

“I believe in freedom of speech, but I also believe that we have an obligation to condemn speech that is racist, bigoted, anti-Semitic, or hateful.”

~ John Robert Lewis ~



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ISSN # 0746-7303

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VOLUME 75 NUMBER 15

SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

December 15 - 21, 2022

## Winter US storm brings warnings of more tornadoes, blizzards

By JAMIE STENGLE and STEPHEN GROVES



Elias Valverde II/The Dallas Morning News via AP

DALLAS (AP) — A destructive winter storm marched across the United States on Wednesday, delivering blizzard-like conditions to the Great Plains hours after tornadoes touched down in parts of Texas, Oklahoma and Louisiana.

Five tornadoes were confirmed across north Texas as of Tuesday afternoon based on video and eyewitness reports, but potentially a dozen may have occurred, the National Weather Service in Fort Worth, Texas, report-

ed. Dozens of homes and businesses were damaged by the line of thunderstorms, and several people were injured in the suburbs and counties stretching north of the Dallas-Fort Worth area. More than 1,000 flights into and out of area airports were delayed, and over 100 were canceled, according to the tracking service FlightAware.

Two people were missing and homes were destroyed

Continue Storm Page 4

## I want to talk: Griner opened up during her long trip home

By SEUNG MIN KIM



In this image made from video provided by Russian Federal Security Service, WNBA star and two-time Olympic gold medalist Brittney Griner sits in the plane as she flies to Abu Dhabi to be exchanged for Russian citizen Viktor Bout, in Russia, Friday, Dec. 9, 2022. (Russian Federal Security Service via AP)

WASHINGTON (AP) — WNBA star Brittney Griner didn't want any alone time as soon as she boarded a U.S. government plane that would bring her home.

“I have been in prison for 10 months now, listening to Russian. I want to talk,” Griner said, according to Roger Carstens, the special presidential envoy for hostage affairs, who helped secure the basketball star's release and bring her back to the U.S. last week.

She then asked Carstens, referring to others on the plane: “But, first of all, who are these guys?”

“And she moved right past me and went to every member on that crew, looked them in the eyes, shook their hands and asked about them, got their names, making a personal connection with them,” Carstens recalled in an interview on CNN's “State of the Union.” “It was really amazing.”

Ultimately, Griner spent about 12 hours of an 18-hour flight talking with others on

Continue Griner Page 5

## The Golden Bears have done it again – they're on the way to the state championship

DALLAS — For the second consecutive year, the South Oak Cliff Golden Bears are headed to the UIL Football State Championship. In a game full of nail-biting moments, close calls, and big defensive stops, the Golden Bears ended the Argyle Eagles' perfect season at the UIL State Semifinals.

The Golden Bears' offense had an explosive start and opened the game with a touchdown during their first possession of the

Continue Bears Page 6

## US postage stamp to honor civil rights icon John Lewis



This image provided by the U.S. Postal Service on Tuesday, Dec. 13, 2022, shows a new postage stamp honoring the late congressman and civil rights giant John Lewis. (U.S. Postal Service via AP)

The late congressman and civil rights giant John Lewis will be honored with a

postage stamp in 2023, the U.S. Postal Service announced Tuesday.

The design for the stamp uses a photograph taken by Marco Grob for a 2013 issue of Time magazine. Lewis, then 73, wears a dark suit and blue tie and looks directly into the camera.

Continue Lewis Page 4



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# EDITORIAL PAGE

(Reprinted: First printed on August 18, 2022)

## STOP RUNNING RED LIGHTS

*My Day*

By Dr. J. Ester Davis



Dr. J. Ester Davis

How often do you see someone running a red light? Once a week? Everyday? Twice a month? What is your reaction? What is their hurry?

“Red light running” is beyond ridiculous. I see it every day. A couple of week ago, I took an ad hoc poll and the agreement was unanimous. ‘I see it every day’ was the immediate answer from citizens I polled. There are several

groups around the nation taking notes, statistics and a National Stop-On-Red Week is celebrating their 3rd birthday. Several other opinion-sense writers and researchers have compared “red light running” to drunk driving. ‘Red light running’ is not as deadly yet, but it is also a new category with unkept secrets.

“Red light running” is an aggressive driving behavior which puts motorists, passengers on the road at an increased risk of a crash every time it occurs. The National Highway Traffic Safety Administration (NHTSA) says that “red light running” attributed to over 12,000 deaths in 2018. AAA has placed a disturbing number to this recklessness. An unbelievable 31% increase in deaths and tens of thousands of injuries. Nationwide 4.2 million drivers failed to stop on red

in 2021. In addition, AAA Foundation now reports that we are experiencing a ten(10)year high in this most dangerous America trend. Some law partners have added a new department to their legal group, to-wit: Red Light Deaths. And some cities are documenting same with drones at highly trafficked intersections.

How soon we forget. In the State of Texas, the Governor in 2019 banned red light cameras due to the outcry from drivers and municipalities that the cameras were faulty, not working properly and the fines too expensive. The system did not work and personally, I think, was installed prematurely. Around the United States, some red light cameras were redesigned, improved and witnessing a major decrease in accidents. Many American cities are in vari-

ous stages of implementation, rewind, set-to-go. So, if you are a “red light runner” be mindful that some cities near you do send you a ticket for ‘running a red light’.

Here are a few theories and advice for drivers. One piece of advice is stop at stop signs, too.

Always anticipate a red light runner. . .count three(3)seconds before you proceed into an intersection.

You should know that when the Insurance Institute for Highway Safety crash tests a vehicle, it sends them at 40 miles per hour (64 kilometers) into a barrier. Red light runners are traveling between 40 and 60 mph.

Here is the ultimate question. Why can’t we just stop. It’s only a red light or a stop sign for goodness sakes. Just stop! Stop running red lights. It hurts all of us.

### Are You Raising one of the Next Generation of Hoodlums?

## Squash Feelings of Entitlement

By Dr. Joyce Teal

Because we are born feeling entitled to our parents’ care, if we don’t teach our sons gratitude and model it for them, they grow up feeling entitled, and feeling entitled does not lead to happiness.

I believe much of the lawlessness practiced by so many of our boys started due to feelings of entitlement. On the contrary, feeling entitled leads to feelings of disappointment and frustration. In contrast, gratitude makes us happy and satisfied with our lives. And just about every parent I know wants his or her children to be happy and satisfied with their lives.

Appreciation is recognition not based on comparison but based on the intrinsic value, character or immensity of a thing or state itself.

Some people seem to be born with the tendency to be appreciative. They see the world at its essence: the beauty of a sunset, the fragile green of a leaf, the boundless energy of a small child. Others must be helped to learn to see the beauty and wonder

in the world; this includes your son.

Thankfulness is part of our religious and cultural heritage and the antidote to selfishness and complaining. It can come in the form of praise, recognition or humility. Another form of appreciation is respect toward someone or something valued. In relationships this translates as care, concern, fair treatment and courtesy.

Teaching your son to appreciate starts at birth with your loving regard for him, and it should continue throughout the life of your relationship. As your sons observe the way you view and deal with people, things, and situations, they will no doubt learn to appreciate also. Gratitude is one form of appreciation that is easier to express. So another important reason to assure that your son learns to express thanksgiving and to feel gratitude is because these things will help him to become less selfish and more thankful.

Another form of appreciation is respect toward someone or something

valued. In relationships, this translates as care, concern, fair treatment and courtesy. As frequently mentioned in this column, no parent wants to be in the process of raising one of the next generation of hoodlums. But we all can attest that there are plenty of them in our society. And rarely will any one of them be accused of showing appreciation and expressing gratitude. So one of the things that parents can do that will help them to assure that they are not raising one of the next generation of hoodlums is to teach their sons to be thankful and to show that they are thankful by expressing their gratitude. Even in small things, with very young children, they should be taught to say “please” and “thank you” often. You should say “please” and “thank you” often to them when it is appropriate. Modeling an attitude to gratitude is the best way to teach it.

The following can assist you to help your child develop an attitude of gratitude:

- Hugs, kisses and loving words are pow-



Dr. Joyce Teal

erful expressions of appreciation. Use them often along with a sincere thank-you when appropriate.

- Counter outside influences by being deliberately appreciative yourself.
- Use holidays as opportunities to show and express appreciation.
- Teach your child how to care for and respect his belongings. Remember that care expresses appreciation.
- Be constantly aware that your example is the most powerful teacher.
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Prior scholarship winners are ineligible to apply.



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Bible Classes 7:00 p.m.

THURSDAY  
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## I CORINTHIANS STUDY

### I CORINTHIANS 8:1-13

*CHRISTIAN LIBERTY WITH REFERENCE TO EATING MEAT*

By Rev. Johnny Calvin Smith



Paul having dealt with the subject of Marriage in Chapter 7, is now dealing with the subject of Christian Liberty with reference to eating meat. The subject of Christian Liberty will be discussed from Chapter 8 through Chapter 11:1. The very main issue addressed in this chapter centers around: "Should

a Christian eat meat that had been offered to idols?" This question was very essential to many Corinthians, for many of them came out of idolatry! This issue was a real problem to the Corinthians and Paul will address this issue! From verses 1-3, the grand Apostle will answer the pervading

issue by stating a basic principle: "love is superior to knowledge." Knowledge inflates us but genuine love helps us in relations with others. In essence, true knowledge will lead to God, and love for the Lord should lead to love for others (I John 4:20-21). Paul is saying simply in verses 4-7, that

idols are nothing. The instructed Christian is informed that there is one God, the Father, and one Lord, Jesus Christ. However, there are Christians who for conscience sake will not eat meat offered to idols; and there are Christians who are not offended by meat offered to idols. Paul went on to state

that meat will not commend a believer to God, but we should not exercise our liberty to cause a stumbling block to Christians who are weak (vv. 8-10). In exercising our Christian liberty, we must be cautious about affecting the weak conscience of our brethren (vv. 11-12). Paul concludes Chapter 8 by

stating that we must consider always the effect of our conduct among the weak brother for verse 13 says: "Wherefore, if meat make my brother to offend, I will eat no flesh while the world standeth, lest I make my brother to offend."

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Continued **Lewis** Page 1

A 1963 picture of Lewis at a workshop on nonviolent protest in Clarksdale, Mississippi, taken by Steve Schapiro, is planned for the margin of the printed stamp sheets.

The Postal Service said the stamp "celebrates the life and legacy" of Lewis, who died at age 80 in 2020 from pancreatic cancer.

"Even in the face of hatred and violence, as well as some 45 arrests, Lewis remained resolute in his commitment to what he liked to call 'good trouble,'" the agency said.

Lewis' bloody beating by Alabama state troopers in Selma in 1965 helped galvanize opposition to racial segregation. By that time he was a major leader in the

Civil Rights Movement, having helped found the Student Nonviolent Coordinating Committee and spoken at the March on Washington just before Martin Luther King Jr.'s "I Have a Dream" speech.

Lewis went on to be elected to the Atlanta City Council and then to a long career in Congress, where he was frequently hailed as a moral leader.

U.S. Sen. John Ossoff, a Georgia Democrat and one-time intern for Lewis, wrote to the Citizens' Stamp Advisory Committee last year requesting the stamp.

Other stamps announced Tuesday include ones honoring the Florida Everglades, skateboard art and children's book author and illustrator Tomie dePaola.

Continued **Storm** Page 1

Tuesday when a tornado hit Four Forts, Louisiana, about 10 miles (16 kilometers) from Shreveport, said Sgt. Casey Jones of the Caddo Parish Sheriff's Office.

"I'm hoping they're with family somewhere," Jones said. There were no immediate reports of deaths.

The severe weather threat continued into Wednesday for Louisiana, Mississippi, Alabama and the Florida Panhandle, according to the Storm Prediction Center in Norman, Oklahoma.

Blizzard warnings stretched from Montana into western Nebraska and Colorado, and the National Weather Service said as much as 2 feet (61 centimeters) of snow was possible in some areas of western South Dakota and northwestern Nebraska. Winds of more than 50 mph (80 kph) at times will make it impossible to see outdoors in Nebraska, officials said.

"There's essentially no one traveling right now," said Justin McCallum, a manager at the Flying J truck stop at Ogallala, Nebraska.

Forecasters expect the storm system to hobble the upper Midwest with ice, rain and snow for days, as well as

## HEALTH

# Parkland cardiologist shares how to keep your heart healthy

*Small lifestyle changes can reduce your risk of heart disease*

DALLAS – Look at your clenched fist. For the next minute open and close your fist between 60 and 100 times. That's a simplistic way to replicate the size and workload of an adult heart – and why keeping it healthy should be everyone's job to help prevent heart disease.

Cardiovascular disease is the leading cause of death in men, women and people of most racial and ethnic groups in the United States, according to the Centers for Disease Control and Prevention (CDC). One person dies every 34 seconds in the U.S. from cardiovascular disease.

"The most common type of heart disease in the United States is coronary artery disease (CAD), which causes heart attacks. Fortunately, coronary artery disease is very preventable with lifestyle changes and medications," said Ann Marie Navar, MD, Cardiologist at Parkland Health and Associate Professor of Cardiology at UT Southwestern Medical Center.

A buildup of cholesterol plaques in the walls of the heart artery causes CAD. Over time, this can limit the blood flow to the heart, causing chest pain or "angina". The more feared complication of CAD is a heart attack, where part of the cholesterol breaks off in the artery, a blood clot forms and blood flow in the artery is blocked.

"It takes years if not decades to build up enough cholesterol in the arteries to cause disease, but during that time most people don't have any symptoms. That's why it's so important to think about heart disease prevention early, to prevent the cholesterol from deposit-

ing in the arteries in the first place," said Dr. Navar.

About 697,000 people in the U.S. died from heart disease in 2020, which is about one in every five deaths, according to the CDC.

Some elements could increase an individual's risk for coronary artery disease, according to Dr. Navar:

- High blood pressure
- High cholesterol
- Smoking
- Obesity and diet quality
- Diabetes
- Not exercising regularly
- Environmental factors, like air pollution
- Genetics, more specifically having a first-degree family member with a heart attack or stroke before the age of 55 in men or 65 in women

But with lifestyle changes, and for some, medications, a person can dramatically reduce their chances of developing heart disease.

"The best diet for heart disease prevention is probably either a Mediterranean diet or a plant-based diet. A Mediterranean diet includes lean meats and seafood, lots of fruits and vegetables, nuts, olive oil and whole grains," explains Dr. Navar. "Added sugars in our diet are probably the most dangerous thing for our heart, followed by saturated fats and trans fats."

Many adults at risk for heart disease are recommended to take a cholesterol-lowering medication called a statin, even if their cholesterol isn't very high. "Statins are probably the most effective medications we have now to prevent

— and left pieces of the roof hanging from powerlines, said Trent Kelley, deputy director of Grapevine Parks and Recreation.

It was also trash day, so the storm picked up and scattered garbage all over, he said.

In Colorado, all roads were closed in the northeast quadrant of the state. The severe weather in the ranching region could also threaten livestock. Extreme winds can push livestock through fences as they follow the gale's direction, said Jim Santomaso, a northeast representative for the Colorado Cattlemen's Association.

move into the Northeast and central Appalachians. Residents from West Virginia to Vermont were told to watch out for a possible significant mix of snow, ice and sleet, and the National Weather Service issued a winter storm watch from Wednesday night through Friday afternoon, depending on the timing of the storm.

In the Dallas suburb of Grapevine, police spokesperson Amanda McNew reported five confirmed injuries Tuesday.

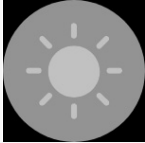






A possible tornado blew the roof off the city's service center — a municipal facility

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# SPORTS/NEWS PAGE

## Day Weather Forecast for DFW

Thursday, Dec. 15	Friday, Dec. 16	Saturday, Dec. 17	Sunday, Dec. 18	Monday, Dec. 19	Tuesday, Dec. 20	Wednesday, Dec. 21
 H - 72° L - 60°	 H - 66° L - 61°	 H - 66° L - 56°	 H - 68° L - 59°	 H - 70° L - 60°	 H - 60° L - 40°	 H - 49° L - 37°

# Paul Silas, 3-time NBA champion, longtime coach, dies at 79

By TIM REYNOLDS



FILE - Charlotte Bobcats coach Paul Silas argues a call during the first half of an NBA basketball game against the Chicago Bulls in Charlotte, N.C., April 18, 2012. Silas, a member of three NBA championship teams, has died, his family announced Sunday, Dec. 11, 2022. He was 79. (AP Photo/Chuck Burton, file)

Basketball taught Paul Silas how to be patient.

As a player, he waited 10 years before winning his first championship. As a coach, he waited 15 years for a second chance at running a team. As a father, he waited 20 years before seeing his son get a chance to lead a franchise.

"I always tried to remain positive," Silas said in 2013, "and I think it usually worked out."

Silas — who touched the game as a player, coach and president of the National Basketball Players Association — died, his family announced Sunday. Silas, whose son, Stephen Silas, is coach of the Houston Rockets, was 79.

"He combined the knowledge developed over nearly 40 years as an NBA player and coach with an innate understanding of how to mix discipline with his never-ending positivity," Charlotte Hornets chairman Michael Jordan said. "On or off the court, Paul's enthusiastic and engaging personality was accompanied by an anecdote for every occasion. He was one of the all-time great people in our game, and he will be missed."

Silas' daughter, Paula Silas-Guy, told The New York Times that her father died Saturday night of cardiac arrest. The Boston Globe first reported Silas' death.

"We mourn the passing of former NBA All-Star and head coach Paul Silas," NBA Commissioner Adam Silver said. "Paul's lasting contributions to the game are seen through the many players and coaches he inspired, including his son, Rockets head coach Stephen Silas. We send our deepest condolences to Paul's family."

"For my family, he's a god. He's larger than life," Clifford said.

Paul Silas began his career as a head coach with a three-year stint leading the then-San Diego Clippers starting in 1980. After spending more than a decade as an assistant, he returned to being a head coach and spent time with the Charlotte Hornets, the New Orleans Hornets, the Cleveland Cavaliers and the Charlotte Bobcats.

He took four of those teams to the playoffs, winning exactly 400 games — 387 in the regular season, 13 more in the postseason.

"Probably one of the greatest human beings I've ever been around," LeBron James told Spectrum SportsNet after he and the Los Angeles Lakers defeated Detroit on Sunday night. "The start of my journey in this league started with him. His command, his principles, his attention to detail, his love for family ... to hear that news was very sad."

The Rockets played host to Milwaukee on Sunday night, winning 97-92. It was not immediately clear how long Stephen Silas would be away from the team; the Rockets are having assistant coach John Lucas lead the team on an interim basis while the Silas family grieves.

"His engaging presence and huge personality inspired legions of NBA players and coaches," the Cavaliers said of Paul Silas in a team-released statement. "We send our deepest condolences to the Silas family and everyone that loved him. Rest in power Coach!"

Stephen Silas got into the NBA world when his father was coaching in Charlotte, starting as an advance scout and eventually serving as an assistant on his father's staff with the Hornets in 2000. It took Stephen Silas two decades to get a chance to be a head coach, that coming when Houston hired him in 2020.

"My dad, obviously, he was my No. 1 mentor, someone who I could lean on, ask questions and he asked questions of me," Stephen Silas said in a 2021 documentary produced by the Rockets about his coaching journey. "He really valued my opinion, which was kind of weird to me, me being so young and not having much experience."

Stephen Silas persevered for a long time before getting his big chance. He saw his father wait a long time for the job he wanted as well. Paul Silas was fired by the San Diego Clippers in 1983 and wouldn't have a head coaching opportunity again until 1999 — coming when Dave Cowens, for whom Paul Silas was an assistant, stepped down in Charlotte after a 4-11 start to the shortened 1998-99 season.

"I stayed positive. I had a positive attitude," Paul Silas told the Rotary Club of Charlotte while giving a speech there in 2013. "Even though I couldn't get the job, I said, 'No, I'm not going to be negative. I'm going to be positive.'"

"I coached LeBron for two years, his first two years, and LeBron was unbelievable," Paul Silas said. "At 18 years old, he knew about Bill Russell, he knew about a lot of players who came through that most players his age don't even know. And he understood the game."

In time, James would become a champion. It took Paul Silas a few years to get to that level as a player as well.

"Respected by all those who encountered him throughout the NBA, we are grateful for his contributions to the game across a lifetime in basketball," the Suns said Sunday.

Continued Page 1:

## I want to talk': Griner opened up during her long trip home

the plane, Carstens said. The two-time Olympic gold medalist and Phoenix Mercury pro basketball star spoke about her time in the Russian penal colony and her months in captivity, Carstens recalled, although he declined to go into specific details.

"I was left with the impression this is an intelligent, passionate, compassionate, humble, interesting person, a patriotic person," Carstens said. "But above all, authentic. I hate the fact that I had to meet her in this manner, but I actually felt blessed having had a chance to get to know her."

Although Griner is undergoing a full medical and mental evaluation, Carstens said she appeared "full of energy, looked fantastic."

Griner, who also played pro basketball in Russia, was arrested at Moscow's Sheremetyevo Airport in February after Russian authorities said she was carrying vape canisters with cannabis oil. The U.S. State Department declared Griner to be "wrongfully detained"

— a charge that Russia has sharply rejected.

President Joe Biden announced on Thursday that the U.S. had secured Griner's release. In exchange, the administration offered Russia the release of notorious arms dealer Viktor Bout, who had been serving a 25-year sentence on charges that he conspired to sell tens of millions of dollars in weapons that U.S. officials said were to be used against Americans.

But the U.S. was unable to secure the freedom of Paul Whelan, who has been held in Russia for nearly four years. Administration officials have stressed repeatedly that they are still working to release Whelan, whom Russian officials have jailed on espionage charges that both his family and the U.S. government say are baseless.

"They hold Mr. Whelan differently because of these espionage charges," John Kirby, a spokesman for the National Security Council, said Sunday on ABC's "This Week." "So we're working through that now. We are now more informed, clearly hav-



Photo Credit/NNPA Files

ing gone through this process over the last few months. We're more informed. We have a better sense of the context here, where the Russia's expectations are and we're just going to keep working on it."

Carstens, the U.S. government's top hostage negotiator, said "there's always cards" to play in securing an offer for Whelan and said he spoke with the jailed American on Friday.

"Here's what I told him. I said, 'Paul, you have the commitment of this president. The president's focused. The secretary of state's focused. I'm certainly focused, and we're going to bring you home,'" Carstens said. "And I reminded him, I said, 'Paul, when you were in the Marines, and I was in the Army, they always reminded you, keep the faith.' And I said, 'Keep the faith. We're coming to get you.'"







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Continued Page 1:

## The Golden Bears have done it again – they’re on the way to the state championship



Photo courtesy: Dallas ISD

game. There was then a battle of the defenses and both teams went scoreless until the final quarter. The Golden Bears are known to come alive in the fourth quarter, and that is just what they did.

The defensive line stepped up and made two big stops that shifted the atmosphere of the game. Two Argyle attempts at back-to-back touchdowns turned into two field goals that allowed the Golden Bears to keep the lead.

“When there is a sudden change in the game like that, we remind our athletes of how these moments are

opportunities to show everyone who we are as a defense. Their adrenaline begins to kick in and helps them raise their level of play,” said SOC Defensive Coordinator Kyle Ward.

After a final touchdown and possession by the Golden Bears offense, it was clear to both teams who would win the game and head to AT&T Stadium for the UIL Football State Championship.

“It feels good to be back, but I really want to break the attendance record this week,” said Head Coach Jason Todd.

The reigning UIL Class

5A, Division II State Champions will battle the Port Neches-Groves Indians for the state title Friday, Dec. 16, at 7 p.m. at AT&T Stadium in Arlington.

“We are very excited to be back,” said Executive Director of Athletics Silvia Salinas. “Jason Todd and his staff are doing an amazing job with their team. Now we just must remain focused and seal the deal on Friday.”

With the full support of Dallas ISD and the entire city of Dallas, we are excited to see the South Oak Cliff Golden Bears etch their name in the history books yet again.



## Enchant Dallas at Fair Park

Enchant, presented by Hallmark Channel, is the world’s largest holiday-themed light event, and it’s bringing back the holiday spirit to Fair Park Dallas.

Featuring an immersive walk-thru light maze created with over 4 million sparkling lights, Enchant also includes an impressive 100-foot-tall holiday tree, a unique ice-skating trail, live entertainment, Santa visits, and a holiday shopping marketplace with crafts, gifts, and culinary treats including festive holiday beverages and cocktails.

Continued **Heart** Page 4

heart disease and can lower someone’s risk of a heart attack or stroke by up to 50%. In most people, we’re not treating high cholesterol with the statin, we’re treating someone’s overall risk of heart disease,” said Dr. Navar.

Here are seven strategies to live a heart-healthy lifestyle from the CDC:

- 1 Learn your health history
- 2 Eat a healthy diet
- 3 Move more, sit less (150 minutes a week of

moderate-intensity physical activity)

- 4 Quit smoking
- 5 Take medication as directed
- 6 Choose your drinks wisely
- 7 Monitor your blood pressure

Dr. Navar also emphasizes the importance of regular checkups to identify and treat other risk factors for heart disease, including high blood pressure, high cholesterol and diabetes. “These risk factors for heart disease are often asymptomatic, so many people don’t

know they have these conditions until they see their doctor,” said Dr. Navar.

She adds that safe, effective medications can be used to treat these risk factors and lower a person’s risk of heart attack or stroke.

But some signs could signal something isn’t right. According to Dr. Navar, the most common sign of a heart attack is chest pain or pressure. Sometimes that pain can radiate to the back, neck, jaw, or down the arm. People who may be experiencing a heart attack should call 911 immediately.