

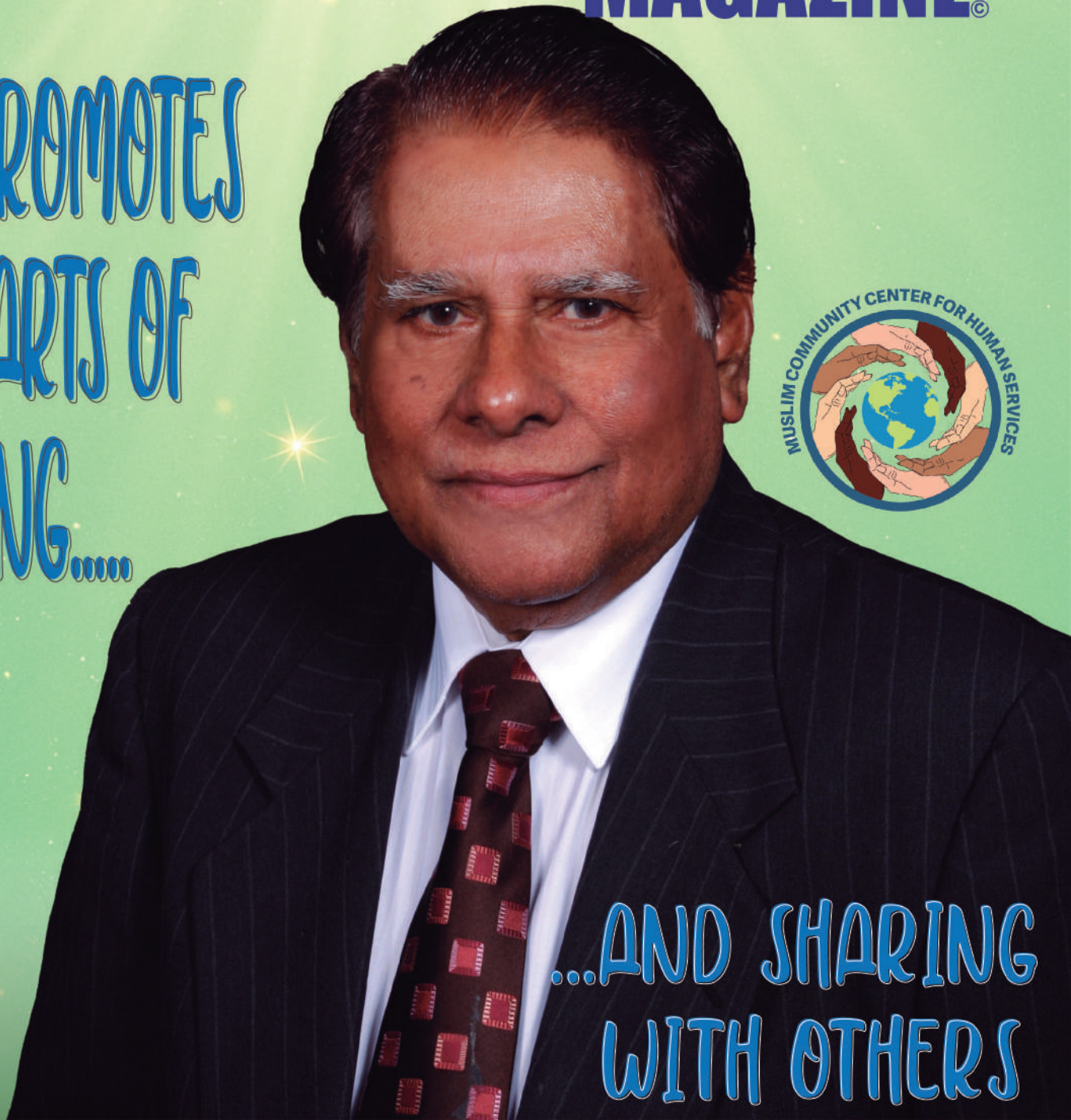
SEPTEMBER/ OCTOBER 2025

ARISE & REJOICE

Positive Stories About Positive People.®

MAGAZINE.®

HE PROMOTES
THE ARTS OF
GIVING.....



...AND SHARING
WITH OTHERS

MCC-HS FOUNDER DR. BASHEER AHMED

www.ariserejoicemedia.com

please see page 4

3i

Integrity
Innovation
Information

Since the formation of the company in 2006, 3i has worked to exceed client expectations and transform vision into award-winning projects. 3i offers the broad expertise and financial stability of a mid-size General Contractor and Construction Manager while combining the personalized service and attention of a smaller firm.

The structure of our company is designed to help us communicate closely with our clients at every project phase, and enables us to act rapidly and decisively when needed. We provide the following to a wide range of Industries: Design/Build; Preconstruction; Tenant Finish Out; Civil; Construction Management; Job Order Contracting Services; and Program Management Services.

We have clients in many industries. Some select examples include DART; Parkland Hospital & Health Systems; John Peter Smith Hospital; Dallas ISD; Houston ISD; Garland ISD; Fort Worth ISD; DCCCD; TCCCD; UTD; DFW International Airport and many more. Through the organization formed by the owner of 3i, the 3i Team is committed to serving communities throughout the State of Texas... Mike Williams Assist 4 Life Foundation, because a lost kid is a lost opportunity for greatness.

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T

TRANSFORMING
Lives of the deserving

Join our
community to
see how you can
impact our future leaders
www.Assist4Life.org

I

INSPIRING
A New Generation
of Leaders

P

PROVIDING
Options and Opportunities

The mission of our Foundation is to
"TIP Opportunity-Gap Scales"
by assisting and supporting
students in Southern
Sector of Dallas

NOW CRADLED BY GOD!



We Invite You to Visit These Features

- ▼
• **T**he non-profit he founded cares for people who cannot afford to pay their healthcare and dental bills.
-Please see page 4
- ▼
• **F**airness in sports marketing is one of this basketball star's primary objectives in life.
-Please see page 11
- ▼
• **M**ilitary veterans in Texas perform important roles in the life of the state.
-Please see page 12
- **I**mprove your personal health while helping school children, and college students.
-Please see page 14
- **S**lain Minnesota House Speaker Melissa Hortman was one of America's finest elected officials.
-Please see page 16

The Importance of Holding On!

At times living can appear extremely difficult! It seems sometimes that every step forward is met with events that push us backwards.



Even on days when we anticipate the sunshine, clouds seem to brew and our worlds once filled with light confront us with despair and pain.

Yet, we have a multitude of reasons to continue in every downpour no matter how blight the night or deep the wound.

We must persevere and continue forward. We must do that for ourselves and for those who look to us for strength.

Some of them we will know. Others we will never meet. But somehow they will hear of our ability to survive and overcome.

Whether they receive our message in a song, a verse, a sporting triumph or in a prayer they will be grateful for witnessing our triumphs.

So, the next time you are faced with defeat or injustice look for the highest peak on the mountain or for that rainbow in the nearby sky and hold on. And win! JAR.

A LOVING AND UNSELFISH LIFE!



Dr. Basheer Ahmed, third from left, has assembled a team of committed citizens to help those in need with their health, dental and family concerns.

It has been nine decades now that Dr. Basheer Ahmed has felt a compelling desire to make the world a better place to live.

He has used his life, his talents and his resources to bridge gaps between different ethnic groups, create institutions that meet the health and educational needs of people, and fund schools that educate young students.

“WE MUST USE OUR TALENTS AND OUR RESOURCES TO BETTER HUMANITY,” SAID DR. AHMED, A RETIRED CLINICAL PSYCHIATRIST WHO FOR DECADES WORKED AT THE UT SOUTHWESTERN MEDICAL SCHOOL IN DALLAS. TO A GATHERING OF 400 PEOPLE WHO ATTENDED HIS BIRTHDAY CELEBRATION ON JUNE 7TH.

Known as a compassionate “bridge-builder,” thirty years ago Dr. Ahmed recruited his DFW-area physician friends, business leaders and community activists to create the ‘Muslim Community Center for Human Services’ to meet the medical needs of refugees from Eastern Europe.

Today the non-profit, located in Richland Hills, Texas, meets the wellness concerns of approximately one hundred patients each month. Those without resources are seen without charge. Others pay only what they can afford.

Patients of all faiths and ethnic groups are seen at the non-profit. Most, unlike Dr. Ahmed and many of the health professionals who work with him, are not Muslim.

I chose to practice medicine as a service to humanity” said Dr. Ahmed. “God gave humans personal engines with unlimited capacity.”



Doctors Basheer and Shakila Ahmed are exceedingly proud of their children Sameer, second from left and Araj, second from right, who are lawyers and social activists.

“We exist to meet the needs of people without regard to ethnicity, the language they speak or the religious beliefs they hold,” said Dr. Ahmed who resides in Plano with his wife of fifty-eight years, Shakila, who is also a retired physician.

“WE MUST NOT ALLOW OUR LIVES TO BE WITHOUT PURPOSE OR POSITIVE ACTION,” HE ADDED. JAR

Taken by Rushing Waters Cradled by God!



Blakely McCrory, 8



Clay Parish, 20 months



Mary Kathryn Jacobe, 8



Kellyanne Lytal, 8



Mary Grace Baker, 8



Molly Claire DeWitt, 9



Wynne Naylor, 8



Madelyn Jeffrey, 11



Greta Toranzo, 10



Linnie McCown, 8



Chloe Childress, 18



Ellen Getten, 9



Katherine Ferruzzo, 19



Abby Pohl, 8



Hadley Hanna, 8



Kyndall Ramos



Mary Barrett Stevens, 8

Always Cherish Them!

Taken by Rushing Waters Cradled by God!



Ella Cahill, 21



Blair Harber, 13 and Brooke Harber, 11



Braxton Jarmon, 15



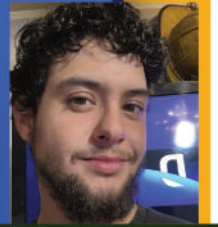
Joyce Catherine Badon, 21



Aidan Heartfield, 22



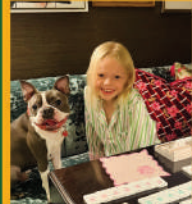
Reese Manchaca, 21



Julian Ryan, 27



Malaya Hammond, 17



Eloise Peck, 8



Sarah Marsh, 8



Rebecca Lawrence, 8
and Hanna Lawrence, 8



Janie Hunt, 9



Jayda Floyd, 22



Lila Bonner, 9



Shiloh Wilson, 12



Kaitlyn Swallow, 22

Always Cherish Them!

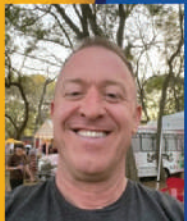
In remembrance
**Taken by Rushing Waters
Cradled by God!**



Sherry Richardson, 64



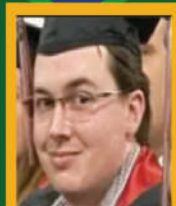
Cindy Rushing, 53, and James Rushing, 64



Brad Perry, 49



Preston Prince, 22



Clayton Meadows, 29



Doug West, 54



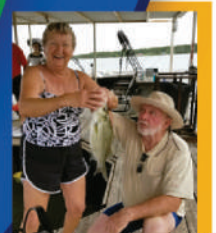
Richard Pagard, 71,
and Carol Andrews, 72



Jane Ragsdale, 68



Bobby Martin, 46, and Amanda Martin, 44



Bruce Ferguson, 82,
and Penny Ferguson



Tim Walker, 63



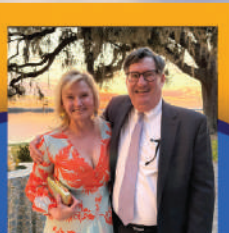
Mike Harber, 76, and Charlene Harber, 74

Always Cherish Them!

Taken by Rushing Waters Cradled by God!



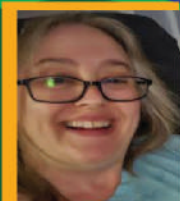
Martha Crawford, 60



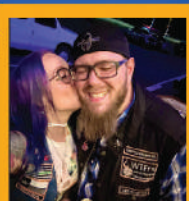
Beth Bryan, 61, and Hutch Bryan, 62



Bailey Martin, 23



Katheryn Eads, 52



Kent Wattinger, 36



Dick Eastland, 70



Robert Brake, 67,
and Joni Brake, 66



Tanya Ramsey, 46



Melissa and Robert Kamin



Betty West, 84



Cody Crossland, 45, and
Michelle Crossland, 50



William Venus, 57



Emlyn Jeffrey, 70, and
Penny Jeffrey, 70



Tanya Burwick, 62



Holly Frizzell, 72



Joel Ramos, and
Tasha Ramos

Always Cherish Them!

We Shall Remember Them!

We extend our hearts and our prayers to the families and friends of those who were lost in the July 4th flooding in Texas.

We shall always remember them, and honor their dreams and their lives.

Sincerely,

Vee Alexander

Marriage and Family Therapist,
Grief Counselor

**Yolanda
Frazier-Gills**



Hugo Valdes



**Sameer
Ahmed**

The Ahmed Firm

**James and
Ada Simmons**

McKinney, Texas

**Dr. Basheer
Ahmed**

Plano, Texas

Sonia Granoff



Aaira Ali
14 -years-old

**Kofi and Mary
Armadi**

Arlington, Texas

Riya Ali
12 -years-old

**Muslim Community Center for
Human Services**



**Aaron
Palmer**



**Linda Abramson
Evans**

Dallas, Texas

**Julius and
Eva Sonko**

Eatbeta Inc.

**Anthony and Laronda
Scott**

Eules, Texas

**Trudi and Joseph
Green-Bishop**

Arise Rejoice Media Inc.



And Always Cherish Them!

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3013 Manor Green Blvd,
Eules, Texas 76039

Contact by telephone: 214 886 3716

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Arise & Rejoice is a publication that reflects the goodness that abounds within all people. It seeks to bring all of us closer together, promoting understanding and reconciliation.

Arise & Rejoice believes in the development of a community of "we" where no one is seen as "the other and where all people are acknowledged and respected!

YELLOW PEOPLE!
RED PEOPLE!
BLACK PEOPLE!
WHITE PEOPLE!
BROWN PEOPLE!
BLUE PEOPLE!
GAY PEOPLE!
STRAIGHT PEOPLE!
REPUBLICAN PEOPLE!
DEMOCRAT PEOPLE!
OLD PEOPLE!
YOUNG PEOPLE!

Need Each Other! ©

MORE THAN A SPORTS HERO[©]



SHE SUPPORTS EQUITY IN LIFE!

Already a star for the WNBA Dallas Wings professional basketball team, rookie Paige Bueckers, excels on and off of the court.

An outspoken advocate for diversity and equality in women's professional sports and in American society, Ms. Bueckers said that some female professional athletes face discrimination because they are from minority groups.

There is not equal opportunity in marketing and branding, said Ms. Bueckers who won a national championship for the University of Connecticut.

Including others in marketing opportunities and making societal contributions beyond basketball are at the core of Ms. Bueckers's life, according to those who know her. |AR



PAIGE BUECKERS

Recognizing Their Service

Military veterans play a critical role in American society. Their numbers include elected officials, members of the clergy, health professionals, members of law enforcement, educators, government employees, and engineers.

In fact, there is not a profession in the country that does not include women and men who served as members of the country's military.

According to federal census data there are approximately 17 million veterans in the United States. More vets reside in Texas than any other state in the nation. Approximately 1.5 million former service members live and work in the Lone Star State.

"The military experience gave me so many opportunities to grow into the person I am today," said Mr. Robert Munoz who has served in the Dallas Independent School District as a senior counselor, coach and high school principal, at a forum sponsored by the Southwest Jewish Congress in Dallas.

Mr. Munoz said that lessons he learned about discipline and personal responsibility while a soldier have allowed him to advise young

people and others who sought his advice after he left military service.

Another speaker at the forum was Carl Wiley, the son of two North farmers, who retired from the U.S. Army as a Lt. Colonel. In fact, Mr. Wiley's wife, Mrs. Angelia Denese Farnell retired as a Lt. Colonel in the U.S. Army. The Wileys live in McKinney, Texas.

Mr. Wiley said that the military plays a vital role in the life of the nation during times of war and peace.

"The military's role is important in humanitarian work around the world," said Mr. Wiley who saw service in the Middle

East and Europe among other places.

"The forum honored veterans and cited their leadership in making our communities better for all of us," said Helen Roth, a member of the governance board for the Southwest Jewish Congress.



The forum was extremely well received by those who were present, Ms. Roth said. "Veterans are special people who have served our country well," she added. |AR



U.S military veterans Carl Wiley, left, Robert Munoz, second left, Ruth Schor and Marc Liebman served with honor and dignity.

Phillip “Sekou” Glass

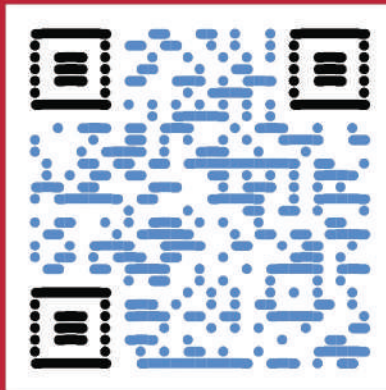


A brilliant playwright and director, he led a serenely purposeful life, planting seeds of hope and goodness throughout the world.

Sekou peacefully took his leave on May 31st 2025. Rest in Peace Dear Warrior! |AR

Introducing Our **YOUTUBE** CHANNEL BY **ARISE & REJOICE** MAGAZINE.

Scan the QR Code or Click on the Link Below!!



or

https://youtu.be/_b7Y_N_u4Gk

WE ARE DEDICATED TO IMPROVING
THE HUMAN CONDITION!!

EATBETA IMPROVES LIVES!



Dr. Sonko, second right, is committed to improving the lives of rural residents in Uganda where he and his wife, Eva, were born.

Helping farmers and rural dwellers in Uganda is one of the anchors in his world that Dr. Julius Sonko, who teaches business and financial management at Dallas Baptist University and Tarrant County College, thinks about each day and night.

Dr. Sonko, who resides in North Texas with his wife, Eva, and their four children, is the founder of "Eatbeta," a federally-chartered non-profit that he and his wife started in the summer of 2016. Dr. Sonko and his wife were born in Uganda.

"We address the challenges of rural unemployment and food and water shortages in Uganda," said Dr. Sonko whose family attends First Baptist in Dallas.

"We work to improve the physical and spiritual welfare of people by collaborating with faith leaders. We train farmers in a variety of

skills that enable them to enhance their own livelihoods in a sustainable manner."

Dr. Sonko said that more than 5,000 people living in rural Uganda have been assisted by Eatbeta since its birth. Many individuals and institutions in Texas and elsewhere have played important roles in the charity's success.



Retired Appellate Court Judge Sam Griffith, left, of Tyler, Texas has travelled to Uganda on numerous occasions to assist Eatbeta in efforts to improve the lives of people.

We have been able to build and maintain water wells for rural Ugandans because of the support of groups located in North Texas. "The people in Uganda are eternally

grateful for all of the help they have received," Dr. Sonko said.

Aided by a trained staff in Uganda, Eatbeta has established a training center where farmers grow crops, raise animals and are taught productive farming techniques. Dr. Sonko led a training mission in Uganda during the summer.

"With the help of our strategic partners in the United States and clergy in Uganda we intend to expand our program to other parts of the country," he said. "The people are eager to learn and members of our team are eager to embrace and serve them," Dr. Sonko added. | AR



Farmers and faith leaders in Uganda are enhancing their country and their lives with the assistance of institutions and people located in the United States.

AN ENDEARING PUBLIC SERVANT

House
Speaker

Melissa

HORTMAN



She served the people
of Minnesota!

Cared!

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USA, USA, USA



WE are a people of principle and honor.

WE honor our commitments and stand by our allies.

WE defend against aggression by dictators.

WE uphold and defend the Constitution.

WE care for veterans and children.

WE respect our neighbors and trading partners.

WE support a healthy national and international economy, community, and environment.

WE are the world leader trusted to uphold the stability of rule of law.

"We are the people of the United States of America.

The honor, dignity, and integrity of our country is not for sale.

Show up, attend your town halls, be civil!"



Christy Walton