

APRIL/MAY 2019

ARISE & REJOICE MAGAZINE[©]

Positive Stories About Positive People



**The “Gentle Lady” From Texas
Who Helps to Govern America**

See page 8



APRIL-MAY 2019

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The "Gentle Lady" from Texas. *Please see page 8*

Congresswoman Johnson is known as one of the most effective legislators in Washington

Try to remain healthy! *Please see page 7*

All of us need to eat the right foods and exercise 30 minutes each day.

The importance of writing a will... *Please see page 10*

A will helps your survivors when they are about to divide your assets.

Helping to govern America..... *Please see page 12*

Now the chairwoman of the House Science Space and Technology Committee Congresswoman Johnson presence and ideas are valued around the world

Saving money when doing home repairs..... *Please see page 13*

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Thank you Congresswoman Eddie Bernice Johnson for your Leadership!!

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How to Remain *Healthy*

There are a number of steps that you can take to remain healthy and to prevent diseases, according to health professionals. Here are a few of them that you should try. Adding them to your daily or weekly routine will improve your health and lessen the chances of your getting ill.

Make certain that you are eating the right foods. Your diet should contain a mixture of fruits, whole grains and vegetables. Try to eat small portions and take your time while you are consuming your meals.

In addition to having a good diet you should make exercise a regular part of your daily routine. Health professionals recommend a minimum of thirty minutes of physical activity each day.

Walking is a good exercise to get the body moving. Try getting up from the table after you complete your evening meal and take a thirty minute walk. Encourage someone in your family or a neighbor to join you. It is essential that you keep your body moving.

If your job requires that you sit all day, **try getting up every sixty minutes or so to stretch your legs.** Sitting all day can be very bad for the back so stop being a prisoner of your chair. Get up and walk around your office.

If you are a smoker, stop it! Cigarettes contain nicotine and it has been proven that nicotine causes cancer. So, throw your pack away, and do it now! Your children are less likely to become smokers if they see that you are opposed to it.

If you must drink, only consume alcohol in moderation. Too much drinking is bad for your health, and can often lead to deviant social behavior. Also, stay away from too much sunlight. Excessive exposure to sunlight can lead to cancers such as melanoma. **JAR**



If you are a smoker, stop it!

Cigarettes contain nicotine and it has been proven that nicotine causes cancer.

Thank you,



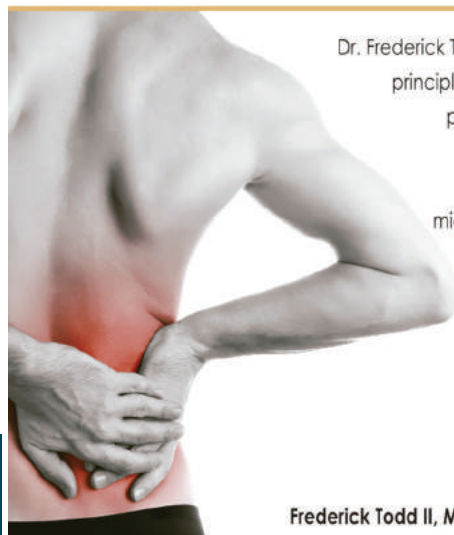
**Congresswoman
Eddie Bernice Johnson**

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The Gentle Lady From Texas



She has worked with presidents Clinton and Obama. Representative Barbara Jordan was one of her role models.

There are nights when North Texas Congresswoman Eddie Bernice Johnson gets little more than five hours of sleep. Her typical day begins way before sunrise when she starts a process that begins with prayer and then a review of mountains of paperwork detailing committee hearings, staff briefings, news stories and constituent concerns.

Over the years she has found that there is little time for herself, and for the pursuit of those things that make her happy. Does she feel cheated, no! It was her decision to choose public service when as a psychiatric nurse at the Dallas Veterans Administration Hospital she decided to run for a seat in the Texas Legislature in 1972.

Congresswoman Johnson, a single mother with a young son, did not have the \$50.00 filing fee that was required for the office she sought. But a sympathetic election official gave her 30 days to raise the money. At the time he did not know that his kindness would help change the political landscape of North Texas, and that the woman he was helping would one day help shape American history.

She was the only woman in a race that included three men. During candidate debates one of them argued that the political environment in the Legislature was too rough for a woman. When her time came to speak, Congresswoman Johnson responded by saying that no one had complained about her being a woman during her many years of civic involvement.

"Being a woman did not matter when I worked to create single member districts, when I raised money for the heart fund, when I fought for equal public accommodation laws, when I worked to improve our schools and when I labored to improve conditions for working people," she said.

Large numbers of the voting public agreed with her and she made it through the primary and into a runoff, besting the candidate whose argument it was that because she was female it was not her place to represent the voters of their district in Austin.

When she took her oath of office on January 3rd 1973, the Waco native became the first African American woman elected to the Texas Legislature from North

Texas, and the first African American woman elected to public office in North Texas.

Since her first bid for elected office, Congresswoman Johnson, a former official in the administration of President Jimmy Carter, has been selected by voters to represent them in the Texas State Senate, and in the United States House of Representatives, winning her first bid for that office in 1992.

The first licensed nurse to serve in the House of Representatives, Congresswoman Johnson, who holds academic degrees from Saint Mary's College, Texas Christian University and Southern Methodist University now chairs the powerful House Committee on Science, Space and Technology. As a legislator she has secured billions of dollars for projects, institutions and programs that serve the people of North Texas.

Infrastructure in North Texas such as highways, bridges, roads, rail lines and airports have all been enhanced because of work by Congresswoman Johnson. Scientific and academic research have also benefited from her efforts. **JAR**

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It is never too early to write a will so that when you do die your survivors will know exactly what you want to do with your possessions and financial assets. Too often, strife can result when death comes and survivors are left without guidance. Leaving a will can prevent unnecessary acrimony!

You can write a will yourself, with the assistance of some free services on the internet. But if you have valuable property and a host of resources it is best to find an estate planning attorney who can assist you.

One of the very first things that you want to decide is who your beneficiaries are. In other words, identify the people or institutions that you want to leave your assets to. The next step is to select someone who will act as the executor of your estate.

You should select someone that you trust because they are the person who will see to it that your wishes are carried out exactly as you stated them in your will. Often, people select an attorney or a bank official as executor. There is usually

a fee, less than five percent, that goes to the executor.

One of the things that you should keep in mind is that laws that govern a will are different from state to state. So, before you begin the process make sure you check to see that the document that you are constructing will be recognized as valid in the state in which you reside.

Unfortunately far too many people pass without having declared their wishes regarding property distribution.

Take some time and think through whom you want to protect and enrich once you are no longer with them. It is the prudent thing to do. Remember, you cannot take it with you! JAR



The Importance of a Will

For most people, writing a will is one of the last things that they consider.

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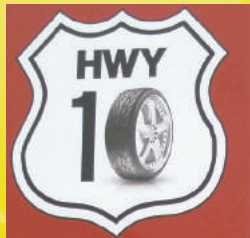
Encouraging and molding young



Throughout her tenure in public service **Congresswoman Johnson** (center) has worked with young people



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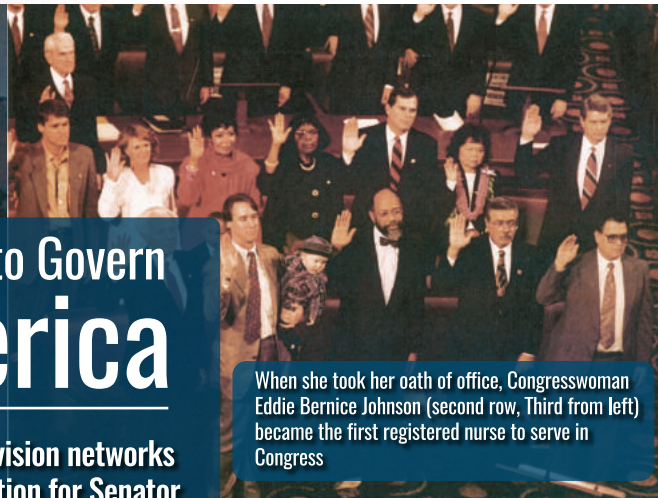




Congresswoman Johnson worked closely with Senator Lloyd Bentsen from Texas (left) and Commerce Secretary Ron Brown.

Helping to Govern America

When the television networks called the election for Senator Obama, her heart leaped for joy.



When she took her oath of office, Congresswoman Eddie Bernice Johnson (second row, Third from left) became the first registered nurse to serve in Congress

When Senator John Kerry ran for president, Congresswoman Johnson recommended that he select North Carolina Senator John Edwards as his running mate, advice that Senator Kerry followed. Senator Edwards reminded Congresswoman Johnson of former President Carter, both Southern visionaries.

When the 2008 presidential primary season rolled around, three candidates, each close to the Congresswoman, lobbied for her support. They were Senator Edwards, Senator Hillary Clinton and Senator Barack Obama.

The Congresswoman was torn. Two years earlier Senator Edwards told her that he was going to seek the nomination and would be delighted if she would support him. Without considering the future political landscape she said that she would.

When Senator Obama came asking for her support, she informed him that she had committed to Senator Edwards and would have to stand behind her word. He said that he understood and walked away from their meeting, knowing that Congresswoman Johnson's support would be crucial to any candidate that wanted to be successful.

In the early national polls, Senator Edwards was behind both Senators Obama and Clinton. Members of the Congressional Black Caucus, which Congresswoman Johnson once chaired, were almost evenly divided between Senator Obama and Senator Clinton. Only two members of the Caucus joined Congresswoman Johnson in her support of Senator Edwards.

When the North Carolina Senator withdrew from the race,

Congresswoman Johnson's was torn between Senator Clinton who was like a sister to her, and Senator Obama who was like a son. Like many of her House colleagues, including Georgia Representative John Lewis, she believed that Senator Clinton would win the Democratic nomination, becoming the first woman to represent a major national party in a presidential election. Congresswoman Johnson did not believe that she would live to see America elect an African American president.

Her opinion began to change when she returned to Dallas from Washington and discovered the magnetic enthusiasm for Senator Obama among young people of all ethnic groups. It had reached a boiling point. While her belief still told her that Senator Obama could not win a national election, she knew that she could not dampen the enthusiasm that she witnessed for Senator Obama among the young people by publically endorsing Senator Clinton.

Her two friends battled on during the early primary process. Things came to a head on "Super Tuesday," February 5th when Senator Obama beat Senator Clinton by winning 13 out of 22 contested states. His victories in several parts of the nation demonstrated that he was a serious contender for the White House.

She was elated when Senator Obama received the Democratic nomination, but was still uncertain that he could beat the Republican nominee, Senator John McCain, in the general election. A decorated war hero, Senator McCain and the Congresswoman lived in the same

condominium building in Northern Virginia. He had always been pleasant to her, and was considered somewhat of a maverick in the Republican Party.

Senator Obama clearly won the first two presidential debates between the two nominees and Senator McCain's vice presidential selection, Alaska Governor Sarah Palin, was no match for Senator Obama's running mate, Senator Joe Biden, in the vice presidential debates. In fact, she proved to be a liability.

On election night, November 4th, Congresswoman Johnson found herself in the Democratic Party's headquarters in downtown Dallas, surrounded by the enthusiastic young people whose tone had persuaded her to support Senator Obama. No matter the outcome, she was proud of them.

When the television networks called the election for Senator Obama, her heart leaped for joy. The Senator from Illinois had won 53 percent of the popular vote and received 365 electoral votes, accomplishing a feat that many had thought impossible.

As she looked around the room she witnessed strangers embracing one another, screaming to the top of their voices, jumping, dancing and crying. Outside of the building drivers were honking their car horns and people were loudly blowing whistles. It was as if Joe Louis had won a boxing match or Jackie Robinson had stolen home plate.

As she stood and watched the crowds around her Congresswoman Johnson's body was stilled. She could not believe what she was seeing. She could not recall a moment when she had been happier. And like many of those standing near her she looked off into the night and cried. JAR



How to **save money** in your home



That should do it without your having to put out \$100.00 or more.

You do not have to call a repairman each time there is a maintenance issue in your home, unless you just like giving your money away for things that you can do yourself. Below are some tips that will allow you to keep your money in your pocket.

Let's start in the bathroom. Instead of calling a plumber when it appears that your bowl is going to

overflow, turn off the water valve and remove half of the water from the bowl with a bucket

Then reach for your plunger and go to work. If that does not fix your problem use an auger. That should do it without your having to put out \$100.00 or more.

Just make sure that you keep a bucket, a plunger and an auger as part of your toilet repair arsenal. They will come in handy and will eventually pay for themselves.

If you have a leaky faucet in your kitchen turn off the water that goes into your sink and use a cloth to plug the drain. Your problem may be as simple as needing a new washer or an O-ring. Both are simple to install and once again you will save money by doing it yourself!

When time come to replace an old faucet make sure that you purchase one that has holes in the same locations as the one you are discarding.

Prior to taking things apart, take a picture of how things are assembled so that you will not have to guess what goes where when you are placing things back in place.

One of the best ways to get the maximum use out of your furnaces is to change the filters every sixty days. When changing filters make sure that you turn off the furnaces, and that you have the correct filters. **JAR**

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