

“Let no man pull you so low as to hate him.”

~ Martin Luther King, Jr.



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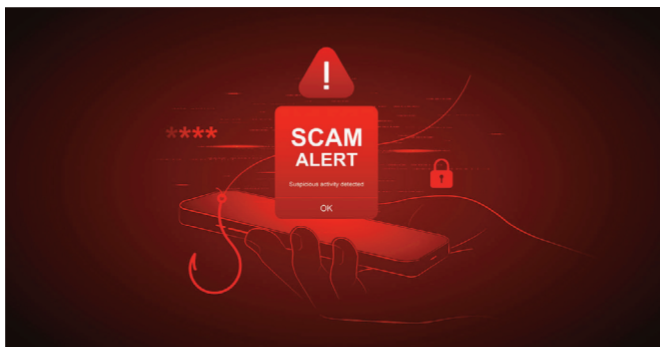
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December 11 - 17, 2025

BLACK PRESS, USA

Fake Deals, Phony Deliveries, and AI Cons Turn Holidays into Prime Scam Season

By Stacy M. Brown
Black Press USA Senior National Correspondent



Vector illustration of smartphone scam alert with hacker, phishing, malware, and cybercrime. Ideal for fraud prevention, mobile threats, and digital safety.

Holiday lights are blinking across the country, but so are the warning signals. From fake delivery texts to phony charities to scammers cloning voices with artificial intelligence, the holiday season has become a feeding ground for some of the most aggressive fraud tactics targeting Americans today. Law enforcement, consumer watchdogs, and financial institutions agree

on one thing. No one is immune.

Capital One has tracked a surge in scams designed to look legitimate at first glance. The bank warns that criminals are impersonating associates and claiming a customer's credit card has been compromised. Victims are told that their card needs to be collected for testing. A

Continue **Fake** page 3



Piles of trash fill the ditch across a construction site in the Trinity Gardens neighborhood in northwest Houston, Thursday, Dec. 4, 2025. (AP Photo/Lekan Oyekanmi)

DOJ ends monitoring of illegal dumping in Houston in retreat from environmental justice

By JIM MUSTIAN and JUAN A. LOZANO
Associated Press

HOUSTON (AP) — The U.S. Justice Department has withdrawn from an agreement with the city of Houston to curb illegal dumping in Black and Latino neighborhoods, part of the Trump administration's broad dismantling of environmental justice initiatives.

Federal authorities quietly ended the monitoring this year as they pulled the plug on a similar settlement over wastewater problems in rural Alabama, according to three former law enforcement officials who spoke on the condition of anonymity because the move wasn't made public.

Without federal monitoring, advocates in Houston said city officials have become less responsive to residents afflicted by persistent dumping in the historically Black neighborhood of Trinity/Houston Gardens.

"We have nothing to fight with anymore," resident Huey German-Wilson, who has spent years drawing attention to the problem, told The Associated Press during a tour of illegal dumping hotspots. "We've got a watered-down

EPA. We've got no assistance from the DOJ. The city has no reason to respond to us, and we're finding that they are truly ignoring us."

The Justice Department declined to comment. Houston officials did not respond to requests for comment.

'Rotting carcasses'

A DOJ investigation found in 2023 that the Houston neighborhood in question had been inundated by illegal dumping of trash, medical waste, mattresses and even dead bodies and "rotting carcasses" — a description local officials insisted was exaggerated.

Its settlement with the city called for three years of federal monitoring, public data reporting requirements and community outreach to impacted neighborhoods.

Former Mayor Sylvester Turner, a Democrat who died this year after winning a U.S. House seat, had called the DOJ investigation "absurd, baseless and without merit," though his administration later agreed

Continue **DOJ** page 6

Rep. Jasmine Crockett Announces Run for Senate, Rev. Frederick Haynes, III Files to Run for Her Old Seat

By Lauren Burke



Rep.Jasmine Crockett/Photo Credit **Black Press** Files

"We need to stop all the hell that is raining down on all of our people," said Rep. Jasmine Crockett from a Dallas stage to a cheering, standing-room-only crowd.

On December 8, Rep. Crockett, who has built a reputation as a firebrand in Congress in the fight against Trump's MAGA Republicanism, announced she would run for the U.S. Senate in 2026.

Rep. Crockett will be competing to take on veteran Republican Senator

John Cornyn, but there is also a competitive primary. Regardless, Rep. Crockett is likely to be viewed as the frontrunner.

Additionally, nationally known Pastor Dr. Frederick Haynes III, of Friendship West Baptist Church, who introduced Rep. Crockett, will also be running for Congress in 2026. Rev. Haynes has filed to run to be the Democratic nominee in Texas's 30th congressional district — Crockett's old district, though redrawn.

In another development, former Congressman Colin Allred announced he is dropping out of the race for U.S. Senate to run in the 33rd congressional U.S. House seat in Texas.

There's no surprise that there's a flood of political news out of Texas because the filing deadlines for congressional races to be decided by voters in November of 2026 are this week. Last week's decision by the Republican controlled U.S. Supreme Court

in favor of the congressional maps drawn by Texas Republicans in August of this year also reset the deck chairs in Texas politics.

"We need a fighter today in light of what's happening in Washington, DC. In light of what's happening in Austin. We need someone who ain't scared — we need someone who is ready to fight," Rev. Haynes told the crowd as he introduced Crockett to the stage in

Continue **Seat** Page 2

NBCI and ACHDC Release Major Report to the HHS and Congress Concerning Vaccine Confusion

Vaccines are good for America!

Washington, D.C. — The National Black Church Initiative (NBCI), a coalition of 150,000 African American and Latino faith communities comprising 27.7 million members, has released a 43-page report on the confusion surrounding vaccines and their effects on vulnerable populations. The report, Vaccines Are Good for America, focuses on the need for vaccines and the negative consequences of the confusion for African Americans, Latinos, young children, immunocompromised adults, and the poor. According to health ex-

perts, vaccine confusion will lead to 100,000 premature deaths among African Americans with dual diagnoses over the next five years.


Rev. Anthony Evans, President of the National Black Church Initiative, says, "Vaccines are good for America. NBCI is proud to let its 27.7 million members know that there is 100 years of scientific data that support the effectiveness and safety of vaccines. The benefits of vaccines truly outweigh the risks—this is

Continue **Vaccine** Page 6



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EDITORIAL PAGE

The Landscape For College Athletes and Coaches Is High on Money and Low on Allegiance

By James B. Ewers Jr., Ed.



Dr. James Ewers

Football season is winding down and in the coming weeks, bowl games and college football playoffs will begin. In some respects, football is a year-round sport. The playing stops, but the recruiting of prospective college student-athletes never does.

Let's be reminded that college signing day will be Wednesday, February 4, 2026. Now, there is the early signing period, which happens this month, where high school recruits can sign a National Letter of Intent.

Student-athletes, along with their parents and family, will sit at tables with pen in hand. The custom is to have three or four caps of the schools recruiting them, and they will choose the winning school's cap. What role do NIL agreements play?

Another factor that is in play is the transfer portal. Thousands of college student-athletes have benefited from it over the years. They

are looking for more playing time and usually more money. Back in the day, student-athletes at the Division I level had to sit out a year before joining their new team.

According to ESPN, over 3,400 FBS scholarship players in 2024-2025 entered the transfer portal. This number was much lower prior to Name, Image, and Likeness agreements. It says the days of the pure athletic scholarship are over. I received an athletic scholarship to attend college and was thankful to get it.

I have raised a debatable question before, and that was how teammates feel about each other's NIL agreements. Does it cause hard feelings? Is all of that forgotten once the games begin?

I believe that winning is still the most important part of the sports equation. That purist notion still reigns supreme in college athletics. It is the foundation and the bedrock. To quote former player and coach Herm Edwards, "you play to win the game".

Another pressing issue with college football is with coaches. I am old school many times over. Way back when, you didn't see

coaches moving around from school to school. It has changed somewhat today.

Of late, it's like a pigskin carousel. It's going around with the conductor asking Where do you want to get off. This seems to be happening mostly at the Division I level.

College football has had some legendary coaches who left their imprint on the sport. Their names were tied to the schools they represented.

We will never forget Eddie Robinson (Grambling State University), Frank Beamer (Virginia Tech University), Jake Gaither (Florida A&M University), Bobby Bowden (Florida State University), and Bill Hayes (Winston-Salem State University).

These coaches were difference-makers in the lives of their players. They molded boys into men. Simply put, they were winners on and off the field. These are just a few of the coaches that we respected and revered. All of us have our lists of impactful coaches.

Now, we are seeing right in front of our athletic eyes coaches with winning records that are being fired or simply walking away

from their positions. Take, for example, James Franklin, who was fired as the coach at Penn State despite having a winning record. The problem was that his teams couldn't beat Ohio State or Michigan.

Another example is Lane Kiffin, who had a winning record at Mississippi State and decided to pursue another coaching opportunity.

Allegiance wasn't a factor at Penn State with the athletic department. Beating rivals was. Coach Kiffin left because of new challenges, and allegiance wasn't considered. Those are my opinions.

My wife, who is a late-comer to sports, believes that schools shouldn't be allowed to recruit coaches during the season. They should be expected to continue coaching until the end of the season, including bowl games and playoffs.

She also thinks that it is not fair for student-athletes to be left without their head coach when eligible for postseason play. These same sentiments have been expressed by sports commentators and critics across the board.

Unless some changes are made, this trend will continue in college sports.

A Time For Reassessing Dollars and Priorities

By: Dr. John E. Warren, Publisher San Diego Voice & Viewpoint Newspaper



Dr. John E. Warren

While the President wrestles with understanding what "Affordability" means, the rest of us clearly see the reality every time we open our wallets for a purchase, from food to gas, to what used to be the purchase of things we liked or wanted but did not need. Sometimes, pain is good because it helps us take another look at what we consider important in our lives. This can be important information for the marginalized members of our communities who too often appear to be unimportant to those who have had the big bucks and really did need our dollars. But now, as prices are going up on everything while the quantity of what we are purchasing is getting smaller and smaller, those dollars that once seemed so unnecessary are now becoming more and more important.

African Americans spend in excess of 4 trillion dollars a year in America, and yet we demand very little in return. It is fascinating each year when we see the nation gearing up for

Good Friday, and yet, year after year, 99 percent of the merchants do not do business with our media outlets.

We complain about how people treat us while we continue to do business with them. While the nation begins to wrestle with "affordability", we, the people of color, have lived with and continue to live with the reality of never having enough. "We the people" have a real opportunity to change the dynamics of all that's happening in America. The reason for the healthcare scare is due to the racism of those White members of Congress who have already drunk the Kool-Aid of Donald

Trump's hatred and racism while ignoring the Oath of Office; each of them swore to "Protect and Defend" the Constitution.

As we pray as intercessors, let us not forget to hold accountable those who are in office, thinking about re-election, and those who are thinking about seeking office. For people of color, let us first start with ourselves, with more conversation and less ego. Let's help each other make wise financial decisions; let's spend less time on fast food outlets with rising prices for less; let's reconsider those cigarette purchases, sodas, chips, candy, and liquor.

Continued Seat Page 1

front of a packed room. A video played, beginning with the voice of President Donald Trump making several negative statements about the Congresswoman, with the image of a Crockett in profile and then looking straight on into the camera. The Texas Congressman and former prosecutor has never strayed from direct political confrontation with Trump during her time in Congress. She has often won his negative attention.

"There is a responsibility that lies with all of us —

especially in this moment," Congresswoman Crockett started as she took the stage, standing at a podium with the words "CROCKETT TEXAS TOUGH" on it.

"There are those who say ain't no way we tried it 50 kinds of ways — let me

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RELIGIOUS/NEWS

Peter’s Exhortations to Christians Suffering In a Hostile World I Peter 3:13-22



Rev. Johnny Calvin Smith

In this most sublime epistle of Peter, Peter is writing to believers undergoing persecution during the horrendous reign of Emperor Nero. This letter was addressed to Jews scattered and living in foreign cities, facing extreme persecution. Peter reminds these scattered believers that they were “strangers” because they were temporary residents in a hostile world (I Peter 1:1, 2-11). In spite of being in the midst of persecution, Peter encourages these believers with words of hope, a call to holiness, and a just explanation of the role of suffering in their Christian experience.

Peter stresses the fact that these believers have been born again to a living hope because they serve a living Saviour who also suffered unjustly in a hostile world! Because of the believers’ lofty Christian position, their character and conduct can be above reproach as they imitate the Holy One who called them! The essence of their Chris-

tian character can be manifested in actions rooted in the submissive obedience to authorities in the world (I Peter 2:13-25), their conduct in the family (I Peter 3:1-8), their compassionate conduct among one another (I Peter 3:8-12), and to their appropriate response to unjust or undeserved suffering (I Peter 3:13-22)

I Peter 3:13-22 may be outlined as follows: I. Christians Encouraged to Suffer Unjustly in a Hostile World – I Peter 3:13-17; II. The Example of Christ’s Suffering Unjustly – I Peter 3:18-22.

I. Christians Encouraged to Suffer Unjustly in a Hostile World – I Peter 3:13-17

In verse 13, Peter raises a rhetorical question saying: “And who is he that will harm you, if ye be followers of that which is good?” Because of the fact that we are under the complete surveillance of God, no one can harm us without God’s permission! Brothers and

sisters keep on doing good in the midst of persecution because no real harm can come to those who belong to God! Even if we are called upon to suffer, we are blessed and we should not be frightened or be in terror, not be troubled (V. 14). As Christians, it is a privilege to suffer and we should not be afraid of what men can do to us.

In Matthew 10:28 Jesus instructs us not to be afraid of the terror of mankind, for verse 28 says: “And fear not them which kill the body, but are not able to kill the soul: but rather fear Him which is able to destroy both soul and body in hell.” Rather than being terrified and troubled, Jesus Christ must be recognized as Lord and enthroned in our hearts (v. 15). Having acknowledged Jesus’ Lordship in our lives, we must be “ready always” to speak on behalf of our faith! And as you stand in defense of your faith, make sure that those who speak evil of you are in error (v. 16).

In verse 17, the suffering of a persecuted Christian “is better”, or more profitable, than the punishment meted out to an evil doer. It is often God’s will to glorify Himself through suffering believers. Suffering strengthens God’s people (Romans 5:3-4; II Thessalonians 1:4-5, James 1:2-3), preparing them for difficult ministries ahead.

Having discussed “Christians Encouraged to Suffer Unjustly in a Hostile World” – I Peter 3:13-17, now let us discuss “The Example of Christ’s Suffering Unjustly” – I Peter 3:18-22.

II. The Example of Christ’s Suffering Unjustly – I Peter 3:18-22

Jesus’ supreme example of righteous suffering stands as a permanent encouragement to persecuted believers. Christ served as our substitutionary sacrifice for sin: “the Just for the unjust.” The Divine purpose for Christ’s substitutionary work was to reconcile mankind to God. Although

Christ was put to death in the body, He was made alive by the Spirit (V. 18).

In verses 19-20, a very important question can be raised: “When did Christ preach to the spirits (unbelievers) in prison?” Christ was preaching through Noah when once the long-suffering of God waited, as Noah warned the people that it was going to rain. He preached for 120 years yet the people renounced his message. In Christ’s day, the spirits of those men to whom Noah had preached were now in prison. For 120 years Noah preached the word of God and these unbelievers rejected it; and in their rejection, they will not be given another chance to believe!

In verse 21, as the flood wiped away the sinful world, baptism symbolizes one’s break from his old sinful life and embracing one’s new life in Christ. Baptism, for the first century Christian, was a public attestation of his commitment to Christ, regardless of being

persecuted!

Baptism does not save from sin, but from a bad conscience. With Peter, baptism was more than a ceremonial rite but the pledge of a good conscience toward God, through the resurrection of Jesus Christ.

Finally, in verse 22, having mentioned Christ’s resurrection, Peter affirmed that Christ has gone into heaven; thus, Christ’s faithfulness was richly rewarded, for He is enthroned at God’s right Hand. The grand Apostle Paul also attested to His exaltation after His humiliation, for Philipians 2:9-11 states: “Wherefore God also hath highly exalted Him, and given Him a name which is above every name: That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth; And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.”

May God Bless!

Continued **Fake** Page 1

courier arrives, takes the card, and drains the account. Capital One officials explain that “it will never dispatch anyone to a residence to retrieve a card.” Other schemes hitting customers include impostors posing as legitimate charities. They pressure donors and sometimes change pay-

ment amounts when people give in person. Capital One recommends verifying charitable groups through established evaluation websites and reviewing payment screens carefully.

Criminals are also exploiting the online shopping rush. Fraudsters build fake websites and social media storefronts, offer unrealistic discounts, and never deliver

merchandise. Some sites use fraudulent checkout processes to steal both money and personal data. Capital One urges consumers to research businesses and verify reviews before buying.

Consumer Affairs has documented the same patterns nationwide. The outlet reports a spike in misleading social media ads direct-

ing people to buy products that never arrive, or that enroll shoppers in hidden subscriptions. Consumer Affairs noted that online purchase scams were one of the most dangerous fraud categories in the country based on the latest BBB Scam Tracker analysis.

Consumer Affairs also confirms that pyramid-style social media gift exchanges

have reappeared. They promise dozens of gifts in exchange for one. The exchanges are illegal and are designed to harvest personal information belonging to participants and their contacts.

Holiday-themed apps aimed at children are another tool scammers use. Some contain hidden advertising and tracking func-

tions, while others hide malware behind festive graphics.

AARP Research finds that the risk extends well beyond social media. Nearly nine out of ten adults in the United States say they have been targeted by or experienced some form of scam. Its latest

Continue **Fake** Page 4

~ AT A BAR ~ (Solution will appear in December 18 edition)

ACROSS

1. Slovenly ones

6. To do this is human?

9. Not flip

13. Mistress or lover, arch.

14. Precedes de Rivoli

15. Lift a hefty load

16. Sheep-like

17. Invoice qty.

18. Republic on Arabian Peninsula

19. *Aromatic additives

21. *Beer with Bloody Mary, e.g.

23. Major Uziel Gal-designed gun

24. Clarified butter

25. Although, for short

28. Distressed cry

30. Bamboozled

35. What a willow did?

37. J in B. J. King

39. Raspberry drupelets

40. Pelvic bones

41. Birch family tree

43. Banned apple spray

44. Impolite dinner sound

46. Left, Latin prefix

47. Dissenting clique

48. a.k.a. chickadee

50. Four seasons

52. Abode for #1 Down

53. Do, re or mi

55. Buddy Holly's "Peggy ____"

57. *Measuring tool at a bar

60. *Not shaken

64. Dough or cabbage

65. "Gross!"

67. Lacking guile

68. "The Day the World ____ Still"

69. Intelligence org.

70. Ruhr's industrial center

71. Job for a body shop

72. Finish

73. Condemn

DOWN

1. #1 Across, sing.

2. Jeans maker Strauss

3. Leave out

4. Swahili and other languages

5. One of the seven dwarfs

6. Victorian one and Elizabethan one, e.g.

7. *Liquor in Hurricane and Painkiller

8. *Verb related to hangover

9. Fine print add-ons

10. Feeble

11. Above and beyond

12. Mightier than sword

15. Shenzi of "The Lion King"

20. *Spanish dry red wine

22. "For ____ a Jolly Good Fellow"

24. Seductive stare (2 words)

25. *Citrus peel

26. Greeting

27. Laudanum ingredient

29. *Same as rail at a bar

31. South American wood sorrels

32. Trickeries

33. Roleplay

34. *Like martini with olive brine

36. Queen of Hearts' pastry

38. Campbell of "Scream" fame

42. Cook in the oven

45. Sent a modern message

49. Ballerina's support

51. Decayed or disintegrated

54. Cease-fire

56. Use other end of pencil

57. Burlap fiber

58. Desktop picture

59. Small cave

60. Herring's cousin

61. Microprocessor design, acr.

62. "____ and anon"

63. Controvert

64. Psychedelic drug

66. *Liquor in Tom Collins and Gimlet

Statepoint Crossword Puzzle Theme: AT A BAR

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19						20			21	22				
			23				24							
25	26	27		28		29			30		31	32	33	34
35			36			37			38		39			
40						41				42		43		
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SPORTS/NEWS PAGE




7 Day Weather Forecast for DFW

Thursday, Dec. 11




H - 63°
L - 51°

Friday, Dec. 12




H 67°
L - 52°

Saturday, Dec. 13




H - 61°
L - 45°

Sunday, Dec. 14




H - 50°
L - 42°

Monday, Dec. 15




H - 52°
L - 46*

Tuesday, Dec. 16



H - 55°
L - 50°

Wednesday, Dec. 17



H - 69°
L - 51°

Coaching for a legacy

By Gema Guevara
Inside Dallas ISD



Photo Credit: Dallas ISD

When the Dallas Cowboys launched an elite girls flag football league, history was made across Dallas ISD. But nowhere was the impact felt more deeply than at Dr. L.G. Pinkston Sr. High School, whose team won the division championship.

Nicole Stovall, assistant athletic director and lead flag football coach at Pinkston, said she was excited to create a legacy her team could claim forever and to help start the beginning of something bigger for her players and the community.

“Honestly, just being a part of the inaugural staff in Dallas meant a lot,” Stovall said. “This is going to be great, and, of course, we always want to be history makers.”

For Stovall, this focus on creating lasting impact has deep roots.

A Louisiana native, Stovall’s coaching journey began in New Orleans, where she worked with NFL-affiliated middle school flag football leagues and spent time empowering young athletes. After Hurri-

cane Katrina upended her life, Stovall relocated to Chicago, where she taught college football at the now-defunct Robert Morris University Illinois. In 2007, she decided to move to Dallas and join Pinkston, where she has been coaching ever since.

“This is why I mentor students. Sometimes things are placed in our lives and then taken away, so I remind them they can’t take anything for granted,” Stovall said. “I’m just trying to coach them through some of the things that I’ve been through, so that they don’t make the same mistakes.”

Applying these life lessons to the field, Stovall teaches all her players not only resilience from personal loss but also a deep belief in the power of sports to build discipline, collaboration, and self-confidence.

“I think the team is working on building character, because that also means being able to handle adversity,” she said. “Sometimes when we get to a certain competition level, we have to learn how to

win and how to lose with grace.”

The commitment to developing character alongside athletic skill has translated directly into the enthusiasm for flag football. Pinkston’s team saw 15 to 20 girls participate in the first year, and Stovall has already been approached by numerous students who are eager to join.

“I had so many young ladies at the beginning of the school year express their interest in joining flag football,” Stovall said. “Last year, we were only provided an opportunity to have one team per campus. I don’t know what the logistics will be like for those schools that have more than enough players for two teams.”

Even with only one team, the Pinkston Lady Vikings have already made history. In addition to winning the division championship, they advanced to the Dallas Cowboys Girls Flag Football Championship tournament. Although Pinkston fell short of that title, Stovall and her players

are more determined than ever to reach the top.

The strong partnership with the Dallas Cowboys supports achieving these ambitious goals, as they provide uniforms, equipment, and even visibility for college scouts. As a result, flag football is opening doors for young women.

The sport’s momentum suggests a massive future in athletics, and according to Stovall, it may soon become a UIL-sanctioned sport in Texas and even an Olympic event.

“This is the start of something new, and I know the growth is going to be there,” Stovall said. “But the most important thing is the legacy we leave right here.”

After two decades in the district, Stovall’s loyalty to Pinkston and its community remains steadfast. In addition to flag football, Stovall is also the head coach of the girls’ basketball team and supports other sports at the school, including soccer, football, swimming, and wrestling.

Melissa and South Oak Cliff meet on Friday at Cotton Bowl Stadium for UIL football semifinal

Dallas leaders say Cotton Bowl Stadium at Fair Park is open for business and ready to host signature Texas high school football matchups and other premier sporting events

(DALLAS) – The historic Cotton Bowl Stadium at Fair Park is ready for high school football. This Friday, December 12, the legendary stadium will host the 2025 UIL Texas Football State Championship 5A Division 2 semifinal featuring the Melissa Cardinals and South Oak Cliff Golden Bears. Kickoff is set for 7:30 p.m.

Dallas Park and Recreation officials say hosting the semifinals marks the stadium’s return as a venue for premier high school football. “Ten years ago my son played quarterback for South Oak Cliff High School in a playoff game at the Cotton Bowl, and I really wanted the next generation of SOC student athletes to be able to play a game of great significance in the City’s signature stadium and be able to make memories that will last a lifetime,” said Dallas City Council Member Maxie Johnson.

Park leaders say the Cotton Bowl is open and ready to host signature high school matchups, giving local athletes and fans a chance to experience football on a legendary field.

John D. Jenkins, Director, Dallas Park and Recreation Department added, “We are excited to welcome high school football to the Cotton Bowl. This stadium is rich in tradition yet offers modern amenities following its recent \$140 million renovation. Fans can enjoy the Cotton Bowl’s great legacy while experiencing state-of-the-art comforts that include new concessions, more restrooms, and roomier and wider concourses with new escalators that enhance the fan experience.”

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Continued Tips Page 4

through vaccine confusion and foster open, honest conversations with each other. The infographics can be found at <https://ama-assn.org>.

7. Start New Year’s resolutions early. Speak with your doctor or other health care professional about quitting tobacco, nicotine and e-cigarettes, and declare your home and car smoke-free to protect loved ones from secondhand smoke exposure.

“While you’re celebrating this holiday season and reconnecting with family and friends, remember to take care of your health. Eating well, staying active, and taking precautions to prevent the spread of respiratory viruses can help you enjoy the season and start the new year strong,” says Dr. Mukkamala.

"Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity."

~ Martin Luther King, Jr.

