

# FEBRUARY IS BLACK HISTORY MONTH

The Theme for 2024: "African Americans and the Arts."



## The Dallas Post Tribune

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SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

February 1 - 7, 2024

# South Dallas History “The Economic Engine” Forest Avenue Hospital

— Series One —

By Dr. J. Ester Davis

“I have several faded files on Forest Avenue Hospital and have had them for years. One of those files is marked ‘...the economy engine of South Dallas.’ Forest Avenue Hospital opened on ole Forest Avenue (near MLK Blvd.) in South Dallas in 1964. The urgency of the rise to fame was immediate, highly anticipated, famously praised by Black communities far and wide. There was no room for parades, celebrations or untimed speeches. But it opened with three (3) lack doctors, a Director of Pharmacy, an entrepreneur, all majors investors, a 65 bed hospital with waiting room, offices, a most in demand surgeon quarters and of course a pharmacy. It is remembered that tons of mail came in daily for employment.

Mrs. French L. Cowans was the first African American woman in the State of Texas to practice pharmacy, so we will start this series with her.”

Mrs. Cowans was born November 9, 1928 in Gladewater, Texas, but grew up in old North Central Dallas. As a little girl she would walk to church on Sundays by herself to St. John’s Baptist Church. On her way to church she caught the attention of Sisters of the Sacred Heart of Mary Convent from St. Peter the Apostle Catholic Church across the street from St. John’s. They were so impressed with the little girl and her intellect, they asked her mother if she could attend St. Peters Academy and live in the convent with the other girls... tuition free. Her Mother gave permission. French L. was



French L. Cowans

raised in the convent. She went to daily mass, communion and evening vespers every day. She excelled in academics graduating at age 16 from high school with honors. She attended XAVIER University School of Pharmacy in New Orleans. She succeeded in her studies and completed the demanding 5-year pharmacy program in 3.5 years with

Continue Cowans Page 2

# Texans face a bigger burden than ever to pay rent, study finds

More than half of the state’s 4.2 million renters spend at least 30% of their income on rent and utilities, according to a Harvard University report.

BY JOSHUA FECHTER



The Mueller neighborhood in East Austin on Oct. 7, 2023. Photo Credit: John Jordan/The Texas Tribune

<link rel="canonical" href="https://www.texastribune.org/2024/01/25/texas-housing-affordability-rent-cost-burden/">

Texas renters are under more pressure from the state’s high housing costs than ever, according to a Harvard University study released Thursday.

More than half of the state’s 4.2 million renter households spend too much of their income on keeping a roof over their heads and the lights on, a report from Harvard’s Joint Center for Housing Studies shows.

Some 51% of Texas

renters — a record 2.1 million households — are now “cost-burdened,” meaning they spend more than 30% of their income on rent and utilities. Of those, nearly 1.1 million are severely cost-burdened, meaning they put at least half of their income toward rent and utilities.

The rise in rents has left tenants with fewer dollars to spend on key household costs — like food, health care and transportation — or set aside for a down payment on a home of their own. The steep increase in housing costs has also fueled eviction

Continue Rent Page 3

# Three Black U.S. Army Reservists Killed in Drone Attack Near Syrian Border

By Stacy M. Brown, NNPA Newswire Senior National Correspondent@StacyBrownMedia

Three Black American reservists from the 926th Engineer Brigade, based at Fort Moore, Georgia, lost their lives in a drone attack on a U.S. base near the Jordan-Syria border. The tragedy occurred at the logistics support base at Tower 22 of the Jordanian Defense Network, where approximately 350 U.S. Army and Air Force person-

nel are stationed. That base plays a crucial role in providing support for the coalition’s efforts against ISIS, according to Central Command.

The attack marks the third drone strike on the outpost in the past six months, with the first two occurring in the latter half of the previous year being unsuccessful. Lt. Gen.

Jody Daniels, chief of the Army Reserve and commanding general of the U.S. Army Reserve Command, said the murders of the three Black reservists cut deeply.

The U.S. government has determined that Iran was responsible for the attack, prompting President Joe

Continue Drone Page 3



Sgt. William Jerome Rivers, 46, of Carrollton, Georgia; Spc. Breonna Alexsondria Moffett, 23, of Savannah, Georgia; and Spc. Kennedy Ladon Sanders, 24, of Waycross, Georgia.



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# EDITORIAL PAGE

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## South Dallas History “The Economic Engine” Forest Avenue Hospital

– Series One –

By Dr. J. Ester Davis

honors. She also found time to pledge Delta Sigma Theta Sorority and become President of the Pharmacy Club. In 1948, she was crowned Miss Xavier’s Homecoming Queen. After graduation French L faced a dilemma. She was only 20 years old and too young to take the State Pharmacy Board exam. The required age was 21. She worked menial jobs for months until she could take the Louisiana Pharmacy Board which she passed. Upon returning to Texas she faced the challenge of finding a pharmacy position. In the early 1950’s this qualified young African American woman could not get a job as a pharmacist in Dallas. She prayed every day as was her ritual. French L. was able in the meantime to become a teacher of chemistry, biology and algebra at Dallas’ Booker T. Washington High School, where she met and married Edward L. Cowans. After the birth of her two sons,

her prayers were answered again when the pharmacy administrator at St. Paul Hospital hired Mrs. Cowans to run the pharmacy on the 3-11 shift for the 700-bed hospital. Strict conditions were cited and expected. The conditions were that she would have to work alone, arrive 45 minutes after the dayshift personnel left so they would not know she was black.

One day a white pharmacist from the day shift made a medication error. An irate surgeon went to the pharmacy that evening to confront the pharmacist. Surprise! Surprise! He found Mrs. Cowans running the pharmacy and the secret was out. Mrs. Cowans continued to pray for a neighborhood pharmacy in North Dallas but went back to teaching biology at her alma mater, St. Peters Academy. To keep her skills polished she practiced at various pharmacy outlets in the DFW area. And she continued to pray.



Photo Credit: Spectrum News 1

The ‘buzz’ for a black owned hospital in Dallas started in the early 60’s. Essentially, black doctors could not practice in any white hospitals. There was already a black college for black doctors in the Deep South and several black owned hospitals. But Dallas needed a black owned hospital. The Frank Lott Family was one of the drum majors for the hospital. There is not very much history on the Mason

Brothers, except the family was from California and owned land. Entering the 60’s the groundwork moved rapidly for a black owned hospital with a black entrepreneur as the major investor and three(3)black doctors.

*Esterdavis2000@gmail.com or call if you have some precious memories of Forest Avenue Hospital from 1960’s to its closing in 1980.*

## Ron DeSantis Started Out With A Roar And Ended With Just A Murmur

What Happened

By James B. Ewers Jr. Ed.D.



James B. Ewers Jr. Ed.D.

Be careful about self-promotion and talking too much. Sometimes it can come back to haunt you. It’s better to start off in the back and be asked to come to the front.

We all know people who specialize in talking about themselves. In today’s world of high-octane media, it’s about getting ‘likes and “shares”. I have always believed that your good work and deeds should speak for themselves.

The debates are over. Republican primaries have already been held in Iowa and New Hampshire. South Carolina will be coming up soon. It will give the candidates another chance to see where they stand.

There were roughly a

dozen candidates who started off some months ago with high aspirations about being the next president of the United States of America. Their platforms were similar as their main goal was to go after President Joe Biden. That refrain became a bit stale, so they started to go after each other.

The only candidate that had a steady stream of criticism for former president Donald Trump was Chris Christie, former governor of New Jersey. Everyone else had cold feet and didn’t want to agitate Mr. Trump.

The name calling and verbal jousting were on full display. One candidate in particular, Vivek Ramaswamy, an investor and author would begin his bashing saying when, “I become president.” I guess it made him feel pretty good to utter his name and president of the United States of America in the same breath. Mr. Ramaswamy is now long gone and forgotten.

One by one, the Republican nominees dropped out of the race. They spent millions with no tangible results. Lay-offs and not face-offs have hap-

pened over the past few months. Volunteers, once hopeful, became hopeless for a lost cause.

Shortly after the Iowa Caucus, there were 3 candidates left. They were, Donald Trump, Nikki Haley, former governor of South Carolina and Ron DeSantis, governor of Florida. Now there are only two candidates.

Breaking news came in last week saying that Ron DeSantis was suspending his campaign and that he was endorsing Donald Trump.

Was that a surprise he was endorsing Donald Trump? I hope not. Mr. DeSantis was in the Trump camp all along. He just took a long break from being governor to pretend he was running for president.

During his campaign, his message was uninspiring and unmotivating. He was talking loud and saying nothing. He has been Mr. T’s mouthpiece for much of his career and never created an identity of his own. He was unpopular on the campaign trail and is also unpopular in his home state of Florida.

He had the money but didn’t have the magic to sus-

tain his candidacy. He had no innovative ideas and no solutions for the issues of the day. He is now left to assume his original position and that is to be a “Trump volunteer”.

Some are suggesting he is a potential presidential candidate in 2028. He and other Republican hopefuls are in Trump’s shadow. If Trump remains relevant, DeSantis and the others will receive the crumbs from the table.

As the November election draws closer, will he campaign for the former president? If I was in his shoes, I would be a bit embarrassed to stump for someone who has stepped on me so hard. It would just look strange to advocate for a person you wanted to kick to the curb just a few months ago.

Additionally, I muse about how the GOP sees Governor DeSantis and whether they want to toss him a political life jacket? Obviously, he doesn’t have any shame. He has already sold his soul and his judgment is waning. What’s left?

At one point, Ron DeSantis had the bright lights on him. Now, he may only have a few parking lights shining dimly on him.

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# RELIGIOUS/NEWS

## Living the Joyous Christian Life

### Philippians 4:1-23

#### Part II



By Rev. Johnny Calvin Smith

In this section of Philippians, the grand Apostle Paul was vitally concerned that the Philippian believers' lives would be characterized by joy. Paul urged these believers to seek a life of joy independent of circumstances. Genuine joy can be experienced when Christ is the center of a believer's life. Philippians 4:1-23 may be outlined as follows: I. Standing Firm in the Lord – Philippians 4:1-3; II. The Recipe for Joy – Philippians 4:4-9; III. God's Supply of Human Needs – Philippians 4:10-20; IV. Paul's Concluding Remarks – Philippians

4:21-23.

#### III. God's Supply of Human Needs – Philippians 4:10-20

In verses 10-11 Paul "rejoiced in the Lord greatly" at the gift the Philippians had sent him. He was joyful because the gift exhibited their love and concern for him. When the saints had the opportunity, they gave to Paul (v. 10). Paul continued to express that it was the Philippians' gesture of love more than the material gift itself that he appreciated. Paul had learned to be content with his circumstances, whatever

they were (v. 11). By God's grace Paul had learned the lesson of being content regardless of his circumstances in life.

In verses 12-13, Paul knew "both how to be abased, and how to abound." He had experienced both deprivation and plenty (v. 12). As believers, we must keep the context in mind when considering Paul's words, "I can do all things" (v. 13). This statement is not a blanket claim to be able to do anything under the sun. Paul was stating that everything he did accomplish in that area of living contentedly, he accomplished through

Christ. It was Christ who gave Paul the strength to do what God had called him to do.

In verses 14-16, though Paul was content no matter what the circumstances, he was nevertheless grateful for the help the Philippians sent with Epaphroditus. Because they gave of their means they shared with the apostle in his troubles (v. 14).

These saints had shared with the Apostle Paul at the beginning of their Christian experience (Acts 16) when Paul left Macedonia; and they shared with him when Paul was in Thessalonica on his Second Missionary

Journey (Acts 17) at least twice (vv. 15-16).

In verse 17, Paul was not looking for a gift simply to satisfy his own needs. He wanted credit to come to the account of the Philippians. Since the Philippian saints had helped Paul so much, Paul was not looking for more from them. Paul stated that he was amply supplied from the money they had sent. The gift they had sent was a fragrant offering, an acceptable service pleasing to God (v. 18).

In verse 19, the Philippian saints had met Paul's needs and now God would meet theirs. God

will truly bless these saints from His bounty according to His glorious riches in Christ Jesus. In verse 20, Paul rendered thanks and praise to God the Father.

#### IV. Paul's Concluding Remarks – Philippians 4:21-23

In verses 21-23, Paul dispatched greetings to all the saints, especially those of Caesar's household (vv. 21-22). Paul concluded this wonderful epistle by stressing the marvelous grace of Jesus Christ (v. 23).

*May God Bless!*

## With respiratory virus season in full swing here's how to stay healthy

*Parkland Health experts offer tips on avoiding illness this winter*

DALLAS – While temperatures are fluctuating from cold to warm and back to cold, the likelihood of catching a respiratory virus this time of year remains steady. Whether it is a common cold, the latest COVID variant, JN.1, respiratory syncytial virus (RSV) or the flu, there's plenty of bugs going around. However, there are steps you can take to keep you and your family healthy this winter.

While these illnesses have a few things in common – all are contagious respiratory viruses and have similar symptoms, which can make it difficult to know exactly what's making a person sick – symptoms of RSV and the common cold tend to

appear more gradually, while flu symptoms show up abruptly. Common symptoms they share are fatigue, cough, stuffy nose and a sore throat. As for the latest COVID variant, symptoms are like that of a cold, but can also include headache and diarrhea.

"With both cold and flu symptoms, you're likely to feel fatigued, have a runny nose and experience a cough," said Cristina Tamez, MD, a pediatrician at Parkland Health. "Though, with the flu those symptoms will appear rather quickly, and you'll likely have a fever, while a fever is much less common with a cold."

For those with a chronic disease like asthma, dia-

betes, or heart disease, COVID and flu infections can cause severe illness and complications, such as pneumonia, respiratory failure, cardiac injury, multiple organ failure and more. Additionally, babies, young children and older adults are also at increased risk of severe complications from the flu and RSV that can lead to hospitalization.

To help reduce your risk of catching or spreading illness, it's important to take necessary precautions. "Those important habits we spoke about often during the early days of the pandemic still apply today," said Joseph Chang, MD, Chief Medical Officer at Parkland. "Hand washing, avoiding large crowds,

staying home when you're sick and getting vaccinated are the best practices you can implement to stay healthy."

With flu season carrying well into spring there is still time to get vaccinated, as Texas often sees the highest volume of flu activity in February according to the Centers for Disease Control (CDC). The flu vaccine is recommended annually for anyone 6 months and older, including pregnant women. Additionally, the CDC also reports that the latest version of the COVID vaccine offers protection against severe complications from the JN.1 variant.

Continue **Virus** Page 4

Continued **Drone** Page

to vow a response. "There will be a response," Biden declared.

In her last conversation with her mother, Sanders reportedly expressed aspirations to elevate her military career upon returning home from the Middle East. She also revealed her intention to purchase a motorcycle. Sanders was actively involved in coaching soccer and basketball in her hometown of Waycross, Georgia, and worked at a pharmacy. She was pursuing college courses to become an X-ray technician.

Sanders' parents shared that she volunteered for deployment to experience different parts of the world. With a history of military service in the family, Sanders had previously deployed to Djibouti and later volunteered for Kuwait, including a stint in Jordan near the Syrian border.

Rivers enlisted in the Army Reserve in 2011 as an interior electrician, according to the U.S. Army Reserve Command Public Affairs Office.

He served "with courage, honor, and a deep sense of duty, embodying the best of New Jersey and our nation," said Sen. Cory Booker (D-N.J.). "His death is a profound loss to his family, friends, colleagues, and our entire country, and

a reminder of the heavy debt we owe to our military families for their sacrifice."

U.S. Rep. Andy Kim (D-N.J.), who represents Willingboro, said in a statement that Rivers served this country and local community with great honor and bravery. "We are indebted to him and his loved ones for their service and sacrifice," Kim stated. "We will never forget what Sergeant Rivers and his fellow fallen soldiers, Spc. Kennedy Ladon Sanders and Spc. Breonna Alexsondria Moffett, gave for our nation. May their memory live on in our continued service to our military families."

Moffett reportedly was no stranger to the military as both of her parents were veterans.

"I was like no you should, but you know she went anyway, because of her dedication to her county, she really really honored her job," Saryha Truell, one of Moffett's lifelong friends, told WTOG-TV.

"We are reminded that the brave men and women who defend our great nation put their lives on the line each and every day to keep our country safe," said Brig. Gen. Todd Lazaroski, Commanding General of the 412th Theater Engineer Command.

"Their service and sacrifice will not be forgotten," Daniels stated.

Continued **Rent** Page 1

filings and homelessness in the state's major metro areas, housing advocates say.

Rents in Texas skyrocketed as the state's population boomed during the COVID-19 pandemic. Rent growth has since cooled as housing construction surged and higher mortgage rates tamped down demand for homes. But rents are still considerably higher than they were before the pandemic struck.

"Housing instability and housing insecurity is higher than it's ever been," said Ben Martin, research director for Texas Housers, a research and advocacy group. "Even as rents have stabilized, they've stabi-

lized at this level that's just completely unsustainable and unmanageable for low-income households."

Low-income earners have borne the brunt of the rise in rents, especially as the state's supply of cheap rental housing has dried up. Nearly 90% of the state's renter households making \$29,999 or less were considered cost-burdened, most of them shelling out more than half of their income to stay housed.

It's been increasingly difficult for low-income households to find housing they can afford in recent years. Near the beginning of the last decade, Texas had about 753,000 housing units with rents below \$600. By 2022, that number had shrunk to 452,000, driven in part by rent

increases amid the state's robust growth.

Middle-income households are facing more pressure, too. Of the state's renter households making between \$30,000 and \$49,999, nearly three-quarters were considered cost-burdened. Almost 40% of renter households earning between \$45,000 and \$74,999 also were considered to be spending too much on rent.

Rent pressures also fall disproportionately on Black and Hispanic households, who are more likely than their white and Asian counterparts to be overly burdened by rent.

What's more, renters no longer have the safety net weaved during the pandemic to shield them from the increasingly hostile

housing market. Federal rent relief funds have all but dried up and pauses on evictions intended to keep tenants housed have expired. In addition, a boom in apartment construction in recent years has helped keep rent prices in check, but apartment builders have pulled back in recent months amid high interest rates.

"We're going to see an increase in people paying incredible amounts of their income towards rent, doubling up and losing stable housing, facing eviction and for some facing homelessness," Martin said.

This article originally appeared in The Texas Tribune at <https://www.texastribune.org/2024/01/25/texas-housing-affordability-rent-cost-burden/>.



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## Continued Virus Page 3

Patients of all ages can visit Parkland's Community Oriented Primary Care health centers (COPCs) for a flu shot at no cost to you, with no appointment necessary. To avoid a wait, Wednesdays are recommended. During Walk-In Wednesdays, a staff dedicated only to providing flu shots is available from 9 a.m. to noon and from 1 to 4 p.m.

For protection against severe RSV, vaccines are available to adults 60 and older, as well as pregnant women between 32-36 weeks gestation to protect

their infant after birth. Getting vaccinated is an easy way to protect you and those you love," Dr. Chang said. "This is one of the best tools we have to try to prevent infection."

For more information about Parkland services, visit [parklandhealth.org/your-team](http://parklandhealth.org/your-team). To learn more about the flu and where to get your shot, visit [parklandhealth.org/flu](http://parklandhealth.org/flu).

For more information about Parkland, visit [www.parklandhealth.org](http://www.parklandhealth.org).



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### Quinn Minute

# Valentine's Day

By Rix Quinn

Millions celebrate February 14 by giving flowers, candy, and cards to express romantic love. And some buy presents for their spouses, too.

Yes, Valentine's Day offers ladies the opportunity to declare affectionate thoughts with a lovely card. Most men, however, know they should spend a lot of money, or else they might experience discomfort.

In ancient times, prehistoric man gave his girlfriend a practical gift –

like a goat – to show admiration. His girlfriend and her family could feed from it. This was called "milking a compliment."

It's speculated that Valentine's Day originated 2500 years ago as Lupercalia, a festival to honor the god Lupercus with a lottery. Young ladies put their names in a giant container, and young men randomly drew a partner.

At the end of a year – if the man wasn't either married or dead – he could

draw for a different partner. About this same time, the card-giving tradition started too. Postage was really cheap back then, because air mail was delivered by pigeon.

Today, just about everybody celebrates Valentine's Day. Elementary school children exchange cards with classmates.

Middle schoolers write anonymous notes to their secret crushes. Older teens might bestow presents, kisses, or mononucleosis.

**If you're a guy, here are three hints:**

- 1 Buy your girlfriend a corsage.
- 2 Pick out a real mushy card for her. Look for romantic messages full of words like "sweet," "love," or "honey." Avoid rhymes that contain the words "contagious," "alien," or "burp."
- 3 Finally, take her to a nice restaurant for dinner. But go indoors, don't use the drive-through.

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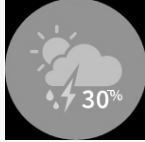







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# SPORTS/NEWS PAGE

## 7 Day Weather Forecast for DFW

Thursday, Feb. 1	Friday, Feb. 2	Saturday, Feb. 3	Sunday, Feb. 4	Monday, Feb. 5	Tuesday, Feb. 6	Wednesday, Feb. 7
 H - 58° L - 50°	 H - 59° L - 52° 30%	 H - 61° L - 45° 50%	 H - 54° L - 39°	 H - 62° L - 47°	 H - 62° L - 48°	 H - 59° L - 50°

### Triumph over Adversity: Journalism Scholars Receive Prestigious PGA TOUR/NNPA Scholarship

By Stacy M. Brown

In a celebration of resilience and determination, Victoria Giselle Montanet and Jasmine Hall, two outstanding journalism majors, were awarded the PGA TOUR/National Newspaper Publishers Association (NNPA) \$5,000 scholarship during the NNPA's 2024 Midwinter Training Conference held in Ft. Lauderdale, Florida, January 24-27, 2024.

Victoria G. Montanet, a broadcast journalism major at Florida Agriculture Mechanical University (FAMU) has a passion for her chosen field of studies.

"From an early age, I've always been fascinated by the power of journalism and its potential to raise unheard voices, support social causes, and educate the public," Montanet emotionally stated.

Jasmine Hall, a senior at Bethune Cookman University majoring in mass communications and multimedia journalism, embodies perseverance and hard work in her pursuit of academic excellence.

Hall has overcome significant obstacles, such as the devastating emotional toll of her father's abandonment. Hall's dedication to her educational journey has earned her the recognition and financial support she deserves. "I'm a persevering, hardworking student who will do whatever it takes to succeed in my education despite the obstacles," Hall stated.

Both Montanet and Hall acknowledged the \$5,000 scholarship money as a vital lifeline in their educational journeys, providing much-needed financial support to fuel their pursuit of excellence.

"The PGA TOUR is thrilled to continue its partnership with the NNPA and Black Press," declared Adam Loberstein, the communications and content strategy director for the PGA TOUR. "We're honored to be invited to attend the Mid-Winter Training Conference and, alongside the NNPA, help present college scholarships to these two talented and deserving students. We look forward to working

with Jasmine and Victoria."

"The NNPA, representing 250 African American-owned newspapers and media companies that comprise the Black Press of America, recognized the exceptional potential of the scholars," said NNPA 2nd Vice Chair and The Mississippi Link Publisher Jackie Hampton, who expressed admiration for both students.

"Victoria has a passion for this field and credits FAM-U for providing her with a tough curriculum, hands-on experience, and priceless mentorship opportunities, all of which have served to amplify her passion and dedication to this field," Hampton stated.

Highlighting Montanet's experience, Hampton recounted her time as the entertainment anchor and weather reporter for TV-20 News, showcasing skills in writing scripts, conducting interviews, and producing news segments. Montanet's commitment extends to community service, where she utilized

her journalism abilities to raise awareness about vital social issues at the PACE Center for Girls and the Kearney Homeless Center.

Hall, who had to deal with her family abandoning her and financial difficulties, Hampton emphasized her incredible comeback, which included a semester withdrawal overcome with tenacity and hard work, yielding an impressive GPA of 3.8.

In addition to academic achievements, Hall's experience in filming mineries for her class, participating in field trips with the Bethune Cookman production crew, and photographing celebrities has contributed to her well-rounded education.

"As a multimedia major, I am a hardworking, dedicated student who will do whatever it takes to succeed in life, 'Live or Die,'" Hall exclaimed.

Montanet insisted that she has unwavering dedication, "a drive for excellence, and a strong commitment to making a positive impact through journalism."

- Continued January 25 -

### Women and Minorities Bear the Brunt of Medical Misdiagnosis

By Liz Szabo

Racial disparities in misdiagnosis are sometimes explained by noting that minority patients are less likely to be insured than white patients and often lack access to high-quality hospitals. But the picture is more complicated, said Monika Goyal, an emergency physician at Children's National Hospital in Washington, D.C., who has documented racial bias in children's health care.

In a 2020 study, Goyal and her colleagues found that Black kids with appendicitis were less likely than their white peers to be correctly diagnosed, even when both groups of patients visited the same hospital.

Although few doctors deliberately discriminate against women or minorities, Goyal said, many are biased without realizing it.

"Racial bias is baked into our culture," Goyal said. "It's important for all of us to start recognizing that."

Demanding schedules, which prevent doctors from spending as much time with patients as they'd like, can contribute to diagnostic errors, said Karen Lutfey Spencer, a professor of health and behavioral sciences at the University of Colorado-Denver. "Doctors are more likely to make biased decisions when they are busy and overworked," Spencer said. "There are some really smart, well-intentioned providers who are getting chewed up in a system that's very unforgiving."

Doctors make better treatment decisions when they're more confident of a diagnosis, Spencer said.

In an experiment, researchers asked doctors to view videos of actors pretending to be patients with heart disease or depression, make a diagnosis, and recommend follow-up actions. Doctors felt far more certain diagnosing white men than Black patients or younger women.

"If they were less certain, they were less likely to take action, such as ordering tests," Spencer said. "If they were less certain, they might just wait to prescribe treatment."

It's easy to see why doctors are more confident when diagnosing white men, Spencer said. For more than a century, medical textbooks have illustrated diseases with stereotypical images of white men. Only 4.5% of images in general medical textbooks feature patients with dark skin.

That may help explain why patients with darker complexions are less likely to receive a timely diagnosis with conditions that affect the skin, from cancer to Lyme disease, which causes a red or pink rash in the earliest stage of infection. Black patients with Lyme disease are more likely to be diagnosed with more advanced disease, which can cause arthritis and damage the heart. Black people with melanoma are about three times as likely as whites to die within five years.

The covid-19 pandemic helped raise awareness that pulse oximeters — the fingertip devices used to measure a patient's pulse and oxygen levels — are less accurate for people with dark skin. The devices work by shining light through the skin; their failures have delayed critical care for many Black patients.

Seven years after her misdiagnosis, Watkins is an assistant professor of social work at North Carolina Central University in Durham, where she studies the psychosocial effects experienced by Black mothers who survive severe childbirth complications.

"Sharing my story is part of my healing," said Watkins, who speaks to medical groups to help doctors improve their care. "It has helped me reclaim power in my life, just to be able to help others."

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# Dallas ISD to induct nine into Athletic Hall of Fame

BY THE HUB

The 2023-2024 Dallas ISD Athletic Hall of Fame class boasts nine legendary individuals who have made a fundamental impact on sports in the district and beyond. The induction ceremony is slated for April 12 at the W Hotel in Dallas.



Photo Credit: THE HUB

This year's class of inductees includes:

- Rickey Dixon – Wilmer-Hutchins High School standout defensive back and College Football Hall of Fame inductee.
- Jimmy Gales – South Oak Cliff High School and University of North Texas high-achieving basketball coach.
- Don E. King Jr. – Justin F. Kimball High School and Southern Methodist University All-American quarterback and former NFL player.

- Lisa Langston – H. Grady Spruce High School multisport athlete and first African American woman to serve as the National Interscholastic Athletic Administrators Association president.
- C.J. Miles – Skyline High School All-American basketball star and youngest player drafted by the Utah Jazz.
- Bettye Mims-Danoff – Sunset High School's first female golfer and co-founder of the Ladies Professional Golf Association.
- Gene and Joe Pouncy – Record-setting sprinters for Lincoln High School and Humanities/Communications Magnet and the Southwest Conference.
- Sammy Walker – W.W. Samuell High School and Southern Methodist University nationally ranked shot putter and Olympic weightlifter.
- To be selected for the Hall of Fame, individuals must exemplify the highest standards of sportsmanship, ethical conduct, and moral character. Inductees were selected for their striking accomplishments and undisputed impact while advancing school athletics. Their successes are not limited to Dallas ISD borders. They have reached recognition on local, state, national, and international levels.

# Branford Marsalis Takes the Baton as Artistic Director of Ellis Marsalis Center for Music



Photo Credit: NNPA Files

Grammy-winning jazz musician Branford Marsalis has embarked on a new chapter in his illustrious career by assuming the role of artistic director at the Ellis Marsalis Center for Music in New Orleans. This significant appointment follows a period of introspection for Marsalis, who felt a compelling inner voice guiding him back to his roots.

Marsalis will take over the position from his late father, the legendary Ellis Marsalis, who died in 2020 due to COVID-19 complications. Dignitaries from the philanthropic world, including Ford Foundation President Darren Walker, are expected to attend the

event.

The Marsalis family's influence in the realm of jazz is deeply ingrained in the cultural fabric of New Orleans. Wynton Marsalis, Branford's brother and a Grammy-winning trumpeter, currently serves as the director of the Lincoln Center. Delfeayo Marsalis, an acclaimed trombonist, tours with the Uptown Jazz Orchestra, while Jason Marsalis is a prolific session musician known for his drumming and vibraphone skills.

Wynton Marsalis highlighted his father's dedication to creating a more conscious world through jazz and expressed confidence in Branford's ability to

carry on this high-minded spirit in the Crescent City.

"He is a fantastic teacher, dynamic musician, and engaged thinker," Marsalis told ABC News about his father. "We all sleep better knowing that Branford will continue in the high-minded spirit we were taught in the Crescent City."

Having Branford step in "is a dream come true. I can think of no one more suited, talented, or qualified," added Harry Connick Jr.

Ellis Marsalis, primarily known as a jazz educator, left his mark on multiple generations through his teaching roles in the city's public school system, the New Orleans Center for Creative Arts, and various local universities. Renowned jazz figures such as Connick, Terence Blanchard, Donald Harrison, and Nicholas Payton credit Ellis for his profound influence.

The Ellis Marsalis Center for Music, situated in the 9th Ward—an area still recovering from Hurricane Katrina—opened in 2012 with a deliberate focus on delivering music education to underserved communities. Marsalis emphasized the center's goal of using music as a gateway to intellectual curiosity and providing mentorship and guidance to young individuals.

The center's curriculum, designed to engage students after school and

throughout the summer, aims to inspire complex and curious thinking. While not seeking to turn all students into musicians, Marsalis envisions providing a liberal arts education through music, leveraging the full spectrum of skills in the industry, from sound engineering to computer coding.

Highlighting the piano as the fundamental instrument at the center, Marsalis explained its significance in offering a comprehensive view of music. He stressed that everything needed to understand music is directly in front of the pianist, fostering a unique and holistic learning experience.

Marsalis, relocating with his family from Durham, North Carolina, compared forming a vision for the center to the philosophy of jazz improvisation. He plans to spend the next few months observing classes, working with teachers, and shaping a vision that serves the best interests of the students.

Marsalis emphasized the value of letting people's passions drive them rather than forcing them to be enthusiastic about music, reflecting on his father's philosophy. He recalled his father's guidance: "Only do it if you're compelled to do it." This philosophy, he believes, is crucial for navigating the challenges of a profession that demands genuine dedication and love.

# North Texans share warning about 'bank impostor' scam that cost them thousands

By Shaun Rabb/FOX 4 News

Two North Texans are sounding the warning bell over what the Better Business Bureau calls the 'bank impostor' scam.

Pastor Oscar Epps and Sam Heller live in different parts of North Texas, one in the Roanoke area, the other, around Cedar Hill.

They were brought together by bank impostors stealing their money last Tuesday with a phone call they thought was from their banks, but it was a phishing game. The numbers were spoofed.

"My name is so-and-so from Chase Bank. Looks like there's some suspicious activity on your account. Somebody's trying to purchase something from a Best Buy in Phoenix, Arizona," said Heller. "She says you're going to get a text message from us, read me back the numbers. So I get a text message from Chase Bank, and she said okay, it looks like it's coming from your account ending in blah, blah, blah, and she knew exactly the account number."

Heller, thinking it was real, did what she was instructed to do, and her account was zapped.

"The stories are pretty much identical," said Epps. "The impostor called me from my account, \$6,500."

We brought the Better Business Bureau's Monica Horton into the conversation.

"Anytime you receive an unsolicited text message, phone call, email, a phishing attempt, and that's what these are, is to discontinue that conversation," said Horton. "Guard your PIN number and guard any two-factor authentication messages that you receive. Don't give them out to the crooks."

Sam Heller's hoping her siphoned funds will be replaced.

For Oscar Epps, it's a different story.

"They said that they would not give me anything back because they don't see where they did anything wrong," he said.

"I even called the phone numbers back just to verify that they were Chase Bank, and they really were two Chase Bank branches. So don't trust what you see on Caller ID," said Heller.

Monica Horton gave good tips. You get the call or the text, don't give out any information.

If you're concerned that there could be some fishy business with your bank accounts, call them back yourself.

Don't give anyone any information if they call you.