

FEBRUARY/MARCH 2026

ARISE & REJOICE

MAGAZINE.®

Positive Stories About Positive People.

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DISTRIBUTION.®



The Queen of
Procurement

Marriel
Williams
makes
History
each day!

31

Integrity
Innovation
Information

Since the formation of the company in 2006, 31 has worked to exceed client expectations and transform vision into award-winning projects. 31 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 31, the 31 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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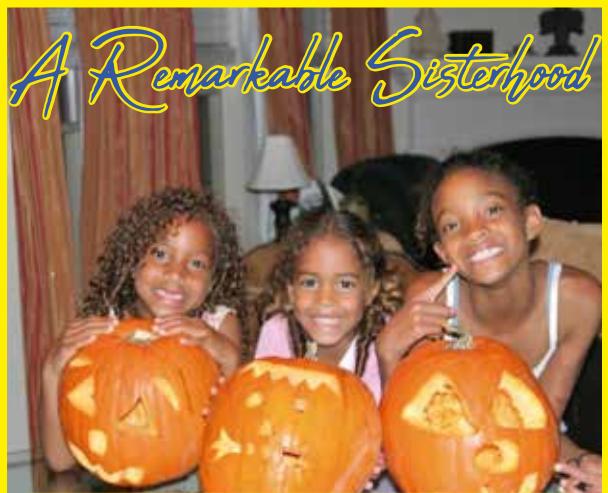
T
TRANSFORMING
 Lives of the deserving

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

I
INSPIRING
 A New Generation
 of Leaders

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

P
PROVIDING
 Options and Opportunities



Marriel Williams, right and her sisters, Holland, left and Amari were extremely close as children and remain so today. (See page four)

We Invite You to Visit These Features:



- **T**his Texas Tech graduate is committed to professional excellence.
-Please see page 4
- **H**e worked with President Nelson Mandela to help build a new South Africa.
-Please see page 7
- **A** proponent of love, purpose and joy for more than a century.
-Please see page 9
- **H**er ice skating is among the very best in the world.
-Please see page 11
- **H**is birthday should be a national holiday.
-Please see page 16

Imagine Peace!

Peace is achievable in our communities and in our world. It is not an illusive dream or an unachievable goal.

Peace requires radical transformation in the hearts and the minds of people. It necessitates that people see those who are different from them as members of the same human family, worthy of respect and love.



JOHN LENNON
& YOKO ONO

Proponents of Peace!

The transformation to peace demands that each of us leave the spaces that we know and embrace a larger vision, that we abandon small-mindedness and bitterness.

Peace is not an impossible task. Its arrival will be welcomed by all people who will come to know and experience the joy and purpose that it will bring.” JAR

Seeking Corporate *Excellence!*

At the end of a grueling twelve-hour business day, Marriel Williams, the owner of Elle Distribution, turns to her family and to prayer to sustain her.

Ms. Williams, a Texas Tech graduate, is building a company that she believes will become one of the major suppliers of construction equipment to companies throughout Texas and the United States.

“I am motivated by the pursuit of excellence,” said Ms. Williams who earned an MBA after completing her undergraduate studies at Tech where she became a member of the Chi Omega Sorority.

“I am committed to the success of my clients, and to my company’s growth,” said Ms. Williams. “My objective is to create relationships that are financially profitable for other business owners, and for Elle Distribution,” she added.



Marriel, left, Holland and Amari are among the country's leading young business leaders.

Ms. Williams's two sisters, Holland and Amari, are graduates of Texas Tech. The three remain best friends and communicate on a daily basis.

“The three of us rely on each other for emotional support,” Ms. Williams said. “We have always been there for each other, and always will.” |AR





Earth Prayer

“Grandfather! Great Spirit, once more behold me on earth and learn to hear my feeble voice. You lived first, and you are older than all need, older than all prayer. All things belong to you – the two-legged, the four legged, the wings of the air and all green things that live!”

— Black Elk, Holy Man of the Ogala Sioux

St. Joseph's Indian School

We serve and teach, we receive and learn.

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FEBRUARY/ MARCH 2026

UNION GOSPEL

MISSION

A PLACE FOR THOSE IN NEED!

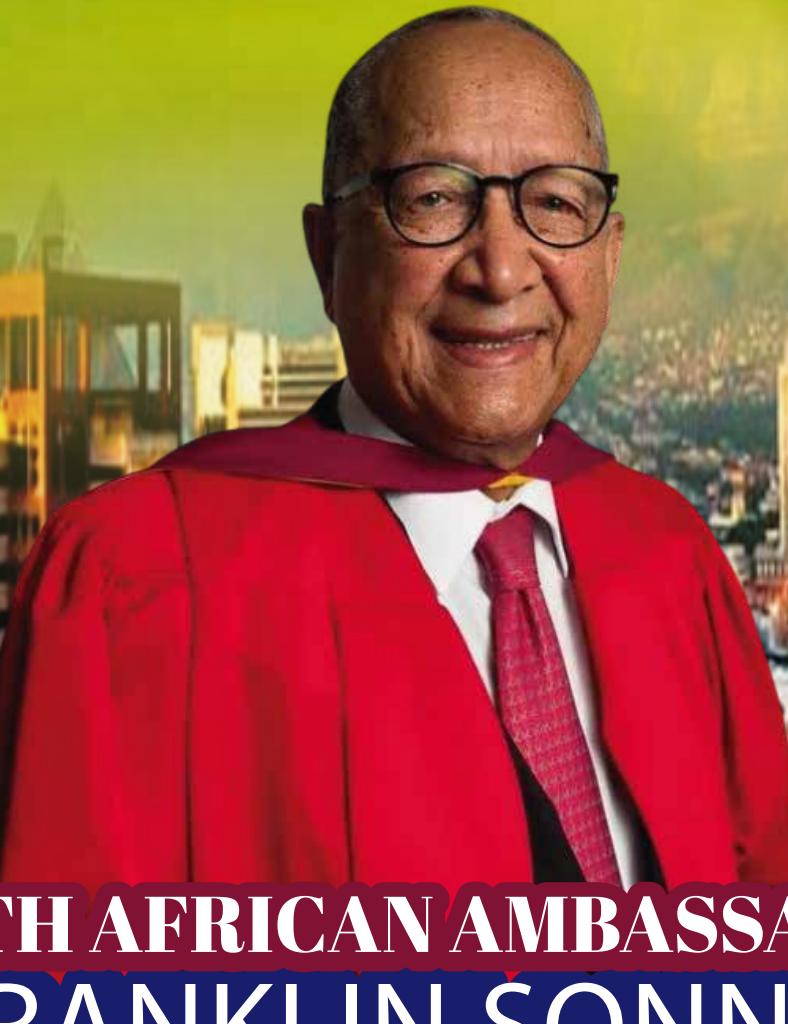
Your giving helps
Marissa and countless
others!



Union
Gospel
Mission
In Tarrant County

Donate Today
817-339-2553
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A LIFE DEVOTED TO JUSTICE, FAIRNESS AND TRUTH!



SOUTH AFRICAN AMBASSADOR FRANKLIN SONN

His Beginning
October 11th, 1939

His Departure
November 15th, 2025

**DR. FRANKLIN SONN USED HIS LIFE AS AN
INSTRUMENT TO REMAKE THE WORLD !**



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

A CENTURY OF LOVE!

Mr. Gerardo Weinstein

His Rising:
January 19th, 1924

His Passing:
December 26th, 2025

**He laced the lives of those he knew with love.
He brought abundant joy and purpose to everyone!**

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A rise & Rejoice is a publication that reflects the goodness and grace 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 IS SIMPLY AMAZING!

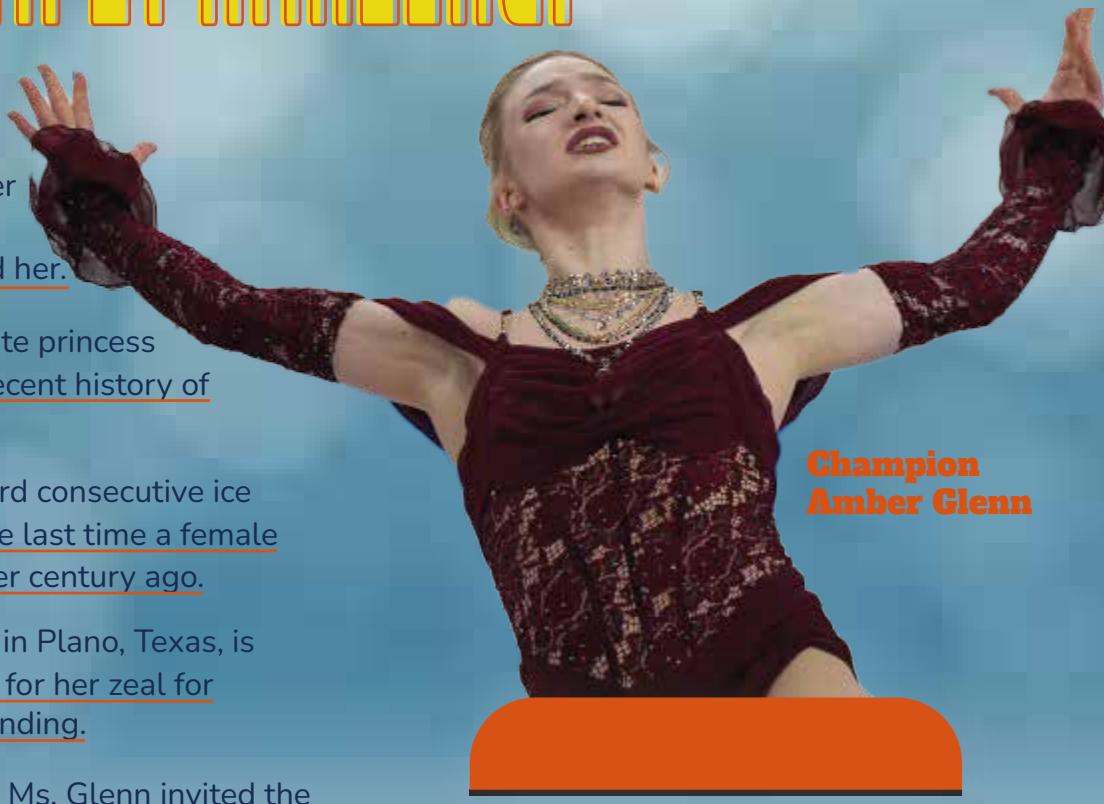
The U.S women's figure skating champion, Amber Glenn, is superlative on the ice, and in the world around her.

Her achievements as a skate princess are unparalleled in the recent history of her sport.

In January she won her third consecutive ice skating championship. The last time a female skater did that was a quarter century ago.

Ms. Glenn, who was born in Plano, Texas, is admired for skating and for her zeal for social change and understanding.

A proponent of inclusivity, Ms. Glenn invited the second and third place winners at the recent U.S. championship to celebrate their individual accomplishments together.



Ms. Glenn, second left, has helped to create a "family of skaters" in which competitors befriend and encourage each other.

The three women embraced, laughed and cheered for each other. All three will represent the U.S. at the 2026 Winter Olympics in Italy.

Considered by experts to be one of the finest skaters in American history, Ms. Glenn is an advocate for the LGBTQ community and for global human rights.|AR

An Immigrant's Story

● MEET DR. SHEEZA MOHSIN



Helping With Her Heart

In the mornings when she wakes in her Southlake Texas home, Dr. Sheeza Mohsin thinks of healing!

In large measure her life is devoted to bringing people together, to ending distances between human beings and to helping disjointed families, individuals and communities find personal peace and wholeness.

“Much of my life is devoted to people and to the wellness of our larger society,” said Dr. Mohsin, a native of Pakistan who earned a

Doctorate degree at Texas Women’s University, a Masters degree at Florida International University and a Bachelors at New York University’s Stern School of Business.

In addition to her work with families and individuals, Dr. Mohsin works with corporate executives who want to solidify relationships among employees, end workplace exhaustion and improve corporate environments.

“I find great joy in assisting married couples who are experiencing difficulties to repair their relationships,” she said.



A builder of bridges between different types of people, Dr. Mohsin, second right, said that family is at the foundation of her life.

“At the foundation of my life is my love for my children, Anooshey and Faiz, and positively touching the hearts, minds and souls of others,” Dr. Mohsin said.

“That is a crucial part of my role as a professional, and as someone engaged in the betterment of humanity,” she added.|AR

Always remamber

We owe these
Children a
bright future!!

WE HAVE LOST A Queen

She often said:
**“Giving and
Receiving
Preserves The
Dignity of
Others.”**



THE SUNRISE
SEPTEMBER 6TH.
1936.

THE SUNSET
SEPTEMBER 6TH
2025

Avoid Highways and Live Longer!



Nearly 40,000 motorists are fatally injured each year in highway accidents.

Nearly 40,000 people are killed in accidents each year on our nation's highways. Four million other motorists suffer serious injuries in non-fatal highway accidents.

Avoid highways and increase your odds of living longer. If you must travel long distances use Google Maps to plan a safer route. Take advantage of service roads!

On many of our highways people are driving at extremely high speeds while using their phones, texting their friends and smoking mind-altering substances.

It is just not worth it! Avoid highways whenever you can, on long trips and when traveling across town! |AR

Four million motorists suffer serious injuries in non-fatal highway accidents annually.



HIS BIRTHDAY SHOULD BE A NATIONAL HOLIDAY

Mr. Ceasar Chavez

A passionate and noble American, Mr. Ceasar Chavez inspired a generation of people to seek equal rights for everyone!!



HE HELPED TO IMPROVE OUR NATION!!