



Happy Valentine's Day!



The Dallas Post Tribune

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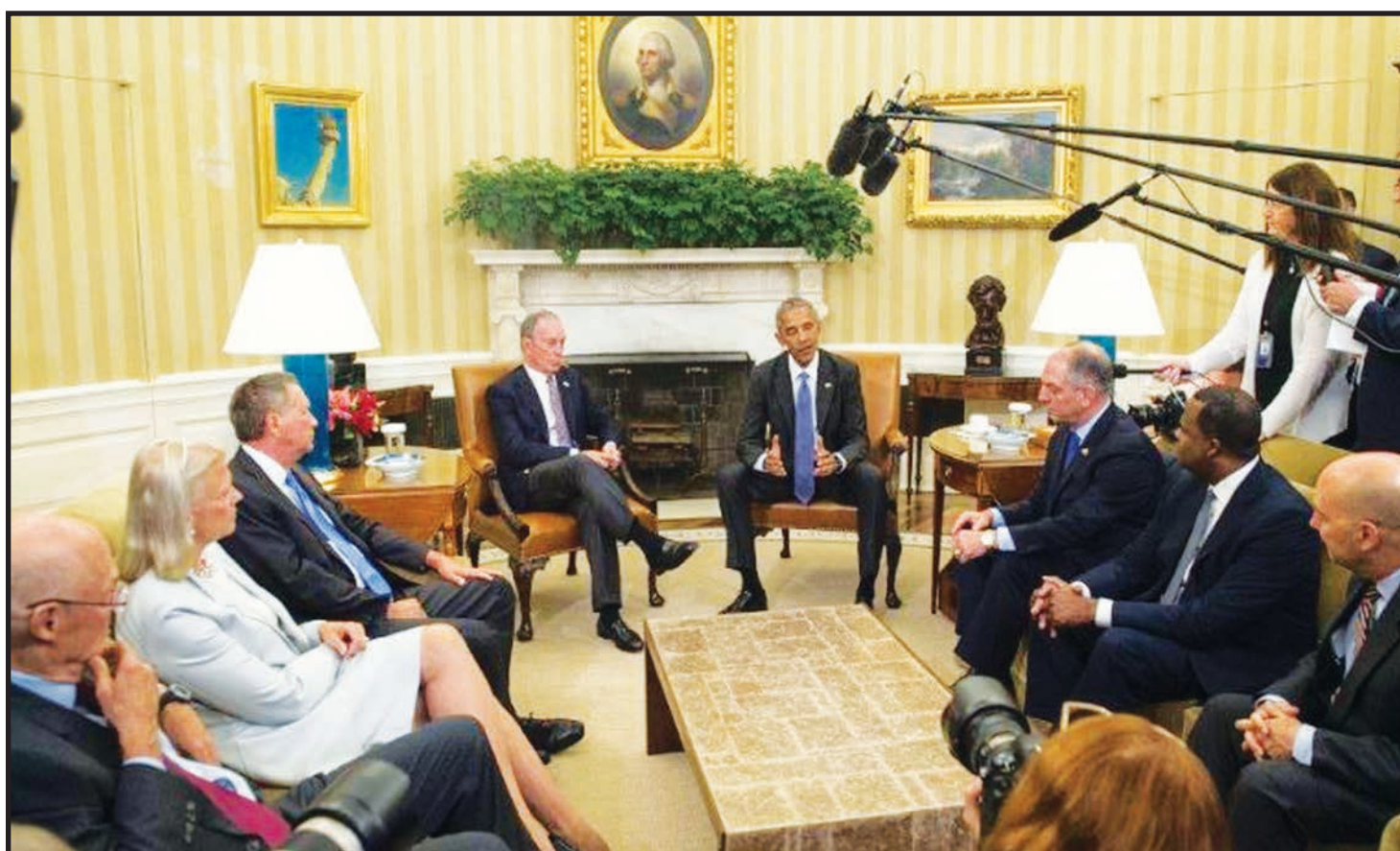
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VOLUME 72 NUMBER 22

SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

February 13 - 19, 2020

WITH NO CLEAR FRONT RUNNER, BLOOMBERG SPENDS \$3.5 MILLION WITH THE BLACK PRESS



By Hazel Trice Edney and Hamil Harris

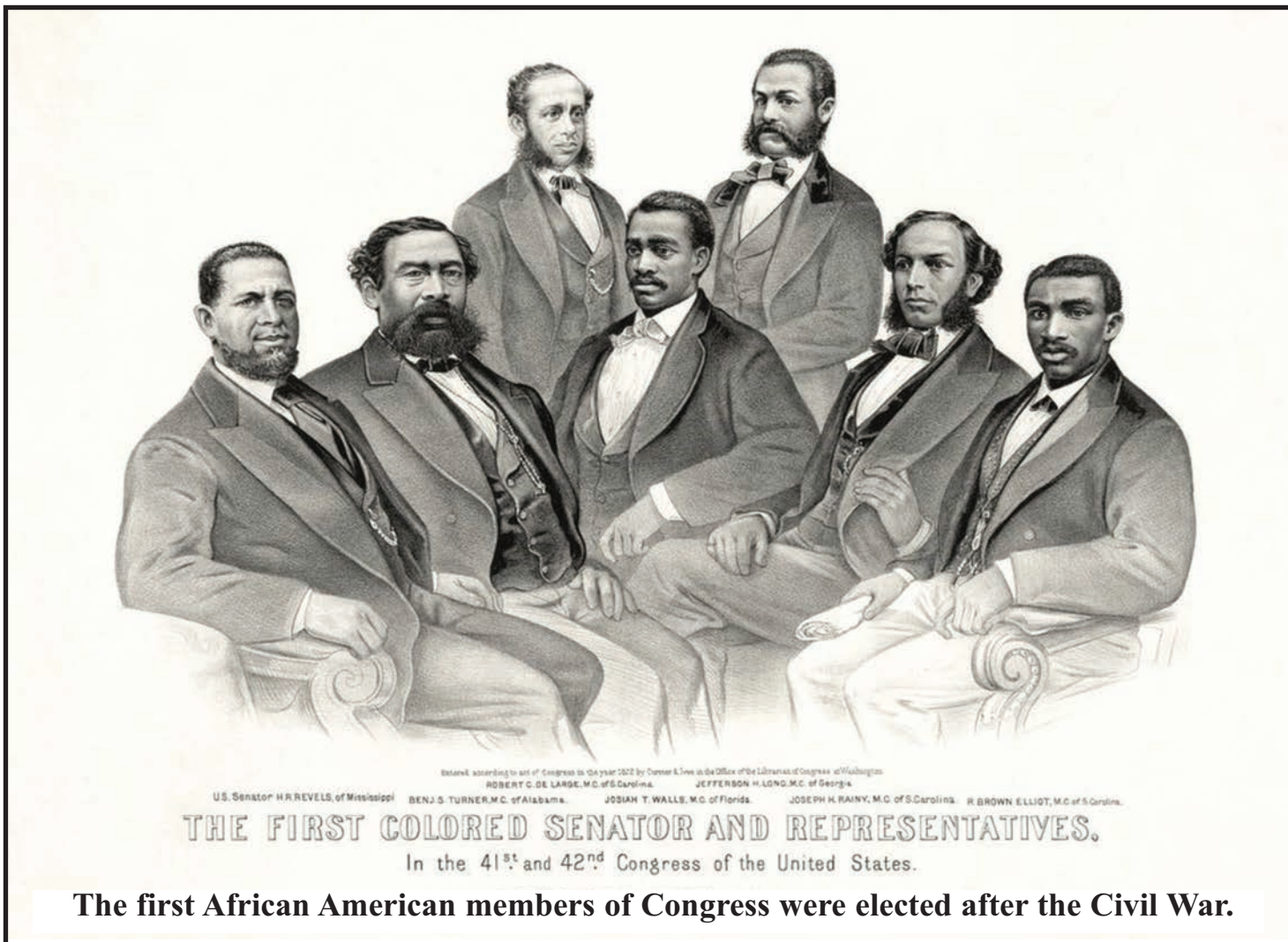
(TriceEdneyWire.com) - Former New York City Mayor Mike Bloomberg has just made Black History. The presidential candidate who has been running his campaign through television ads and private meetings this week spent a historic amount of money with Black newspapers - \$3.5 million.

"Of all the presidential candidates in the 2020 election, Mike Bloomberg just made the largest single political ad buy in the history of the NNPA," said Dr. Ben Chavis, president/CEO of the National Newspaper Publishers Association (NNPA) in an interview with the Trice Edney News Wire. "The money has already been distributed and it's running in our newspapers right now."

Chavis says the money will be broken down among NNPA member newspapers in states that hold primaries on Super Tuesday and beyond.

Continues on Page 5

What everyone should know about Reconstruction 150 years after the 15th Amendment's ratification (part 2)



Mary Church Terrell, an educator, fought for the rights of women of color.

By Tiffany Mitchell Patterson
Assistant Professor of Secondary Social Studies,
West Virginia University

African American politicians

What few history and social studies classes explore is how these changes to the Constitution made it possible for African American men to use their newfound political power to gain representation.

Revels, the first African American senator, represented Mississippi in 1870 after Reconstruction. He was among the seven southern states who served in Congress during Reconstruction.

Revels and his colleagues were only part of the story, about at some level of government during

Reconstruction.

White supremacist groups like the also formed following the Civil War. These terrorist groups engaged in violence and other racist tactics to intimidate African Americans, people of color, black voters and legislators. They thus made the accomplishments of African American politicians even more impressive as they served as public officials under the constant threat of racial violence.

Black activist women

African American women technically gained the right to vote in 1920, when the passed. However, their constitutional right was limited in many states due to .

Many were activists and women's suffrage movement leaders. Through public speaking, prolific writing and developing organizations dedicated to racial and

and gender equality, they fought for equal rights and dignity for all.

Among the black women who were activists during Reconstruction were of South Carolina, who fought for female voting rights; , an outspoken abolitionist before the Civil War and suffragist once it ended; and , the first black woman in North America to edit and publish a newspaper, one of the first black female lawyers in the country and an advocate for granting women the right to vote.

Other women of color who played key roles in the suffrage movement included , the journalist and civil rights advocate who raised awareness of lynching, and , founder of the National Association of Colored Women.

(final part to be continued next week...)

The Conversation



Recognizing #BLACK EXCELLENCE for 71 years





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Dallas ISD Career Institutes are recruiting current eighth-graders interested in future good-wage jobs



Photo courtesy: Dallas ISD

DALLAS — Dallas ISD is recruiting current eighth-graders interested in attending a Career Institute next school year. At a Career Institute, students can develop and grow in-demand skills they need to secure a good-wage job in the near future.

More than 800 current freshmen this school year are enrolled in a Career Institute program. The students are taking the Principles of Construction class at their home campus in preparation for the three dedicated Career Institutes opening August 2020. Starting their sophomore year, students

enrolled in the program will spend half the school day at their home campus and half the day at a Career Institute.

“We understand that while some students will enter college directly after high school graduation, other students will need to join the workforce immediately, and still others may need to work while they attend college or pursue post-secondary education,” Dallas ISD Assistant Superintendent Oswaldo Alvarenga said. “This is a career and tech education program that will guide students from concept to hands-on training with instruction by experi-

enced tradesmen with firsthand experience and the contacts to connect students to internships, apprenticeships, and jobs in their industry.”

The FREE Career Institute Pathways are:

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- Mechatronics/Advanced Manufacturing
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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

“Recovering Untold Stories”: Civil Rights Veteran Revisits School Victory



Student plaintiffs of Brown v. Board cases shared memories of the historic struggle in Kansas and South Carolina at the University of South Carolina in January. From left, Cheryl Brown Henderson, Celestine Parson Lloyd, Nathaniel Briggs, Deborah Dandridge, and Dr. Bobby Donaldson, director of the Center for Civil Rights History and Research.

By Christopher Frear, Center for Civil Rights History and Research

COLUMBIA, S.C. — As a child in South Carolina after World War Two, Celestine Parson Lloyd took part in a groundbreaking study to fight school segregation, a fight her parents and NAACP lawyers carried to victory in the U.S. Supreme Court.

On Jan. 15, Ms. Parson Lloyd, now of Mount Vernon, New York, relived a moment of that fight—and the victory—as part of the public panel “Recovering Untold Stories: An Enduring Legacy of the Brown v. Board of Education Decision” organized by the University of South Carolina Center for Civil Rights History and Research and the South Carolina African American Heritage Commission.

“I heard Harold Boulware, Thurgood Marshall, all the NAACP lawyers,” at the strategy meetings, she said.

Ms. Parson Lloyd described vivid memories of seeing Ku Klux Klan fliers posted on their front door and of visiting the burned-out home of Clarendon County movement leader, the Rev. J. A. De Laine.

In building the legal case, pioneering psychologists Drs. Kenneth and Mamie Clark conducted a now-famous doll test with Summerton school children, including Ms. Parson Lloyd. They asked children which doll they liked better between a white doll and black doll and which one was the “good” one and the “bad” one to test the effects of segregation on children. Ms. Parson Lloyd recalled clearly that she had selected the African American doll.

“I knew it had something to do with the case,” she recalled. “As

long as I knew it was something pertaining to the case, I would participate.”

After the panel discussion, researchers with the Center for Civil Rights presented Ms. Parson Lloyd with a copy of her test results from February 24, 1951, that they had uncovered during a visit to the Library of Congress.

“It brought back memories,” she said later. “I was elated. My parents, along with me, contributed to something so meaningful. It was important stuff for our society.”

At the panel, Ms. Parson Lloyd shared her detailed and sometimes harrowing memories of the desegregation struggle in Summerton.

In defiance of known threats, her parents, Bennie and Plummie Richburg Parson, agreed that her father should sign a petition championing the end of racial segregation in schools.

“Don’t take your name off the petition, even if you have to eat dirt,” her grandfather told her father as young Celestine listened. And her grandmother Angeline Brunson Parson, who lived to the age of 117, told stories of her life in enslavement and of emancipation.

“One night, my father wasn’t home,” Mrs. Parson Lloyd recalled, “and they came and they knocked on the door, and they said, ‘We were looking for this little lost boy,’ but that’s what they called men in the South, a boy. What they were doing was taking people out and they beat you and they mugged you and leave you somewhere, and if my father was home, he would have been taken out and probably beaten and left some place.

“And I was petrified. We were all afraid, because we didn’t know

what was going to be the next day,” she told the panel audience.

The legal effort started with NAACP support in 1948, when Levi Pearson initiated a lawsuit against the Summerton School District to provide a school bus for his children. On a property line technicality, Pearson had to withdraw as the plaintiff and a new lawsuit had to be built with parents of Scott’s Branch School students.

At meetings in St. Mark and Liberty Hill AME churches in Summerton, Ms. Parson Lloyd listened intently as NAACP officers and lawyers explained the lawsuit and counseled parents about the violent response ahead. She is featured in several photographs taken of plaintiffs at local churches and now archived in University of South Carolina collections.

Along with the Parsons, Harry and Eliza Briggs, parents of five schoolchildren, were the first signers of the 1949 petition for “equal educational opportunities and facilities.” The signers refused to yield to violence, even when Harry Briggs was fired from his job and the De Laine family home was burned to the ground. Thurgood Marshall, Robert Carter and South Carolina’s Harold Boulware filed Briggs v. Elliott in federal court, directly challenging segregation.

“Each business place had a list of these petitioners, and, if your name was on there, you were fired, and you weren’t allowed to buy food in the grocery stores in that town. You couldn’t buy gas for your car,” she said.

In 1951, the parents appealed to the Supreme Court. Although it was the first of the school desegregation cases to

reach the court, it was placed behind the Brown v. Topeka Board of Education case, possibly because of the maneuvering of South Carolina Gov. James Byrnes. On May 17, 1954, the Parsons family, the Briggs family, and dozens of other unflinching South Carolinians were vindicated with the Supreme Court’s unanimous decision ruling segregation unconstitutional.

“When I got home from school, word was around,” she recalled. “My parents were elated, ‘We won! We won!’ The battle is almost over.”

Ms. Parson Lloyd graduated from Scott’s Branch High School in 1956 and departed for New York City, where she and her mother joined her father who fled Summerton amid repeated threats after the 1954 ruling. In New York, she worked on behalf of the poor and marginalized, retiring as an assistant superintendent of a women’s homeless shelter.

“By showing Civil Rights veterans the documents already preserved, we can help them recover memories. In turn, by recording their memories, we expand the history available to scholars and students,” Civil Rights Center Director Dr. Bobby Donaldson said. “We seek to document our state’s deep Civil Rights history, like the Briggs case—with donations of letters, photographs, newspapers—and to assist those who participated in historic events in chronicling their own histories.”

The Center for Civil Rights History and Research chronicles, preserves, and shares South Carolina’s vital history through community programs such as the “Recovering Untold Stories” panel, the “Justice for All” exhibit, and educational support that informs K-12 and higher education curriculum in the state.

The Center was founded in November 2015 with the receipt of the congressional papers of Representative James E. Clyburn, the state’s first African-American member of Congress since the late nineteenth century and a veteran of the Civil Rights Movement. The Center’s website is located at www.civilrights.sc.edu.

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City of Dallas Office of Arts and Culture

The South Dallas Concert Choir cordially invites you to come along on this journey as we remember and celebrate the Negro Spiritual. Original contributions of African American composers began with the Negro Spirituals, composed and sung by African slaves in America. The Negro Spiritual is America’s true original art form. Communication by Drums was forbidden; therefore communicating through song was born. There is a record of approximately 6,000 spirituals; however, the oral tradition of the slaves’ ancestors and the prohibition against slaves learning to read or write meant that the actual number of songs is unknown.



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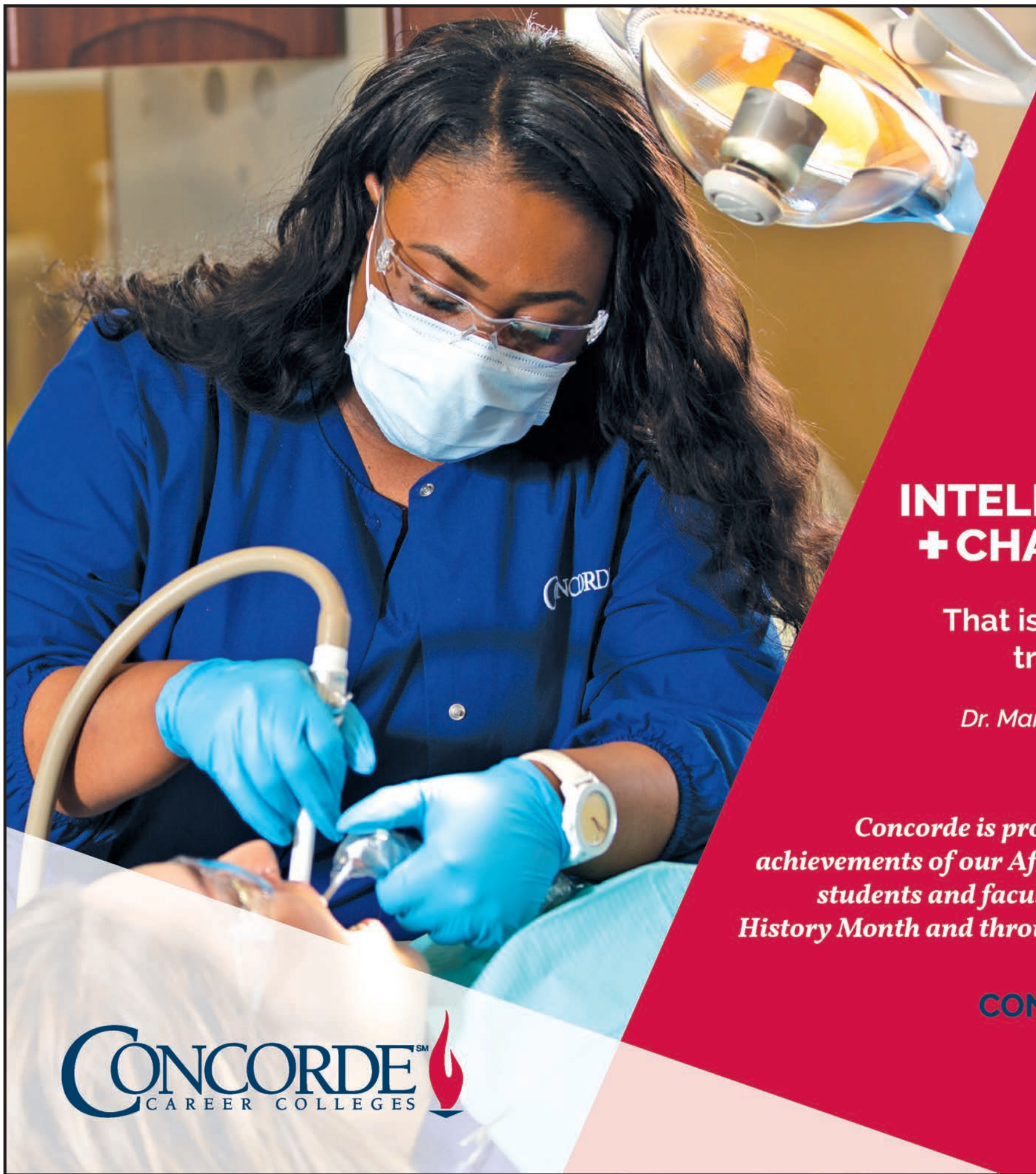
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With No Clear Front Runner, Bloomberg Spends \$3.5 Million With the Black Press

Continued from Page 1

Super Tuesday states include Alabama, Arkansas, Colorado, Georgia, Massachusetts, Minnesota, Oklahoma, Tennessee, Texas, Vermont, and Virginia.

"It's a national ad buy and over 129 of our newspapers will benefit from that," Chavis said. "What it shows is that the Bloomberg campaign is taking the Black vote seriously and it's taking the Black Press seriously."

NNPA, which turns 80 in March, has a membership of more than 200 Black-owned newspapers around the country. A longstanding grievance aired by the organization is that Democratic candidates and the Democratic National Convention has tended to take Black newspapers and the Black voters who read them, for granted. This is despite the fact that African-Americans vote for Democratic presidential candidates 95 percent of the time.

While Chavis was clear that NNPA does not endorse candidates, dollars spent in Black newspapers and with Black media are often seen as the sign of a candidate who is serious about Black issues.

"NNPA is a 501-C6; so we don't endorse," said Chavis. "But our member newspapers, they have the

freedom to endorse whatever candidate they feel will best serve Black America. But I'd just like to note for Black history sake since this is Black History Month, that Mike Bloomberg just made Black history."

Biden has long been thought to be the front runner in the Black community, especially because of his faithful service as vice president to President Barack Obama. But it is clear that Bloomberg's strategy is to meet him head on. While Biden has yet to lay out a Black agenda, Bloomberg, on Jan. 19, held a meeting in Tulsa, Oklahoma to lay out his Black economic agenda.

Busby, president/CEO of the U. S. Black Chambers Inc. confirmed that he attended that meeting at the invitation of the Bloomberg campaign.

"It did include an economic agenda for African-Americans. And it was very close to the U. S. Black Chambers' economic agenda from increasing the number of Black-owned businesses to increasing the number of deposits into Black banks, increase the number of African American homeowners, increase the number of contracts awarded to Black businesses by the federal government - all issues pertaining to improving the

economic agenda for Black people," Busby recalled. "I think at the end of the day he is very open to improving conditions for Black people."

Stressing that the USBC is a non-profit and cannot endorse candidates, Busby says he has had no such meeting with Biden. "Our plan is to meet with all of the candidates to discuss what they plan to do with Black folks."

According to the Associated Press, at the Tulsa meeting, Bloomberg "spoke out against an American history of race-based economic inequality from slavery to segregation to redlining, and outlined a proposal aimed at increasing the number of black-owned homes and businesses. The plan includes a \$70 billion investment in the nation's most disadvantaged neighborhoods."

With Iowa and New Hampshire, largely White states that are now all but in rear view, the political armies of the Democratic Party are racing from New Hampshire to Nevada and South Carolina and while Bernie Sanders and Pete Buttigieg are claiming front runner status, Bloomberg will not be on any ballot until Super Tuesday, March 3, when voters go to the polls in 12 states where nearly a quarter of the Democratic delegates will be selected.

But that didn't stop Washington D.C. Mayor Muriel Bowser from endorsing the former New York City Mayor who has been depositing some of his billions in states across the country and showing up at African-American events that is eroding former Vice President Joe Bidens' firewall of success.

"We can resolve our most pressing problems if we have the right leader to turn innovative ideas into reality," Bowser said in a Jan 30th tweet. "Mike Bloomberg is a problem-solver with a proven track record of getting things done. He's a mentor & friend & I'm proud to endorse him for President."

The Democratic primary is an 11 candidate race with five other major contenders: Vermont Senator Bernie Sanders, former South Bend, Indiana Mayor Pete Buttigieg, Senator Elizabeth Warren and Vice President Joe Biden. Right now, there is no clear front runner.

Initially Biden was counting on South Carolina, North Carolina and other southern states with large African-American voters to give him a much needed boost. But according to one key political observer that remains to be seen.

"Black voters are still shopping. I don't go by

the polls and when it comes to Black women we are very strategic," said Melanie Campbell, president/CEO of the National Coalition on Black Civic Participation. "The country is in a challenging place. The whole idea of representative Democracy is under threat."

African-Americans continue to give Biden his advantage in North Carolina, where he is polling at 39 percent to 12 percent for Bloomberg and 10 percent for Sanders. But given Bloomberg's aggressive strategy, this might not be enough.

During his speech in Tulsa, Bloomberg apologized for the controversial "stop and frisk" used by the NYPD while he was the mayor of New York City. Bloomberg went to Tulsa to commemorate the 1921 race riots in Tulsa where African-American business owners were killed and their shops burned in one of the worse race riots in US history.

"For hundreds of years, America systematically stole Black lives, Black freedom and Black labor," Bloomberg told the audience. "A theft of labor and a transfer of wealth - enshrined in law and enforced by violence."

Bloomberg also unveiled his "Greenwood Initiative" that calls for:

The creation of 1 million new Black homeowners in the next decade; the creation of 100,000 new Black-owned businesses in ten years; the investment of \$70 billion in 100 of America's most disadvantaged neighborhoods.

While former President Barack Obama has not endorsed any candidate, Bloomberg has launched an ad campaign promoting his connection with Obama that starts with a news clip featuring his words from 2013.








"At a time when Washington is divided in old ideological battles, he shows us what can be achieved when we bring people together to seek pragmatic solutions," Obama says about Bloomberg in the 30-second political ad.

One of the challenges that each of the candidates have is generating excitement, according to E. Faye Williams, President of National Congress of Black Women.

"There is no excitement in the race and my concern is that people will stay home instead of going to the polls," Williams said. "We had Senators Cory Booker and Kamala Harris but they are gone and right now we in the Black community feel left out."

SPORTS PAGE

7 Day Weather Forecast for DFW

Thursday, February 13	Friday, February 14	Saturday, February 15	Sunday, February 16	Monday, February 17	Tuesday, February 18	Wednesday, February 19
 H - 48° L - 28°	 H-53° L- 35°	 H- 62° L - 48°	 H- 71° L- 57°	 H-76° L-53°	 H- 55° L-37°	 H-44° L-37°

NEWS YOU OUGHT TO KNOW

Winfrey says King not doing well after social media backlash

NEW YORK (AP) — Oprah Winfrey says her friend Gayle King is facing death threats following a social media backlash caused by an interview with retired WNBA star Lisa Leslie that concerned the late Kobe Bryant.

On an appearance on "Hoda & Jenna & Friends" on Friday, Winfrey said King "is not doing well" and has to travel with security because of threats. "She feels very much attacked."

CBS released an excerpt to promote King's interview with Leslie. The clip, distributed online and on CBS News' social media accounts, focused on a portion of the interview where Leslie addressed a Colorado sexual assault case that had been brought against Bryant and dismissed. In the clip, King asks Leslie whether the 2003 case made Bryant's legacy complicated for her. Leslie said that it did not.

Critics lashed out at King on social media for bringing up the old allegations. Actor, rap artist and television executive 50 Cent told The Associated Press he thought it was unfair because Bryant wasn't around to defend himself. Snoop Dogg posted a profane Twitter video that

concluded with him urging King to back off "before we come get you." The Twitter account belonging to imprisoned comedian Bill Cosby also was critical.

King said in a video response via Twitter on Thursday that the clip was shared out of context and expressed anger at her network. "I am mortified, I am embarrassed and I'm very angry," King said. CBS later released a statement saying the clip "did not reflect the nature and tone" of the complete interview.

Winfrey criticized what she called "misogynist vitriol" against King.

"I can see how people would obviously be very upset if you thought that Gayle was just trying to press to get an answer from Lisa Leslie," Winfrey continued. "Obviously all things pass, she will be OK, but she hasn't slept in two days."

After the alleged victim decided not to pursue the case, she and Bryant reached a settlement in 2005. Bryant, who was 24 at the time of the Colorado incident, said he had not committed sexual assault.

Actor Jussie Smollett faces 6 new charges in Chicago

CHICAGO (AP) — Actor Jussie Smollett was indicted Tuesday for a second time on charges of lying to police about a

racist and anti-gay attack he allegedly staged on himself in downtown Chicago, renewing a divisive criminal case that drew worldwide attention last year.

The indictment came from a special prosecutor who was appointed after Cook County prosecutors dropped the same charges last March.

The new charges were sure to reignite many of the tensions that surrounded Smollett a year ago. When his claims first emerged, he drew a groundswell of support from fans and celebrities and gave an emotional television interview about the attack.

Smollett, 37, has not had any notable film or television roles announced since his departure from the TV series was made public in April 2019. Producers have the option to bring him back during the sixth and final season but have said they have no plans to do so.

"Empire" has 10 episodes left. It is scheduled to return March 3.

Waitress tipped \$5,000 while working a final table

SALISBURY, Mass. - A waitress was surprised when she realized her last customer of the night had left her a generous tip in the amount of \$5,000 at a Massachusetts restaurant.

She thought the tip was \$50, then quickly realized that the patron left a \$5,000 tip on a \$157 bill.

Browns' Garrett reinstated by NFL from indefinite suspension



FILE - In this Nov. 14, 2019, file photo, Cleveland Browns defensive end Myles Garrett (95) hits Pittsburgh Steelers quarterback Mason Rudolph (2) with a helmet during the second half of an NFL football game in Cleveland. Suspended Browns star defensive end Myles Garrett met Monday, Feb. 10, 2020, with NFL Commissioner Roger Goodell to discuss his possible reinstatement, a person familiar with the meeting told The Associated Press. (Joshua Gunter/Cleveland.com via AP, File)

CLEVELAND (AP) — Myles Garrett is allowed to play and chase quarterbacks again after the NFL reinstated the Browns' star defensive end from his indefinite suspension for a vicious attack on Pittsburgh QB Mason Rudolph last season.

The league lifted its ban Wednesday on Garrett, who ripped off Rudolph's helmet and smashed him over the head with it during a Nov. 14 game on national television. Garrett missed Cleveland's final six games and his loss was a major blow to the Browns, who went 2-4 without him, finished 6-10, fired coach Freddie Kitchens and saw general manager John Dorsey resign.

On Monday, Garrett met with Commissioner Roger Goodell and other league officials in the final step before he was cleared to return. He can participate in all of the Browns' offseason activities and that's a big relief as the team is undergoing another new start under coach Kevin Stefanski.

Garrett is cleared to return to all activities with the Browns.

"We welcome Myles back to our organization

with open arms," Browns vice president of football operations and GM Andrew Berry said. "We know he is grateful to be reinstated, eager to put the past behind him and continue to evolve and grow as a leader. We look forward to having his strong positive presence back as a teammate, player and person in our community."

Garrett did not release a statement, but he posted a meme on his Twitter account of a scene from the film "John Wick" with the subtitle: "But now yeah, I'M THINKING I'M BACK!!!" Browns quarterback Baker Mayfield offered his support, tweeting: "welcome back big fella!!!"

As the Browns were wrapping up a rare win over the Steelers in a Thursday night matchup, Garrett, the No. 1 overall draft pick in 2017, pulled down Rudolph after a pass attempt and the two wrestled on the ground. Rudolph tried to pull off Garrett's helmet but couldn't. Garrett ripped off Rudolph's helmet and swung and struck him with it, triggering a brawl between the teams.

Garrett paid dearly for his misstep. He was fined

\$45,623 and lost \$1.14 million in game checks. His reputation also took a shot and he'll have to watch his behavior going forward as another violent incident could result in even harsher discipline by the league.

Garrett's suspension is the longest for a single behavior in league history. Tennessee's Albert Haynesworth was suspended five games for stomping on a player's helmet-less head in 2006.

Garrett appealed his ban and Garrett told independent officer James Thrash during his hearing that Rudolph had used a slur during their skirmish. However, Thrash upheld the decision and Garrett was done for the season. The league also suspended Steelers guard Maurkice Pouncey for three games (the penalty was later reduced to two) for punching and kicking Garrett, and Browns defensive lineman Larry Ogunjobi was suspended one game.

Garrett was having a strong third season as a pro, but he was flagged for some unnecessary roughness penalties early in the season. He finished with 10 sacks in 10 games.

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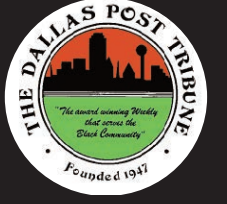
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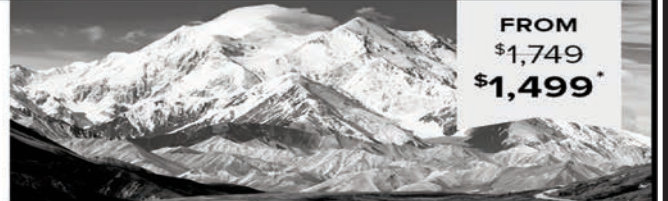
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**Mayor Eric Johnson
announces launch of youth
employment program
Dallas Works**



DALLAS — Mayor Eric Johnson on Monday announced the launch of Dallas Works, a major new initiative that will connect students to summer jobs.

"Dallas Works will give our kids an opportunity to learn professional skills, to stay busy during the summer, to make some money, to learn the value of honest work, to contribute to their communities, and to stay out of trouble," said Mayor Johnson.

Dallas Works is an expansion of the Mayor's Intern Fellows Program, which then-Mayor Tom Leppert officially launched in 2008. That program, which was modeled on the White House Fellows Program, employed 370 young people at more than 200 major corporations in 2019. Since its inception, the program served 2,940 students.

With a new focus on employing as many young people during the summer as possible, Mayor Johnson hopes Dallas Works can at least double the 2019 numbers in the first year.

So far, in less than two weeks, nearly 1,500 students and 75 companies have signed up to take part in Dallas Works.

The mayor's office will oversee the implementation of Dallas Works. Education is Freedom will handle student recruitment and administration. And the Dallas Regional Chamber and the Dallas Citizens Council will help recruit employers to participate.

Employers and students wanting to participate in Dallas Works should visit dallassummerjobs.org for more information.

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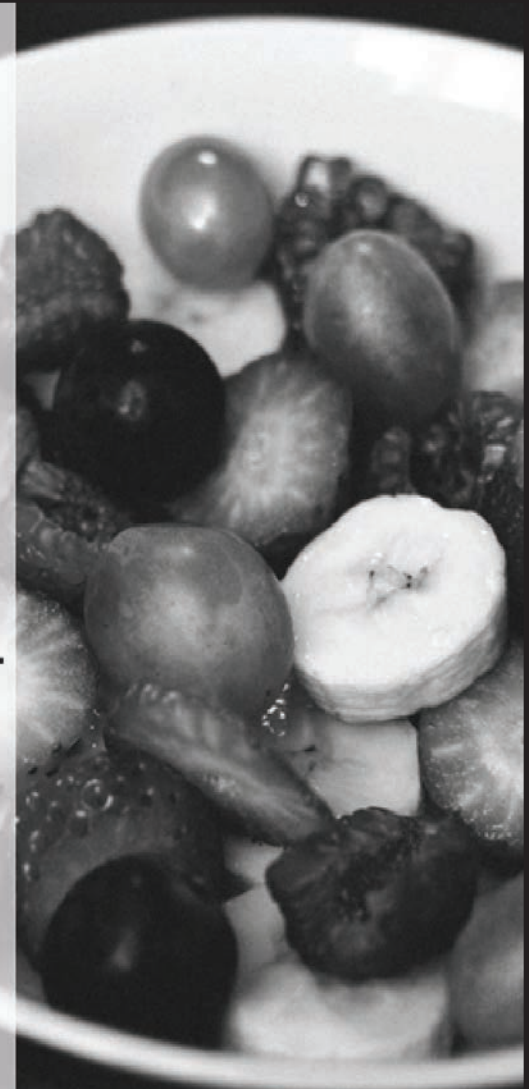
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SUNDAY
Early Worship 8:00 a.m.
Bible Classes 9:45 a.m.
Morning Worship 10:45 a.m.
Bible Classes 5:00 p.m.
Evening Worship 6:00 p.m.

WEDNESDAY
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Bible Classes 7:00 p.m.

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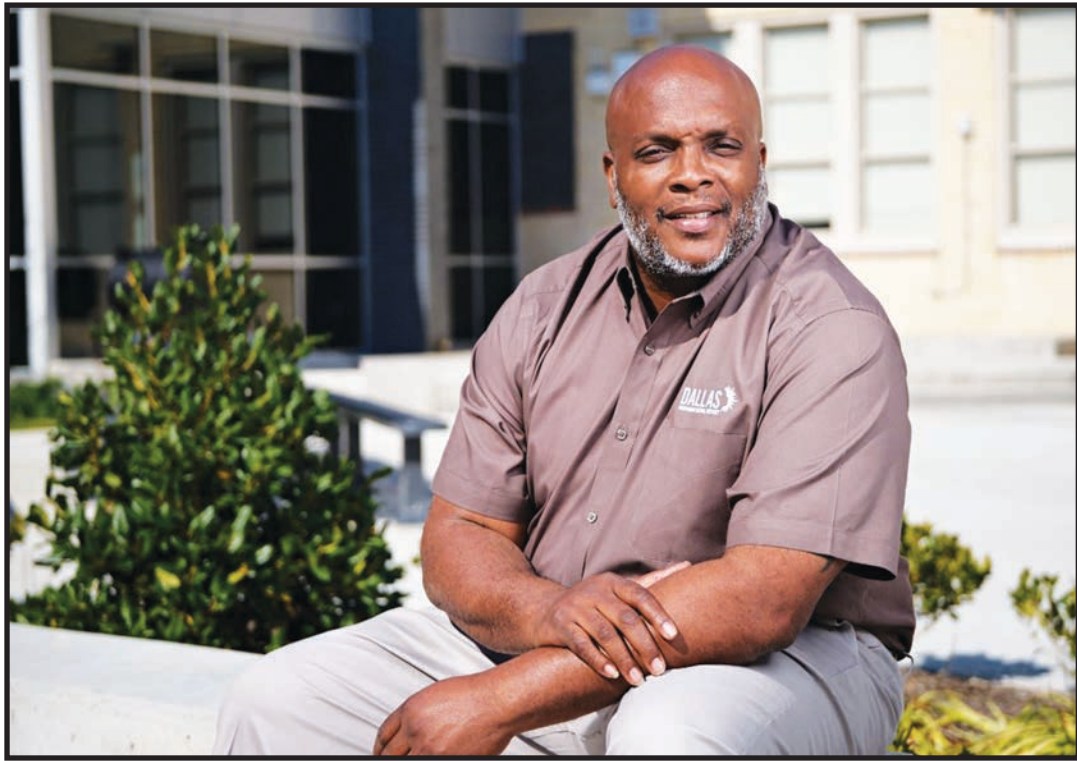
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Custodial staff went “above and beyond” during SOC renovation



Corey Banks, supervisor and trainer for Dallas ISD Custodial Services Department. Photo courtesy: Dallas ISD

DALLAS — Since 1994, South Oak Cliff High School alum Corey Banks has brought excellence to the Dallas ISD Custodial Services Department.

Today, he’s a supervisor and trainer who oversees the maintenance needs of 21 campuses in the southwest area of Dallas. When South Oak Cliff High School recently underwent \$52 million in renovations, Banks and his staff stepped up in a huge way to ensure the school successfully reopened to students in January.

“I am a proud alumni member of SOC, and both of my children graduated from the school as well. It was just an honor to see the transformation from when I went to school here, and when my kids went to school here, to this now,” Banks said.

“These students deserve to be in a building that’s a distraction-free environment. And that’s what we accomplished by working together.”

Banks and his team were in constant communication with contractors and district staff to ensure SOC successfully reopened to students in January.

His staff, even 35 custodians at one time, coordinated and worked in tandem with construction workers. As soon as contractors finished remodeling an area, the Dallas ISD custodians would immediately make it classroom-ready by dusting, cleaning and waxing the floors. Banks and his team even tirelessly worked over a weekend to get the entire second floor ready for students.

David Bates, executive director of Dallas ISD Maintenance and Operations, said Banks and his team showed commitment and dedication by involving themselves in the process early.

“They attended planning meetings and held their own weekly meetings in order to come up with a plan of action,” Bates said. “We have been involved in a lot of bond projects, but Mr. Banks and his team set a standard moving forward of just how we need to and should open a school.”

For his part, Banks considers the SOC project a success because “everybody’s part was just as important as the next person’s part.”

“I am who I am today because of the education that I received here at South Oak Cliff. That’s why I was so deeply rooted in this project, outside of this being my job,” he said. “The love that I have for this building and for this school community is off the charts. Golden Bears bleed gold and white!”

A LOOK AT OSCARS RED CARPET STANDOUTS



LOS ANGELES (AP) — On an Oscars red carpet filled with dramatic dresses and designer tuxedos, Spike Lee and Natalie Portman wore clothing that made a personal and political statement.

Lee paid tribute to the Kobe Bryant in a Lakers-purple jacket with the late basketball star’s 24 on its lapels and on the back, while Portman wore the names of snubbed female directors on her cape.

The two were among the standouts at the Academy Awards, but not the only ones. There was Billy Porter in a gold-feathered top and an orange silk overflowing skirt; Grammy-winner Billie Eilish wearing an oversized, fuzzy Chanel white suit, sporting a hairdo that was bright green on the top and black at the bottom.



Winter weather may be risky for your heart

Parkland cardiologist warns of dangers of a ‘cold’ heart

DALLAS — Ah, February, the month of Valentine’s Day, flowers, chocolates, daffodils — and increased risk of heart attacks. We’ve all heard that shoveling snow can bring on a sudden heart attack. But cold temperatures can significantly up the odds of a heart attack even if you’re not trying to dig your car out of a snowbank.

A study published in the medical journal PLOS One in 2015 reported a 31% increase in heart attacks during the coldest months compared to the warmest. A 16-year study of nearly 300,000 patients reported in ScienceDaily also found heart attack rates spiked in winter. The American Heart Association says people most at risk for winter heart attacks are those who have already had a heart attack, have heart disease or are older than 65. The risk for stroke can also increase in the winter.

“Cold weather causes constriction of blood vessels, making it more difficult to deliver enough oxygen to the heart. And the heart muscle has to work harder in cold weather just to maintain a healthy temperature and prevent hypothermia,” explained James de Lemos, MD, cardiologist at Parkland Health & Hospital System and Professor of Internal Medicine/Cardiology at UT Southwestern Medical Center.

In addition to higher blood pressure in cold temperatures, cholesterol levels also appear to rise in midwinter, Dr. de Lemos noted. “Winter should not be a time to let

go of good habits,” he said.

People with known heart disease should be especially watchful for signs of a heart attack during cold weather, such as shortness of breath and angina, or chest discomfort, Dr. de Lemos advised.

“A heavy pressure sensation of weight on the chest, pain going down the arm or into the neck and nausea are among the more typical signs to watch for,” Dr. de Lemos stated.

Other signs of heart attack can include extreme fatigue, dizziness, sweating, flu-like symptoms and even back or jaw pain. These less typical symptoms may be especially common in women and older people, according to Dr. de Lemos.

Not noticing subtle symptoms also poses a huge risk. A study in the journal Circulation showed that up to 45 percent of heart attacks are ‘silent,’ meaning they occur without noticeable signs.

If you’ve already experienced one heart attack or are at risk for one, know your limitations.

“It’s not a great idea for people with heart disease to go out and do a heroic amount of exercise in cold weather, like shoveling snow. Suddenly going from little or no exercise to a tremendous level of exertion in cold temperatures puts a big strain on the heart,” Dr. de Lemos said.

If you’re going to tackle a strenuous activity outdoors in cold weather, follow advice offered by

cardiologists that can lower your risk of heart problems. Don’t go out and do strenuous exercise or jog first thing in the morning because blood is most likely to clot at that time of day. Give yourself time to get up and moving. Warm up with stretching and indoor activities, dress appropriately with your hands, head and mouth covered in extreme cold, and take a break every 15 minutes to lessen the load on your heart.

The best thing you can do for your heart during February, or any time of year, is get moving, Dr. de Lemos said. “The most important ways to prevent heart disease are to eat a heart-healthy diet and get regular, moderate physical activity. We recommend 30 minutes of aerobic exercise at least five times a week. You don’t have to be out of breath or break a sweat to get the benefits.”

However, he said, don’t mistake busy-ness for exercise. “It’s a common misconception that because you’re active and busy, you don’t need to go to the gym or take regular walks. Being busy is not the same as doing regular aerobic physical activity. Make time for real exercise in your daily routine to lower stress and improve the flow of blood and oxygen. Your heart will thank you.”

For more information about services at Parkland, visit www.parklandhospital.com.

Do you have a viable business idea?

Recognize your strengths, experience, and market opportunities for your next business opportunity.

Starting your own business can be a rewarding way to build wealth and fill the needs for others with a product or service. It's a calling that requires grit, wit, and perseverance. But one of the biggest challenges of starting your own business is coming up with an idea that not only makes sense for you but also is sustainable and profitable.

You may already have an idea in mind, but before you jump into it, it's best to double-check that your idea has what it takes to generate sales and satisfy your career goals. If you think you're ready to be your own boss, here are some tips on choosing a viable business idea.

Identify what drives you

Exploring your own passions and skill set is a great start to finding a potential business idea. Ask yourself what gives you satisfaction and what kinds of problems you enjoy solving. To help decide if your business idea is the right fit, ask yourself:

- *Is this something I can do that others can't? Is it something I do better than others?* Answering these questions may help highlight the strengths you have that can make you and your potential business idea stand out.

- *What am I passionate about? Can I picture doing this every day?* Maybe you want to help the environment or just make everyday tasks a little easier for people. Whatever it is, you need to be sure it's something that motivates you.

- *Do I have experience or knowledge about this business opportunity?* The more informed you are about your idea, the easier it may be for you to turn it into a business.

"Ideally, you'll find the perfect intersection between your interests, expertise, and what the market is demanding," says Dr. Dennis Kimbro, a business professor and best-selling author. Once you've identified what sparks your passion and the skills you have to offer, then it's time to find out who is willing to pay for your product or service.

Find your market

To avoid launching your idea in a market with limited opportunities, conduct market research. This data-grounded approach may help you determine if your business idea will actually be successful.

Start by thinking about the type of person you envision purchasing your product or needing your service. Your idea of who your target customer should be may change after conducting market research, so remember this step is about understanding your customer base. Grounded on this understanding, consider ways to adjust your business to better serve the needs of this segment.

The purpose of market research is to find out how your business can best meet the needs of its target market. To get a baseline understanding of your potential customers, you can use:

- *Surveys:* [SurveyMonkey](#) and [Hubspot](#) offer free templates to help you get started. SurveyMonkey allows users to select demographics. This way you know exactly what audience is answering your survey questions.

- *Focus groups:* [FocusGroupIt](#) lets you organize and conduct your own focus groups through social media.

- *Existing research on your target market:* can help give you a basic look at the audiences you could serve. The U.S. Small Business Administration (SBA) also recommends these [free data sources](#):

- [Business Data and Statistics provided by the SBA](#)

- [Small Business Statistics provided by the SBA](#)

- [The American FactFinder and other tools provided by the U.S. Census Bureau](#)

- [Economic indicators available at the U.S. Bureau of Economic Analysis](#)

- *Competitor research:* Knowing your competition is just as important as knowing your customer. Research the product or services you plan to offer online to find your competition, where they are located, and how they are marketing themselves. And while most people view Yelp as a helpful tool for customers to leave feedback, it can actually be useful for entrepreneurs as well. Look at [Yelp reviews](#) to learn what customers say about the strengths and weaknesses of other companies.

Based on your research, come up with answers to questions like:

- What can I offer that people want, and how much will they pay for it?
- Who are my ideal customers, and what problems do they have that I could potentially solve?
- How will I reach these customers, and what will it cost?
- Can I successfully compete with existing businesses in this space?

Opening a business can be exciting and challenging all at once, but preparation can help reduce some of the risks associated with starting new ventures. Take the time you need to research and plan ahead — it could pay off in the long run.

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Of all the things I've ever said,
Of all the tears I've ever shed,
Of all the things I did to you,
I want you to know that I still love you.

Of all the days we fought and cried,
Of all the days I wished I'd died,
Of all the things you did to pull me through,

I don't believe it, but I still love you.

Two-time Emmy-nominated actress Paula Kelly has died at 77

By The Associated Press

LOS ANGELES (AP) — Actress, singer and dancer Paula Kelly, who earned an Emmy Award nomination on the sitcom "Night Court" and co-starred with Chita Rivera and Shirley MacLaine in the film "Sweet Charity," has died. She was 77.

Kelly died Sunday of chronic obstructive pulmonary disease, according to Los Angeles' Ebony Repertory Theatre.

Kelly earned a best supporting actress Emmy nod in 1984 for portraying public defender Liz Williams on the first season of NBC's "Night Court" and received another in 1989 for playing a lesbian on the ABC miniseries "The Women of Brewster Place."

Kelly made her Broadway debut in the 1964 musical "Something More!" directed by Jule Styne and starring Barbara Cook. She later shared the stage with Morgan Freeman on Broadway in "The Dozens." One of her most important roles was Helene in "Sweet Charity," which she played onstage in London and then reprised in Bob Fosse's feature film debut.

Her other film credits include "The Andromeda Strain," "Top of the Heap" and "Soylent Green." Her vast TV credits also include "Santa Barbara," "Mission: Impossible," "Kojak" and "The Golden Girls."





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