

“Remember to Honor Our Veterans on Monday November 11, 2024”



The Dallas Post Tribune

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VOLUME 77 NUMBER 9

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This year, Hutchins BBQ will bring back its time-honored tradition of providing service members with a free meal in recognition of Veterans Day.

On Monday, Nov. 11 from 11 a.m. to 9 p.m. dine-in guests who present a military ID will receive a sandwich with their choice of either pulled pork, smoked turkey, house-made sausage or sliced or chopped brisket along with a side and a beverage.

SOC band and cheer student takes school spirit to new heights

DALLAS — “When I’m up there, I think, ‘let them do what they do, and just play,’” said Ki’Zydreeck F., who juggles the roles of both cheerleader and band member at South Oak Cliff High School. “I get a little scared every time, but once I’m lifted, I know I can’t mess it up.”

Strapped with a nearly 20-pound bass drum, these thoughts run through the sophomore’s head as he’s hoisted several feet in the air by his cheer squad. Then, in a slow cadence, his teammates spin him in a circle while he plays.

Typically, Ki’Zydreeck is a base cheerleader and plays the bass drum for SOC, but when his cheer coach saw a unique stunt on social media that would combine band and cheer, she knew exactly who could bring this college-level cheer stunt to life.

“I’m with them every day so I know



Photo Credit: Dallas ISD

Continue **Band** Page 8

DOJ Targets Elder Fraud and Nursing Home Abuse in Sweeping Nationwide Actions

By Stacy M. Brown

The Department of Justice (DOJ) has released its annual report to Congress on efforts to combat elder fraud, abuse, and neglect. The report details over 300 enforcement actions against more than 700 defendants accused of targeting older adults. The department recovered nearly \$700 million, disrupted major transnational schemes, and prosecuted cases involving substandard care at nursing homes and serious rights violations in veterans’ facilities.

One high-profile case included the convictions of two Pittsburgh-area nursing homes, Brighton Rehabilitation and Wellness Center and Mount Lebanon Rehabilitation and Wellness Center. A federal jury found both facilities guilty of falsifying records submitted to the Pennsylvania Department of Health and the Centers for Medicare and Medicaid Services (CMS) to avoid penalties for inadequate care.

Continue **Elder** Page 4

Legendary Producer Quincy Jones Dies at 91, Leaving a Monumental Legacy in Music and Culture



Photo Credit: NNPA Files

By Stacy M. Brown

Quincy Jones, the record producer, arranger, and cultural trailblazer whose influence spanned more than seven decades, has died at 91. His publicist, Arnold Robinson, confirmed his death in a statement, noting that Jones died peacefully at his home in Bel Air. The statement did not specify the cause.

Known for producing Michael Jackson’s land-

mark albums, “Thriller” and “Bad,” Jones’s career far exceeded even those iconic works.

Jones transformed genres, introduced new styles, and championed Black artistry in a largely segregated industry. The Rock and Roll Hall of Fame, which inducted him in 2013, called him a “Jack of All Trades” but noted that Jones “excelled at every

Continued **Jones** Page 3



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- Clues -
(Solution to October 31 Puzzle, see page 5)

ACROSS

1. QA's focus, pl.
5. "Swan Lake" steps
8. Evite request, acr.
12. Long stories
14. Final, abbr.
15. Opposite of neo-
16. Synagogue scroll
17. Poseidon's domain
18. One-eighty
19. *Mary Poppins and Maria von Trapp
21. *Vivian Ward and Erin Brockovich
23. Kum Ba follower
24. Cry out loud
25. Stolen, slangily
28. Greek salad cheese
30. Popular clubs of the 1970s
35. Chimpanzees, e.g.
37. Porcine fat
39. Great divide
40. Cat o'how many tails?
41. Podium, pl.
43. Dead against
44. Work the dough
46. Urban haze
47. Manner of walk
48. Parlor piece
50. Riyadh native, e.g.
52. Sixth note
53. Common fairway club
55. Brewed beverage
57. *"Red" Redding and Nelson Mandela
61. *Ricky Bobby and Buddy
65. Beat the Joneses
66. Outrage
68. Adjust, as laces
69. Tears violently
70. Anointment liquid
71. Talks and talks and talks
72. a.k.a. Operation Neptune
73. "Just kidding!"
74. Billy Joel's "___ Always a Woman"

2. Second word in a fairytale
3. Encircle
4. Like Freddy Krueger, e.g.
5. Boot-wearing feline
6. Draft pick
7. Impolite look
8. Miles per hour, e.g.
9. Insult
10. Between bleu and jaune
11. Connection between brain and spinal cord
13. Bundle of wheat
15. Like certain libraries
20. Pup
22. Hemingway's "The ___ Man and the Sea"
24. Railyard worker
25. *Forrest Gump and Jimmy Dugan
26. Offer two cents
27. Doctrine
29. New Mexico town
31. Deep pile carpet
32. Atlantic Ocean/Pacific Ocean waterway, e.g.
33. Ostium, pl.
34. *Violet Crawley and Minerva McGonagall
36. Center of authority
38. "The New Look" main character
42. September stone
45. Phobos' brother, Greek mythology
49. Time period
51. *Catwoman and "Jinx" Johnson
54. Vidalia one
56. Regions
57. *Han Solo and Indiana Jones
58. Wished undone
59. Europe's highest volcano
60. *Nelson, star of 8 films with Jeanette MacDonald
61. Matted wool
62. Write on tombstone, e.g.
63. Facebook button
64. More is ___?
67. Duran Duran's 1982 album

DOWN

11. Between Phi and Kappa

Statepoint Crossword Puzzle
Theme: FAMOUS ACTORS

CROSSWORD														
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69						70				71				
72						73					74			

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RELIGIOUS/NEWS

Paul's Instructions to Titus Regarding Some Practical Matters

Titus 3:1-15



Rev. Johnny Calvin Smith

Having discussed with Titus the need to ordain elders in the churches for organization, along with the need to teach sound doctrine to combat the false teachers (Titus 1) and to instruct the various age groups to live godly as a result of God's grace (Titus 2), Paul will now deal with two additional classes of people in this final chapter.

Titus 3:1-15 may be outlined as follows: I. Honor Civil Rulers – Titus 3:1-7; II. Be Aware of Heretics – Titus 3:8-15.

I. Honor Civil Rulers – Titus 3:1-7

Titus is exhorted by Paul to remind the believers in Crete to be good citizens within their communities, a virtue in which Cretans were evidently deficient. As believers we

should be model citizens obeying the laws of the land in which we live unless those laws conflict or contradict our relationship with God. Even if we cannot honor the man, we must honor the office and the laws of the land. Again, if the laws contradict the Word, or first allegiance is to God (Acts 4:19; 5:29).

In verses 1-2, Paul listed seven qualities expected of Christian citizens: (1) to be subject to rulers and authorities; (2) to be obedient; (3) to be ready to do whatever is good; (4) to slander no one; (5) to be peaceable; (6) considerate; (7) to show true humility toward all men. By demonstrating these qualities, a believer demonstrates that he or she understands the lifestyle expected of God's grace!

In verse 3, the Apostle Paul never forgot the sinful lifestyle he and his converts once embraced. Verse 3 really reveals a bleak picture of the unsaved today and also portrayed our darkened past. We are foolish instead of being sensible, disobedient instead of being submissive, deceived and enslaved by all kinds of passions and pleasures instead of being self-disciplined and ready for every good work. Instead of being peaceable, considerate and humble, we were described as being with malice and envy, being hated and hating one another. However, all of that changed when the kindness and love of God our Saviour appeared (v. 4).

In verse 5, God in His grace saved us who believed, not because of any

righteousness that we possessed (Romans 3:21-24; Ephesians 2:8-9; II Timothy 1:9) but because of His mercy. In verse 6, God has poured out the Holy Spirit generously through Jesus Christ our Saviour. The Holy Spirit has been generously given to us so that, having been justified by His grace, we might become heirs having the hope of eternal life. "The hope of eternal life" points to the great hope of the believers, the coming of Christ for the church (v. 7).

II. Be Aware of Heretics – Titus 3:8-15

In verse 8, due to the fact that what Paul had been saying is trustworthy, Titus was admonished to emphasize these things in order to promote godly behavior among the be-

lievers. Paul was concerned that these believers would focus on doing what is good because these things are excellent and profitable for everyone. Titus was to promote good works, for they are in alignment with sound doctrine.

In verse 9, the believers were instructed to avoid foolish controversies and genealogies, and arguments and quarrels about the Law, for such empty discussions are unprofitable and useless. In verses 10-11, the person who is advancing such useless things are divisive influence in the church is to be given two warnings. If the two warnings don't work, then Titus was to have nothing to do with them. By not responding to the warnings, it is assumed that the offender is warped and sinful and

self-condemned.

In verse 12, Titus was informed by Paul that reinforcements are coming to assist him in the difficult ministry of Crete. Either Artemas or Tychicus would replace him so he might join Paul at Nicopolis. In verse 13, Zenas the lawyer is mentioned here, but nothing is known about him. However, Apollos was a familiar fellow worker (Acts 19).

In verse 14, Paul reminded the believers about good works. As believers, we must maintain good works by helping others along the way. Paul closes this epistle with his apostolic greeting, linking love with faith, and of course, he concludes his greeting mentioning the word "grace" (v. 15).

May God Bless!

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Dallas, Texas

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1800 S. Akard Ave.
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TD'S Barbeque
3403 S. Lancaster Rd.
Dallas, Texas

Greenville Avenue Church of Christ
1013 Greenville Ave.
Richardson, Texas

Continued **Jones** Page 1

role he took on." His contributions as a record producer, arranger, composer, and performer reflect a boundless curiosity that kept him at the cutting edge of music across generations. His presence shaped countless albums, film scores, and even social movements, making him a bridge between jazz, R&B, pop, and hip-hop and between Black and white audiences.

Jones began as a jazz trumpeter, arranging for bands like Count Basie's and becoming a respected composer in his own right. His compositions for films, including *The Pawnbroker* and *The Color Purple*, displayed his extraordinary range, mixing classical, jazz, funk, and Afro-Cuban influences. His television scores, such as those for *Sanford and Son* and *Ironside*, brought Black music to mainstream audiences, shaping a generation's auditory landscape.

The three Jackson albums Jones produced — *Off the Wall*, *Thriller*, and *Bad* — stand among his most famous works. The albums broke sales records and redefined the global pop music industry, bridging racial divides and setting new standards for production. But Jones's career had already reached milestones before those records. He had become the first Black vice president at Mercury Records in 1964 and had garnered critical

acclaim for his arrangement of Count Basie's "I Can't Stop Loving You." Over time, he received 28 Grammy Awards from 80 nominations, a record surpassed only by a few.

Born in Chicago on March 14, 1933, Quincy Delight Jones Jr. faced a childhood filled with challenges and resilience. According to his official biography, Jones was primarily raised by his father, a carpenter, after his mother was diagnosed with schizophrenia. Moving to Seattle in his early teens, he honed his craft in a music scene as diverse as his musical inclinations. By 15, Jones had already earned a spot in Lionel Hampton's band, launching a career that would take him across the globe and into the company of jazz greats like Dizzy Gillespie and Ray Charles, who would become a lifelong friend and collaborator.

Jones's time as a jazz bandleader and arranger in the 1950s established his name in elite music circles, but his ambitions led him into film and television scoring, where he created iconic soundtracks. Throughout the 1960s and 70s, Jones's music could be heard in theaters and living rooms, with scores for films like *In Cold Blood* and *The Deadly Affair* and contributions to Alex Haley's *Roots*, the celebrated mini-series. His soundtrack for *The Color Purple* in 1985, adapted from Alice Walker's novel,

remains a cultural milestone.

In 1985, Jones united more than 40 of the world's biggest music stars for the charity single "We Are the World," raising awareness and funds for famine relief in Africa. The project's success further cemented his reputation as a visionary capable of bridging divides for a greater cause. His label, Qwest, produced a roster as diverse as his interests, featuring artists from George Benson to the experimental jazz saxophonist Sonny Simmons.

Through the 1990s and 2000s, Jones expanded his reach beyond music, producing television hits like *The Fresh Prince of Bel-Air* and the magazine *Vibe*. In his later years, he remained active, working on projects that celebrated his love for jazz and hip-hop alike. In 2022, he collaborated with *The Weeknd* on *Dawn FM*, delivering a spoken monologue reflecting his decades of life and artistry. His work became a rich tapestry, woven with threads from every major genre and cultural moment in modern American history.

"He always is soaring ahead and doesn't like to look backwards," Oprah Winfrey said of him during his *Rock and Roll Hall of Fame* induction.

Jones leaves behind seven children: Jolie, Kiyada, Kenya, Martina, Rachel, Rashida, and Quincy III in addition to his brother Richard, sisters Margie Jay and Theresa Frank.



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2514	\$1,000,000 Cash Blast Overall Odds are 1 in 3.41	\$20	12/18/24	6/16/25
2053	\$750 Million Winner's Circle Overall Odds are 1 in 2.88	\$30	12/18/24	6/16/25

Texaslottery.com is the official source for all pertinent game information. Game closing procedures may be initiated for documented business reasons. These games may have prizes unclaimed, including top prizes. In addition, game closing procedures will be initiated when all top prizes have been claimed. During closing, games may be sold even after all top prizes have been claimed. Must be 18 or older to purchase a ticket. For help with a gambling problem, ncpgambling.org. © 2024 Texas Lottery Commission. PLAY RESPONSIBLY.



Continued Elder Page 1

Evidence presented at trial revealed that both facilities manipulated staffing records to appear compliant with Medicare and Medicaid standards. Sentencing is scheduled for December following a comprehensive investigation by the FBI, Health and Human Services, IRS, and the Pennsylvania Attorney General's Office.

In its report, the DOJ noted an investigation into New Jersey Veterans Memorial Homes at Menlo Park and Paramus found conditions that violated residents' constitutional rights under the 14th Amendment. According to DOJ findings, inadequate infection control and medical care at these facilities exposed veterans to life-threatening conditions. The report noted that poor management compounded these deficiencies, contributing to high death rates among residents.

The DOJ's report highlighted a broad initiative against elder fraud schemes affecting over 225,000 seniors. Fraud cases ranged from romance scams to government impersonation schemes, with DOJ efforts stopping \$27 million in fraudulent transfers before they reached perpetrators. With assistance from financial institutions, the DOJ returned millions of dollars to victims and provided resources through its National Elder Fraud Hotline, which handled more than 50,000 calls from older adults seeking support and guidance.

Beyond prosecution, the DOJ emphasized prevention and awareness, hosting nearly 1,000 elder justice events, including the first Elder Justice Law Enforcement Summit.

Continue **Elder**
November 14, 2024
Edition

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Quinn Minute

Really ancient food

By Rix Quinn

Sometimes I wonder how our ancient ancestors survived without foods like breakfast cereal and ice cream. But maybe they didn't realize what they were missing, because pre-historic television commercials got such poor reception.

Seriously, consider the paleolithic period, which covers about 2.5 million years. Up until 12,000 years ago, these folks were hunters and gatherers. They just kind of wandered around, searching for fruit, vegetables, and slow animals that looked tasty.

Their housing was basic. They lived in huts, teepees, or caves. However, without pest exterminators, you can guess the size of cave bugs that crawled over them. Yuck!

Anyway, about this time some genius found a way to start a fire. He – or she – heated some meat over it. Wow, that tasted lots better than raw gristle. And it didn't make them quite as sick.

Nobody knows who first invented fire, or how. There's speculation that some cave dude rubbed two sticks together, or created sparks with flint

stones.

Today, I can simply rub two sticks together. I call them "matches."

Soon, people realized that flames could keep them warm, improve food flavor, and illuminate the evening hours. They sat around those fires, and invented chants they later called "songs for summer camp."

These people were possibly humankind's first artists. They created paints from things like animal fats, tree sap, and bone meal. Then, they drew humans, animals, and strange designs on cave walls.

Some of this cave art is still around. Because it's on the walls, it can't be displayed in museums.

But back then, it probably improved a cave's resale value.

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SPORTS/NEWS PAGE

7 Day Weather Forecast for DFW

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H - 71° L - 62°	H - 70° L - 60°	H - 87° L - 66°	H - 73° L - 56°	H - 75° L - 64°	H - 77° L - 65°	H - 69° L - 51°

Cowboys HC Mike McCarthy 'Embarrassed' He Threw a Tablet on Sidelines

The Dallas coach's outburst went viral, but he probably won't be doing it again.

By Kyle Koster

Things have gone horribly wrong for the Dallas Cowboys.

They sit at 3-5, far outside the current playoff picture, and will be without quarterback Dak Prescott for quite some time—meaning their fate rests in the hands of Cooper Rush. Coach Mike McCarthy has had to deal with one thing after another on the sidelines and during Sunday's loss to the Atlanta Falcons, the frustrations finally got to him. McCarthy trying to break through the Earth's mantle with a tablet thrown in

anger was one of those viral moments made even sweeter because America kind of likes to root against America's Team.

Given some time to cool off and reflect on the moment, McCarthy expressed some remorse during his media availability on Wednesday.

"I'm embarrassed by it," he said. "It's something that at my age, clearly there is no excuse for. That's not what I represent. I'm embarrassed as the leader of this team. That was definitely a moment that I wish I had back."

McCarthy mentioned his age. He's 60, which is probably too old to be throwing temper tantrums like the above on national television. But he really doesn't need to be mortified by the momentary outburst. When you compare it to everything else that's happening on Dallas's soap opera, it's pretty tame.

The Cowboys will host the Philadelphia Eagles this Sunday. McCarthy should be on his best behavior. Fans would probably trade calmness for a season-saving victory.

Cedar Hill Bowling Team Fired Up For Inaugural Season



Photo Credit: Cedar Hill ISD

(CEDAR HILL, TEXAS) Kameron Willis used to bowl with his father nearly every week-end.

The Cedar Hill High School junior couldn't wait to get involved with the sport again.

Willis, the President of CHHS' Multicultural Club, was promoting the Multicultural Club at the beginning of the school year when he learned about the new Bowling program.

"I've enjoyed seeing myself grow in the sport, and I've learned a lot about technique," Willis said.

Willis is one of approximately a dozen Cedar Hill High School scholars who make the 42-mile round trip each week to practice at Hilltop Lanes in Waxahachie.

There are closer bowling alleys, but in order for the team to compete in a

district with Waxahachie High and Waxahachie Global (Waxahachie's equivalent of the Collegiate Program), Cedar Hill had to practice within the district.

The idea came about when Welding Teacher Joe Eich asked CHHS Principal Leroy Joffre about it.

Approximately 60 scholars expressed interest in bowling, but only about 12 show up regularly, including four seniors.

One of those seniors is Ashanti Sims, who learned about the team during Eich's Welding Class.

"I like it, and I hope to get better," Sims said. "I'm excited and a little nervous about competing this season."

Fellow senior Michael Burr was looking to diversify his extracurricular activities.

"My friends are help-

ing me out, and they're patient with me," Burr said.

Eich, a 2006 Waxahachie High School Graduate, who still lives in Ellis County also works at Hilltop Lanes as a mechanic on the equipment there.

He's preparing the Longhorns for the State Competition, set for February/March in San Antonio.

"The kids are enjoying bowling, and some even practice on the weekends," Eich said. "They could earn a college scholarship for bowling."

Junior Amiah Johunkin has bowled since she was 3 years old and was glad to see the school sponsor the sport.

"I like that it can be independent and also a social sport - I can focus on myself and also interact with people," said Johunkin, who also competes in powerlifting and track.

Council District 4 Community Veterans Day Parade

What Join Council Woman Carolyn King Arnold for the 5th Annual Community Veterans Day Parade as we celebrate and honor our veterans. Following the parade, there will be a brief program with food and live music to continue the celebration. It's a great way to show appreciation for those who have served.

Who Carolyn King Arnold, Dallas Council Member District 4

When 10 a.m. to 1 p.m., Saturday, Nov. 9, 2024

Where Start: Cedar Crest Cathedral 1616 E. Illinois Ave. Dallas TX, 75216
Processional: Illinois Ave. west to Lancaster Road south
End: Vacant lot across from VA Hospital 4515 S. Lancaster Road Dallas, TX 75216

STATEPOINT CROSSWORD (Solution to October 24 Puzzle - FILL- IN- THE BLANKS)

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STATEPOINT CROSSWORD (Solution to October 31 Puzzle - FAMOUS BUILDINGS)

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EDITORIAL PAGE

Unforgettable Moments And Memories At My HBCU Homecoming

By James B Ewers Jr. Ed.D



James B. Ewers Jr. Ed.D

College days for me are in the distant past. I enjoyed them and the experience will be forever etched in my mind. I can recall with a smile on my face the Saturday that my Uncle Pap and my Dad drove me to Johnson C. Smith University in Charlotte NC. Going away to college was a big deal for me. Pulling up in front of the campus was awe inspiring. My very first impression was that there were a lot of buildings.

Questions galore popped into my head like what classes would I take and what would Freshmen Orientation entail? Additionally, I was a student-athlete, and I wondered about my tennis teammates. I didn't realize at the time that I would be on two championship teams with them. The overarching question was would I adjust to college life?

My four years at

Johnson C. Smith University were life-changing. I could not have written a better script. I will be forever grateful to the faculty, staff and student body for giving me a platform from which to launch my professional life. Looking back, I had the president of JCSU as one of my mentors.

There were so many activities and programs that I attended that were filled with knowledge and information. Of course, there were fun times as well. One of those fun times was homecoming.

Pageants, parties and parades along with the football games made each homecoming a special event. Every homecoming brought hundreds of alumni, friends and supporters to our campus. I thought, "People love coming back to campus." I observed old friends seeing one another and the genuine affection they had for JCSU. I guess as an undergraduate student, I didn't realize the full impact of returning to homecoming at Johnson C. Smith University.

This was not my first homecoming as an alumnus. However, this arguably was one of the best ones. Maybe because I am much older, and these

moments mean more to me now.

Homecoming 2024 started for me on Friday, October 18th. Walking into the hotel, I immediately saw some of my classmates. We took pictures and exchanged contact information. Our class meeting was a great combination of business and fun.

On Saturday, October 19th, we played Shaw University located in Raleigh NC at our Irwin Belk Stadium. We defeated them. Our campus was a place of joy and happiness. The "block" as we called it back in the day was packed with people and pride. It was an indescribable feeling knowing that I was a part of this special day.

If you attended an HBCU, you probably have a similar story. It is my opinion that Historically Black Colleges and Universities are as popular as they have ever been. Enrollment is trending upward as well as funding levels. Graduation rates too are at an all-time high.

HBCU homecomings have always played an important role in giving alumni and friends a place to celebrate accomplishments and accom-

plishments. All of us come back with stories about our life after college. We talked about our families, communities and jobs.

Another part of HBCU homecomings is the number of non-HBCU folks that they attract. It is because we talk so passionately about our schools that they want to come and see the excitement for themselves.

HBCU homecomings have garnered a lot of attention because of the bands and their performances. Halftimes at Johnson C. Smith University homecoming games were fun because our band always showed up and showed out. We can't forget the cheerleaders who would always lead us in cheering our team to victory.

One of the keystone moments over time was when our former teachers would say how proud they were of us. Those were and still are "feel good" moments. So now, another Johnson C. Smith University homecoming is in the books filled with smiles, hugs and joy.

This column is dedicated to my classmates and teammates at Johnson C. Smith University.

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COMMUNITY CALENDAR

November is Diabetes Awareness Month

DALLAS – Parkland Health invites the community to participate in its annual Diabetes Awareness Day Community Event on Monday, November 11 from 8 a.m. to 1 p.m. at the Bluit-Flowers Health Center, 303 E. Overton Rd., Dallas, 75216. This no cost event hosted during Diabetes Awareness Month aims to provide the community with essential information about diabetes management and prevention.

"Understanding diabetes and its implications is key to prevention and effective management. Events like these ensure we provide necessary resources to the community and allow us to have fun while we are at it," said Sharon Cox, a registered dietitian with Parkland.

At the event, attendees will have the opportunity to:

- Learn about healthy living with diabetes.
- Interact with experts, ask questions and engage in discus-

sions about various aspects of diabetes care.

- Access a wealth of information through handouts and giveaways focused on diabetes management.
- Connect with specialists from various Parkland departments including Women's Health and Global Diabetes, as well as receive no cost screenings for glucose, blood pressure and HIV.
- Discover fresh produce options from local farms.
- Enjoy a cooking demonstration hosted by Parkland's Executive Chef, who will prepare delicious dishes to sample while sharing cooking tips and a passion for healthy eating.

This event is not just an opportunity to learn about diabetes, it's a chance to engage with the community and foster connections that promote healthier lifestyles. Every-

one—whether you or a family member have diabetes, are at risk or simply want to learn more—is invited to attend and participate.

Diabetes Awareness Month serves as a necessary reminder of the impact of this chronic disease. With approximately 38 million people living with diabetes in the United States, Parkland aims to inspire action toward prevention and better management during a day of fun, learning and community engagement.

For more information about the Annual Diabetes Awareness Day Community Event and other upcoming community events visit: www.parklandhealth.org/community-calendar

At Parkland, our diabetes programs are dedicated to the health and well-being of the individuals and communities entrusted to our care. To learn more about living with diabetes, visit www.parklanddiabetes.com.

Parkland to host annual event focused on diabetes education, resources

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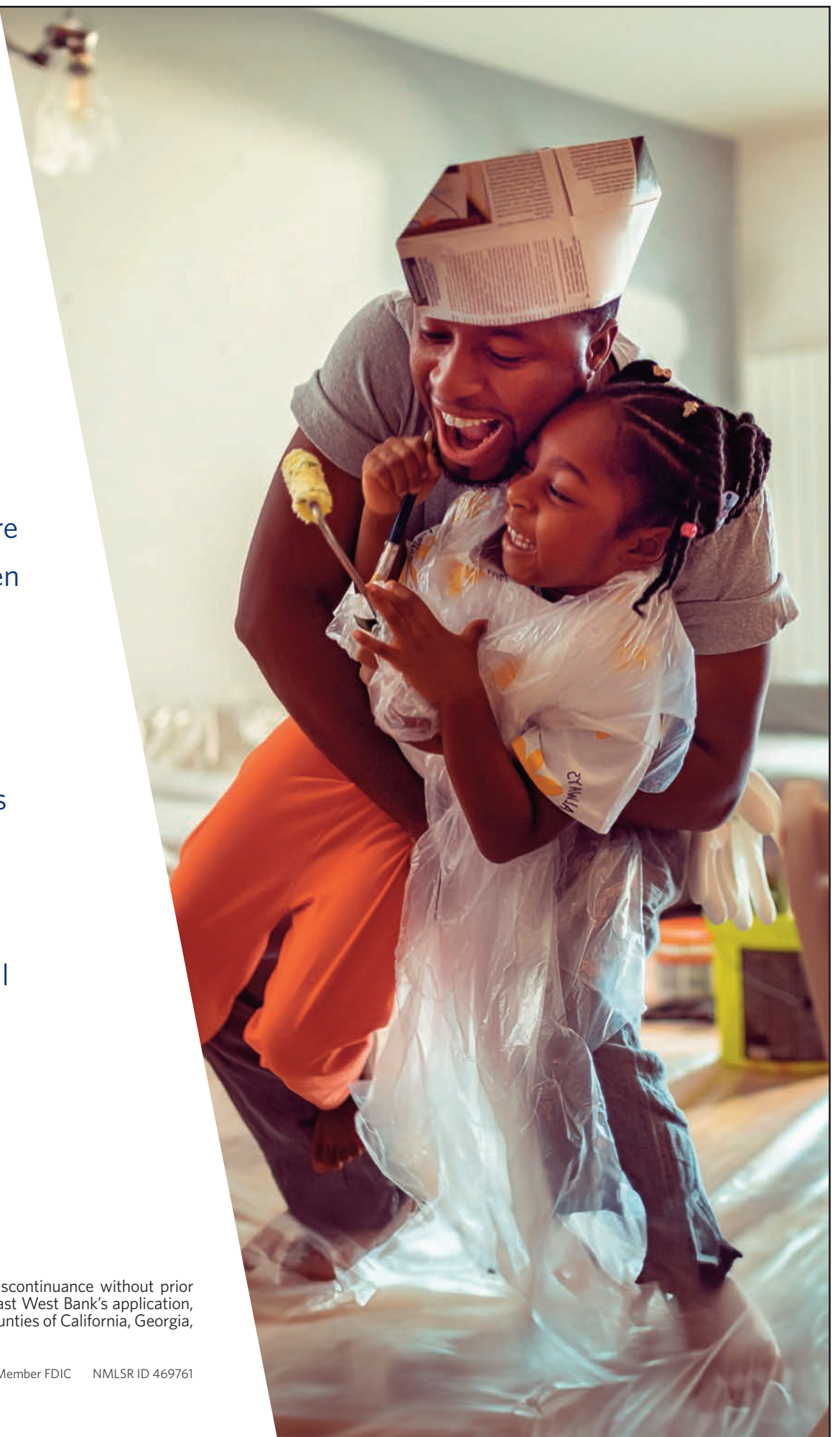
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Free Food and Turkey Giveaways in Dallas: A Guide to Thanksgiving 2024



Dallas, Texas – November 2024 — As the Thanksgiving holiday approaches, many Dallas residents are looking for ways to provide a festive meal for their families without breaking the bank. Fortunately, a variety of organizations and community groups throughout the city are hosting events and giveaways in November, offering free food, turkeys, and other essential items to those in need.

Whether you're looking for a full turkey dinner or just some extra groceries, Dallas has a number of options for residents to access holiday assistance. Here's a rundown of some of the top places to get free food and turkeys in the city this November.



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Celebrating

1974 50 2024

Years

Saturday, NOV. 16, 2024
12PM - 2PM

Celebrate the Martin Luther King Branch Library's 50th birthday with food, music, and community.

The MLK Jr. Branch 50th Birthday Celebration is supported in part by the City of Dallas Office of Cultural Affairs and the Office of Community Care.







Martin Luther King, Jr. Branch Library
2922 Martin Luther King Jr. Blvd., Dallas, Texas 75215 | 214-670-0344
www.dallaslibrary.org



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Continued Page 1

SOC **band** and cheer student takes school spirit to new heights



Photo Credit: **Dallas ISD**

what their limitations are and I know when we need to push the envelope a bit," SOC cheer coach, Getquiea Jones said. "It may take us a little longer to get a move down, but I never second-guess my team."

Combining his roles as both a cheerleader and a band member, Ki'Zydreeck's stunt has become his signature move since debuting it at his school's homecoming game. When asked how the newfound fame feels, he said it feels really good to hear from his peers who enjoyed his performance.

"Sometimes, people I've never spoken to a day of my life before, they'll come up to me and say I looked good," he said. "I'm just a really outgoing person. I don't really have bad days and I'm always smiling every time you see me."

His love for band began early on, first singing in the choir at Clara Oliver Elementary School and eventually joining the band. He credits his continued involvement to his

band director at Boude Storey Middle School.

For cheer, he got a taste of how fun it could be after Boude Storey's vertical team night where the SOC cheerleaders performed and through encouragement from his friends.

"When I started looking up SOC in middle school, I just knew I wanted to be a Golden Bear," he said. "I wanted to join cheer my freshman year, but I got a little scared so I missed tryouts, and this year I made it. The practices can be very hard, but at the end of the day, it shows how much work we put in and no matter how hard it is, we're always going to get it."

For now, Ki'Zydreeck's schedule is packed with cheer, band practice, and schoolwork, but he aspires to attend an HBCU like Southern University and A&M College or Jackson State University to become a civil rights lawyer.

"I'm just trying to be who I am, get through school, do fun things, and have the support of the people that have my back," he said. "I know if I keep going, I can be really successful. I see what others go through, fighting for their rights, and when I see people who can't speak up for themselves, I think of me because before I couldn't speak up for myself, but I realized sometimes you gotta speak to be heard."

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PARADE

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