coverage, and convenience.
- Medicare Advantage Plans for extra benefits, changes in network providers, co-pays, and more.
- Supplemental (Medigap) plans for costs and benefits.

Is your current plan still your best choice for 2020, or could you do better? **Compare plans now.**

Use the new Plan Finder at **Medicare.gov** or call **1-800-MEDICARE**. TTY **1-877-486-2048**.

MEDICARE OPEN ENROLLMENT
Ends Dec. 7

Limited resources? You may qualify for Extra Help to pay prescription drug costs.

Go to ssa.gov/benefits/medicare/prescriptionhelp/ to find out more.

Paid for by the U.S. Department of Health & Human Services



QUIT PLAYIN'

By VINCENT L. HALL
VINCENT L. HALL IS
AN AUTHOR, ACTIVIST
AND AWARD-WINNING
COLUMNIST



"It is a peculiar sensation, this double-consciousness, this sense of always looking at one's self through the eyes of others, of measuring one's soul by the tape of a world that looks on in amused contempt and pity." – William Edward Burghardt DuBois, "The Souls of Black Folk."

My maternal grandfather was a proud World War I vet and my paternal grandfather shortened his service in the 1930s, but both served. Daddy wasn't having it. His lifelong testimony is that he used the names Vincent and Victor before our births to avoid service.

And there wasn't no shame in his game! "I ain't going nowhere to be bossed around and mistreated by a bunch of po' ass crackers. When it's all said and done, I'll still be a Nigger to them!"

Muhammad Ali was similarly inclined.

"Why should they ask me to put on a uniform and go 10,000 miles from home and drop bombs and bullets on Brown people in Vietnam while so-called Negro people in Louisville are treated like dogs and denied simple

human rights? I'm not going to help murder and burn another poor nation simply to continue the domination of white slave masters of the darker people the world over.

The real enemy of my people is here. I will not disgrace my religion, my people or myself by becoming a tool to enslave those who are fighting for their own justice, freedom, and equality. If I thought the war was going to bring freedom and equality to 22 million of my people they wouldn't have to draft me, I'd join tomorrow. I have nothing to lose by standing up for my beliefs. So I'll go to jail, so what? We've been in jail for 400 years."

Bryan Stevenson is a revered social justice activist; the Founder and Executive Director of the Equal Justice Initiative. As the nation's premier student of American racial atrocities, he uncovers another unheralded hardship for Black military men.

"No one was more at risk of experiencing violence and targeted racial terror than Black veterans who had proven their valor and courage as soldiers during the Civil War, World War I, and World War II. Because of

Happy Belated Veteran's Day!



their military service, Black veterans were seen as a particular threat to Jim Crow and racial subordination. Thousands of Black veterans were assaulted, threatened, abused, or lynched following military service."

So when Dr. Michelle McGee-Norfleet came to the church podium and welcomed all of the veterans in the house to join her; I felt that peculiar sensation, that double consciousness; Again!

"Our debt to you, our often unsung heroes, can never be re-paid but our gratitude, respect, and appreciation will last forever.

For many of you, our nation was important enough to endure long

separations from your families, be absent for the births of your children, withstand freezing in sub-zero temperatures, survive in treacherous jungles, lose limbs, and unfortunately, those who are no longer with us, sacrifice with their own lives.

These men and women were ordinary people... until they heard the call of duty and answered it. They left their families ... their homes ... and the lives that they knew... not for recognition or fame or even the honor, we bestow upon them today. They fought to protect our country ... to maintain our way of life. And often for the African American soldier, these challenges were compounded

by inequality, sub-par resources, and watered-down reverence."

At that moment, DuBois came alive in my spirit for the umpteenth time. As a Black man, I felt a roaring sense of pride about all veterans that had previously eluded me. As an American, I felt ashamed that I may have minimized the importance of military service because White folks have always co-opted patriotism and military valor as exclusively their own. Donald J. Trump is not the first rich man to exploit lower and middle-class Whites.

Some of us "revolutionaries have been had, bamboozled and run amok," but this Veteran's Day, we separate the chaff from the wheat. Happy belated Veteran's Day at last!

Yet you say we're fighting
For democracy.
Then why don't democracy
Include me?

I ask you this question
Cause I want to know
How long I got to fight
BOTH HITLER — AND JIM CROW.

- Langston Hughes, Beaumont to Detroit: 1943

I WAS JUST THINKING...

continued from front page

my heroine over the years.

But know this, my esteem for Harriet does not diminish my immense regard for my other heroine – Ida B. Wells-Barnett, the great crusading Black journalist. Ida inspired my profession and motives. Harriet - the woman inspired the essence of my being.

Yes, I'm jealous to share Harriet – the woman; and at the same time, thrilled that she is getting overdue acclaim. But I was just thinking..., Harriet, the woman deserves so much more glory. Like fulfilling the elusive federal promise to put her face on the

\$20 bill. The Feds promised in 2016 to substitute her face for Andrew Jackson's by the year 2020. Then, the Trump administration reneged and with blatant reluctance and glaring lack of enthusiasm said the change would come nearly 10 years down the road – around 2028.

Harriet - the woman, though, would be used to the snub and would handle it were she here. She handled tons more grief than a government entity could shovel out and she kept on going.

If you have not read her life story, I beg you to do so. The woman born into slavery, escaped, became an abolitionist, and helped the Union Army as a scout and spy. Called the

Moses of her people, she returned to the South numerous times and led countless enslaved African descendants from slavery to freedom in the north via the seemingly divinely-protected Underground Railroad. I say countless enslaved descendants because conflicting researchers put the number as low as 70 to as high as 1,000.

Researchers also disagree over whether Harriet actually said the following quote, as good a quote as it is: "I freed a thousand slaves. I could have freed a thousand more if only they knew they were slaves." Today, "woke" listeners would correct whoever said these words, changing "slaves" to "enslaved." There's a

difference.

Still, I was just thinking..., History has run such a number on our people. We have to take everything we read with a grain of salt. In recent years we are being told that the Statue of Liberty originally was a gift from France to America celebrating, not immigrants, but Abraham Lincoln and the end of slavery. Look at the nicely concealed broken shackles on Lady Liberty's feet and read two books – one by professor Ed Berenson, the other by engineer Yasmin Sabina Khan – explaining the shackles, Lincoln and ending slavery.

And speaking of books, two much-cited documents about Harriet's life should help novice inquirers to know

her better. Try either one of two books about Tubman by Sarah H. Bradford written in the 1800s and a third that Tubman scholar Kate Clifford Larson published in 2003. I'll leave you to research them.

And the recent film *Harriet*, although acclaimed, is getting its own share of heat from various haters. Some who wanted an African American rather than Cynthia Erivo, a Black Brit of Nigerian descent, to play the lead role. Others were unhappy about deals they wanted to make with the filmmakers, or unhappy about some behind-the-scenes political stances.

Someone is always unhappy. But I was just thinking... I must say Goodbye. I need to go see a movie.

**HOMELESSNESS
CRISIS**

—We are better than this



**THE
LAST WORD**

DR. JULIANNE MALVEAUX

I was returning from an errand when the skies opened up. The punishing rain came down with such vigor that despite an umbrella, the bottom inches of my pants were soaked.

With my wash and wear hair, and just half a block more to walk, I shrugged the rain off, until I saw a woman sheltering herself from the rain in a narrow but covered side entrance to a church.

The opening could not have been more than 4 feet wide, and sister was easily five feet tall. She had wedged herself, somehow, into the space and was lying horizontally with a newspaper over her head. From across the street, I could see her beautiful dark chocolate skin, but also her disheveled clothing, and no layers to shelter her from the rain.

Watching her reminded me that we are going into the season of high risk for those who have no shelter. Many can make it during the warmer months sleeping comfortably outside, but as

temperatures drop and precipitation increases, thousands are vulnerable because they have no shelter.

When we elect a clown, expect a circus. Too many urgent national concerns are being swallowed by this man who lacks the gravitas to behave as President. The man who calls his colleagues “scum,” who attacks Black people, especially Black women, with impunity, who dodges the Constitution every chance he gets, who might spark a major crisis by stomping over oversight, and who might cause a government shutdown later this year if he doesn’t get his way.

And then there are the human needs that are being ignored. According to the Department of Housing and Urban Development, during a “point in time” survey on a night in January 2018, more than half a million homeless people were counted. (<https://files.hudexchange.info/resources/documents/2018-AHAR-Part-1.pdf>). While there are flaws in this methodology, it is as close as we

can get to a scientific measurement of the homeless. There are half a million people, mostly men, mostly white, but way too many African Americans. African Americans are 13 percent of the population and 40 percent of the homeless. The homeless are primarily concentrated in California, New York,



Florida, and Texas, but you can find them in almost any community. Two-thirds of the homeless are sheltered on a given night, but a third are sleeping on the streets, on park benches, in alleys, under awnings. To quote the late great Congressman Elijah

Cummings, “we are better than this.”

Nearly 40,000 of these homeless are veterans. Nearly 40,000 are youth. Their homelessness flies in the face of our values as a country. Those who have served our country should not have to sleep on the streets. Those who have not have had a chance at life should not find their chances on a park bench. This is not just about homelessness. It is about an economic crisis that has made affordable housing difficult to obtain, with jobs and economic security even more difficult to obtain. While 45 crows about our healthy economy, the Fed has lowered interest rates because it is concerned about the health of the economy. And low unemployment rates belie the absolute angst that millions of our fellow citizens are experiencing.

The homeless data are daunting enough, but there is also hidden homelessness. Too many – 4.4 million – are living in other people’s houses because they have no homes of their own. While there is nothing wrong with “doubling up” families when it is voluntary, involuntary doubling up is a prescription for disaster. Compound this with the number of young people who are “couch surfing” because they have no place to go. I’ve met young people who are living in storage

units because they have no homes, managing their sanitation needs in gyms and hotel bathrooms. Some of these folks have full-time jobs that pay so little that they can’t afford housing. We are better than this.

The specter of homelessness is incompatible with the rhetoric of economic progress and economic expansion. From San Francisco, where people with tents live underneath freeways, to Washington, DC, where homeless people sleep on streets that appear to be prosperous, to New York City, where some of the homeless have mental health issues, and nowhere to go. Our compassion compass is off because we are so focused on shenanigans that we have ignored people.

Still, about 552,000 people were shelter-challenged when HUD executed their “point in time” survey. It’s a flawed methodology, but one that challenges the nature of predatory capitalism in our society and in our economy. No one should have to sleep in the street, wedge herself into an awning, or stand in line for temporary shelter. We are so much better than this.

Julianne Malveaux is an author and economist. Her latest project MALVEAUX! On UDCTV is available on youtube.com. For booking, wholesale inquiries or for more info visit www.juliannealveaux.com

No Longer “Hidden Figures”



FROM THE CAPITOL

BY CONGRESSWOMAN EDDIE BERNICE JOHNSON

Congresswoman Johnson represents the 30th congressional district of Texas in the US House of Representatives.

Women have performed historically-critical roles in America’s efforts to become the world’s dominate space exploration nation.

Now, the seminal contributions of four particular women are legislatively enshrined in the American ethos with the ‘Hidden Figures Congressional Gold Medal Act’, signed into law on November 8th by the president,

after being passed in the House of Representatives and in the Senate.

It is widely believed by numerous people of scientific pursuit and depth that without the brilliance of three special women the first American attempt to have an astronaut orbit the globe would not have been successful. Absent these women, many experts conclude, the first attempt may

well have been a disaster and a national disgrace, with perhaps the lone astronaut losing his life.

Two years prior to the passing of the Civil Rights Act of 1964, and three years prior to the passage of the Voting Rights Act, three African American women in the space program, Dorothy Vaughan, Mary Jackson and Katherine Johnson, highly-trained in mathematics and engineering, were the brain trust that led to the successful launching and landing of Friendship 7, the space craft piloted by John Glen, a Marine Corps airman who later became a United States Senator.

For more than four decades the roles that these three pioneering scientists played in the success of the mission went unnoticed by the overwhelming majority of Americans.

It was not until 2016 when a major motion picture about the role the three women played did they receive the notoriety and gratitude that they had earned and deserved.

The new legislation was written specifically for these three women, and for Christine Darden who excelled as a NASA spaceflight engineer and mathematician while researching supersonic flight and sonic booms.

Her work during the four decades she worked at NASA was crucial to space flight and astronaut safety.

The legislation awards Congressional Gold Medals to two of the four women who are still alive, Christine Darden and Katherine Johnson. It is posthumously awarded to Dorothy Vaughan and Mary Jackson.

Additionally, a Congressional gold medal is also awarded to women that contributed to the work of NASA and the National Advisory Committee for Aeronautics, a federal agency, between the years 1930 and 1970.

It was my great privilege to be the principal sponsor of the legislation in the House of Representatives. Senator Chris Coons from Delaware was my counterpart in the Senate.

The accomplishments and legacies of these four women and countless others have motivated many young women to enter into the fields of sciences, technology, engineering and mathematics.

The honored women are simply not heroines of America’s space program.

They represent the best that our country has offered to the world. Their lives deserve to be emulated!

COMMUNITY CALENDAR

Diabetes Awareness Month

Family Caregivers Month

Recurring Events

Feeding The Needy, Host: **Michael "Hollywood" Hernandez**, 1641 Corsicana St, Dallas. 3-5p., Sundays.



The Kinsey African American Art & History Collection, A. A. M. 3536 Grand Ave. 9-21-19 - 3-1-20.

West African Drumming and Dance Class, South Dallas Culture Center, 3400 Fitzhugh Ave. 11a-1p. (10-26)-(12-7), Ages 5-18. Info: Marilyn Clark, 214-671-1998.

Arthello Beck Gallery Presents: Nitashia Johnson The Self Publication, So. Dallas Culture Center, 3400 Fitzhugh Ave. 11-9, Opening Reception 6p.

Amazon Hiring (No Walk-Ins), Frazier House 4600 Spring Ave. Mon.-Fri. Apply: <https://amazon.force.com>. Dates: 11-1-22-19.

Census Bureau hiring for 2020 Census, Frazier House 4600 Spring Ave. Submit on-line application in computer lab Mon. & Wed, 10a-2p. Dates: 11-1-22-19.

Regional Premiere of Colman Domingo's DOT, So. Dallas Cultural Ctr., 3400 S. Fitzhugh Ave. Thur. 7:30p, Fri 7 Sat. 7:30p Sun. 3p. www.soulrep.org. 12-5-22-19.

November 13

Caryn E. "Whoopi" Johnson, DOB 1949, Comedian & Actress

Swing Dance Class, Allure Jazz & Cigar Lounge 110 S. Cockrell Hill. 7:30-9:30. Lady Champagne. Free before 8pm.

Wine & Jazz, Box Garden in Legacy Hall, 7800 Windrose Ave. Plano. 6-11p. Tickets: Eventbrite.com.

Jamrok Wednesdays, A Night of Jamaican Music, Hero's Lounge, 3094 N. Stemmons Fwy. 7p-2a. Eventbrite.com.

ISD Buyer & Mixer, DFW Minority Supplier Development Council, 8828 N. Stemmons Fwy, #550. 12-3p. Register: www.dfwmsdc.com.

November 14

The Stormproof Way To Build Your Brand, Microsoft Store No. Pk. Ctr. 8687 N. 75 Fwy. #1612, 7-9p.

Texas Women's Foundation 34th Annual Luncheon, Amplify Women, Anatole, 2201 N. 35 Fwy. 11:30a.

Fantasia, The Theatre at Grand Prairie, 1001 Performance Pl. 7:30p. Tickets: AXS.



City of Duncanville Town Hall Meeting, D.L. Hopkins Senior Center, 206 James Collins Blvd. 6:30-8p.

Z. W. Holmes Lunch & Learn, Trevor Noel, Intro to a Bus. Plan, Frazier House 4600 Spring Ave. 11:30am.



Women That Soar Awards VIP Reception, Moody Performance Hall, 2520 Flora St. 6-8p.

Oak Cliff Chamber of Commerce Transportation & Mobility Committee Meeting, Oak Cliff Chamber of Commerce, 1001 N. Bishop Ave. 7:30a.

North Oak Cliff Toastmasters, Oak Cliff Chamber of Commerce 1001 N. Bishop Ave. 6:30-7:30p.

Internationally Renowned Designer Bob Mackie to Visit El Centro, El Centro College, 801 Main St. Rm. M1029 10th fl. of One Main. 1:30p. Info: sljones@dccc.edu.

Listening Session: Chief U. Renee' Hall & Councilman D. Blewett, J. L. Long Middle School, 6116 Reiger Ave. 6p.



Dallas ISD Teacher Job Fair, Emmett J. Conrad High School, 7502 Fair Oaks Ave. 5-7p. Reg: teachdallasisd.eventbrite.com.

November 15



Friday Night with The Wives, Host: **Dareia Jacobs** DeSoto Rec. Ctr. 211 E. Pleasant Run Rd., 7-9:30p. resurrectionbodyofchristchurch.com.

Cafe Mocha Radio Salute Her Awards, TBAAL 1309 Canton St. 6:30-9:30p. Tickets: www.Salute-HerTX2019.Eventbrite.com.

Natural Change Band, Babb Brothers BBQ, Trinity Groves, 7p.

Friday Flashback, The Island Spot, 309 W. Jefferson Blvd. 8p.

November 16

Breakfast with Councilman Casey Thomas II, Dallas Executive Airport 5303 Challenger Dr. 10am.

Let's Talk Finances, Hosted by: The Dividend Diva, Estados Unidos, 2114 Elm St. 9a-1p.

Taste of Black Dallas, MLK, JR. Rec. Center, 2901 Pennsylvania, Ave. 12-5p. Tickets: Eventbrite.com.

The Harvest Project, Friendship-West Baptist Church 2020 W. Wheatland Rd. 10a-12p.

Harlem Nights The Next Episode, A Great Gatsby Black Tie Affair, Crozier Hall, 2218 Bryan St. 8:30p Tickets: 817-899-3297.

Sip & Shop Small Business Mixer, Treasure Chest Beauty Studio, 1115 W. Arkansas Ln., #B. 12-5p. Eventbrite.com.

I Read To Lead, Feat. Author: David Miller, African American Museum, 3536 Grand Ave. 11a. Reg: www.survey-monkey.com.



South/East Dallas Civil Rights and Heritage Tour, A.A.M. 3536 Grand Ave. 10a-2:30p. Eventbrite.com.

Bishop Arts Theater Center Presents: Paul Taylor & Nick Colionne in Concert, 215 S. Tyler St. 7-9:45p. Tickets: bishopartstheatre.org/jazzseries.

Dallas Education Forum, Cliff Temple Baptist Church, 125 Sunset Ave. 10a-12p. Tickets: Eventbrite.com.

Fedora Hat's & Stilettos & Scorpio Bash, The Attach Cigar, 4099 Camp Wisdom Rd. #101. 7p-1:30a.

November 17

Mingling Over Mimosas, African American Museum, 3536 Grand Ave. 12p.

Evening of Elegance, It's All Good Cause It's All Good, Hilton Garden Inn/Arlington, 521 E. I 20 Hwy. 4:30p.

Quentin Moore 7& The DaxTones Live, Poor David's Pub, 1313 S. Lamar St, 6-9p. Tickets: Eventbrite.com.

November 18

Sojourner Truth, DOB 1787, Abolitionist & Women's Rights Advocate

Zan Wesley Holmes, LinkedIn & Medicare, Frazier House 4600 Spring Ave. 10a-1:30p. Register with Senior Source at 214-823-5700.

Equip, Elevate, Empower Series, with **Joseph Abrahams & Varonika Wilson**, OGU Movement, 1401 Lamar St. 6p-8p. Tickets: Eventbrite.com.

Keeping It Real: For Men Only, Friendship-West Baptist Church, 2020 W. Wheatland Rd. 6:30p Eventbrite.

November 19

Roy Campanella, DOB 1921 Baseball Catcher, National League's MVP 1951, 1953, & 1955

Zan Wesley Holmes, Cash Flow, Collateral and Leverage Class, Frazier House 4600 Spring Ave. 3-4:30p. Info: info@zwhjcc.org.

Drum Line Holiday Spectacular, Winspear Opera House, 2403 Flora St., 10a. Tickets: www.attpac.org.



Re-Elect Rhetta Bowers Campaign Kickoff 2020, Henderson Tap House, 2323 N. Henderson Ave. 5:30-8p. RSVP: <http://rhettabowers.com>

November 20

COVID Awareness Day

Happy Birthday to Team Member, the Lady who gets it done Rosalind Vaughn



105.7 Rudy Rush Comedy Hr. Arlington Improv 309 Curtis Mathis Way, #147, 6-11:59p. improvarlington.com.

Garland ISD Students Honors Staff, Bradfield E.S. 3817 Bucknell Dr. 8:30a.

Garland ISD Students Honors Staff, Golden Meadows E.S. 1726 Travis St. 9:15a.

Garland ISD Students Honors Staff, Freeman E.S. 1220 Walnut St. 10a. Gym.

Garland ISD Students Honors Staff, Beavers, E.S., 3232 March Ln. 2:p.

Oak Cliff Chamber of Commerce Education Committee Meeting, Oak Cliff Chamber of Commerce, 1001 N. Bishop Ave. 8a.

Oak Cliff Chamber of Commerce Quality of Life Committee Meeting, Oak Cliff Chamber of Commerce, 1001 N. Bishop Ave. 9a.

The MLK Fresh Produce Distribution Center, (Building A) 2929 MLK, Jr. Blvd. Wednesday's 10:30a-1:30p.

Reception for Carol Donovan Democratic Chair, Home of Hon. Harryette Ehrhardt, 5731 Swiss Ave. 5:30-7:30p.

November 21-23



Selah Leadership Encounters for Women 2019, Speakers: **Cheryl Polote-Williamson** Omni Frisco Hotel, 11 Cowboys Way. Reg: www.vashtimckenzie.com.

November 21

Marshall Taylor, DOB 1878, 1st Black World Bicycle Champion

Great American Smokeout

TriCities NAACP Monthly Meeting, Museum of International Cultures, 411 E. Hwy 67, Duncanville. 7p.

Garland ISD Students Honors Staff, Stephens E.S., 3700 Cheyenne Dr., Rowlett. 9:15a.

Garland ISD Students Honors Staff, Rowlett E.S., 3315 Carla Dr., Rowlett. 10a.

Zan Wesley Holmes Lunch & Learn with Attorney Antonio Glenn, "The ABCs of Business Entities", Frazier House 4600 Spring Ave. 11:30am-1pm.

Dallas Comedy House Gives Back, Host: Bald Mama, Dallas Comedy House, 3036 Elm St. 7p. Tickets: showclix.com.



North Oak Cliff Toastmasters, Oak Cliff Chamber of Commerce 1001 N. Bishop Ave. 6:30-7:30p.

November 22

Kem and Keke Wyatt, Music Hall at Fair Park, 909 1st Ave. Tickets: Ticketmaster.com.

Garland ISD Students Honors Staff, Rowlett H.S. 4700 President George Bush Hwy. 9:30a.

Dallas Bar Association Oak Cliff Friday Clinic, Oak Cliff Chamber of Commerce 1001 N. Bishop Ave. 12-1p. Info: yhinojos@dallasbar.org.

Dallas ISD grad wins national entrepreneurship competition

As she won a national entrepreneurship competition in New York City last month at the age of 18, Jasmine Benton—a recent graduate of Dallas ISD’s Innovation, Design, Entrepreneurship Academy (IDEA) at James W. Fannin—thought of those who helped set her on her path.

At age 11, she started her business—Precious Designs—that today refurbishes and reupholsters housewares. In addition to the strong influence of her grandmother and mother, Benton credits her education at IDEA for helping set her on the path toward becoming a successful entrepreneur.

“My teachers at IDEA invested in me and made sure I was able to learn on an entrepreneurial level,” Ms. Benton said. “It’s great to have teachers who care. They helped me understand what it takes to grow my business.”

Ms. Benton won the 2019 Business Venture of the Year at the NFTE National Youth Entrepreneurship Challenge, earning her \$7,500 and an investor to help grow her business. When she isn’t



Jasmine Benton Photos courtesy DSD

running her business or turning heads as an entrepreneur, Ms. Benton is enrolled as a freshman at Oklahoma Christian University.

Hailing from several generations of female entrepreneurs, her grandmother

instilled in her a love of design and gave Ms. Benton the mindset that she can do anything.

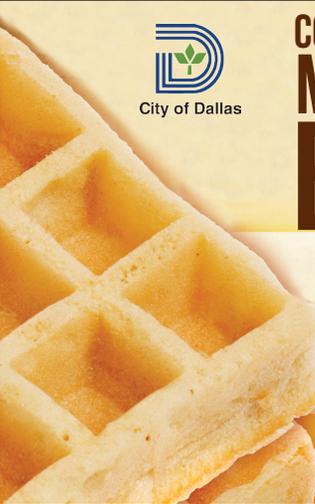
“Design is what fuels my business,” Ms. Benton said. “It fuels my drive and energy to keep going.”

IDEA at Fannin is one of more than 60 choice schools that will be at the Discover Dallas ISD School Expo, which will connect students with their best-fit schools. IDEA Principal Nakimia Foster said she looks forward to meeting potential students at Discover Dallas ISD with bright futures like Ms. Benton.

“Entrepreneurship education serves as a foundation for instilling the creative and innovative skills needed for students to succeed in the 21st century. It provides the opportunity for educators to help students tap into unrealized talents that are outside of the typical high school course of study,” Principal Foster said. “We are so proud of Jasmine’s accomplishments and cannot wait to see more from this talented CEO, designer and social entrepreneur.



COMMUNITY LEADERS MONTHLY BREAKFAST





**Councilman
Casey Thomas, II
District 3**

Cordially invites you to a series of monthly community breakfasts to meet your community leaders and neighbors, eat, and discuss the current issues regarding the quality of neighborhoods in District 3.

SATURDAYS, 2019

February 16 March 23 April 20 May 18 June 22
August 24 September 28 October 26 November 16
December 14

Dallas Executive Airport
10 a.m. 5303 Challenger Drive
Dallas, TX 75237

Free 10 Guilty versus Killing One Innocent?

MY TRUTH

Continued from page 1

doesn’t it stand to reason that someone who was executed was probably innocent, too?

In one of the scariest movies of all time, to me, I saw someone suffer and I’ve always thought of how I would feel in the same predicament.

The movie was from Edgar Allan Poe’s, “The Pit and the Pendulum,” with Vincent Price. In the end, a door closes and a woman is left behind to die because no one knows she is there and she is gagged and trapped in a Chamber, unable to move or make a sound.

I believe the feeling that woman had as the door closed, “never to be opened again” would be the same feeling an innocent person would have as they were about to be put to death, paying for a crime they didn’t commit.

Which brings me to my truth.

There were times that I felt wrongfully accused and punished. For the life of me, I couldn’t see why my mother didn’t see that my brother was the guilty party. But sometimes, we both got a whipping. No



Stacey Stites

Dated Rodney Reed and was engaged to Jimmy Fennell, who was a person of interest until DNA implicated Mr. Reed in her murder.

matter how much I professed my innocence, I ended up paying, either with a whipping or a chore, and my brother wouldn’t blink an eye.

I wonder if Mother wanted me to snitch. Hmm...

Rodney Reed is scheduled to be put to death on November 20, 2019.

He has always maintained his innocence in the rape and murder of 19-year-old Stacey Stites on April 23, 1996, in a small Texas town.

According to his attorneys, evidence exonerates Mr. Reed. Actually the evidence



Jimmy Fennell

Later went to prison for rape and kidnapping. Was overheard saying Stacey Stites got what she deserved.

points to another person, the victim’s fiancé, and local police officer Jimmy Fennell.

I encourage you to read up on this case.

There are so many troubling components. So many, that there’s no way Mr. Reed should be facing death.

In fact, he shouldn’t have spent the majority of his adult life behind bars.

But there he sits, with numerous advocates, including elected officials, celebrities, law enforcement officers, and people operating with all their mental faculties.

This story is not a new one, and sadly Mr.

Reed is not the first one to face death.

Even thinking about it is enough to make anyone with a conscience sick.

My students at Paul Quinn College would love to have deep conversations about ethics. I would tell them they had to decide what type of person they were going to be; that while they could fall back on situational ethics, they needed to really have a strong foundation based on their beliefs. Some still wanted to have exceptions, like if a situation involved a family member.

Mr. Reed was convicted of killing Ms. Stites. If you don’t support the death penalty, will you feel the same way if you are related to Ms. Stites?

If you support the death penalty, will you feel the same way if Mr. Reed is your relative?

Some things to think about, just like all the evidence that has been shared about this case.

Now, I know folks are tired of the graduates from the FaceBook School of Law, however; there are experts and a preponderance of evidence, conflicting stories, and puzzling factors that make putting Mr. Reed to death one of the most horrific miscarriages of justice that folks will be talking about for centuries to come.

That is, unless Texas Governor Greg Abbott, or the Supreme Court intervenes.

But guess what? This case will still be talked about because Mr. Fennell makes you pause and think, and with so many twists and tur, folks will be discussing the travesty of Mr. Reed being locked up on death row for almost two decades.

And still, despite all the evidence, there are going to be those who will say the right man is in jail, even if Mr. Fennell (who is determined to always invoke his 5th amendment right) testifies or is given more scrutiny.

We have seen prosecutors whose egos will not let them admit they got it wrong.

We’re talking about a life. One life is already gone and another has been ruined.

“If” is a big word and there are so many “ifs.” There are too many “ifs” to move forward with this execution.

We have an imperfect system. Time and time again we have seen an unjust system at work.

Please let’s not have another innocent person die because of this system, especially when we have more and more people working to right the wrongs.

I survived my whippings and lessons. Hopefully Mr. Reed will survive this atrocity.

Black and Clark,

continued from front page



EMANUEL PRUITT
LICENSED
FUNERAL
DIRECTOR/
EMBALMER

**RODNEY L.
POWELL**
LICENSED FUNERAL
DIRECTOR/
EMBALMER/

GARY CLARK
LICENSED FUNERAL
DIRECTOR

ERMINA JOSIA
SUNDAY
OFFICE MANAGER



**THERESA R.
SHELTON**
ADMINISTRATIVE
ASSISTANT

**ENJAMIN MITCHELL
PRENEED**
COUNSELOR

TIMOTHY HUBBARD
FUNERAL ATTENDANT

memorialize your loved-one.

Black and Clark Funeral Home is 105 years old. Black and Clark has served many families in North and South Dallas. Black and Clark was started by Mr. Samuel Black in 1914. Mr. C. J. Clark purchased his uncle's shares in the business in 1935. Since then Black and Clark has provided the community with courtesy, kindness, integrity, and above all, honesty.

Now, Mrs. Linda A. Mitchell, is President and Chief Executive Officer of Black and Clark Funeral Home. She and other

members of the funeral home will write about topics that will help you learn about subjects that are important to know and be prepared when death occurs.

Black and Clark Funeral Home is located at 2517 E. Illinois Avenue, Dallas, Texas 75216. The office number is 214-376-8297. Black and Clark looks forward to discussing various topics over the next months in Texas Metro News.

We also encourage you to write us with your questions. Black and Clark is here for you and we have a team of experts who are ready to assist.

CALL NOW & SAVE ON YOUR NEXT PRESCRIPTION

Drug Name	Qty (pills)	Price*
Viagra 100mg	16	\$120.00
Viagra 50mg	16	\$100.00
Cialis 5mg	84	\$150.00
Cialis 20mg	16	\$119.00
Levitra 20mg	30	\$130.00
Stendra 200mg	16	\$260.00
Spiriva 18mcg	90	\$130.00
Advair 250mcg/50mcg	180 ds	\$190.00

All pricing in U.S. dollars and subject to change without notice. "We accept Amex, Electronic Checking, Personal Check or International Money Order."
Prices shown are for the equivalent generic drug if available.



1-855-530-8993

Mailing Address: World Health Link, PO Box 42 Station Main
Winnipeg, MB R3C 2G1 Canada

CODE MG09

South Oak Cliff High School and AT LAST!

Invite You for Food & Fellowship

Meet Your New Neighbor!

Write Your Favorite Inspirational
Message or Scripture on the Frame
of Our House!



Students Live Here, Learn Here
& Thrive Here

12pm - 4pm on Saturday, Nov. 16
405 E. Overton Rd.

SAVE THE DATE — JANUARY 20, 2020

2020 HEALTHY LIVING EXPO



immediately following historic Dallas - Dr. Martin Luther King Day Parade

10:00am - 6:00pm

African American Museum - Fair Park, Dallas

Giddings receives AFRIMMA's Leadership Award

By Earnestine Cole
TWPA Reporter

Helen Giddings, a former 26-year member of the Texas House of Representatives, received a Transformational Leadership Award, at the 6th Annual AFRIMMA Music Awards, held at The Bomb Factory in Dallas, Texas. Her recognition at AFRIMMA, an all Africa Music Awards, was a culmination of her many years of dedicated and insightful work in South Africa.

In June 2007, Ms. Giddings, was appointed as Honorary Counsel of South Africa in Texas. She was fortunate to meet and build a lasting friendship with the late South African President Nelson Mandela and worked closely with him and members of his cabinet, during her 26 visits to South Africa.

A video shown at the event, chronicled Giddings' work in South Africa, which included her leading a Texas Delegation to the country, that was approved by Governor George W. Bush.

The video started out with these words: "While some are elected to lead, a special breed become leaders through actions, that inspire others

to do more and become more, Representative Helen Giddings, a lifelong resident of Dallas County is a leader extraordinaire. She has a strong commitment to building meaningful and enduring relationships between the United States and Africa."

In the video, Ms. Giddings was heralded as being vocal and active in the reaffirmation and revitalization of Africa. Accolades for her work in South Africa were numerous including her: commitment to actively work to help South Africa transform its political miracle into a sustainably democratic, economic and social model for all of Africa to adopt; leading legislation to lift Texas Sanctions against South Africa; being a passionate advocate for education by arranging the collection and shipment of over 200,000 textbooks for distribution to South African school children; and having an interest in the arts; hosting a 92-member all male choir from South Africa, for a month-long concert tour in America.

"I can't think of a finer example of Transformational Leadership, than Ms. Helen



Left to Right: Queen Cora Coleman (Drummer for Prince and Beyoncé); Helen Giddings (Former member Texas House of Representatives for 26 years); and Rema (19-year-old Nigerian Singer and Rapper, who won AFRIMMA's Video of the Year Award)

Left to Right: Ifeoma Obiagwu; Helen Giddings (AFRIMMA Transformational Leadership Award Recipient); Anderson Obiagwu (CEO, Big A Entertainment and Founder of AFRIMMA Awards); and Regina Onyeibe (City of Dallas, Africa Liaison)

Photo Credits: Earnestine Cole



Giddings, former State Representative for District 109, representing those on the south side for 13 terms," said Regina Onyeibe, Africa Liaison for the City of Dallas, in her introduction of Ms. Giddings. "She is responsible for my first trip as the City of Dallas' Africa Liaison to South Africa. Ms. Giddings is a leader. She stands up for women and children's rights. This lady is so deserving of this award."

Before a packed venue of over 2,000, from various African countries including: South Africa, Nigeria, Ghana, Congo, Tanzania, Liberia, Kenya, Cameroon, Somalia, and Zambia, the applause was explosive as Ms. Giddings walked from her front row seat and climbed the stairs to the

stage, to accept her prestigious award.

"In AFRIMMA, we love to support people on this side that recognizes that Africa is a place that needs their support", said Ifeoma Obiagwu, of Big A Entertainment. "Ms. Giddings has done a lot for Africa and we just want to recognize and thank her for seeing something good. The children's lives have been impacted. We appreciate what she has done."

In her eloquent acceptance speech, Giddings did not disappoint the crowd at the AFRIMMA Music Awards. "Good Evening, brothers and sisters and welcome to Dallas," she said. "We want to thank AFRIMMA for bringing Africa to Dallas. It is so good to see you all here and to share the

incredible music of Africa. Africa is the birthplace of civilization. And so if it is the birthplace of civilization, then it's the birthplace of art and music. Thank you for bringing your incredible music here. You and I share the same ancestors and nothing can ever change that. We are the descendants of kings and queens. And we carry that on through the music we make."

Poison Ivy, the Music DJ for the Dallas Mavericks Games, was the Mistress of Ceremony for the Africa Music Awards. A native of Kenya, Poison Ivy, won the award for the "Best African DJ, USA." Comedian Basket Mouth, from Nigeria brought never-ending laughter. He is the Chris Rock of Africa and performs to sold-out

crowds. Rema, a 19-year-old Rapper from Nigeria, won the "Video of the Year Award."

Rema was excited about meeting Ms. Giddings and talked to her about his desire to have his music played in America.

Beth Huddleston, Protocol Officer for the City of Dallas, witnessed the excitement and positive influence that the AFRIMMA Music Awards, had on the massive crowd gathered at The Bomb Factory. "Thank you AFRIMMA for bringing such beauty, creativity, power, energy and healing forces to our great city," said Ms. Huddleston in her Greeting. "We are so grateful for you. What a fantastic venue and what a fantastic program for our great city."

Partnership to increase access to Alzheimer's info

The Alzheimer's Association and the AME Church, through the leadership of its International Health Commission, will work together to create greater awareness of Alzheimer's Association resources, programs, care and support services for families impacted by Alzheimer's and other dementias in communities served by the AME Church, while engaging church members in the Association's volunteer, diversity outreach, advocacy, research and fundraising initiatives.

"The Alzheimer's Association is pleased to join with the AME Church to raise awareness of Alzheimer's disease and to engage its members in the fight against Alzheimer's," said Rey Martinez,

chief diversity and inclusion officer, Alzheimer's Association. "This important partnership will help extend the Alzheimer's Association reach into communities served by the AME Church, providing more families care and support services, while engaging church members in all our work to end Alzheimer's."

African Americans are at an increased risk of developing Alzheimer's disease. They are also less likely to have a diagnosis of their condition, resulting in less time for treatment and planning. The partnership will look to further inform AME Church members about the disease, risk factors, the importance of early diagnosis, and

other important disease-related information.

"AME Church looks forward to working with the Alzheimer's Association," said Bishop Harry L. Seawright, President of the Council of Bishops and Chairman of the Commission on Health, AME Church.

"I know how devastating this disease can be. My mother passed away 13 years ago from Alzheimer's, and my sister, who is one of my biggest cheerleaders, has dementia. So, for me, it's very personal. It's important that we connect our community with information about Alzheimer's



and where people can go for help."

"Many in our community suffer with hypertension, heart disease, diabetes, and other illnesses that can increase the risk of Alzheimer's. We want to encourage our community to learn more so they can reduce their risk," Bishop Seawright said. "We also want to support our caregivers, who struggle with such loss, including a loved one who may no longer remember them."

To kick-off the partnership, the AME Church is sharing educational materials from the Alzheimer's Association with its members on its Health Commission website. The site also includes links

to Alzheimer's Association support services for individuals and families affected by the disease, including the Association's 24/7 Helpline. In addition, the Alzheimer's Association and AME Church leaders will focus on engaging the AME Church members in six key activities during the first year of the partnership, including:

Increasing concern and awareness of Alzheimer's and other dementias

Providing care and support programming to individuals and families impacted by Alzheimer's

Expanding research and scientific opportunities Supporting state and federal advocacy efforts affecting Alzheimer's

Participating in Walk to End Alzheimer's/other community-based events

Engaging AME Church volunteers in the delivery of programs and activities

"We intend for this to be a robust partnership," Martinez said. "We want AME Church members to be engaged in every aspect of the Alzheimer's Association mission. The AME Church is an influential voice and has been a proven champion for so many important faith-based issues."

"I've been enlightened over the past few months of the magnitude of services the Alzheimer's Association provides," Bishop Seawright said. "It is helping and supporting many people. This partnership will help connect our community with more of these services, so people can get the help and information they need."



From Marva with

BY MARVA SNEED

On From Marva with Love I interviewed Dr. Sharkakang Zoolo Kang.

Dr. Kang is a Shaman, a healer, an herbalist and naturalist. Dr. Kang is a naturopathic doctor.

He was born into a family of healers and naturopathic doctors in Cameroon in 1982. He has spent decades studying the plants and herbs of North, South and Central America, Africa Indian, Chines, Arabic and world medicine.

Dr. Kang started as a child, healing animals, mixing herbs. He is blessed with the gift of telepathic clairvoyance to see visions.

He is so special and a gift to mankind. Dr. Kang came to the United States, a self-educated man, diagnosed with asthma, diabetes, high blood pressure and obesity.

After unsuccessful treatments with conventional doctors and traditional western medicine, he gave up everything and embarked on a 30-day fasting and spiritual journey, it was on this journey that he said the spirit of his ancestors (grandfather) began to remind him how to heal himself and go back to nature.

MS: Dr. Kang, tell us a little background about yourself and Grandpa's Secret?

Dr. K: Yes, as you say I'm a Shaman, a healer, a doctor of natural medicine. I have developed over 2000 and something formulas. I have written 5 books, I have 3 inventions that I'm working on now. I've just developed another

formula. I'm working on a natural male birth control.

MS: So you have developed



DR. SHARKAKANG ZOOLDO KANG

over 2000 formulas, do they address all types of illnesses?

Dr. K: They address a lot of different illnesses. We have to understand that there is one cause of illness and it is inflammation mucus.

When you have a lot of mucus concentrated in your prostate you're told you have prostate. When you have a lot of mucus in your lungs you may have bronchitis or they have asthma. So it's depending on where the mucus is concentrated. It's not rocket science.

Look at nature, take a baby cat or rat most of these animals, they don't have the problems that we are having.

So most animals do not die of disease they die of natural old age. Every animal has a specific diet.

So you ask most human beings what is the right food

Learn about Grandpa's Secret

for humans, I've never heard anyone who actually answered that question.

If we don't know what food is right for the human body then we are bound to get what you call disease and that simply means the body is not at ease.

My grandfather was a Shaman and people came from all over the world and he was able to help them with things just by observing nature. One thing he advised me of was that I should grow old and not become an educated fool. He said nature is your best teacher. Just observe nature.

Whatever problems you have in the human body nature can

fix it. Grandfather would talk about drought.

"You see that bald person over there they are experiencing drought in their body".....

There was so much more in my interview with Dr. Kang Go to BlogTalkRadio.com Cheryl's World to "From Marva with Love" and hear the entire interview.

To learn more about Dr. Kang's Grandpa's Secret go to www.grandpasecret.com.

Tune in to From Marva with Love on BlogTalkRadio.com. Fridays 11am-1pm

THE GREATER DENTON COUNTY CHAPTER, THE LINKS, INCORPORATED PRESENTS

MY VISION MY FUTURE

POSTER ART CONTEST

FOR GRADES 6-12TH

CASH PRIZES WILL BE AWARDED.

1ST PLACE \$100
2ND PLACE \$50
3RD PLACE \$25

NOV 30 1PM-3PM

ENTRY GUIDELINES

- ART THEME: HEALTHY & HAPPY COMMUNITIES
- Students are not limited by the size of the material used.
- Paper, canvas or art board is recommended.
- Accepted media are watercolor, charcoal, pencil, acrylics, pen, paint, fabric, collage, crayons, mosaic, scratch art or computer-generated image (not computer clip art).
- Artwork can be 2D or 3D collage.

MARTIN LUTHER KING, JR. RECREATION CENTER
1300 Wilson Street, Denton, TX 76205
ARTWORK MUST BE SUBMITTED BY NOVEMBER 22.
Register and upload art to the link below:
greaterdentoncountylinks.org/artcontest

Subscription Form

We're your friend,
Come enjoy the benefits!

MESSENGER
TEXAS METRO NEWS GARLAND JOURNAL I MESSENGER

I MESSENGER
NORMA ADAMS-WADE joins IMM Team

TEXAS METRO NEWS
What BRAVE looks like

Name _____ Phone # _____
Address _____
City/State/Zip _____
Email Address _____
Payment: Check Credit Card # _____ EXP _____
Check all that apply
 Texas Metro News \$85 per year (52 issues)
 Garland Journal \$65 per year (26 issues)
 I Messenger (digital) \$24 per year (52 issues)
 Use my location as a distribution drop

BONUS:
Get all three for \$125
You'll receive perks all year long!
Event Tickets, Movie Passes,
Giveaways and more!

Mail or Renew by Phone
320 South R.L. Thornton Freeway, Suite 220 Dallas, TX 75203 214-941-0110

WOODSFIT

MEET COACH WOODS

FUNCTIONAL TRAINING SPECIALIST
CERTIFIED TRANSFORMATION SPECIALIST

RETIRED NFL PLAYER

WEIGHT LOSS
MUSCLES GAIN
BIONIC BODY

1ST SESSION FREE
WITH PACKAGE PURCHASE

I LOST OVER 60 POUNDS

MY PROGRAM DIDN'T JUST WORK FOR ME.
IT CAN WORK FOR YOU TOO.

WOODSFIT LLC NOW SERVING

FRISCO, TEXAS

& SURROUNDING AREAS

IF YOU'RE SICK & TIRED OF
BEING SICK & TIRED. START WITH WOODSFIT

CALL FOR A FREE CONSULTATION
405.464.1594

WOODSFITONLINE@GMAIL.COM

OBITUARY

COLONEL (RET.) REGINALD W. CARRINGTON
 JULY 4, 1931 – OCTOBER 29, 2019

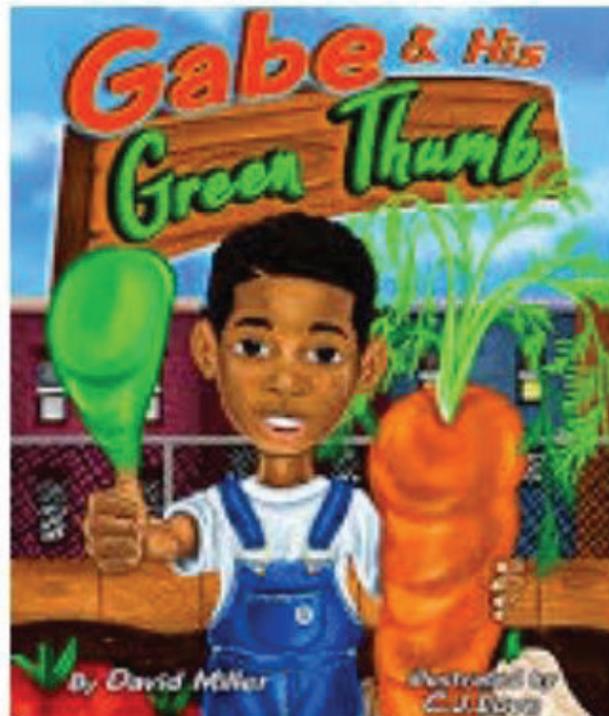


Colonel Reginald W. Carrington was born on the 4th of July in 1931 in Dallas, Texas. He graduated from Lincoln High School in Dallas, Texas and in 1952 received a Bachelor of Arts Degree from Prairie View A&M College in Prairie View, Texas. His military education includes the Infantry Officers Course in 1952, Staff Officers Intelligence Course in 1953, the Career Officers Course in 1963, the U.S. Command and General Staff Officers Course in 1967, and the Industrial College of the Armed Forces in 1973. He was commissioned a second lieutenant in 1952 through the ROTC; he entered active duty at Ft. Benning, GA. His service includes a tour of duty in Korea. His awards include the Meritorious Service Medal, the National Defense Medal, U.S. Reserve Medal, the Korean Service Medal, the United Nations Medal, and the Korean Unit Citation. Colonel Carrington completed twenty-six (26) years of Active and USAR service. Colonel Carrington was called from the 2nd Infantry Division at Ft. Lewis, Washington to establish the NDCC (JROTC) Program at Lincoln High School in 1955. He was later sent to James Madison High School to establish the JROTC Program. In 1971 he was transferred to the South Oak Cliff High School as Senior Army Instructor. He also taught from 1980-1989 for the United States Command & General Staff College for the Army Reserve Center. He retired from DISD in 1991. Colonel Carrington confessed and accepted Jesus Christ as his Lord and Savior

at an early age. He has been a faithful member of the "The Exciting" Singing Hills Baptist Church under the leadership of Dr. Howard E. Anderson, Sr., where he has served as Chairman of the Deacon Board and Sunday School Teacher to name a few. He also taught a bible study at the Federal Correctional Institution in Seagoville, Texas for 30+ years and retired from his teaching in 2016. Colonel Carrington was preceded in death by his loving and devoted wife, Bettye Ruth Jordan Carrington; his parents, Leroy and Allene (Kimbrough) Carrington; brothers, Gerald Carrington and Doyle Carrington; his sister Eunice Carrington Jackson. Colonel Carrington answered the clarion call from his Lord and Savior on Tuesday October 29, 2019. He leaves to cherish his memories and legacy: his son, Wendell Dwight Carrington and wife Deborah; a devoted granddaughter, Kimeshia Carrington Dixon and husband Kerone; and two beautiful great granddaughters, Kendall Doyle Carrington and Karmyn LeAnne Erving; a sister in law, Lois Gray and brother in law, Harold Jordan; a very dear cousin, Marcie Booker; and host of nieces and nephews and cousins and other relatives and friends. Colonel Carrington was a father figure to everyone he knew and the family would like to acknowledge and extend our deepest appreciation to his God daughter, Shirley Moore and husband Billy Moore and his Godson, Tommy Jackson and wife Joyce Jackson.

I READ TO LEAD

NOVEMBER 16, 2019 AT 11:00AM



Join Project: Still I Rise, the African American Museum and Big Thought for a morning of books and bonding for young men. This November's book selection is Gabe & His Green Thumb by David Miller and we are beyond excited that the author, David Miller will join the discussion. Pizza will be served, as well as books and other giveaways. This event is FREE and open to the public. To attend, please register at

<https://www.surveymonkey.com/r/Z6PSSTK>



AFRICAN AMERICAN MUSEUM



BIG THOUGHT

thriving minds





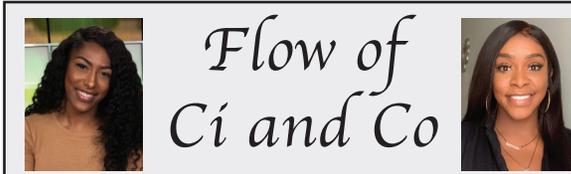
CELEBRATING OUR NATION'S VETERANS

Congresswoman Eddie Bernice Johnson helped Heroes House Texas honor the service of American military members on November 7th with a Pre-Veterans Day Fish Fry. The event was a huge success, thanks to our team, all of our participants, and of course, our veteran heroes from the past as well as the current generation serving today.

Members of the City of Dallas' Veteran's Court were in attendance giving advice about the resources available to all veterans and how they could reach out to take advantage of this support. We hope all of our guests enjoyed the opportunity to fellowship with one another and acknowledge all military personnel who served the United States.



T: (214) 239-9108 | E: info@heroeshousetx.com
1825 Market Center Blvd., Suite 425, Dallas, TX 75207



Courtney and Cierra began their latest podcast with a "quote of the week." These quotes help inspire our-selves and others to finish out the week strong and resilient. "Some things just need time to work out. You don't need to overthink how and when. Just trust and believe that it will" was the quote from Courtney, as she discussed how she's working to stop overthinking situations that's out of her control.

"Stop being afraid of what might go wrong and think of what could go right," said Cierra as she talked about

changing her thought pattern, setting the tone with positive thoughts, ultimately bringing positive outcomes.

On the 7th episode of the Flo of Ci & Co, we discussed a variety of topics from: Finding 'The One' in a party scene, holiday approaching,

the infamous Popeye's Chicken Sandwich, and most importantly the Rodney Reed case. Mr. Reed is scheduled to be executed in less than three weeks for the murder of a Texas woman. The evidence of this case questions if he is truly guilty or not.



RODNEY REED

Free Rodney Reed

Cierra: "The case happened back in 1996. Stacey Stites was 20 years old at the time of her death and she was actually engaged to be married to the person who they believe actually committed the crime, and his name is Jimmy Fennel."

Courtney: "That's so heavy on my heart, because this man is about to get killed in a couple weeks, for something that has no evidence pointing at him. The only evidence the police has is Rodney's DNA in Stacey, but they were romantically evolved."

Cierra: "I believe because of the history of Jimmy Fennel, that he definitely should've been one of the

suspects looked at besides Rodney Reed."

Courtney: "Do you think they didn't look at her fiancé as the murderer because he was a cop? That's so scary that were supposed to call the cops when they were in danger but now in days, they're the ones committing the crimes so who do we call when we need help because we obviously can't call them."

It's always a pleasure hearing these ladies opinions on variety of topics and advice they always have to share for their listeners. Make sure to tune in every Wednesday from 2pm to 4pm on Blog Talk Radio. You don't want to miss out on listening in on the Flow of Ci and Co.



Ed Bell Construction Company
An Equal Opportunity Employer

November 1, 2019

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:

- Paving Machine Operator
- CDL Drivers (Boomtruck Mobile crane)
- Finishers (Structures, Paving)
- Loader Operator (Earthwork)
- Form Setters (Structures, Paving)
- Motor Grader Operator (Earthwork)
- Laborers (Structures, Underground, Paving)
- Excavator Operator (Earthwork)

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 at 10605 Harry Hines Blvd., Dallas, TX 75220 from 7am-11am Mon-Fri.

Please visit our website: www.edbellconstruction.com/careers

Or email your resume to: careers@edbellconstruction.com

YO' MOMMAS KITCHEN #1 LLC

COOKED LIKE YO MOMMA WOULD

DAILY SPECIALS

910 S. CORINTH ST
DALLAS, TEXAS
(214) 954-7844

GREGORY'S FAMOUS GUMBO

Featuring

Uber Eats • GrubHub
DoorDash • Postmates



Playing with fire

A REVIEW BY HOLLYWOOD HERNANDEZ



PLAYING WITH FIRE is a family comedy starring John Cena; however, he plays the straight man to Keegan-Michael Key, John Leguizamo, and the three adorable kids that Jake, the smokejumper rescues from a burning house.

The three kids are awaiting their parents to come for them forcing the entire firehouse crew to become babysitters for the mischievous children.

Spoiler alert: The kids are on the run since their parents died and they will be placed in separate homes forcing Jake to call CPS.

Including a character named "Axe," played by Tyler Mane, the four rugged smoke jumpers are absolutely clueless about what it takes to care for three children between the ages of a toddler to a teenager. There's also vicious firehouse watchdog, Masher, which Zoey, Finley Rose Slater, immediately turns in to a pet, shocking the entire firehouse crew.

The movie works on multiple levels with everything from the kid's hilarious escapades, to a little romance and action. PLAYING WITH FIRE is not one of those kid movies that will keep parents bored out of their minds. It's actually a fun movie that has something for everyone.

The best part of the movie is the message that you don't have to be related to be a family. There's love between the crew in the firehouse, which all have a deep respect for their leader Jake, for an environmental scientist, Patty, played by Lynda Boyd and of course the deep affection they all feel for the three kids that they are now caregivers of.

PLAYING WITH FIRE is rated PG with a run time of 1 hour and 36 minutes. It's a great "Family Comedy" that will be enjoyed by everyone in your house. On my "Hollywood Popcorn Scale" I give PLAYING WITH FIRE a JUMBO.



THAT CELEBRITY INTERVIEW

Chef George Duran

By VALDER BEEBE

Favorite holiday gatherings are approaching. Thanksgiving, Christmas and New Year's Day. This year at every gathering serve large helpings of love mixed with forgiveness along with; whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—serve these things to family and friends.

Take the stress out of holiday entertaining! Looking forward to gatherings with friends and family but not looking forward to all that work? Looking for ways to lighten your load and spend more time with your guests? Chef George Duran to the rescue! Join him as he shows us how, with "the right tools for the right job" we can cut the amount of time it takes us to prep, cook and serve our guests. Avoid the party downer – the dreaded food coma. He will also have suggestions on ways we can please guests with the foods they love but with lighter and healthier twists.

Chef George Duran: Chef Duran is the author of Take This Dish and Twist It, known for his Food Network show Ham on the Street and most recently host of TLC's Ultimate Cake Off. He's appeared on NBC's Today Show, CBS This Morning, The Valder Beebe Show, Wendy William Show, Dr. Oz Show, The Nate Berkus Show and many others. –Text provided by Chef Duran's publicists

VBS: Chef George Duran, thanks for being a returning guest on the Valder Beebe Show and sharing with our audience how to take the stress out of holiday entertaining.

CD: This year I'm making my holiday entertaining easy by using

the right tools to make a healthier and tastier Thanksgiving menu. We're going to start off with the right pan with Chef Orin Zoria. It uses less oil and uses the best anodized aluminum. You can use on the stove, oven or the grill.

VBS: That would be perfect for me as I love to grill.

CD: Next, this is a big announcement. I recommend instead of deep frying your turnkey this holiday season, why not cook it 70% healthier and still have the fried flavor by air frying your turkey. Frigidaire Gallery Air Fry Range, it's the first range on the market to include an air frying feature. Air fry delivers all of the flavor and none of the guilt allowing us to make healthier, crispy and delicious meals for the entire family, right in our oven.

VBS: Chef Duran it's been a pleasure having you appear on the Valder Beebe Show. We look forward to your food inspirations in the year 2020.

CD: I've got exciting plans and ideas in 2020, Valder, stay connected to dailylounge.com

Chef George Duran's full interview..... ValderBeebeShow.com

Valder Beebe hosts the Valder Beebe Show on FM and streaming TV: ValderBeebeShow.com; [SoundCloud.com/ValderBeebeShow](https://www.soundcloud.com/valderbeebeshow); FM Broadcast: KKVI FM 89.9, KRER FM 102.5; Streaming on ROKU & Amazon Fire: [YouTube/ValderBeebeShow](https://www.youtube.com/ValderBeebeShow); VBS affiliate broadcasters; PChatman Network [Roku TV]

Valder Beebe Show THAT CELEBRITY INTERVIEW On-Demand video: ValderBeebeShow.com, [411RadioNetwork.com](https://www.411radio.com), [Youtube.com/valderbeebeshow](https://www.youtube.com/valderbeebeshow); PODCAST audio: [Soundcloud.com/valderbeebeshow](https://www.soundcloud.com/valderbeebeshow), [Soundcloud.com/kkvidfir](https://www.soundcloud.com/kkvidfir); Broadcast: KYBS FM 99.9, KRER FM 102.5, Streaming TV PChatman Network and VBS affiliate broadcasters; On-Demand 411 RadioNetwork.com., - Now available on 411RadioNetwork APP (download free in Google Playstore); Valder Beebe Show is a Power of 3 Women media influencer consortium partner

ASK ALMA

By Alma Gill



Dear Alma,

I was married to my wife for 11 years. During that time we had three children, one daughter and two sons. In my opinion, our relationship deteriorated so my wife and I divorced because I had an affair. I have since married that woman and we have two children together, two sons. We are very happy and she's always had a close relationship with my older children. But understandably, not my wife. My oldest, a daughter is getting married this year. As her father, I am paying for her wedding and very excited to walk her down the aisle. That is until recently when I received an email from her saying she asked her mom to walk her down the aisle. I am very disappointed and am considering not attending. I would like your advice on the matter.

Anonymous

Dear Anonymous

Hmmm, well, first and foremost, it's her wedding and she has the final word on who should walk her down this aisle. With that being said, my wonder is, did her mother ask her or make her feel guilty into going in that direction? On one hand, you mentioned the affair, upon which I'm sure no one has forgotten, especially since you're happily married to the other woman. On the other hand, walking her down the aisle – should not be used as a repercussion tool or a "remember you hurt my mama" moment. My advice is to have a conversation with your daughter. It would be

ideal if your first wife (not the second) could be present, but if not, so be it. Tell your daughter you want more than anything to walk her down the aisle. Remind her that being your only daughter is what makes it even more special to you. On that note, look to her mother for support. I wouldn't take this issue directly to her mom, because it's not her wedding. Both parents should be willing to walk in the words of the wise and recognize, this isn't about the past, it's about the future. Your daughter's future and what will make her happy.

It looks like you and your new family have moved on, but that's not the case for all involved. The breakup of a marriage is difficult and divorce with children is traumatic. Evidently, parts of hearts in your first home, haven't completely healed. Take this left hook on the chin and deal with it. Don't give up so easily. Once you've shared your feelings, all of your feelings, allow your daughter to make her choice.

Yes you should attend the wedding, regardless if you're in the wedding party. Whatever she decides is what you should abide by. You all will have to live with the decision, just as you did when you divorced. If things don't go your way, between you and me, pick up your feelings and put them back in your pocket. Prepare to wear your most stylish tux and the biggest smile you can muster. Just as you were mature enough to make a lifelong, difficult decision, based on what was best for you at the time... she will, too.

Alma Gill's newsroom experience spans over 25 years, including various roles at USA Today, Newsday and the Washington Post. Email questions to: alwaysaskalma@yahoo.com. Follow her on Facebook at "Ask Alma" and twitter @almaaskalma.

MAVS Gaming hosts Texas Ticket



Championship Gamers Photos by Dallas MAVS



Gamers from around the nation focus on their screens at the Mavs Gaming Texas Ticket Gaming Tournament



More than 300 gamers, spectators and participants descended upon Mavs Gaming Hub in Deep Ellum to enjoy the Texas Ticket gaming tournament.



Mavs CEO Cynt Marshall with NBA 2K Gamer "I-Owens-1" and his grandfather, Jerry Pender, both of whom traveled from Birmingham, Ala. for the tournament. Photos by Dorothy J. Gentry

By Dorothy J. Gentry
Sports Editor

A gamer known by the name of I-Owens-I came all the way from Birmingham, Alabama – with this grandfather in tow – to participate in the Texas Ticket, a large Pro-Am 2K Tournament hosted by Mavs Gaming.

"I've been playing 2K competitively for about three years and this was the first time I was able to come out and be a part of the Texas Ticket," he said. "I'm just trying to show people who I am."

His grandfather, Jerry Pender, flew with him for support and to enjoy the weekend. "All I know about gaming is I've been telling him over the years to go to sleep," Mr. Pender said laughing. "You stay up all night playing games and it's paying off for him. I'm glad now. I feel ok with him staying up late now."

Mr. Pender and his grandson were part of the more than 300 top NBA 2K players and spectators who packed the Mavs Gaming Hub in Deep Ellum last weekend to participate in the Texas Ticket, hosted by Mavs Gaming, the Dallas Mavericks' NBA 2K team.

Participants competed in the 5v5 Pro-Am 2K tournament with two officials spots up for grabs in the NBA 2K League season three draft pool as well as \$6,000 in prize money. The winners were @OverLooked_2K and @SeizeEsports

The Texas Ticket, sponsored by Red Bull and Subway, is part of the NBA 2K League's initiative to allow current league teams to host their own pro-am tournament and find new competitors for season three of the league.

Mavs Gaming is the only team to host their tournament, the Texas Ticket, in person at the Mavs Gaming Hub, rather than online.

All four of Mavs Gaming current players, Dimez, Mo, Sherm and PeteBeBallin attended the weekend's tournament as well as current players and coaches from across the league to Dallas for this one of a kind experience, including Goofy757 (Grizz Gaming), JMoneyRep (T-Wolves Gaming), Lord Beezus (Pacers Gaming), Reizey (Magic Gaming), UserPick (Wizards District Gaming)

and more.

The NBA 2K League is a professional competitive gaming league co-founded by the NBA and Take-Two Interactive Software, Inc. Bringing together the world's best basketball gamers, this marks the first official Esports league operated by a U.S. professional sports league.

Excellence is our Tradition...



Service is Our Legacy

OVER 100 YEARS OF SERVING THE DALLAS COMMUNITY!

Black & Clark Funeral Home

Providing caring, dignified service for the homegoing of loved ones; supporting families with prodade and legal issues; easing emotional stress through grief counseling. We are comfort in your greatest time of need.

Linda A. Mitchell, CEO

CONTACT US:

bcfh@blackandclark.com | 2517 E. Illinois Avenue
(214) 376-8297 | Dallas, Texas 75216

WWW.BLACKANDCLARK.COM

Subscribe to Texas Metro News 214-941-0110

Hook A Sista Up Business Opportunity Forums
along with
South Dallas Business and Professional Women's Club, Inc.
cordially invites you to attend



Contracting & Business Opportunities with:
Dallas County Community College District
And
Dallas Area Rapid Transit



Saturday, November 16, 2019
Cedar Valley College - Room M115
10:30 am - 2:30 pm
FREE AND OPEN TO THE PUBLIC



Save the Date

Friday, February 21, 2020

20th Anniversary Destiny Award Luncheon:

A conversation with

Taraji P. Henson

Actor, Writer, Producer & Director



Faithful Remembrances
Volume 1



La Juana Barton
and Patricia Barton

Butterfly

I emerge from this darkness changed. Leaving behind so much of what was me; whole but with missing parts.

Pushing myself through a realization that does not include you, physically.

Your transformation complete.



Do you know this man?

HE IS A SERIAL RAPIST

He targeted members of Delta Sigma Theta Sorority, Inc. but this is more than about a sorority. We're talking about a community.

Come on PEOPLE! Don't you CARE? Will it matter when it is your sister, mother, aunt or grandmother or maybe YOU?

Crimestoppers
877-373-8477



IDEAS WANTED!
Get Your Free Inventor's Guide

CALL 800-353-6102 NOW



Davison charges fees for services

Use RoundUp Weedkiller?

Non-Hodgkin's Lymphoma, Multiple Myeloma, and Leukemia may result from RoundUp exposure. A recent **\$2 Billion Judgment** was awarded in a RoundUp injury case. Call 1-619-493-4791 or email RoundUp@breakinginjurynews.com and let us begin work on your RoundUp case today.

We Buy Houses!

- All Cash
- Fast Close
- As Is (no repairs to make)
- Estate
- Foreclosure
- No Commission to Pay
- We Pay Closing Costs

Call Mike
682-351-0040
Rubycoco Properties, LLC

#ROLAND MARTIN UNFILTERED

FEARLESS LEADERS TO FUTURE LEADERS.

We've got it covered!

The Texas Metro News, Garland Journal and I Messenger all have information that will help build better communities by sharing news and resources.

To advertise, subscribe or share news stories, contact us at 214.941.0110.



CADNET CLASSIFIEDS

Autos Wanted

CARS/TRUCKS WANTED!!! All Makes/Models 2002-2018! Any Condition. Running or Not. Top \$\$\$ Paid! Free Towing! We're Nationwide! Call Now: 1-888-985-1806

dental50plus.com/cadnet 6118-0219

Attention All Homeowners in jeopardy of Foreclosure? We can help stop your home from foreclosure. The Foreclosure Defense helpline can help save your home. The Call is absolutely free. 1-855-516-6641.

Place in Education

AIRLINE MECHANIC TRAINING - Get FAA Technician certification. Approved for military benefits. Financial Aid if qualified. Job placement assistance. Call Aviation Institute of Maintenance 866-453-6204

Place in Health & Fitness
GENERIC VIAGRA and CIALIS! 100 Pills \$99.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW! 888-889-5515

Place in Miscellaneous

Earthlink High Speed Internet. As Low As \$14.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-520-7938

Applying for Social Security Disability or Appealing a Denied Claim? Call Bill Gordon & Assoc., Social Security Disability Attorneys, 1-855-498-6323! FREE Consultations. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)]

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution Call for Your Free Author's Guide 1-877-626-2213

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 888-609-2189

Lung Cancer? Asbestos exposure in industrial, construction, manufacturing jobs, or military may be the cause. Family in the home were also exposed. Call 1-866-795-3684 or email cancer@breakinginjurynews.com. \$30 billion is set aside for asbestos victims with cancer. Valuable settlement monies may not require filing a lawsuit.

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off and 0% financing for those who qualify. PLUS Senior & Military Discounts. Call 1-855-402-0373

Two great new offers from AT&T Wireless! Ask how to get the Next Generation Samsung Galaxy S10e FREE. FREE iPhone with AT&T's Buy one, Give One. While supplies last! CALL 1-866-565-8452 or www.freephonesnow.com/cadnet

Make a Connection. Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-888-909-9905 18+.

\$\$\$OLD GUITARS & AMPS WANTED\$\$\$ GIBSON • FENDER • MARTIN. ALL BRANDS. TOP DOLLAR PAID. CALL TOLL FREE 1-866-433-8277

HEAR AGAIN! Try our hearing aid for just \$75 down and \$50 per month! Call 800-426-4212 and mention 88272 for a risk free trial! FREE SHIPPING!

Cross country Moving, Long distance Moving Company, out of state move \$799 Long Distance Movers. Get Free quote on your Long distance move. 1-844-452-1706

Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-855-404-2366

Get NFL Sunday Ticket FREE w/ DIRECTV Choice All-Included Package. \$59.99/month for 12 months. 185 Channels PLUS Thousands of Shows/Movies On Demand. FREE Genie HD DVR Upgrade. Call 1-855-781-1565 or satellitedealnow.com/cadnet

DISH Network \$59.99 For 190 Channels! Add High Speed Internet for ONLY \$19.95/month. Call Today for \$100 Gift Card! Best Value & Technology. FREE Installation. Call 1-855-837-9146

Wanted To Buy

Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, Co. 80201

Reader Advisory: The National Trade Association we belong to has purchased the above classifieds. Determining the value of their service or product is advised by this publication. In order to avoid misunderstandings, some advertisers do not offer employment but rather supply the readers with manuals, directories and other materials designed to help their clients establish mail order selling and other businesses at home. Under NO circumstance should you send any money in advance or give the client your checking, license ID, or credit card numbers. Also beware of ads that claim to guarantee loans regardless of credit and note that if a credit repair company does business only over the phone it is illegal to request any money before delivering its service. All funds are based in US dollars. Toll free numbers may or may not reach Canada.

29TH ANNUAL KWANZAAFEST

FREE

- * 100's of Free Health Screenings
- * Parrishland Children's Activities
- * Methodist Hospital 5K Walk/Run
- * Seniorfest
- * Shopping with Vendors
- * Live Local Entertainment

Come out for your Health, Free Prizes and Fun!

SPONSORED BY:

for ticket information see
<http://www.johnwileyprice.com/kwanzaafest>

NOV 23 2PM-6 PM

FAMU RATTlers VS BETHUNE COOKMAN WILDCATS

FOOTBALL WATCH PARTY

THE FLORIDA CLASSIC COMES TO DALLAS!

PIN STACK

FOOD GAMES BOWLING RAFFLE PRIZES

BOWL BITE

2:30PM KICKOFF | PIN STACK - 2750 WEST I-635, IRVING TX 75063
 COME OUT AND SUPPORT YOUR TEAM AND HAVE FUN WITH FAMILY AND FRIENDS!
 TICKETS \$20 ADULTS | \$10 CHILDREN (under 10yrs) AT THE DOOR
 Proceeds will go toward scholarships for students attending HBCUs.

DEMOCRATIC PRIMARY MARCH 3, 2020 ★ GENERAL ELECTION NOVEMBER 3, 2020

JUDGE MONICA PURDY

THE TIME IS NOW

JUDGE MONICA PURDY

★

FOR 95TH DISTRICT COURT

EARLY VOTING FEBRUARY 18-28, 2020

WWW.JUDGEMONICAPURDY.COM | FACEBOOK.COM/JUDGEMONICAPURDY | TWITTER.COM/JUDGEPURDY
 5930 ROYAL LANE PMB 285, DALLAS TX 75230

Political Advertising paid for by Judge Monica Purdy Campaign ★ Richard A. Sayles, Treasurer