"We must accept finite disappointment, but never lose infinite hope." - Martin L. King, Jr.



The Dallas Post Tribune

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VOLUME 77 NUMBER 10 SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

November 14 - 20, 2024

CIRCULATION VERIFICATION C O U N C I L

HOLIDAY SEASON:

Stress-Free Thanksgiving Tips for Time-Crunched Hosts



Serving Dallas More Than 70 Years -

(StatePoint) While gathering for Thanksgiving is intended to be a joyous occasion, everyone who has hosted the feast knows it can also come with a lot of stress, and expenses.

The good news is that whether you're a Gen Z-er hosting your first Friendsgiving on a budget or you're a busy family preparing for guests, there is a lot to be thankful for this year.

That's because this holiday season, Sam's Club's private brand Member's Mark is unveiling an innovative pre-cooked Thanksgiving meal that is ready to serve in under two hours, priced under \$100 for up to 10 people and available to

be delivered. Crafted with mindfully made premium ingredients, the meal offers convenience without compromising quality, ensuring a stress-free, memorable and delicious Thanksgiving. Here are the traditional Thanksgiving favorites that the meal includes:

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Smoked Turkey

- Member's Mark Yukon Gold Mashed Potatoes
- Member's Mark
 Pumpkin Pie
- Member's Mark

 Sweet Potato Mash
- Sweet Potato Mash
 Member's Mark
 Brussels Sprouts

Continue **Stress** Page 5

In Biden-Trump Handshake, Black America Sees More Than Just a Gesture

By Stacy M. Brown



Photo Credit: NNPA Files

In a scene that one might easily describe as privilege meeting privilege, two powerful white and elderly men—Joe Biden, 81, and Donald Trump, 78—shared a cordial exchange in the Oval Office, an image strikingly at odds with the grim reality many Black Americans now face with Trump's reelection. While Biden extended a warm "welcome back" to his predecessor and successor, for African Americans and other marginalized groups, the moment marked something else entirely: the return of a leader who has made explicit promises to dismanthe civil rights framework that barely

holds at the edges in the nation.

Trump is adamant about his intentions, thanks to his renewed mandate. Among his stated goals, which include dismantling the Department of Education, defunding historically Black colleges and universities (HBCUs), and killing any remote chance that African Americans could finally receive reparations for centuries of racism and discrimination.

White college students who, in his opinion, have suffered because of diversity, equity, and inclusion policies have received a signal from Trump that he would extend reparative measures to them. He's

vowed to ramp up law enforcement efforts targeting minority communities, with plans to reinstate controversial stop-and-frisk laws, grant sweeping immunity to police, and dismantle the Department of Justice's civil rights division.

For Biden, the White House meeting on Wednesday may have been just another statesmanlike duty, another handshake for the cameras. But for Black Americans, the stakes are disturbingly real. The promise of a Trump administration heavy-handed in law enforcement and dismissive of civil rights is not a distant threat; it's an imminent one. As Biden

offered his congratulations, Black Americans, knowing that white women and white men were responsible for the 2024 election results, were left with the image of a president who appeared shielded by privilege, watching as the same Oval Office welcomed back a leader intent on unraveling hard-fought protections.

As the fire crackled behind the two in the Oval Office, Biden wished for a smooth transition—ironically, the same gesture Trump had denied him four years ago—and Black America could only look on with trepidation and the

Continue Black Page 5

Affordable Care Act's Lifeline in Jeopardy as Enhanced Subsidies Face Expiration in 2025

By Stacy M. Brown

As Congress prepares to finalize its leadership in both chambers, the fate of health insurance subsidies for millions of Americans hangs in the balance. Essentially, if Republicans wrest control of the House along with their victories at the White House, Senate, and Supreme Court, the Affordable Care Act (ACA) likely will end. In 2024, enrollment in ACA marketplaces reached historic highs, with over 45 million nationwide now enrolled in ACA-related coverage—a 46% increase since 2021 and more than three times the enrollment since the ACA's early years in 2014.

The program, known as Obamacare, has become an essential fixture in the U.S. healthcare system. "For decades, when it came to federal programs we could depend on to keep Americans covered, three were always top of mind—Medicare, Medicaid, and Social Security, but now it's crystal clear that we need to add a fourth—the Affordable

Care Act.," HHS Secretary Xavier Becerra proclaimed earlier this year. Becerra praised the recent wave of enrollment, adding, "A record-breaking number of Americans have signed up for affordable health care coverage through the Affordable Care Act's Marketplace, and now they and their families have the peace of mind that comes with coverage."

The record enrollment has primarily been driven by enhanced subsidies, which were first enacted under the Biden administration in 2021 as part of the American Rescue Plan. The subsidies limit insurance costs to no more than 8.5% of a household's income for many middle-income Americans, making coverage accessible for those previously unable to afford it. However, the enhanced subsidies are only guaranteed through the end of 2025, and with Republicans newly in control of the Senate and vying for control of the House, the

Continue Care Page 3







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EDITORIAL PAGE

Do Mores And Values Matter Anymore In The United States Of America?

By James B Ewers Jr. Ed.D



James B. Ewers Jr. Ed.D

Do what you want to do are lyrics from a song many years ago. It kind of speaks to having a loose code of standards and behaviors. This looseness of mind, body and soul has creeped into our America in my

have held onto the system of right and wrong that our loved ones taught us. Unfortunately, too many of us have fallen off the table of right and wrong into a trough of incivility and decadence. Will we ever return to good, and right?

election is over. Donald Trump defeated Vice President Kamala Harris and will soon become president of the United States of America in January. These are simply the facts.

Harris and\or her team will not be filing any lawsuits claiming the election was stolen. Neither will they be contacting any state official saving they need a certain number of votes to become president. That is not the way democracy

President Joe Biden has already stated there will be a peaceful transfer of power. Isn't that the way it should be? That wasn't the way it was handled after the 2020 election. Mr. Trump made a spectacle of the process. Don't forget January 6th.

When Mr. Trump and Thankfully, many of us Mr. Vance take their respective positions in the White House, what will happen? Will anyone benefit other than the super wealthy? Will others be an afterthought and just forgotten about? I guess we will have to wait and see.

Will the US Department The 2024 presidential of Education be dissolved? Will we have to work longer before we retire? Will diversity, equity and inclusion programs in corporate America be dismantled? These questions will need to be answered. What

in legislative matters?

This was an important election in the history of our country as it had a former president and a sitting vice president. Credentials and character played an extremely important role in my choosing the next president to lead our country.

I guess, for some, you could debate and quibble over credentials. After all, Mr. Trump was the president, so his credentials did win him the White House for 4 years. You can't deny those facts. What he did while he was there is another story and quite questionable.

Character has always meant something to me, and you can't just sweep it under the rug. It's how people see you and what they think when they see you. It is fair to say that character didn't matter in this election.

Why didn't it count in this year's election? That's a good question. When you look back over the presidents of our great nation, you can say they had character and standing in the communities they served.

the leader of our country not to have a criminal record and pose for a mug shot? Do we want our president to be a catalyst for confusion? In days gone by, the answer would be no. Well, we are living in a new age of reason. It's an age where we cast an acceptable eye to mayhem and malfeasance. Living outwardly in a den of shadiness is now ok. Mocking the judicial system has now become a sign of strength. Oh America, what have we become?

President Joe Biden will welcome the incoming president to the Oval Office in the coming days. That will be an interesting conversation. If you voted for him, you are asking yourself, what kind of president will he be? Literally and figuratively, the jury is still out as he will soon take office.

If you are in the character counts crowd like I am, no worries, it still does. Our televisions sometimes say we are experiencing technical difficulties. Well, we are just experiencing technical difficulties. It will clear up. It always

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COMMUNITY CALENDAR





What We Should Think and Do

San Diego Voice & Viewpoint Newspaper



Now that the election is over, a number of people are experiencing high levels of uncertainty. We should not think that life as we know it has ended. This is a defeatist attitude. What we should remember, especially as Black people, is

that if we survived, slavery, and past Republican Presidents, we can survive four years of Donald Trump. What we must do is reset our thinking as to what is important and what we must do as a collective people going for-

Our first order of business during this time must be a return to prayer rather than party politics. We must remember that it was collective prayer by those who came before us that brought us this far. We must learn to act collectively "in spite of" and not "because of" the obstacles in front of us. While this is easier said than done, each of us must start at our own

personal level of interaction with those around us, many of whom we may not like. Next, we must adopt an

attitude of "no permanent friends, no permanent enemies, just permanent interest." This means that we must re-educate ourselves to how the government works. We have two years to prepare to take back the House of Representatives which the Republican Party has won by a very small number of votes, perhaps less than five. But while we are looking at retaking national parts of government in terms of what's in our own best interest, we must not ignore local and state

issues that will be influenced by the Trump Administration. History has taught us that local attitudes are influenced by national attitudes and the national attitudes have shifted to the extreme right based on Trump's election. This is not a time for fear, but a time for planning and faith in the fact that we can win even under adverse circumstances. We must restart our local discussion groups. The Black Press, our most trusted messenger, should play a key role in providing such forums but in conjunction with other organizations and groups in our communities. What do you think?

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RELIGIOUS/NEWS

A Brief Overview of the Epistle to the Hebrews



Rev. Johnny Calvin Smith

The writer of this grand book of Hebrews is anonymous. Although the author of this magnificent book is unknown, the basic appeal of the book is "let us go on unto perfection (maturity)" (Hebrews 6:1). In this majestic book, the author is presenting a valid claim that Jesus Christ, God's matchless Son, is superior to anything that Judaism has to offer. His audience, primarily Jewish, were experiencing some degree of persecution from their counto abandon their Christian profession and revert to Judaism. Presenting the lofty claims of Christ's person and work, the author will show that in Christ they have everything they need to "go on to maturity" in view of the persecution to which they were experiencing.

This book was perhaps written sometime before A.D. 70, just before the destruction of Jerusalem and will exalt the superior excellences of Christ by presenting Him as: Superior to the Prophets (Chapter 1:1-3); Superior Over Angels (Chapter 1:4-2:18); Superior Over Moses (Chapter 3:1-4:13); Having a Superior Priesthood (Chapter 4:14-7:28); Having a Superior Covenant (Chapter 8:1-13); and Having a Superior Sanctuary and Sacrifice (Chapter 9:1-10:18). After the author proves that Jesus Christ is superior to anything that Judaism has to offer, he will exhort his audience to a superior life of faith by illustrating the exemplary life of faith that the Old Testament saints exhibited, for these saints

trusted in God's Word, acting in God's promises alone.

Having extolled the superlative qualities of the person and work of Christ, the author will prove in a convincing way that abandoning their Christian profession and reverting to their old Judaistic system would be substituting "substance shadow" and "reality for ritual." Thus, if his audience abandons the worth of Christ's superlative person and work, there remains no suffi-

cient sacrifice for sins; thus the author will prove that Christ's sacrifice was necessary and efficacious (Hebrews 9:23, 28). With the author's superlative presentation of Christ, he will inject several warning passages (Hebrews 2:1-4; 3:7-4:13; 5:11-6:20; 10:19-39; 12:25-29) as a way of cautioning them of the consequences of turning away from Christ.

In closing, this grand book can be outlined as follows:

and North Carolina—ac-

I. The Superior Worth of Christ's Person (Hebrews 1:1-4:13)

II. The Superior Worth of Christ's Position as High Priest (Hebrews 4:14-10:18)

III. The Superior Life of Faith Exhorted (Hebrews 10:19-13:25

Having followed this author's superb argument, I am thoroughly convinced that Jesus Christ is superior to anything or anybody that this world has to offer!

May God Bless!

Continued Care Page 1

trymen and were tempted

potential loss of these financial aids could spell trouble for millions of Americans who depend on the ACA.

"These historic enrollment numbers are a testament to the need for comprehensive, quality, affordable health insurance," said Chiquita Brooks-La-Sure, Administrator for the

Centers for Medicare and Medicaid Services. "Not only is demand for Marketplace insurance coverage at an all-time high, but the Marketplaces are delivering on the Affordable Care Act's promise to provide the peace of mind that comes with having health insurance to millions of Americans."

While the House remains undecided, with Republicans projected at 215 seats to Democrats' 210 and a majority requiring 218, health policy experts warn that GOP control could end these subsidies. House Speaker Mike Johnson suggested at a campaign stop that significant reforms to the ACA could be forthcoming. "The ACA is so deeply ingrained, we need massive reform to make this work,

and we've got a lot of ideas on how to do that," Johnson asserted.

The states with the highest ACA enrollment rates in 2024 were largely conservative strongholds supporting President-elect Trump, including Florida with 4.2 million enrollees, Texas with 3.5 million, and Georgia with 1.3 million. These five states—Florida, Texas, California, Georgia, counted for 55% of total ACA enrollment. Each state uses the federal Healthcare.gov enrollment platform and has yet to expand Medicaid under the ACA, making the ACA subsidies particularly vital for affordable healthcare access.

The subsidies have also substantially impacted middle-income families,

including those with incomes above 400% of the federal poverty level, or approximately \$103,280 for a family of four. For this group, enhanced subsidies have capped insurance premiums at 8.5% of income; without the subsidies, premiums could exceed 20% of income, according to Kaiser Family

Continue Care Page 4

~ THANKSGIVING Clues ~

(Solution to FAMOUS ACTORS, November 7 Puzzle, see page 5)

ACROSS

- 1. As opposed to Ave.
- 5. *Male turkey
- 8. *The National 11. Suggestive look
- 12. Transversus abdominis location 13. Milan's La ___ opera house
- 15. Curved molding
- 16. Welcoming sign
- 17. Crossword entries
- 18. *Skillet-cooked batter
- 20. Bristles on grass
- 21. Talked like a pigeon 22. Scepter's partner
- 23. A way to steal gas 26. With two maxima, in statistics
- 30. All Nippon Airways
- 31. Tip of lion's tail 34. Body, breath and mind workout
- 37. Singer Benatar
- 38. Unethical loaner's practice 39. Copycat

35. Garments

- 40. *Pie nuts
- 42. Honey maker
- 43. Like Old Glory 45. Time for an egg hunt

47. "As if!"

- 48. Battle of the _____, a.k.a. Ardennes Of-
- fensive
- 50. Moldy appetizer 52. *Green bean _
- 56. *Thanksgiving football regulars 57. Cream-filled cookie
- 58. Chieftain in Arabia
- 62. Oui in French
- 63. Ensign, for short
- 59. Poem at a funeral 60. Of two minds
- 61. Not ever, poetically
- 64. Make them meet

DOWN

- 1. Coalition
- 2. Emmet Brickowski's brick
- 3. Zig or zag
- 4. Make wet
- 5. Safari hat 6. Mountain nymph
- 7. "Cobbler, cobbler, ____ my shoe"
- 8. Repair a sock 9. Cutlass or Delta 88, for short
- 10. "Now we're cooking with ___
- 12. "La cerveza m s fina"
- 13. Bunch of #42 Across
- 14. *Football regulars on Thanksgiving
- 19. They're made for walking
- 22. Tin Man's remedy
- 23. "The Forsyte _____," pl.24. Not suitable in certain circumstances
- 25. Fruit-cutting device
- 26. 2nd letter of Greek alphabet
- 27. Skeptic's MO 28. Come to terms
- 29. Extra sweatshirt, e.g.
- 32. Hightailed it
- 33. Cul de
- 36. *Prepping a turkey 38. Cell phone bill item
- 40. Teacher's favorite student
- 41. Infamous Baby Face 44. Verse
- 46. Tranquil
- 48. Noble one
- 49. Internet patrons 50. Digestive aid
- 51. Fish eggs, pl.
- 52. ____ d'Ivoire 53. Bad luck predictor
- 54. What Pinocchio did 55. Makes mistakes
- 56. Bovine hangout

Statepoint Crossword Puzzle Theme: THANKSGIVING





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Continued Care Page 3

Foundation (KFF) Vice President Cynthia Cox. Cox cautioned that if subsidies expire, middle-income enrollees would likely be hit the hardest, as many would be priced out of coverage entirely. "A lot of those folks would drop coverage," she noted.

ACA enrollment has also surged rapidly in states like Texas and Mississippi, where growth rates have exceeded 200% since 2020. Notably, these states had some of the highest uninsured rates before introducing the enhanced subsidies. Without Medicaid expansion, the ACA marketplace has been the primary avenue for affordable insurance.

Enhanced subsidies, which reduce premiums for eligible enrollees by an

average of 44%, or about \$705 per year, have made health insurance more accessible than ever. However, if Congress fails to renew them, the Congressional Budget Office (CBO) projects that ACA enrollment could fall from 22.8 million in 2025 to 15.4 million by 2030 as millions of Americans lose affordable options. Without financial support, many of these individuals—who have come to rely on the ACA for medical peace of mind—could be forced to go without insurance, leading to even higher rates of medical debt, which stood at \$220 billion nationwide in 2021.

For now, ACA enrollees can rest assured that their 2025 premiums will remain stable if they enroll during the current open enrollment period.

Quinn Minute

Football's Most Important Player

By Rix Quinn

What's the most important position on a football team?

I vote for the center. Some pay more attention to the quarterback or running backs, but without the center they'd just be standing around.

The center starts each play. Although his primary job is to snap the ball to the quarterback, his first mission is to watch how the defense lines up. And if he sees something he doesn't expect, he can call out special instructions to his team.

But we fans don't see that. And we don't pay attention to the brave way he blocks defensive guys who try to grab the quarterback.

But we do notice something truly amazing. Much of the time, he accurately throws the football while upside down.

He throws the ball four ways. The first way, he bends over, and hands the ball to the quarterback directly behind him. Or he throws the ball back a few yards to the quarterback.

But if his team is punting the ball, he must snap

the ball – between his legs – to a kicker 15 yards behind him. Try doing this sometime when you're bent over and staring at somebody upside down. (The last time I did that, I was looking under the couch for a sandwich.)

His toughest job – from that same awkward position – is snapping the ball perfectly about ten yards to someone holding the ball for a placekicker. If that's done wrong, lots of bad things can happen like a fumble, a missed kick, or an angry coach.

Not me...I could never

handle that pressure. Luckily, a kind coach found a position on the sideline where I could help the team. He called it Left Out.

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LIFE IS LIKE A CAMERA, JUST FOCUS ON WHAT'S IMPORTANT!





Page 5

7 Day Weather Forecast for DF'

Sunday, Nov. 17

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Friday, Nov. 15

Saturday, Nov. 16

Monday, Nov. 18

Tuesday, Nov. 19

Wednesday, Nov. 20



H-71°

H-70°



H - 72°



H-72°





H-59

'There's beauty in being vulnerable': Simone Biles, Jordan Chiles open up about the importance of leading by example

By Samantha Bresnahan and Coy Wire, CNN

Jordan Chiles knew her friend was hurting. It was July 28, 2021, and while America was waking up to the shocking news that Simone Biles was withdrawing from the gymnastics all-around competition at the Tokyo Olympics, Chiles could only think about how devastated her teammate must be.

"She's not a quitter," Chiles told CNN in Tokyo at the time. "But ... she knows her body more than anybody else."

It's no secret what happened next, and that's precisely the point – instead of retreating from the spotlight, Biles openly shared her struggles with mental health, putting the issue front and center as one of the greatest athletes not only of her sport, but arguably of all time.

"Everybody's mental health journey is unique," Biles told CNN's Coy Wire during a recent interview alongside Chiles in Los Angeles. "I'm not the poster child for it, but I'll support (anyone's) mental health journey."

"Now people come up to me and they're like, 'I've been in therapy for the first time in my life, and thank you so much,"" Biles added. "There's

power in that. And I just know I'm helping people out there."

Chiles, a two-time Olympian in Tokyo and Paris, was quick to point out that she's benefited directly from Biles' example. The two were speaking during their recent Gold Over America Tour, which celebrated the successes of Team USA's gymnasts.

"Being in that position that she was in during that time frame and her being vulnerable, it just made it even better for, not just me, but everybody around us. (And) not just in our sport, but (for) people in general," Chiles said.

"And having somebody like her, whether people see it or don't see it – and I've been behind the scenes of what she's gone through – it's definitely cool to finally see that people are understanding where she's coming from, not just as an athlete, but also as a human.'

Lessons from the mat

Biles, now 27, began gymnastics at the age of six. Eleven Olympic and 30 World Championship medals later, if there's one thing the most decorated gymnast of all time could tell her younger self, Biles

said, it would be to "ask for help."

"There is beauty in being vulnerable," she added.

Chiles, 23, picked up on that willingness to embrace vulnerability, and has worked to emulate it in her own life. "When I was younger, I did not want help from anybody," said Chiles, who will return to UCLA next year as a collegiate gymnast after winning the team allaround gold alongside Biles at the Paris Olym-

She says she's also learned the importance of "standing your ground."

It's about "understanding that my story is my story," Chiles said. "I'm the one who's writing it and I didn't learn to stand my ground until I met her (Biles)."

It's a lesson Chiles says has become all the more important over the last few months, as her team is working to overturn a decision that took away her bronze medal in the individual floor event in Paris.

"Things can be really, really hard in your life and things may be stripped from you and you're going to have to deal with that, and under-

stand that you need to fight for what you're fighting for," she added. "And that's something that I've learned as well in the past three or four months just coming off of Paris."

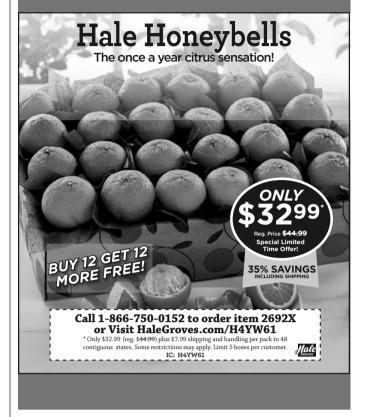
"Just me being me"

In a sport where female athletes once "peaked at (age) 16," Biles said, having her still competing at the Olympics is a sign of progress in gymnastics. It also allows younger gymnasts, like Team USA's Hezly Rivera, who was 16 during this year's Paris games, to learn from Biles.

"I've been in these girls' shoes before," Biles said, "so I know exactly they're what going through," adding she's there for a "helping hand ... little pep talks ... makthem laugh, cheer(ing) them up, whatever they need - I'm there."

Chiles again credited Biles for inspiring her own leadership style.

"That's just me being me. And I want the younger generation to understand that it's okay to be yourself when it comes to anything in life," Chiles said. "But I didn't learn that until it came from her. She taught me that."



Continued Stress Page 1

- Member's Mark Yeast Dinner Rolls
- Member's Mark
- Macaroni and Cheese • Member's Mark Cranberry Crunch

Along with purchasing a convenient Thanksgiving meal, here are a few additional ways to eliminate stress around holiday prep:

Salad

1. Start Early: Get your shopping and other hosting tasks done in advance. For example, don't wait until Thanksgiving Day to tidy up your home. Doing a deep clean in advance can help ensure your kitchen is organized and ready for the big day, and that guests feel comfortable and welcomed. Set the table and do any decorating you have planned the evening beforehand.

2. Save on Festive Flair: You can further reduce

costs by going DIY with items like centerpieces and seasonal wreaths, or by shopping with retailers offering great value, such as Sam's Club, which provides solutions for flowers, décor, wine and other hosting essentials.

3. Rely on Friends and Family: Even if you have the main meal covered, it's still nice to get a little help from guests, who will likely ask if they can bring something. Don't be shy about asking them to contribute an appetizer or beverage!

For more information on the Member's Mark Holiday Meal, visit samsclub.com.

By eliminating holiday hassles, you can focus on what really matters, giving thanks and spending time with the people you care about.

Continued Black Page 1

unmistakable privilege that white America has fought so viciously to deny people of color. Under Trump, Black Americans saw police-involved deaths rise, racist rhetoric embolden hate groups, and policies favoring predominantly white and affluent communities. Now, with the in-Trump-led coming administration reinvigorated, communities across the nation are bracing themselves for policies that echo Jim Crow's shadow.

In this return to power, Trump brings with him a promise of transformation—one that may bear little good news for communities of color. His rhetoric on law enforcement paints a vision of a "police state," where "order" is synonymous with marginalization and where civil liberties are an afterthought. The administration's proposed reforms under Project 2025 or Agenda 47 promise further marginalization of those already most affected by systemic injustices.

Biden As shook Trump's hand, the widening chasm between the lived experience of Black people and the political theater of the day was apparent. Confederates who remain heroes of Trump and those ensconced in the MAGA movement are likely to replace the portraits of historical figures like Franklin Delano Roosevelt and Martin Luther King Jr. that currently line the Oval Office. Trump has spoken openly of his opposition to removing Confederate monuments and relics that honor those who fought to retain slavery in America.

While the two men smiled and shook hands, it's likely that the lives of Biden and Trump and many who look like them—particularly those who enjoy their wealthwill, at worst, remain unchanged. In contrast, Black Americans—and other communities of color—are

set to face an administra-

tion chomping at the bit to eradicate all civil rights protections afforded minorities. Trump's approach has already emboldened hate groups, stirred racist sentiments, and further divided the nation.

Still, Biden, seated comfortably within the privileges that come with his office and with being white and wealthy, offered a "smooth transition" to a man who promised to tighten the grip of authority on communities that have fought hardest for equity and justice.

"Privilege meeting privilege isn't just about two men shaking hands," said one administration official who asked to remain anonymous and who will be without a job come January 20. "It's about a system that protects itself, a system that tells Black America, 'It's your turn to wait-again.' And while they exchange niceties, Black America holds its breath, knowing that the fight for justice got a lot harder."

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(Solution to November 7 Puzzle - FAMOUS ACTORS



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New Clinical Trial Enrolling Patients in Dallas Offers Hope for People with Epilepsy



There is a new study evaluating a promising new treatment for epilepsy. Neurology Consultants of Dallas is currently seeking to enroll patients in this study, called Rise, between the ages of 18-75 who have been diagnosed with focal onset epilepsy and have experienced resistance to

Epilepsy is a chronic brain disorder that affects over 50 million people worldwide. It is characterized by recurrent, unprovoked seizures, which can vary in intensity and frequency. Despite numerous treatment options, about 40% of people with epilepsy do not achieve seizure control with current medications. This highlights the urgent need for new effective treatments

Understanding Seizures

Seizures are sudden surges of abnormal and excessive electrical activity in your brain and can affect how you appear or act. Where and how the seizure presents itself can have profound effects. Focal seizures are the most common type of seizure, affecting up to approximately 61% of people with epilepsy. They begin on one side of the brain and may cause changes in awareness, behavior, sensation, or abnormal movements usually on just one side of the body

Challenges of Living with Epilepsy
Living with epilepsy can be incredibly challenging. The unpredictable nature of seizures can make daily activities, such as driving, working, or even socializing, difficult and stressful. For many, the fear of a sudden seizure looms, impacting their quality of life. In addition to physical challenges, epilepsy can also bring about emotional and psychological burdens, such as anxiety, depression, and social isolation

A Promising Investigational Treatment

Fonda Chan, MD, who is leading the trial in the Dallas area, is optimistic about the potential of this new treatment. "We are looking for people with focal onset epilepsy to participate in this study to help evaluate the effectiveness of this promising treatment in controlling seizures and improving the quality of life for those with epilepsy," said Dr. Chan. "The involvement of people with epilepsy will provide critical data that can lead to breakthroughs, offering hope to the millions

affected by this condition."

individuals who:

Enrollment Information The clinical trial is currently enrolling patients at sites across the United States. Locally, the trial is being conducted at Neurology Consultants of Dallas. If you or someone you know is struggling with epilepsy and is interested in participating in the trial, please visit epilepsyresearchstudy.com or call 214-750-9977 for more information. Eligibility criteria for participating in the trial include

- Are between the ages of 18 to 75
- Have been diagnosed with focal onset epilepsy for at least one year
- Have been unsuccessful with at least two anti-seizure medications (ASMs) and are currently on a stable dose of one to three ASMs
- Have at least four or more observable focal seizures every 28 days

The Rise clinical trial represents a significant step forward in the search for more effective epilepsy treatments. By participating, patients not only have the potential to benefit from a new therapy but also contribute to crucial research that could improve the lives of countless others in the future.

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