

THE DEADLINE TO RENEW YOUR AFFORDABLE CARE ACT IS SATURDAY, DECEMBER 15 AT 11:00 P. M.



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VOLUME 71 NUMBER 12

SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

December 13 - 19, 2018

Dallas ISD Police Officer Ensures Every Child Gets A Present For Christmas



By Gene Davis (DISD)

As someone who grew up without much money, Dallas ISD Police Officer Omar Sepulveda knows what it's like to be a kid in a family that depends on donations for Christmas presents.

Sepulveda, who now serves as an officer at Pinkston High School, has a simple motto: "Every kid deserves a present on Christmas." Sepulveda is in his fourth year of hosting a toy drive to make his mission come true.

"When I started this toy drive four Christmases ago, I thought, 'I'm not rich, but I think I can make a difference,'" Sepulveda said. "I'm trying to give back to the community that provided for me when I was growing up."

The toy drive has grown every year. Sepulveda and fellow officers spent part of their Monday using donations to buy more than \$800 in Christmas presents from Walmart. He is also hosting an event starting at noon on Saturday, Dec. 8, at Pinkston High School to collect toys.

Sepulveda will donate the toys to students with special needs at Pinkston High School. Santa will be on hand to help give out the toys and take pictures the Pinkston students.

Sepulveda will then give out the other toys to families at the Buckner Center for Humanitarian Aid.

"I tell the students who have helped collect toys and make this successful: It doesn't matter if it's a \$2 toy or \$20 toy, it just matters that it comes from the heart," Sepulveda said. "It's a special feeling to know that you've made a difference in some way."

Cedar Valley College veterinarian shares tips for pet safety during the holidays



(Dallas) – No bones about it – holiday foods (like turkey) and decorations (like tinsel) – can hurt pets at home during family festivities. Dr. Jean Eye, veterinarian and onsite faculty coordinator for the Cedar Valley College veterinary technology program, says that keeping the holidays fun for pets and their human families means taking a few precautions that can help avoid an emergency trip to the vet's office.

"Cats are fascinated by Christmas trees and decorations. Dogs are more interested in the foods you cook during the holidays," says Eye, who has worked primarily in small animal practices. "By taking some simple steps, you can keep your pets safe and happy during the holidays."

Dr. Eye, who has additional experience in veterinary emergency medicine and mixed animal practices, suggests following these safety tips for pets:

- A climbing kitty can topple a tree. If possible, when you aren't home, keep cats out of the room where your Christmas tree sits. If that's not possible, use a loop of fishing line around the tree trunk so that you can secure it to a screw eye bolt on the wall.
- Cats also love to play with string, but they can swallow strands of tinsel or yarn, causing a severe or potentially fatal intestinal obstruction. Avoid tinsel, and choose ornaments that don't break easily.
- Dogs, who are more interested in the food you are preparing for your holiday feast, can eat a few bites of turkey as a treat. However, don't let your dog have the bones which are left at the end of the meal. Bones can easily splinter as your dog chews on them.
- Holiday bakers must also take care to keep chocolate out of their dog's reach. All types of chocolate are potentially toxic for dogs, but baking chocolate has a much higher concentration of methylxanthines that cause problems for them.

Finally, Dr. Eye adds, "Be sure to contact a veterinarian promptly if your pet has any health problems. Even if your regular veterinary hospital is closed for the holidays, emergency facilities are open that can provide veterinary care for your pet if the need arises."

Happy holidays with your pets!

DEADLINE TO RENEW YOUR ACA FOR 2019 COVERAGE



The first day coverage begins is often called the effective date. Most states' Open Enrollment deadlines (December 15) match up with an effective date of January 1. This means that, as long as you enroll by the final deadline, your 2019 coverage will begin on the first day of the year.

What If You Miss the Open Enrollment 2019 Deadline?

If you miss the 2019 Open Enrollment Period and you do not qualify for a Special Enrollment Period (SEP), you will have to wait until Open Enrollment begins for 2020. You can qualify for a SEP if you have experienced a qualifying life event that prevented you from meeting the enrollment deadline.

Qualifying life events can include:

- The loss of health insurance through a job or Medicare eligibility.
- Household changes such as marriage, divorce, a death in the family, or having a baby.
- A change in your home address.

RUNOFF ELECTION

Carolyn King Arnold won Dwaine Caraway's vacated Dallas City Council seat by 59% in District 4 which is located in East Oak Cliff of Dallas County.










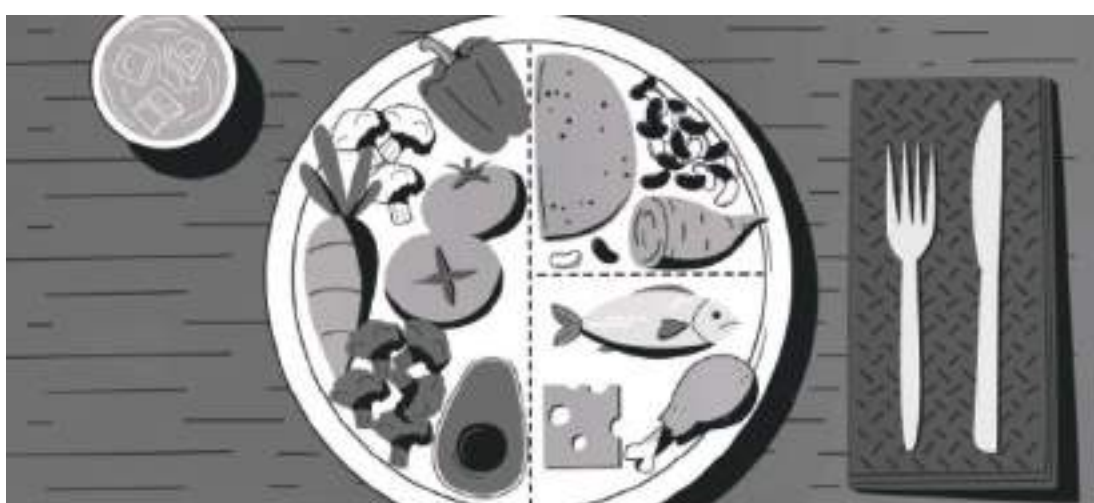
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SPORTS PAGE

7 Day Weather Forecast for DFW

Thursday, December 13	Friday, December 14	Saturday, December 15	Sunday, December 16	Monday, December 17	Tuesday, December 18	Wednesday, December 19
 H - 61° L - 38°	 H - 47° L - 39°	 H - 59° L - 37°	 H - 60° L - 43°	 H - 60° L - 38°	 H - 61° L - 44°	 H - 63° L - 46°



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Barnes, Brunson lead Mavericks past Magic 101-76

DALLAS (AP) — The Dallas Mavericks were again talking about a great performance by a rookie.

This time it wasn't Luka Doncic.

Jalen Brunson started at point guard for the second consecutive game and scored a career-high 17 points as the Mavericks beat the Orlando Magic 101-76 on Monday night.

Brunson, who led Villanova to two national championships in the past three years and was a Mavs second-round pick, replaced the injured Dennis Smith Jr. (right wrist sprain) and scored in double figures for the third straight game. And he did it Monday with Mavericks Hall of Fame point guard Jason Kidd in the house.

"Being able to perform like that in front of him is definitely special," Brunson said. "But no matter who is in the crowd and who is watching, I just try and play the same way every time."

Brunson scored the first basket of the game, and Dallas never trailed against the Magic, who were playing without two rotation players.

Harrison Barnes led the Mavericks with 19 points, and Dwight Powell scored 16. Doncic had season



highs with 11 rebounds and nine assists to offset a 2-for-11 shooting performance, finishing with seven points.

Jonathon Simmons scored a season-high 18 for the Magic and Aaron Gordon had 10. Orlando played without Evan Fournier, who missed the game for personal reasons, and Mo Bamba, who was suspended by coach Steve Clifford for a violation of team rules.

"Yeah, it's a bad on my part," Bamba said after the game. "I need to be better. Just got to be on time."

Dallas never trailed in winning its 10th straight at home for the first time since the 2007-08 season.

The Mavericks led by as many as 28 in the fourth quarter.

Brunson was 5 for 5 from the field in the first half and scored 11 points, as did Barnes, who had the Mavericks' final eight to give Dallas a 52-40 lead at halftime.

Brunson then extended it to 61-44 with a 3 from the right corner with 9:05 left in the third quarter. The lead grew to 22 by the end of the period.

"He's more seasoned than you expect out of a guy in their first year," Mavericks guard Wesley Matthews said. "He's stepped into the opportunity well."

Survey of Texas Freestanding ERs Reveals Misleading Practices and Consumer Confusion

AUSTIN, Texas — A booming health care industry is confusing Texas consumers and leaving families with uncovered medical bills, according to a statewide survey by AARP released today.

Unlike urgent care clinics, freestanding ERs are generally not "in network" for any insurer. It's common for consumers to receive surprise medical bills after treatment—without knowing the cost of their treatment in advance.

Despite the fact that Texas law requires health care providers to inform patients about their plan's coverage and the potential costs of care, consumers continue to face problems.

To better understand the situation, AARP conducted a "secret shopper" survey, reaching out to 213 freestanding ERs across the state. The findings paint a picture of widespread problems:

- Less than half of facilities were able to answer a simple "yes" or "no" question about health plan coverage over the phone.
- 28 percent of facilities known to be out-of-network used confusing language during these phone calls, indicating they "take," "accept" or "honor" insurance.
- 30 percent of websites do not appear to fully comply with state disclosure laws (SB 425 and HB 3276).
- 77 percent said they "take" or "accept" insurance on their website but were actually out-of-network for any major health plan.
- 60 percent of freestanding ERs used disclosure language that suggests the facility is in-network when it is, in fact, an out-of-network facility for all health plans.

"The data show that freestanding ERs need to be more transparent," said Bob Jackson, AARP Texas director. "Without further legislative action, the problem is likely to get worse. We support legislation focusing on improved disclosures and better patient protections."

T&T Byron Nelson earns "Best Of" award at PGA TOUR Tournament Meetings



The AT&T Byron Nelson (Dallas, Texas) was honored by the PGA TOUR at the TOUR's Tournament Meetings on December 6.

The 2018 AT&T Byron Nelson earned an award for "Best Product," in recognition of Club 360, a one-of-a-kind hospitality venue at Trinity Forest Golf Club.

"On behalf of the PGA TOUR, I am pleased to congratulate the AT&T Byron Nelson for this special recognition," said PGA TOUR Chief Tournaments and Competitions Officer Andy Pazder. "The tournament committee should be extremely proud of its hard work and innovation in making the tournament the best among its peers on TOUR."

New in 2018, the "Best Product" Award is presented to the tournament that best develops and implements a product that drives incremental revenue.

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1) We reserve the right to edit articles for content and proper grammar. We also reserve the right to truncate articles for space requirements.

2) We reserve the right to refuse any advertisement or cancel any advertisement contract.

3) Deadline for receipt of articles is MONDAY AT NOON WITH NO EXCEPTIONS unless authorized by the publisher.

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

EDITORIAL PAGE

New Film Honors the Life of Harriet Tubman



The brave African American who became known as the “Moses” of her people, didn’t stop with her own freedom but went back – repeatedly – to help others and over the course of a decade, led countless slaves along the Underground Railroad so that they too could taste freedom.

When one speaks of freedom fighters, Harriet Tubman’s name should always be among the first – if not highlighted as a primary justice crusader.

For it was on this date 169 years ago – Dec. 6, 1849 – that Tubman escaped slavery.

The brave African American who became known as the “Moses” of her people, didn’t stop with her own freedom but went back – repeatedly – to help others and over the course of a decade, led countless slaves along the Underground Railroad so that they too could taste freedom.

Tubman became a leader in the abolitionist movement, and during the Civil War she served as a nurse

and spy for the federal forces.

Her historic accomplishments are being praised and remembered all over social media. “Every great dream begins with a dreamer,” Twitter user Nichole Baxter wrote, quoting Tubman.

“Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”

Elijah Henderson wrote on Twitter: “Both John Brown and Harriet Tubman ran into the same obstacle when trying to free slaves: Slaves that had been made docile to the point they were petrified to fight for their own freedom.”

Wrote another Twitter user, Ryan Royster: “Where are my Harriet Tubman \$20 bills? Happy freedom day to one of the country’s greatest heroes.”

During President Barack Obama’s administration, the White House announced that beginning in 2020, the \$20 bill would feature Tubman.

“Imagine a USA where the millions of people freed

from slavery had actually been emancipated and not had to endure another 100 years of indentured labor and segregation. If people like Harriet Tubman had a political office and a voice in the restructuring of the country,” wrote another Twitter user, DeDe, who concluded with the hashtag “Shero.”

Just last week, a film – slated for a 2019 release – wrapped that will highlight the life of Tubman, who was born into slavery.

The cast of the film titled, “Harriet,” includes Tony and Grammy Award winner Cynthia Erivo, who plays Harriet Tubman. Tony and Grammy winner Leslie Odum, Jr., along with singer-songwriter Janelle Monae, portray characters in the film. Gregory Allen Howard crafted the story and will produce the film along alongside Daniela Taplin Lundberg and Debra Martin Chase

As noted in a television broadcast on WTVR in Virginia, the story of the abolitionist, who died in

June 1913, has been told in academic textbooks, television series, and even YouTube history segments, but her story has never been told in an exclusive feature-length project.

Virginia Commonwealth University African American Studies professor Dr. Chioke I’Anson told WTVR that it’s absurd no feature film has previously been made.

“There is a growing tide of black representation on television and in movies,” I’Anson said. “Old myths about the unprofitability of black-led films are slowly falling away. Maybe a film about Harriet Tubman, one of the greatest heroes of black history, isn’t getting here too late.”

“Maybe it’s right on time,” he added.

Said George Mason University NAACP President Dyonah Contee, “If the story is portrayed accurately, viewers will learn more about the harsh conditions of slavery and gain an understanding of the strength and courage needed to do what Harriet did.”

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Prison Reform Now!

By Congresswoman Eddie Bernice Johnson

In the few remaining weeks of the 115th Congress it is imperative that we witness the passage of legislation that will, among other things, overhaul the nation’s sentencing guidelines, and give judges the option of bypassing so-called mandatory minimum sentences that have resulted in the unfair mass incarceration of overwhelming numbers of ethnic minorities, and poor people.

The legislation, passed in the House of Representatives earlier this year, and now being considered in the Senate has the support of a number of senior officials in the Trump administration. President Trump seems inclined to

support the measure, known as the First Step Act, which is supported by his daughter and her husband.

The law would be a tremendous Christmas gift for inmates in federal institutions who have received overly-harsh prison sentences during the past two decades, and for members of their families, especially children, who have been damaged by their prolonged absences.

It includes monies for programs designed to end the tragedy of released inmates continuously returning to prison. It also calls for reductions in mandatory minimum sentences for those who have been convicted of non-violent drug offenses.

Outside of the Congress, the legislation is being supported by influential organi-

zations and members of the nation’s law enforcement community. The country’s largest policing body; the Fraternal Order of Police is supporting it, as is The American Civil Liberties Union.

The First Step Act is an example of significant bipartisan legislation that can be a model for other laws that emanate in the 116th Congress that benefit the American people.

Mass incarceration has been poisonous in our country which has approximately five percent of the world’s population, but has nearly twenty-five percent of the world’s incarcerated men and women, held in state and federal penal institutions where responsible rehabilitation programs are uncommon and ineffective.

Criminologists, psychologists and social workers have concluded that job training programs, adequate housing and healthcare for formally incarcerated people will lessen the likelihood that they will commit crimes, returning them to prison.

In the past two decades our nation has been encumbered by a legislative mindset that mandated that people convicted of crimes should be sentenced to prison, and largely forgotten.

That policy has been a disaster for our society, and it is now time to change it. We must do it not only for those men and women who have had their freedom taken away, but for our entire society? Justice, fairness and commonsense demand that we act, and that we act now!

COMMUNITY CALENDAR

Deck the Halls and Welcome All: Christmas at the White House 2006

Deck the Halls and Welcome All: Christmas at the House 2006 allows visitors a glimpse into the magical White House holiday celebrations of 2006. The exhibit will be adorned with recreations and decorations of the Christmas White House holiday, behind-the-scenes photos, and a replica of the Blue Room White House Christmas tree.

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Moderate or severe sleep apnea doubles risk of hard-to-treat hypertension in African-Americans

African-Americans with moderate or severe sleep apnea are twice as likely to have hard-to-control high blood pressure when their sleep apnea goes untreated, according to a new study funded mainly by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health. The findings, which researchers say may partially explain why African-Americans suffer hypertension at rates higher than any other group, point to screening and treatment of sleep apnea as another important strategy for keeping uncontrolled high blood pressure at bay.

A common disorder that blocks the upper airways and causes people to stop breathing during sleep, sleep apnea already has been linked to an increased risk of high blood pressure in whites, but the association in blacks has been largely understudied. This new research demonstrates this link in a large population of African-Americans. The results are scheduled to be published Dec. 10 in *Circulation*, a journal of the American Heart Association.

"This is an example of how NHLBI funded research is making important advances to our basic understanding of cardiovascular risk and sleep health," said Michael Twery, Ph.D., director of the National Center on Sleep Disorders Research at NHLBI. "This report underscores the need for studies to determine whether screening groups at high risk for sleep apnea, such as African-Americans, would facilitate early medical intervention and reduce the risk or severity of heart disease."

"This study identifies a risk factor for hard-to-control hypertension that until now has gone underrecognized in African-Americans," said study leader Dayna Johnson, Ph.D., an assistant professor in the Department of Epidemiology at Rollins School of Public Health at Emory University in Atlanta. Johnson added that the disproportionately high rate of uncontrolled hypertension among African-

Americans makes the study results even more consequential. A recent NIH-funded study showed that about 75 percent of African-American men and women are likely to develop high blood pressure by age 55, compared to 55 percent of white men and 40 percent of white women of the same age.

Johnson noted that the current findings could provide more of an impetus for African-Americans with the condition to get evaluated for sleep apnea, which also appears to affect them more than it does whites. An estimated 1 in 4 African-Americans in the United States have moderate or severe sleep apnea, but most have not been diagnosed or treated by a doctor, according to a 2018 study led by Johnson when she worked at Brigham and Women's Hospital in Boston.

In the new study, the researchers followed 664 African-Americans with hypertension who were participants in the Jackson Heart Study, the largest investigation of causes of cardiovascular disease in African-Americans. The researchers tested the participants for obstructive sleep apnea (the most common kind) with a special device used overnight in the home. Researchers classified sleep apnea as unaffected, mild, moderate, or severe based on the number of times a person either partially or completely stopped breathing during sleep. The tests revealed that more than a quarter of the participants had moderate or severe sleep apnea and that the condition had gone undiagnosed in almost all of them—i.e., 94 percent of the cases. The remaining participants had either no sleep apnea, or a milder form of it.

The researchers also took blood pressure measurements and found that 48 percent of the participants had "uncontrolled" high blood pressure, meaning they had the condition even though they took one or two antihypertensive medications. About 14 percent had "resistant"

hypertension, meaning they had the condition while on three or more antihypertensive medications. "Resistant" hypertension is more severe than "uncontrolled" and carries a higher risk for heart disease and death, the researchers said.

The researchers then compared measures of sleep apnea to categories of blood pressure control. Study participants with moderate or severe sleep apnea were twice as likely to have resistant hypertension when compared to participants without sleep apnea. Those with severe sleep apnea were 3.5 times as likely to have resistant hypertension compared to participants without sleep apnea. Somewhat unexpectedly, the researchers found no association between milder forms of sleep apnea and uncontrolled or resistant hypertension.

The results suggest that African-Americans with more severe forms of sleep apnea are at higher risk of having hard-to-treat hypertension, the researchers said. The current study did not explore what proportion of resistant hypertension is attributable to sleep apnea.

The study did not examine the mechanisms by which sleep apnea increases blood pressure. But Susan Redline, M.D., senior physician at Brigham and Women's Hospital and the study's senior author, said that earlier studies indicate that untreated sleep apnea can cause blood pressure to surge during sleep and remain high during the day when a patient is awake. Her earlier research showed that treatment of sleep apnea with continuous positive air pressure (CPAP) lowers blood pressure, especially during the night. CPAP and other breathing devices deliver slight air pressure through a mask and are highly effective for treatment of sleep apnea.

The study was supported by grants from the NHLBI (R01HL110068, 3R01HL110068-03S2; T32HL007901-18, and K01HL138211). Additional NHLBI support

included the following: KL2TR001874, R01HL117323, and 5R35HL135818. Other NIH support included funding from the National Institute of General Medical Sciences (U54GM115428) through the University of Mississippi Medical Center. The Jackson Heart Study is supported and conducted in collaboration with Jackson State University (HHSN268201300049C and HHSN268201300050C), Tougaloo College (HHSN268201300048C), and the University of Mississippi Medical Center (HHSN268201300046C and HHSN268201300047C) contracts NHLBI and the National Institute for Minority Health and Health Disparities. The study was also supported by additional institutions outside of NIH, including the American Heart Association. For a more complete funding disclosure, please see the full research article.

Part of the National Institutes of Health, the National Heart, Lung, and Blood Institute (NHLBI) plans, conducts, and supports research related to the causes, prevention, diagnosis, and treatment of heart, blood vessel, lung, and blood diseases; and sleep disorders. The Institute also administers national health education campaigns on women and heart disease, healthy weight for children, and other topics. NHLBI press releases and other materials are available online at <http://www.nhlbi.nih.gov>.

About the National Institutes of Health (NIH): NIH, the nation's medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov.

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