

If the people cannot trust their government to do the job for which it exists - to protect them and to promote their common welfare - all else is lost. - Barack Obama



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The Dallas Post Tribune

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VOLUME 72 NUMBER 14

SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

December 19 - 25, 2019

The Dallas Post Tribune NEWSLETTER

Happy Holidays!

To our friends and valued customers. There's no better time than now to express our appreciation for your loyalty and business this past year.

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History

The Dallas Post Tribune started in Tyler, Texas, during the year, 1947 by founder Burt C. Muse with the philosophy of educating and enhancing the black community, especially youths.

A Virgin Atlantic passenger gives his first-class seat to an 88-year-old woman, making her dream come true

Leah Amy Facebook Post - Of the hundreds of flights I've operated, I've had the pleasure of looking after footballers, supermodels, and some Hollywood movie stars, but let me tell you about my two favorite passengers. EVER!

Jack and Violet (I wish she was called Vera or Rose)

Jack and his family purchased seats in our upper-class cabin for a flight home from New York, but when he got on board, Jack went and found violet in the economy and swapped seats with her.

He then sat on the row of seats directly next to the economy toilets and never made a peep or asked for anything the rest of the flight. No-fuss, no attention, literally did it out of the kindness of his

own heart, no one asked him too.

Violet is 88years old, has been a nurse in both the UK and in America. She usually travels to New York to see her daughter but hasn't been able to for a while because of a knee replacement. Her dream has always been to sit at the front, and Jack made that come true.

You should have seen her face when I tucked her in her bed after supper.

She said her daughter wouldn't believe her, and wanted a 'selfie' to prove it, but didn't have a phone or an email address.



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EDITORIAL PAGE

African Americans Locked Out Again

West Team Criticizes DSCC Endorsement As Locking African Americans, Minorities, Out Of Process, Says Voters Should Decide Outcome of Race

DALLAS - Sen. Royce West's campaign for United States Senate on Monday called the Democratic Senatorial Campaign Committee's endorsement "a very sad day for the Democratic Party," and lambasted the DSCC for locking African American candidates out of their process.

"The DSCC is trying to lock African American can-

didates out of the process without sitting down and visiting with them to make a determination of whether or not they are the best candidate," said Vince Leibowitz, Communications Director for West's campaign for U.S. Senate. "They did not even offer Senator West an opportunity to interview for their endorsement," Leibowitz continued.

"The DSCC is trying to lock African Americans out of the process. That is a slap in the face to 11.6 percent of our state's population that identifies as African American," said

Sen. Royce West.

"However, we will not be locked out of this process," West said. "African Americans will turn out in large numbers and they will vote their conscience, and not the DSCC's choice," West said. "Of that, I am confident," he continued.

"This is a very sad day for the Democratic Party," said Leibowitz. "Locking Senator West out of the DSCC endorsement process is very perplexing. The DSCC knows we need an energized base to win Texas this cycle, and their decision is very puzzling," Leibowitz

said.

"We welcome the DSCC to explain why they have locked out Senator West of the endorsement process," Leibowitz continued.

"Voters should make their choice in the March Primary. They don't need the DSCC telling them who to vote for," Leibowitz said.

"The DSCC can not give the impression they are trying to rig our elections and diminish minority voices," Leibowitz said. "Remember what happened in 2016," he continued.

Archaeologists in Greece find 3,500-year-old royal tombs

By NICHOLAS PAPHITIS

ATHENS, Greece (AP) — American archaeologists have discovered two monumental royal tombs dating from about 3,500 years ago near a major Mycenaean-era palace in Greece's southern Peloponnese region, the Greek culture ministry said Tuesday.

A ministry statement said the dome-shaped roofs of both tombs near the Bronze Age palace of Pylos collapsed during antiquity, and the chambers became filled with so much earth and rubble that grave robbers couldn't get in to plunder them.

Nevertheless, the tombs were disturbed during the period of their use over several generations — unlike another Mycenaean grave found nearby in 2015 that yielded a stunning hoard of gold and silver treasure, jewelry and

bronze arms buried with a man presumed to have been an early ruler of Pylos.

Recovered grave goods from the two tombs included a golden seal ring and a golden amulet of an ancient Egyptian goddess, highlighting Bronze Age trade and cultural links. The ministry said the discovery was particularly important as it shed light on the early phases of Greece's Mycenaean civilization.

The Mycenaean era, between roughly 1650-1100 B.C. provided the material for many of the myths and legends of ancient Greece including that of the Trojan War.

The larger of the two tombs had a diameter of 12 meters (36 feet) at floor level and its stone walls survived to a height of 4.5 meters (15 feet) — less than half its original height. The other was about two-



thirds of that size and its walls now stand two meters high. Both belong to the tholos type of tomb, massive domed underground constructions reserved for Mycenaean royalty that could reach roughly 15 meters (45 feet) in height.

They were excavated over the past two years by University of Cincinnati archaeologists, who also

discovered the nearby rich burial that is known as the Griffin Warrior grave, after some of the ornaments found in it.

All three graves, together with another tholos tomb found nearby decades ago, were built earlier than the sprawling palace whose ruins lie close by, and which features in Homer's Odyssey as the seat of the wise King Nestor.

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COMMUNITY CALENDAR

NYE In Dallas: Party On The Plaza

Join hosts Ron Corning and Yolonda Williams for Party on the Plaza, sponsored by the Dallas Tourism Public Improvement District and presented by VisitDallas, 7 p.m. to 12:30 a.m. New Year's Eve at Dallas City Hall.

Ring in the new decade with a big bang at Dallas' illuminating NYE firework show - Party on the Plaza! Enjoy a night of dazzling lights from every angle around The Reunion Tower while toasting to the cliches of the old year with your friends and family. Party on the Plaza will have free live entertainment from Dallas' American Idol favorites Jason and Michael CASTRO and the Emerald City Elevation Band, with food and beverages being available for purchase from more than 25 of the best food trucks in Dallas. All ages are welcome with free admission to countdown to another blazing new year at the best party in Dallas!

PRICE - FREE!
DATES & TIMES
Tuesday, December 31, 2019 @ 7:30 pm

Ceremony celebrates Dallas ISD students with special needs who are employed or studying in college



DALLAS — The Multiple Career Magnet Center (MCMC) celebrated the achievements of 40 students who are currently employed or studying in a community college.

MCMC is a Dallas ISD campus that helps prepare high school students with special needs to thrive in careers.

This year, the Dallas

ISD Special Education department partnered with Eastfield College. This campus will teach special courses where students can receive a Certification on Customer Service upon completion of the program.

The school offers several programs that simulate a job site, such as Culinary Arts, Hospitality & Tourism, Dry Cleaning and

Laundry, Business Technology, Childcare, Building Maintenance Technology and Construction Technology clusters.

The students were greeted by their families and by potential employers during a graduation-like ceremony. They signed an agreement where they promised to complete any program or job that they enter, to the best of their ability.

"Today is about recognizing how much they had to do to get to that point," MCMC Director Kim Wheeler said. "Some kids, it may take them longer than others because they have to learn the skills that they may lack. We wanted to recognize them.

And they were honored to be recognized, because they're achieving something they might have not done if they hadn't come to this program."

The campus also offers training program for students 18 or older who have met all their high school requirements and need job readiness training. A Career Preparation program is designed for students who have earned enough credits to graduate but can use further career-skills development.

"Let's say they work on Mondays, Wednesdays and Fridays," Wheeler said. "On Tuesdays and Thursdays, they have to come to school because there are skills that we're still working on."

Church Directory

Carver Heights Baptist Church
2510 E. Ledbetter, Dallas, Texas 75216
P. 214-371-2024



Pastor Daryl R. Carter

Sunday School - 8:30 a.m.
Early Worship - 9:30 a.m.
Morning Worship - 10:45 a.m.
Evening Worship - 7:00 p.m.



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www.mountmoriahdallas.org

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Wednesday
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Pastor



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church & conference center

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Bible Study
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Dallas, Texas 75210
P. 214-421-9435
F. 214-421-9324



Pastor Donald R. Parish, Sr.

Sunday School
9:00 a.m.

Sunday Morning Worship
11:00 a.m.

Monday Morning Worship
7:00 p.m.

Prayer & Bible Study Meeting
7:00 p.m.

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Saint Phillips Missionary Baptist Church
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P. 214-374-6631



Rev. Dr. C.J.R. Phillips Jr.

Email address
stphilliamsbc@aol.net

Schedule of Activities

Sunday
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Church School 9:00 a.m.
Morning Worship 10:00 a.m.

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Sammie Berry
Minister

Calendar of Events
Sunday Bible School
8:45 a.m.

Sunday Worship
10:00 a.m. & 6:00 p.m.


Tuesday Song Practice
7:00 p.m.

Wednesday Bible Class
9:30 a.m. & 7:00 p.m.

Sunday Radio Broadcast
7:30 a.m. on 970 AM

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P. 972-644-2335 F. 972-644-9347



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Associate Ministers:
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Ben Myers
Patrick Worthey
Elders:
Frederick Green
Raymond Hart
Otis Idlebird, Jr.
Jason Moseley
David Phillips, Jr.

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Early Worship 8:00 a.m.
Bible Classes 9:45 a.m.
Morning Worship 10:45 a.m.
Bible Classes 5:00 p.m.
Evening Worship 6:00 p.m.

WEDNESDAY
Devotional Service 6:30 p.m.
Bible Classes 7:00 p.m.

THURSDAY
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NEW GROCERY STORE OPENS IN WEST DALLAS UNDER HUD PROGRAM

DALLAS - A federal program aims to invest millions of dollars and create jobs in several Dallas neighborhoods.

Fifteen Dallas neighborhoods have been named 'Opportunity Zones' by the U.S. Department of Housing and Urban Development. That means those who invest there could get some tax incentives.

The goal of the program is to encourage investors to open up businesses and create jobs in areas that traditionally haven't seen much economic development.

Opportunity Zones were created in 2017. HUD officials toured a part of West Dallas on Tuesday to see how the program is working out.

For the last couple of years, Barbara Reed and her neighbors had to travel several miles to the nearest grocery store.

Neighbors say their only grocery store was Fiesta Mart. However, they left their location at Lakewest Town Center off Singleton Boulevard two years ago, leaving a food desert in that area of West Dallas.

But federal tax legislation helped open a brand new grocery store to the area, bringing a hundred jobs and convenience to neighbors.

"There's so many people that live in our community that don't have transportation," said Cost Saver Plus General Manager Bill Davidson. "Not only our employees are able to walk to work, but also customers are able to walk to get their groceries."

West Dallas was named an Opportunity Zone, using tax incentives to encourage investors to come in and help revitalize this neighborhood

"We all know West Dallas has not received any type, this type of investment in decades," said Scott Turner, the executive director of the White House Opportunity and Revitalization Council. "It's an area that has a lot of potential."

The program rewards those who invest in the community the longer they stay in the community.

"If they leave their investment there for five years, they get a ten percent decrement in the capital gains they owe on their original investment," explained U.S. Dept. of Housing and Urban Development Secretary Dr. Ben Carson. Fifteen percent for seven years. Ten years, you don't have to pay any capital gains on new money that was required on the capital investment."

They hope the program will create economic opportunities for those who live here.

"And it's a great encouragement to the people of this community that good news does reside in West Dallas and that development such as this and others can happen," Turner said.

Along with the new grocery store, a medical clinic is also set to open in the neighborhood.

West Dallas is one of almost 9,000 other communities that have been designated opportunity zones across the country.

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Mississippi man freed months after court rules racial bias

By EMILY WAGSTER
PETTUS

LOUISVILLE, Miss. (AP) — A Mississippi man whose murder conviction was overturned by the U.S. Supreme Court for racial bias was released from custody Monday for the first time in 22 years.

Curtis Flowers walked out of the regional jail in the central town of Louisville hours after a judge set his bond at \$250,000. A person who wanted to remain anonymous posted \$25,000, the 10% needed to secure Flowers' release, said his attorney Rob McDuff.

At the bond hearing earlier Monday in the city of Winona, Circuit Judge Joseph Loper ordered Flowers to wear an electronic monitor while waiting for the district attorney's office to decide whether to try him a seventh time or drop the charges. Flowers also must check in once a week with a court clerk, McDuff said. He said attorneys would file papers asking the judge to dismiss the charges.

Flowers was convicted four times in connection with a quadruple slaying in Winona in 1996: twice for individual slayings and twice for all four killings. Two other trials involving all four deaths ended in mistrials.

Each of the convictions was overturned, but



Curtis Flowers flanked by sister Priscilla Ward, right, exits the Winston Choctaw Regional Correctional Facility in Louisville, Miss., Monday, Dec. 16, 2019. Flowers' murder conviction was overturned by the U.S. Supreme Court for racial bias, and he was granted bond by a circuit judge and is free, with some conditions, for the first time in 22 years. (AP Photo/Rogelio V. Solis)

Flowers has remained in jail because the original murder indictment is still active.

During his sixth trial in 2010, Flowers was sentenced to death. The U.S. Supreme Court overturned that conviction in June, finding that prosecutors had shown an unconstitutional pattern of excluding African American jurors in the trials of Flowers, who is black.

After the Supreme Court ruling, Flowers was moved off death row at the Mississippi State Penitentiary at Parchman and taken to the Louisville jail.

During the bond hearing, Loper said it was "troubling" that prosecutors had not responded to a previous defense motion to drop the charges against Flowers. He said if prosecutors do not respond, "the state will reap the whirl-

wind" from him.

Assistant District Attorney William Hopper left the hearing without speaking to news reporters. He declined to comment when asked if the district attorney's office would try Flowers again.

Supporters who were among the more than 150 people packing the wooden pews of the 1970s-era courtroom hugged Flowers after the judge announced his decision. His father, Archie Lee Flowers, choked back tears. He said the first thing he would do when his son was released, was pray.

The elder Flowers said he frequently visited his son in prison, where they sang and prayed together. He said he has always believed in his son's innocence.

Four people were shot to death on July 16, 1996, in the Tardy Furniture store in the north Mississippi city of

Winona. They were owner Bertha Tardy, 59, and three employees: 45-year-old Carmen Rigby, 42-year-old Robert Golden and 16-year-old Derrick "Bobo" Stewart.

Winona sits near the crossroads of Interstate 55, the major north-south artery in Mississippi, and U.S. Highway 82, which runs east to west. It about a half-hour's drive from the flatlands of the Mississippi Delta.

Among its 4,300 residents, about 48% are black and 44% are white. Census Bureau figures show that about 30% live in poverty.

In mid-November, four black voters and a branch of the NAACP filed a federal lawsuit asking a judge to permanently order Evans and his assistants to stop using peremptory challenges to remove African American residents as potential jurors because of their race.

The lawsuit cites an analysis of jury strikes by Evans from 1992 to 2017 by American Public Media's "In the Dark" podcast. It found Evans' office used peremptory strikes, which lawyers typically don't have to explain, to remove 50% of eligible black jurors, but only 11% of eligible white jurors. The analysis was performed as part of a series of episodes questioning Flowers' conviction in his sixth trial.

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SPORTS PAGE

7 Day Weather Forecast for DFW

Thursday, December 19	Friday, December 20	Saturday, December 21	Sunday, December 22	Monday, December 23	Tuesday, December 24	Wednesday, December 25
H - 60° L - 38°	H - 49° L - 40°	H - 52° L - 38°	H - 59° L - 38°	H - 63° L - 41°	H - 64° L - 48°	H - 67° L - 49°

Cowboys add former Super Bowl MVP Malcolm Smith to LB group

FRISCO, Texas (AP) — The Dallas Cowboys signed former Super Bowl MVP Malcolm Smith on Tuesday to bolster a depleted linebacker group that lost rookie Luke Gifford to a broken arm. Gifford was injured in the first half of a 44-21 win over the Los Angeles Rams on Sunday. Gifford, who missed the early part of the season after breaking an ankle in a preseason game, was placed on season-ending injured reserve.

The Cowboys have already been without second-year linebacker Leighton Vander Esch because of a neck injury. It's unclear whether he will play again this season. Veteran Joe Thomas injured a knee against the Rams.

Smith was the MVP of the 2014 Super Bowl with Seattle, returning an interception 69 yards for a touchdown and recovering a fumble in the Seahawks' 43-8 rout of Denver. The 30-year-old Smith was never a full-time starter in Seattle before starting 30 of 31 games in two seasons with Oakland.

Jacksonville added Smith in November but waived him after he appeared in two games. Smith has started half of his 102 career games over eight seasons. He also played for San Francisco. Dallas and Philadelphia are tied for first in the NFC East at 7-7 and playing each other Sunday. The Cowboys make the playoffs if they win.

Relentless Audacity: The Forest Avenue Hospital Journal

My Day
By Dr. J. Ester Davis

Out and about one day with one of my grandsons, we ran into Pastor Zan Holmes. After we parted, I was questioned about who he was. Trying to keep it simple, I replied that he remembers me in the law office "up the street" when he was a state representative. The 'up the street' answer was the puzzling part.

In the late 60's, in middle class South Dallas, everything and everybody with purpose and platform was 'down the street' or 'up the street one block over'. The economic engine of Southern Dallas during these history making years was the Forest Avenue Hospital located on Forest Avenue (nee MLK Blvd.) @Atlanta Street.

Reserved parking, well dressed citizens and places galore. All of these addresses, with tree lined streets and their memories came flooding back to me in early November of this year, when the death of Mrs. French L. Cowans reached Dallas. A most amazing prodigy, Mrs. Cowans was the First African American Woman in the State of Texas to Practice Pharmacy. I knew her. She was stunning, glamorous, and brilliant with a Vogue Magazine image every day. French L's calling card was intentional acts of community and continual deeds of selflessness. "A woman of elegance" adequately stated Mayor Rev. Dr. Ron Jones.

Mrs. Cowans, born in 1928, grew up in old North Central Dallas was raised in a convent. Her obituary befitting this journal, conveyed "as a little girl she would walk to church on Sundays by herself to St. John's Baptist Church. On her way she caught the attention of Sisters of the Sacred Heart of Mary Convent from St.

Peter, the Catholic Church "across the street" from St. John's. The Sisters asked if she could attend St. Peters Academy and live in the convent with the other girls (tuition free)". Mrs. Cowans excelled in her studies and graduated from high school at age 16 with honors and completed the demanding five(5)year pharmacy program in 3.5 years with honors from Xavier University in New Orleans. As we journey through the Forest Avenue Hospital odyssey, we will revisit Mrs. Cowans formal years because they are exemplary and a true model of 'relentlessness' and its audacity. Her timeline to Forest Avenue Hospital mirrors the stories and the resistance to President Truman's 1948 order to integrate military units.

I have labelled this era the "relentless generation". There were original black owned hospitals in Chicago, Washington, DC, and Denver. The history, somewhat checkered, was first of all born out of absolute need. There are notes on the relentless pursuits of Thurgood Marshall, Washington, DC Attorney, W. J. Durham, North Dallas Attorney, "across town" intervening in all aspects of the American Negro Progress. The seed was planted for the Dallas destination hospital as early as 1959. The lead mastermind for Dallas' Forest Avenue Hospital was Dr. Ed Mason. Dr. Robert Prince in an earlier interview reminded us that the Korean War was the first when African American soldiers were in fully integrated units. This ray of hope with the aid of the GI Bill propelled more black veterans to medicine, aviation, and higher education, but however highly educated with honors, they could not prac-

tice medicine in white hospitals. Dr. Ed Mason solicited the talented resume of Dr. Paige. With Dr. Eugene Dorsey's arrival on the scene as a founding partner/chief surgeon, the detail formula for a hospital inspection was complete. The first hospital administrator was Norris Hill, a native Dallasite who was deemed excellent for the job. He was hired by Ed Mason. Dr. Mason maintained offices "down the hall" at Forest Avenue Hospital throughout its tenure. The three founding partners were totally different.

With intense planning, a need to succeed, and a waiting congregation, the young doctors ran into a financial squeeze more than once. However, to complement their efforts there was an awaiting "relentless" generation of towering labor leaders, (just cannot leave out A. Philip Randolph), a powerful network of masons, bold clergy and a mild mannered investment educator, Judge Asberry, who taught school 'down the street'.

And so, in 1964, the Forest Avenue Hospital was opened by a black entrepreneur and three black doctors. Mrs. French L. Cowans was asked to become the Director of Pharmacy. Here it was . . . a black hospital, a black pharmacy, serving black people.

Coming Up: January 2020, Forest Avenue Journal Continues

IMPORTANT: Please share any written information you might have.

Wishing you a very merry Christmas cause Jesus is the reason for the season
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For some, holidays aren't all merry and bright

Parkland psychologists offers tips to beat the 'holiday blues'

DALLAS — 'Tis that most wonderful time of the year — the season of holly, mistletoe and holiday music, shopping for gifts and gathering with friends and family. But not everyone feels the joy.

For some, the holidays are distressing or stressful, a dark time of year clouded by feelings of loneliness, loss, depression or anxiety.

In addition to emotional distress, the 'holiday blues' can cause physical symptoms, including headaches, insomnia and intestinal problems, according to Rebecca Corona, PhD, lead psychologist at Parkland Health & Hospital System.

"There are many reasons for depression and stress during the holidays," Dr. Corona said. "Financial pressure, particularly for households with children, is a leading source of stress. For people without close family or those who have lost a loved one or are alone, the holidays can trigger grief and loneliness. It's also very common to just feel overwhelmed, with way too much to do."

According to the American Psychological Association (APA), nearly half of all Americans report that stress has a negative impact on their lives. A 2011 study by the APA found that 75 percent of Americans report money as a significant source of stress.

"The pressure to spend too much at this time of year is intense, so it's important for us to talk to our children and family to set realistic expectations," Dr. Corona advised. "For children, this can be used as an opportunity to teach them about the value of money and spending responsibly."

Coping with negative feelings during the holidays can be painful, but there are things you can do to feel more relaxed and positive, Dr. Corona added. "For example, finding ways to manage different personalities at holiday gatherings can be another challenge if old tensions and feuds reignite," she said.

Following are some tips for relieving stress and making your holidays healthier

and happier:

- Find meaning and purpose in the season by reaching out to help others. Do volunteer work or help a neighbor in need.
- Seek emotional support if you feel isolated. Talk to a professional counselor, or find help through social services, religious or community support systems.
- Focus on family experiences rather than things. Start a new tradition or revive an old one from your childhood.
- Keep your cool, especially when someone gets on your nerves. Take a walk if you need a break from irritating relatives. Try to accept people as they are and set aside grievances.
- Feeling anxious? Listen to your favorite music. Research shows it can relax muscle tension and increase blood flow, helping to calm you down.
- Exercise is also a great stress-reliever. Studies have found that your mood can be lifted for up to 12 hours after a good workout.
- Acknowledge your feelings. It's normal to feel sad if you're missing a loved one. It's okay to express your sadness to a friend or counselor.
- Stick to your budget. Overspending will only make you feel bluer. Set up a family tradition of drawing names for gift giving rather than buying for everyone or donate to a favorite charity to help control expenses.
- Plan ahead to eliminate last-minute frenzy. Make shopping lists, set aside time for cooking and cleaning. Ask your family to help.
- Prioritize your health. Eat holiday treats in moderation and avoid over-indulging in alcohol.
- Use techniques like meditation, breathing or muscle relaxation to alleviate stress and anxiety.

Parkland offers behavioral health services through the Community Oriented Primary Care health centers. For more information, visit

News You Ought to Know

AP Exclusive: Thousands of Ohio absentee applications denied

By JULIE CARR SMYTH

COLUMBUS, Ohio (AP) — Thousands of Ohio voters were held up or stymied in their efforts to get absentee ballots for last year's general election because of missing or mismatched signatures on their ballot applications, an Associated Press review has found.

The signature requirement on such applications is

a largely overlooked and spottily tracked step in Ohio's voting process, which has shifted increasingly to mail-in ballots since early, no-fault absentee voting was instituted in 2005.

To supporters, the requirement is a useful form of protection against voter fraud and provides an extra layer of security necessary for absentee balloting.

To detractors, it's a recipe for disenfranchisement — a cumbersome addition to an already stringent voter identification system.

Three states — Oregon, Washington and Colorado — conduct all-mail elections, eliminating the ballot application process by automatically mailing a ballot to every registered voter before Election Day.

Miller said Ohio has not shown the political will to move in this direction, but her organization is pushing establishment of a permanent absentee list for those voters who meet certain criteria that require help, such as illness, permanent disability or illiteracy. Seven states and the District of Columbia have just such a system.

Spectrum Cable Employee, fatally stabbed and robbed 83-year-old customer

IRVING, Texas - An employee for a cable service provider accused of killing an 83-year-old Irving woman had visited her house just one day before the murder, according to police documents.

Roy James Holden Jr. is charged with capital murder. Police tracked him

down after they say he went shopping with the victim's debit card wearing the same clothes he wore during the murder.

Although the motive seems clear, it looks like it was a robbery. Police still don't understand what Holden was thinking when allegedly he returned to the home of a customer, stabbed her and took her wallet.

Betty Jo Thomas was visited on Wednesday at her Irving home by Holden, an employee for Spectrum. Police say he came back the next day, went inside her home, stabbed her to death

in her living room and left with her wallet.

According to an arrest warrant, Holden was wearing the same clothes he was seen wearing in a home surveillance video when he used Thomas' debit card to make purchases at a Walmart in Mesquite and a QuikTrip in Sunnyvale.

Holden did not have a criminal history. Spectrum says it is cooperating with the police investigation.

Irving police are reminding people to not tell people — even contract workers — that they live alone.



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 Or email your resume to: careers@edbellconstruction.com

House marches toward Trump impeachment; he claims 'assault'



WASHINGTON (AP) — The U.S. House marched toward a historic evening vote to impeach President Donald Trump on Wednesday, with Democratic Speaker Nancy Pelosi insisting Congress must “defend democracy” by evicting him from the White House. Trump would be just the third American president to be impeached, a distinctive dark mark on his tenure.

Trump said that despite the Democrats’ patriotic talk, they were actually perpetrating “an assault on America.”

Pelosi invoked the the Pledge of Allegiance and the Preamble to the Constitution in arguing that the Founders’ vision for a republic was threatened by the actions by Trump in the White House.

“Today we are here to defend democracy for the people,” she said to applause from Democrats in the chamber. “I solemnly and sadly open the debate on the impeachment of the president of the United States.”

BEST FILMS OF 2019



#1) Queen & Slim (**)** - Easily the most talked about black movie of the year. Director Melina Matsoukas (HBO’s *Insecure*) and screenwriter Lena Waithe (TV’s *Master of None*) weave a very modern crime tale and a poignant love story together.

#6) Harriet (*)** – Depicting the legendary life of the courageous abolitionist Harriet Tubman is a task few are worthy of. Director Kasi Lemmons (*Eve’s Bayou*) is the chosen one. Her epic bio tale catalogs the inhumanity and humanity of the 1800s.



#2) The Farewell (1/2)** – An Asian family handles the last-chapter of life process with charm to spare.



#7) Marriage Story (**)** -- Writer/director Noah Baumbach captures the angst of thirtysomethings (Adam Driver, Scarlett Johansson) going through what should have been a friendly D-I-V-O-R-C-E that turns into a war of threats, betrayals and raw emotions.



#3) Uncut Gems (**)** -- A gregarious, Jewish NYC jeweler (Adam Sandler) is deep in debt to thugs. His schemes dig him into a deeper hole.

#8) The Lighthouse (**)** – Two workers (Robert Pattinson and Willem Dafoe) and a bunch of seagulls are engaged in a melodramatic relationship at a desolate New England lighthouse, circa 1890s. Brutal allegory.



#4) The Irishman (**)** -- Martin Scorsese, Robert DeNiro, Joe Pesci and Al Pacino team up for an impressive crime/drama/thriller about a man who purportedly murdered Jimmy Hoffa. Brilliant performances.



#9) Little Women (**)** -- Actress turned director Greta Gerwig gives the classic Louisa May Alcott Civil War novel her own feminist spin with relatable three-dimensional characters. Fiery relationships among sisters, parents and friends.



#10) Booksmart (1/2)** – Two coeds (Beanie Feldstein and Kaitlyn Dever), high-school outcasts, find refuge in their close friendship. Animated performances.



#5) Dolemite Is My Name (**)** – King of comedy Eddie Murphy rises like a phoenix in this oh-so-hysterical ode to comedian and pioneering indie filmmaker Rudy Ray Moore.

By Dwight Brown NNPA Newswire Film Critic

Look back on the most noteworthy films of 2019 and they all display a diverse array of superb talent—in front of and behind the camera.

These movies entertained, educated and often inspired us. They challenged our opinions. They made us contemplate our fate and become more aware of the world around us.

Enjoy.