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VOLUME 74 NUMBER 34

SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

May 5 - 11, 2022

Black doctors say they face discrimination based on race

By KATE BRUMBACK

ATLANTA (AP) — Dr. Dare Adewumi was thrilled when he was hired to lead the neurosurgery practice at an Atlanta-area hospital near where he grew up. But he says he quickly faced racial discrimination that ultimately led to his firing and has prevented him from getting permanent work elsewhere.

His lawyers and other advocates say he’s not alone, that Black doctors across the country commonly experience discrimination, ranging from microaggressions to career-threatening disciplinary actions. Biases, conscious or not, can become magnified in the fiercely competitive hospital environment, they say, and the underrepresentation of Black doctors can discourage them from speaking up.

“Too many of us are worried about retaliation, what happens when you say something,” said Dr. Rachel Villanueva, president of the National Medical Association, which represents Black doctors. “We have scores of doctors that are sending us letters about these same discriminatory practices all the time and seeking our help as an association in fighting that.”

According to the Association of American Medical Colleges, Black doctors made up just 5% of active physicians in the U.S. in 2018, the most recent data available. People who identify as Black alone represent 12.4% of the total U.S. population, according to the 2020 U.S. census. For the 2021-2022 academic year, 8.1% of students enrolled in medical schools identified as Black alone. The medical school

Continue **Doctors** Page 5

ROE V. WADE

Biden blasts ‘radical’ Roe draft warns other rights at risk

By ZEKE MILLER and JESSICA GRESKO



Vice President Kamala Harris speaks at the Emily's List National Conference and Gala, Tuesday, May 3, 2022, in Washington. (AP Photo/Patrick Semansky)

WASHINGTON (AP) — President Joe Biden on Tuesday blasted a “radical” Supreme Court draft opinion that would throw out the landmark Roe v. Wade abortion rights ruling that has stood for a half century. The court cautioned no final decision had been made, but Biden warned that other privacy rights including same-sex marriage and birth control are at risk if the justices fol-

low through. Chief Justice John Roberts said he had ordered an investigation into what he called the “egregious breach of trust” in leaking the draft document, which was dated to February. Opinions often change in ways big and small in the drafting process, and a final ruling has not been expected until the end of the court’s term in late June or early July.

Across the nation, Americans grappled with what might come next. The Democratic-controlled Congress and White House both vowed to try to blunt the impact of such a ruling, but their prospects looked dim.

A decision to overrule Roe would have sweeping ramifications, leading to abortion bans in roughly half the states, sparking new efforts in Democratic-leaning

states to protect access to abortion, and potentially reshaping the contours of this year’s hotly contested midterm elections.

Speaking to reporters before boarding Air Force One, Biden said he hoped the draft wouldn’t be finalized by justices, contending it reflects a “fundamental shift in American jurisprudence” that

Continue **Draft** Page 2

America’s Teens in Crisis: Mental Health Disorders Now Biggest Concern

“The mental health of Black American youth “was in crisis long before COVID-19 devastated the world, but no national public health crisis was called.”

Mental health disorders stand as a chief concern among American teenagers, according to researchers who said the pervasiveness of such illnesses wasn’t a top worry decades ago. Indeed, 30 years ago,

most health experts reported that primary concerns about teens included pregnancy, smoking, drunken driving, and binge drinking.

However, new statistics have revealed that in 2019, 13 percent of adolescents

reported having a major depressive episode, which the Pew Research noted equated to a 60 percent increase from 2007.

The report revealed that emergency room visits by children and adolescents in

that period also rose sharply for anxiety, mood disorders, and self-harm.

And for individuals ages, 10 to 24, suicide rates, stable from 2000 to 2007, leaped

Continue **Teens** Page 4



By Stacy M. Brown
NNPA Newswire Senior National Correspondent@StacyBrownMedia/Photo Courtesy NNPA

Dallas Arboretum Offers Children’s Summer Camps for Grades 1st-6th

Registration is now open

DALLAS, Texas (Spring 2022) - The Dallas Arboretum and Botanical Garden presents children’s summer camps that spark imagination in STEM and nature from June 6 to August 5, 2022. Designed for students entering first through sixth grades in fall 2022, all camps run Monday-Friday from 9 a.m.-3p.m.

Pricing for this year’s camps range from \$285-300 per week, with specific details and registration available now at dallasarboretum.org/camps. For additional information, contact 214-515-6540 or education@dallasarboretum.org.

“The Dallas Arboretum

Continue **Camps** Page 4



Recognizing #BLACK EXCELLENCE for 74 Years





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EDITORIAL PAGE

Kingdom: The Royale of Boxing

My Day Mix

By Dr. J. Ester Davis

Boxing, one of the oldest sports on earth has a documented history as far back as 3000BC in Egypt. Then there were the good ol' gladiator days. The English Aristocracy with their keen interest in tradition used boxing as a means to handle disputes among the rich. This is where the term 'prizefighter' was originated. Boxing entered the 20th century Olympics with record breaking attendance. During the turn of the 21st century African Americans were the dominant force in professional boxing.

Putting this article together, I concluded that were only two(2)words befitting for this history making legacy in boxing, the sport. This boxing experience for Southern Dallas is absolutely like no other on earth.

The two(2)words are simple ones .Game. Changing.

Introducing. Kingdom Boxing, more than your ordinary boxing promotions circus. Kingdom Boxing was designed with a life changing experience in mind propelled by a faith filled self driving destiny. The "Royal Rounz II" is in full bloom as I write. The date is Saturday, May 14, 2022. The Factory, 2713 Canton Street,

Dallas, Texas. Doors open 6:00 PM. First Round 7:00 PM. And yes! Charles "The Future" Hatley, a home grown product is on the ticket. Roy Jones, Jr., and Christi Martin are due in Dallas for Roundzll.

Engineered in 2021, Kingdom Boxing, offers service to the whole boxer

while developing the best boxers of our times, both male and female. I was personally inspired last month because one of the first order-of-business was 'community laced' with college students from Jarvis Christian College. "Gloves-for-Greatness" is a youth program. The students came to the Kingdom Boxing Corporate Offices, received a powerful 'message' about their future, financial literacy, wealth preservation tools, body wellness, lunch and a "pair of real gloves" which ignited a visual high spirited determination. The mission here is dedicated to mentoring our future leaders to achieve greatness, focusing on non-violence, gang violence, missing girls, self-defense, mental health and fitness.



Dr. J. Ester Davis

More information at KingdomBoxing.pro.

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Continued - Biden blasts 'radical' Roe draft, warns other rights at risk - Page 1

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Martin Luther King Jr. Community Center and LIRA Group Present

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Saturday, May 7, 2022
 10 am. - 1 p.m.

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 Dallas, Texas 75215

This is a day to celebrate being a mother. We will inspire your mind, body, and soul with motivational words to help you endure for another day, week, month, and year. This is what you can expect:

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- Wear your hats for a fun hat parade
- Lunch
- Selling vendors i.e. candles, jewelry, oils and scents
- Be camera ready
- Swag bags
- Random Gift Give-a-ways

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Contact us at 214-670-8418 or visit dallasmlkcenter.com for more information.

City of Dallas LIRA IN-N-OUT F2021-22#63

threatens "other basic rights" like access to birth control and marriage.

"If this decision holds, it's really quite a radical decision," he added.

"If the court does overturn Roe, it will fall on our nation's elected officials at all levels of government to protect a woman's right to choose," Biden said. "And it will fall on voters to elect pro-choice officials this November. At the federal level, we will need more pro-choice Senators and a pro-choice majority in the House to adopt legislation that codifies Roe, which I will work to pass and sign into law."

Though past efforts have failed, Senate Majority Leader Chuck Schumer said he intended to hold a vote.

"This is as urgent and real as it gets," Schumer said on the Senate floor Tuesday. "Every American is going to see on which side every senator stands."

Speaking at the EMILY's List political action committee conference Tuesday, Vice President Kamala Harris said the draft opinion showed "women's rights in America are under attack."

"Women's issues are America's issues and democracies cannot be strong if the rights of women are under attack," she added. "Let us fight with everything we've got."

Leaders in New York and California rolled out the welcome mat to their states for women seeking abortions, and other Democratic states moved to protect access to abortion in their laws.

The court's ruling would be most acutely felt by women who don't have the

means or ability to travel from states that have or stand poised to pass stiff abortion restrictions or outright bans

Whatever the outcome, the Politico report late Monday represented an extremely rare breach of the court's secretive deliberation process, and on a case of surpassing importance.

"Roe was egregiously wrong from the start," the draft opinion states. It was signed by Justice Samuel Alito, a member of the court's 6-3 conservative majority who was appointed by former President George W. Bush.

The document was labeled a "1st Draft" of the "Opinion of the Court" in a case challenging Mississippi's ban on abortion after 15 weeks. The draft opinion in effect states there is no constitutional right to abortion services. It would allow individual states to more heavily regulate or outright ban the procedure.

"We hold that Roe and Casey must be overruled," it states, referencing the 1992 case Planned Parenthood v. Casey that affirmed Roe's finding of a constitutional right to abortion services but allowed states to place some constraints on the practice. "It is time to heed the Constitution and return the issue of abortion to the people's elected representatives."

The draft opinion strongly suggests that when the justices met in private shortly after arguments in the case on Dec. 1, at least five — all the conservatives except perhaps Chief Justice Roberts — voted to overrule Roe and

Casey, and Alito was assigned the task of writing the court's majority opinion.

Votes and opinions in a case aren't final until a decision is announced or, in a change wrought by the coronavirus pandemic, posted on the court's website.

Politico said only that it received "a copy of the draft opinion from a person familiar with the court's proceedings in the Mississippi case along with other details supporting the authenticity of the document."

The report comes amid a legislative push to restrict abortion in several Republican-led states — Oklahoma being the most recent — even before the court issues its decision. Critics of those measures have said low-income and minority women will disproportionately bear the burden of the new restrictions.

The leak jumpstarted the intense political reverberations that the high court's ultimate decision was expected to have in the midterm election year. Already, politicians on both sides of the aisle were seizing on the report to fundraise and energize their supporters on both sides of the issue.

Democrats contended that several conservative justices misled senators about their feelings.

And Maine Republican Susan Collins, who supports abortion rights but was a pivotal GOP vote for the confirmations of Justices Neil Gorsuch and Brett Kavanaugh, said if the draft reflects the final opinion of the court, "it would be completely inconsistent with what Justice Gorsuch and

Justice Kavanaugh said in their hearings and in our meetings in my office."

Republican Sen. Lisa Murkowski of Alaska, told reporters on Capitol Hill that "my confidence in the court has been rocked," and said her proposal with Collins to legislate abortion rights should be reinvigorated.

Polling shows relatively few Americans want to see Roe overturned. In general, AP-NORC polling finds a majority of the public favors abortion being legal in most or all cases. Few say abortion should be illegal in all cases.

Still, Americans have nuanced attitudes on the issue. In an AP-NORC poll conducted last June, 61% said abortion should be legal in most or all circumstances in the first trimester of a pregnancy. However, 65% said abortion should usually be illegal in the second trimester, and 80% said that about the third trimester, though many Americans believe that the procedure should be allowable under at least some circumstances even during the second or third trimesters.

Alito, in the draft, said the court can't predict how the public might react and shouldn't try. "We cannot allow our decisions to be affected by any extraneous influences such as concern about the public's reaction to our work," Alito wrote in the draft opinion, according to Politico.

Outside, the Supreme Court building, anti-abortion rights protesters carried signs that said "Ignore Roe"

Continue Draft Page 6

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Support Groups 6:30 p.m.

"THE ENGAGING MINISTRY OF PETER"

Acts 9: 32-43

By Rev. Johnny Calvin Smith



The Apostle Peter, the courageous preacher of Pentecost, has moved his engaging ministry to Lydda. We left Peter in Acts 8:25 in his return to Jerusalem with John after visiting Samaria. Acts is a book of actions and we have seen how God used Philip, the evangelist (Acts 21:8) in the regions of Samaria and Gaza as he shared the Word. Now, Peter comes to the forefront as he moves to Lydda as he confronts a sick man named Aeneas, who had been bedridden for eight years, sick of the palsy. The apostles of the early church had sign gifts and these gifts confirmed their message.

In Acts 9:32-35, Peter miraculously healed Aeneas, which resulted in many believing the gospel. Peter had previously healed a cripple in Acts 3:1-10. This paralytic man was instantly healed and was commanded to make his bed. Yes, this man who had been bedridden for eight years was commanded to make his bed. He laid in the bed for eight years, now it was time to make his bed! Not only did he aid Aeneas in his sick condition by healing him, but Peter will leave Lydda and go to Joppa, where he will raise Dorcas from the dead.

Dorcas was a wonderful Christian woman who did many charitable acts for the poor (Acts 9:36-37). According to verse 38, Peter was dispatched to Joppa because Dorcas had died. Upon arriving at the place where Dorcas was, Peter dismissed all of the mourners, and then he knelt down and prayed for Dorcas. He simply commanded that Dorcas would rise and she was instantly restored (Acts 9:39-41). This miracle of raising Dorcas from her dead state resulted in many in Joppa to believe in the Lord (Acts 9:42-43).

Thus far, we have seen that wherever Philip and Peter went, they were engaged in presenting the gospel of the grace of God. The message of both Philip and Peter was confirmed through sign gifts. As stated before, these sign gifts were only exercised by the apostles in the early church. These gifts served as evidences that their message was true. As believers today, we do not possess such gifts; however, we can share with power that Christ is the answer to the spiritual plight of mankind. And like Peter and Philip, we can serve to meet the various spiritual challenges of a dying age.

I am glad that someone told me about Jesus and now I have the blessed assurance of my salvation. As stewards of the grace of God, let us be faithful as we minister to others, for we do have a definite charge to serve this present age. To emphasize our charge to do God's will, a hymn writer wrote:

A Charge to Keep I Have

*A charge to keep I have,
God to glorify.
A never dying soul to save,
And fit it for the sky.*

*To serve to present age,
My calling to fulfill.
O may it all my powers engage
To do my Master's will!*

May God Bless!



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2258	Mega Loteria Overall Odds are 1 in 3.54	\$10	6/22/22	12/19/22

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Continued Camps Page 1

summer camps are an excellent combination of outdoor and indoor activities filled with fun, interactive learning and exploration of the gardens," said Selena Wilson, Dallas Arboretum director of education. "These camps are popular and often fill up, so we encourage you to sign up your children and grandchildren right away."

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 Grades 4-6: July 25-29
 - Farm to Fork: Food Explorers**
 Grades 1-3: June 13-17
 Grades 4-6: June 6-10
 - Inspired by Nature: Garden Artists**
 Grades 1-3: June 27-July 1
 Grades 4-6: June 20-24
 - SciQuest: Space Voyagers**
 Grades 1-3: July 11-15
 Grades 4-6: July 18-22
 - CSI: Cool Science Investigators**
 Grades 1-3: June 6-10
 Grades 4-6: June 13-17
 - Dino World**
 Grades 1-3: July 18-22
 Grades 4-6: July 11-15
 - Creature Features: Creepy, Crawly, and Cool**
 Grades 1-3: June 20-24
 Grades 4-6: June 27-July 1
 - Make & Grow: Garden**



Adventurers
 Grades 1-3: July 25-29
 Grades 4-6: August 1-5

About the Dallas Arboretum and Botanical Garden:
 The Dallas Arboretum and Botanical Garden is located on the southeastern shore of White Rock Lake at 8525 Garland Road, Dallas, Texas 75218. The garden is also home of the nationally acclaimed Rory Meyers Children's Adventure Garden. It is open daily from 9 a.m.-5 p.m. The Dallas Morning News is the principal partner of the Dallas Arboretum. The Arboretum is supported, in part, by funds from the Dallas Park and Recreation Department. WFAA, Channel 8 is an official media sponsor for the Dallas Arboretum. Timed tickets are required and can be purchased online at www.dallasarboretum.org or by calling 214-515-6615.

Continued Teens Page 1

nearly 60 percent by 2018, according to the Centers for Disease Control and Prevention.

Further, the mental health of Black American youth "was in crisis long before COVID-19 devastated the world, but no national public health crisis was called," Dr. Amanda Calhoun, an adult/child psychiatry resident at Yale Child Study Center at the Yale School of Medicine, wrote for Med Page Today.

"In 2019, the Congressional Black Caucus (CBC) Emergency Taskforce on Black Youth Suicide and Mental Health released a report documenting the alarming increases in Black youth suicide rates," Dr. Calhoun noted.

"The suicide death rates among Black youth have been increasing faster than those of any other racial/ethnic group in America, and Black youth under 13 years old are twice as likely to die by suicide compared to their white peers."

Dr. Calhoun also cited preliminary federal data which noted the suicide rate for Black girls and women ages 10 to 24 increased more than 30 percent in 2020, and by 23 percent among Black boys and men in the same age group.

"Yet, many suicide predictor models continue to list 'white race' as a factor that increases risk of suicide, and the myth that Black youth do not commit suicide persists," Dr. Calhoun reported.

During the pandemic, children, adolescents, and young adults have faced unprecedented challenges – the COVID-19 pandemic has dramatically changed their world, including how they attend school, interact with friends, and receive health care.

According to a 52-page advisory from U.S. Surgeon General Vivek H. Murthy, children missed first days of school, months or even years of in-person schooling, graduation ceremonies, sports competitions, playdates, and time with relatives.

As of June 2021, more than 140,000 children in the U.S. had lost a parent or grandparent to COVID-19.

Matt Richtel, a best-selling author and Pulitzer Prize-winning journalist at the New York Times, spent more than a year interviewing adolescents and their families for a series on the mental health crisis.

"In mid-April, I was speaking to the mother of a suicidal teenager whose struggles I've been closely following. I asked how her daughter was doing," Richtel reported.

"Not well," the mother said.


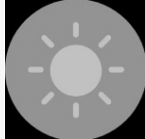

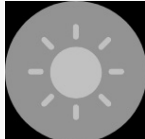



"If we can't find something drastic to help this kid, this kid will not be here long-term," Richtel said the mother started to cry.

"It's out of our hands, it's out of our control," she

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SPORTS/NEWS PAGE

Day Weather Forecast for DFW

Thursday, May 5	Friday, May 6	Saturday, May 7	Sunday, May 8	Monday, May 9	Tuesday, May 10	Wednesday, May 11
 H - 79° L - 62°	 H - 85° L - 66°	 H - 91° L - 72°	 H - 92° L - 75°	 H - 87° L - 73°	 H - 88° L - 70°	 H - 82° L - 66°

Continued **Doctors** Page 1



Dr. Dare Adewumi poses for a portrait, Tuesday, March 15, 2022, in Atlanta. Adewumi was thrilled when he was hired to lead the neurosurgery practice at Wellstar Cobb Hospital in Austell, Ga., in the Atlanta-area near where he grew up. But he says he quickly faced racial discrimination that ultimately led to his firing and has prevented him from getting permanent work elsewhere. His lawyers and other advocates say he's not alone. (AP Photo/Mike Stewart)

what many, many highly skilled, highly trained, highly credentialed African American doctors are experiencing in this country.”

Adewumi said some of his surgical decisions were questioned and he was placed on a performance review plan, steps he says were a pretext to push him out. He said he had a previously unblemished record and his white colleagues didn't face similar scrutiny.

“I've worked so hard, done so much to get to this level, and all I really wanted to do was help sick people,” he said. “And here I was having this taken away from me for no reason other than my skin color.”

William Hill, an attorney for Wellstar, said the case is sealed so he's unable to speak about specifics.

“Wellstar does not discriminate. Dr. Adewumi has not been the subject of discrimination or unfair treatment. Patient care and safety are Wellstar's top priorities,” Hill wrote in an email, noting that they have filed a motion to dismiss the lawsuit.

Dr. Stella Safo, an HIV specialist, is among a group of past and present employees at the Arnhold Institute for Global Health at Mount Sinai in New York City who in April 2019 sued alleging sex, age and race discrimination. Some claims have been dismissed but others are moving forward. Safo's claims focus on alleged gender discrimination, but she said that, as a Black woman, race and gender discrimination are intertwined. Since filing the lawsuit, she's heard from a lot of people with similar stories.

Adewumi's allegations don't surprise her: “It's what many of us have gone through directly,” she said.

Speaking out has been “terrible,” Safo said, adding that she risked her career and lost friendships. But she's felt vindicated by changes:

Continue Doctors in our next edition, May 12, 2022.

Ron Washington busy on 70th birthday, Braves beat Texas

By **STEPHEN HAWKINS**

ARLINGTON, Texas (AP) — The Atlanta Braves had quite a bash on Ron Washington's 70th birthday.

William Contreras hit two impressively long home runs, Austin Riley also connected and Travis Demeritte had an inside-the-park homer when he was emphatically waved home by the beloved third-base coach as the Braves beat the Texas Rangers 6-3 on Friday night.

Washington's birthday came on the day Atlanta opened the series in Texas, where the baseball lifer was the manager of the Rangers for their only World Series appearances in 2010 and 2011. He finally got a championship ring last year with the Braves, and was showing that off on the field before the game.

Washington's birthday came on the day Atlanta opened the series in Texas, where the baseball lifer was the manager of the Rangers for their only World Series appearances in 2010 and 2011. He finally got a championship ring last year with the Braves, and was showing that off on the field before the game.

Atlanta went ahead to stay after Demeritte led off the game with a single and Riley hit his sixth homer, a 424-foot shot over the center-field wall against Garrett Richards (0-1), the first of six Texas pitchers.

When Demeritte led off again in the third, Adolis Garcia initially turned the wrong way in center field. By time Garcia recovered and lunged about 40 feet from the wall, the ball hit the ground right in front of him, then ricocheted off his glove and away from him



Atlanta Braves third base coach Ron Washington reacts after Braves' William Contreras hit a solo home run against the Texas Rangers during the fourth inning of a baseball game Friday, April 29, 2022, in Arlington, Texas. (AP Photo/Ron Jenkins)

toward the warning track. “He kind of had a beat on it, so I was just kind of tracking him,” said Demeritte, who then noticed Garcia turn back. “I kind of knew he was having a little trouble with it. ... It clicked with me. I was like, all right, I'm going to for it.”

Especially when he neared third base and Washington had his arm in an all-out windmill motion.

“Loosen up that rotator cuff, baby,” said Demeritte, who slid headfirst and remained on the plate momentarily while catching his breath.

While the four Atlanta homers came off four different Rangers pitchers, Braves right-hander Ian Anderson (2-1) allowed two runs and three hits with five strikeouts and two walks over six innings. Kenley Jansen worked the ninth for

his sixth save in as many opportunities.

Contreras hit both of his solo shots to center, a 429-foot drive leading off the third, and a 435-footer in the sixth that made it 6-1 and included a salute to Washington as he rounded third. Those were the first homers this season for Contreras, and his first career multihomer game.

Garcia and Corey Seager homered for Texas, which lost its fourth game in a row.

“We've got to get back to just playing baseball. Listen, we have a great group. We had a blast in spring training and we had a blast coming out of camp,” said manager Chris Woodward, adding his 6-14 team has since gotten a bit tight. “We have to stop stressing so much. ... We've got to play free out there.”

When the base coaches were introduced before the

top of the first inning, Washington got a loud ovation from the crowd, and tapped his heart in a show of appreciation. When his birthday was noted on the big video boards before the second, there was an even louder response from the fans and the Texas manager from 2007-14 tipped his helmet toward them. He is the franchise's winningest manager with 664 wins.

“I had three opportunities in the World Series and I finally got one. So it's very special. I mean, my heart is broken that I (wasn't) able to get one here in Texas, and we had two opportunities at it,” Washington said before the game. “But, you know, when things don't work out the way you want them to work out, you've got to pick up the pieces and you've got to move on. The Lord blessed me to be fortunate enough to be in Atlanta.”

Continued **Teens** Page 4

said. “We're trying everything.”

She added: “It's like waiting for the end.”

Over nearly 18 months of reporting, Richtel said he got to know many adolescents and their families and interviewed dozens of doctors, therapists, and experts in the science of adolescence.

“I heard wrenching stories of pain and uncertainty. From the outset, my editors and I discussed how best to handle the identities of people in crisis,” he penned.

Richtel's finding only amplified what medical experts have broadcast.

Since the pandemic

began, there have been increases in the rates of psychological distress among young people, including symptoms of anxiety, depression, and other mental health disorders.

“Recent research covering 80,000 youth globally found that depressive and anxiety symptoms doubled during the pandemic, with 25 percent of youth experiencing depressive symptoms and 20 percent experiencing anxiety symptoms,” Dr. Murthy wrote in his advisory.

Negative emotions or behaviors such as impulsivity and irritability – associated with conditions such as ADHD – appear to have moderately increased,

according to the CDC.

Further, early clinical data also proved problematic.

In early 2021, emergency department visits in the United States for suspected suicide attempts were 51 percent higher for adolescent girls and 4 percent higher for adolescent boys compared to the same period in early 2019.

“Moreover, pandemic-related measures reduced in-person interactions among children, friends, social supports, and professionals such as teachers, school counselors, pediatricians, and child welfare workers,” Dr. Murthy wrote.

“This made it harder to recognize signs of child

abuse, mental health concerns, and other challenges.”

The CDC further noted that young people also experienced other challenges that may have affected their mental and emotional well-being during the pandemic.

Those include the national reckoning over the deaths of Black Americans at the hands of police officers, including the murder of George Floyd.

It includes COVID-related violence against Asian Americans, gun violence, an increasingly polarized political dialogue, growing concerns about climate change, and emotionally charged misinformation.

“The pandemic has been

challenging for most people, yet the teenage population, particularly females, have suffered tremendously,” Dr. Carla Marie Manly, a clinical psychologist, explained in a recent email.

“Given the importance of social connections during adolescence, many teens have felt extremely isolated, lonely, and depressed as a result of the constraining nature of the pandemic,” Dr. Manly asserted.

“Many teens have turned to social media use for connection, yet social media has its own host of stressors and often increases anxiety and can foster low self-esteem.”

Dr. Manly said parents and caregivers who have

adolescents struggling with anxiety or depression are often confused and don't know what course to take.

Many parents fear that talking about the issue will “only make matters worse.”

“Yet, in truth, teens – even the most independent ones – need their parents' steady presence and gentle guidance,” Dr. Manly recounted.

Cathy Mills, Director of Strategy for Net Influencer, insisted that it's crucial to balance work life and mental health.

“I consider it very important that especially employers and family members support young people in the

Continue **Teens** Page 6

Texas moves one step closer to adopting a new, more rigorous teacher certification exam

The State Board of Education must still approve use of the Educative Teacher Performance Assessment, which was dropped by two states that had adopted it.

BY BRIAN LOPEZ



Kindergarten teacher Angie Hogan reads a book to her class in September 2020 at Highland Village Elementary. The State Board for Educator Certification has adopted the Educative Teacher Performance Assessment in an effort to better prepare new teachers and keep them in the profession.

Photo Credit: **Shelby Tauber** for The Texas Tribune.

A state board on Friday voted in favor of requiring a new teacher certification exam in an effort to better prepare new teachers and keep them in the profession.

The 11-member State Board for Educator Certification, which oversees the preparation, certification and standards of conduct of public school educators, adopted the Educative Teacher Performance Assessment, also known as the edTPA exam, in a 8-to-1 vote. Board member Tommy Coleman was not present, and board member Jean Streepey abstained.

The State Board of Education must still approve the test before it's officially adopted for new Texas teachers. The board is expected to consider the matter in June.

This new licensing test would replace the old Pedagogy and Professional Responsibilities exam, a test of 100 multiple choice questions that has been in use since 2002. Critics of the PPR teacher certification exam have called it a less-than-precise way of testing a new teacher's potential. All 100 questions on the test are multiple choice, making it easier to pass.

The edTPA, which was developed at Stanford University, requires teachers to submit answers to essay questions and provide a sample lesson plan, a 15-minute video of themselves teaching in the classroom and a report on their students' progress.

Proponents of the new exam say it will better support and retain new teachers because it can pinpoint exactly what a teacher lacks through the video recordings and written analyses provided. Those against the edTPA say it creates a barrier for people of color entering the profession because it costs nearly \$200 more than the PPR. It has been scrapped in New York and Washington, two states where it had been required.

If it's approved by the State Board of Education, the edTPA will become an optional test in 2022-23 and then be required as a pass/fail exam in 2023-24 before it's fully implemented in 2024-25.

This article originally appeared in The Texas Tribune at <https://www.texastribune.org/2022/04/29/txas-teacher-certification/>.

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Door Prizes * Food for the Soul * Fashion Show

Continued **Draft** Page 2

and "In God We Trust" while their pro-abortion-rights counterparts held placards declaring "Bans off our Bodies" and "Impeach Kavanaugh." Crowds built as the day wore on.

Jessica Fendryk, 39, who drove an hour from Bel Air, Maryland, spoke of generations of demonstrators.

"I can't believe how many women I have met that did this in their lifetime already. And so I feel like I owe it to them to be here because they already did this," she said. "And now we have to be fighting for them all over again."

Outside Washington, the reaction among conservatives was muted, ranging from cautious celebration

over the anticipated ruling to sharp criticism of the source of the leaked draft.

"We will let the Supreme Court speak for itself and wait for the court's official opinion," Mississippi Attorney General Lynn Fitch said in a statement.

At Supreme Court arguments in December, all six conservative justices signaled that they would uphold the Mississippi law, and five asked questions that suggested that overruling Roe and Casey was a possibility.

Only Roberts seemed prepared to take the smaller step of upholding the 15-week ban, though that, too, would be a significant weakening of abortion rights.

Until now, the court has allowed states to regulate

but not ban abortion before the point of viability, around 24 weeks.

Twenty-six states are certain or likely to ban abortion if Roe v. Wade is overturned, according to the pro-abortion rights think tank the Guttmacher Institute. Of those, 22 states already have total or near-total bans on the books that are currently blocked by Roe, aside from Texas. The Texas law banning it after six weeks has been allowed to go into effect by the Supreme Court due to its unusual civil enforcement structure. Four more states are considered likely to quickly pass bans if Roe is overturned.

Sixteen states and the District of Columbia have protected access to abortion in state law.

"The more you praise and celebrate your life, the more there is in life to celebrate."

"Think like a queen. A queen is not afraid to fail. Failure is another steppingstone to greatness." Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

"Doing the best at this moment puts you in the best place for the next moment."

- Oprah Winfrey -

Continued **Teens** Page 5

process of depression and anxiety," Mills advised.

"Something that has worked with my family members is to propose a me-treatment to young people. People today are very focused on meeting the needs of others and forget that being well with oneself is the most important thing to be successful in all areas of life," she continued.

"In these me-treatments, it is important to write in journals, do meditations, practice sports, dance, and even travel alone. These actions will make young people feel more confident and have better mental health, which will allow

them to face any situation or challenge at work and in daily life."

Dr. Jeannette R. Craigfeld, who practices clinical psychology at the Therapy Group of D.C. in Northwest Washington, said friends and family must listen to and understand the views of a loved one.

"Let them know that you're willing to listen whenever they want to talk and that you can also just sit with them if that's what they need," Dr. Craigfeld demanded.

"Give your loved one permission to be wherever they're at with their depression and anxiety and that they don't need to force themselves to seem okay

around you."

Dr. Craigfeld continued: "Remember that there are no easy fixes for mental illness. This is difficult to do with someone you love, as it's hard to hear that they're in pain. Still, it's important to remember that listening and understanding them will give your loved ones much more relief from their depression and anxiety than anything else you could do.

"It's also important to make sure you're taking care of yourself as well since it's hard to care for others if you're not at your best first. Permit yourself to take time for yourself whenever you need to and do things that are soothing for you."

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