

*Please Enjoy Our Latest Issue!*

OCTOBER/ NOVEMBER 2026

# ARISE & REJOICE

Positive Stories About Positive People<sup>®</sup>

## MAGAZINE<sup>®</sup>

**An Exceptional Human Being....**

**Who Loved Everyone!**

— 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.

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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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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



**DOLLY LOVED CHILDREN!**

**Please see our latest issue**

**S**he was so much more than an entertainer.

Please see page 4

**W**hen she sang our hearts blossomed

Please see page 8

**H**e is simply the best

Please see page 9

**S**he brings fashion to tennis

Please see page 11

**T**his postal worker adores his work

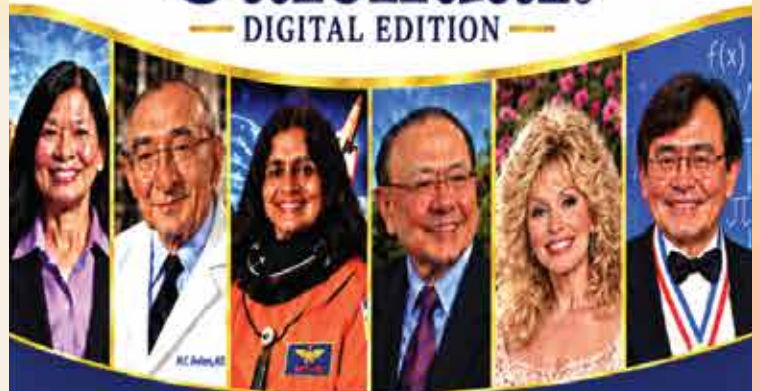
Please see page 12

# DIVERSITY IS AMERICA'S STRENGTH!



## The 2027 DIVERSITY Is Our STRENGTH!

★  
**Calendar®**  
— DIGITAL EDITION —



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**AVAILABLE IN DECEMBER 2026**

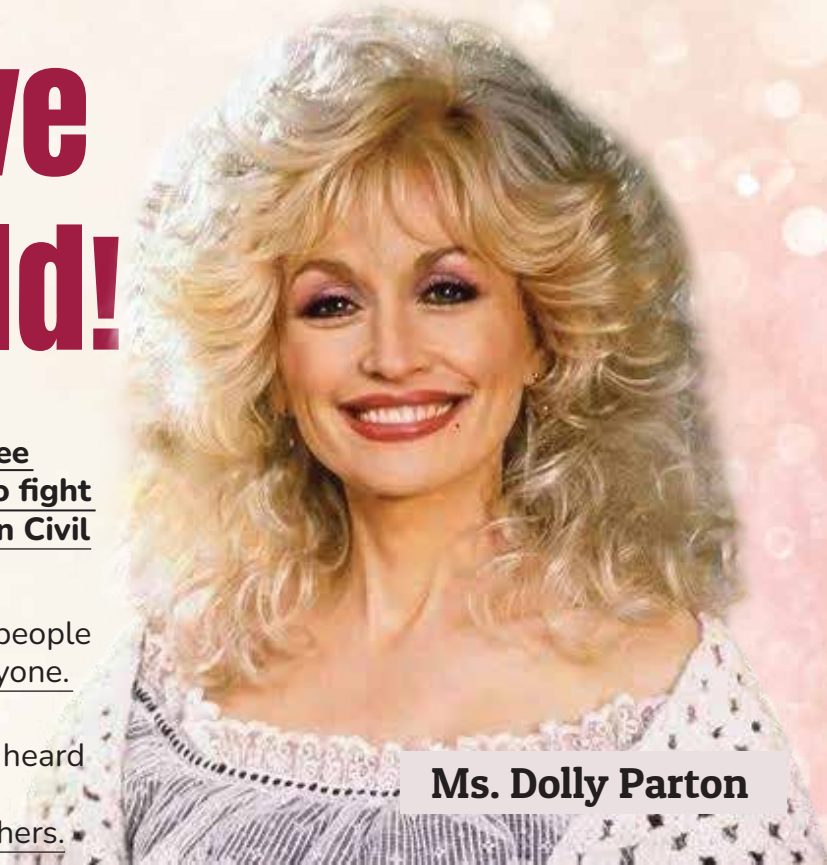
# ■ she Gave All she could!

**D**olly Parton grew up in a part of Tennessee that sent more than 25,000 volunteers to fight on the side of the North during the American Civil War.

**T**hey did not believe in the enslavement of people and they loved a God who embraced everyone.

**N**o doubt, Ms. Parton, when she was young, heard stories of those who went to fight for the freedom of their country and the freedom of others.

**D**uring her long life Ms. Parton set others free. She once gave \$500 grants to poor children to encourage them to remain in school.



**Ms. Dolly Parton**

**T**he book reading project that she started entitled 'The Imagination Library' has donated more than 250 million books to children in the United States and in other parts of the world.



Ms. Parton, seated, provided books to millions of children in different parts of the world.



Her love and her joy will be missed by all!

**S**he was a supporter of the LGBTQ community and 'Black Lives Matter.' She believed that all people mattered!|AR



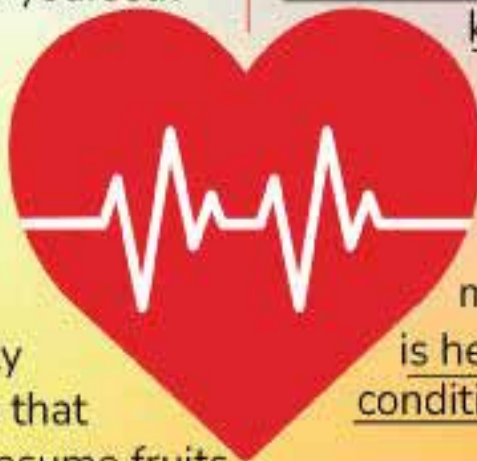
# Protect Your Heart

**H**ealth studies have consistently shown that people who eat fruits have less heart attacks and heart disease than people who do not.

**S**o begin to help yourself! Put down that bowl of potato chips and treat yourself to a banana or an apple.

**R**esearch clearly demonstrates that those who consume fruits have 12 percent less heart disease than those who cannot pullback from the ice cream and the sweet tea.

**T**hose who jog or perform some exercise at least three times each week are less likely to experience heart disease than those who spend most of their time glued to a television monitor or a computer keyboard.



**T**he leading cause of death among men in the United States is heart disease, and related conditions.

**S**ome women who are seventy years of age or older also encounter heart disease. |AR

**Excellence In Service!**  
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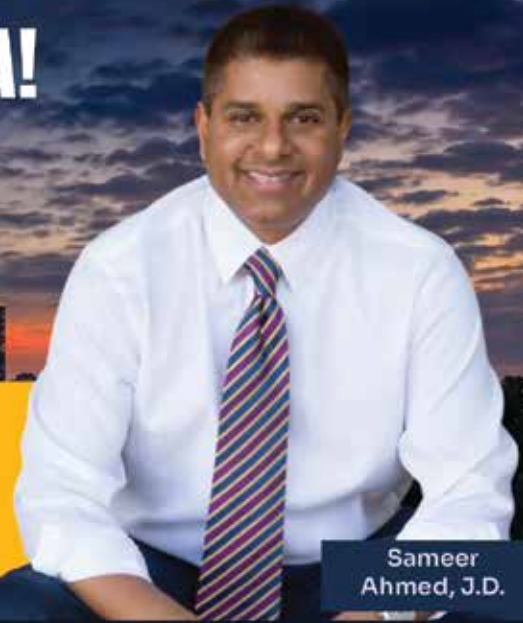
OCTOBER/ NOVEMBER 2026



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# EATING TO STAY HEALTHY



INCREASE  
YOUR  
INTAKE  
OF FRUITS

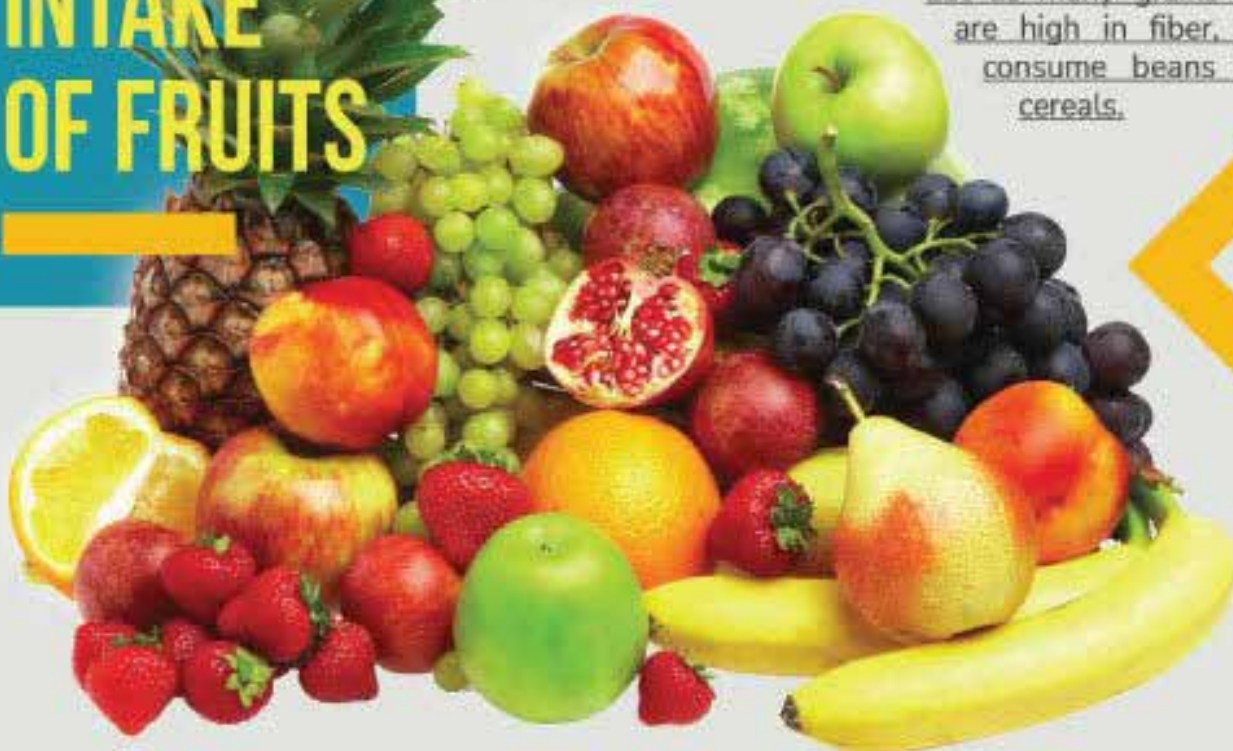
If you want to remain healthy one of the items that you should not eat is popcorn with butter and salt. That is not good for you!!!

get sufficient amounts of minerals and vitamins that will help keep you from the hospital or off the operating table.

Now, one of the things that you should do to remain well is to increase your intake of vegetables and fruits. From them you will

It is also crucial that you eat more fish, avocados, nuts and olives. A teaspoon of peanut butter, taken alone, is also very helpful.

Eat as many grains that are high in fiber, and consume beans and cereals.



# A GENERATIONAL VOCALIST

**MS. CASSANDRA WILSON**

**S**HE EARNED A  
GLOBAL FANBASE!



**Her Entrance:  
December 4th 1955**

**Her Final Call:  
September 2nd 2026**



**“She Was Supreme!”**



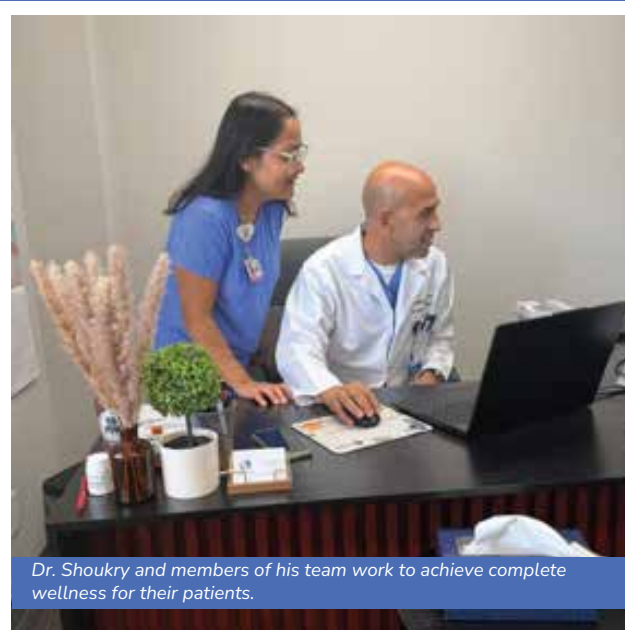
# One of the Best!



Dr. Shoukry

**PATIENTS THROUGHOUT NORTH TEXAS EAGERLY SEEK TO BE TREATED BY DR. AHMED SHOUKRY, WHOSE PODIATRY PRACTICE WELCOMES ALL PATIENTS WARMLY!**

*"I wanted to build a practice where patients could receive high-quality medical, surgical foot and ankle care," said Dr. Shoukry who received his medical training in Egypt and in the United States.*



Dr. Shoukry and members of his team work to achieve complete wellness for their patients.

**"I** treat my patients like they are members of my own family," said Dr. Shoukry. Medicine begins with listening to people and helping them to understand the healing process, he said.

**"I**t is also measured by your reputation, the people you help and whether people can trust you," he added. |AR

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## **O**ctober / November 2026

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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.®

# The Queen of Courts

**N**aomi Osaka, one of the world's greatest tennis players, has fans guessing what she will wear as she enters a tennis court.

**T**hey do not know if she will come dressed as the Queen of England, a Franciscan Monk or the Statue of Liberty.

**N**o matter which outfits Ms. Osaka wears, her fans, whether in Tokyo, New York or Paris, adore the sense of fashion that Ms. Osaka has brought to the game that they enjoy immensely.

**O**nce ranked as the world's number one female tennis player, Ms. Osaka began her professional tennis career in 2014.

**S**HE WON THE PRESTIGIOUS AUSTRALIAN OPEN IN 2019 AND HAS TWICE WON THE U. S. OPEN, ONCE IN 2018 AND A SECOND IN 2020. |AR

Naomi Osaka

Cerebral & Beautiful!



As A Queen!



# Promises To Keep®

## An Immigrant's Story

# HE LOVES HIS WORK

**M**R. YUDHISHTHIR NEPAL TENDERLY HANDLES THE MAIL THAT HE DELIVERS TO RESIDENTS LIKE HE CARED FOR HIS DAUGHTER AND SON WHEN THEY WERE BABIES.



The Nepals are a close and accomplished family.

**“I** am very proud to serve our community and our country as a postal worker,” said Mr. Nepal whose wife, Kalpana, owns a business in Eulesse where they also reside.



“Community involvement and caring for the welfare of others is at the core of Mr. Nepal’s life.”

**A** federal employee for eleven years, Mr. Nepal is a board member of an organization named “Blood Donors of America”. He immigrated to U.S. from Nepal in 2008.

**“I** was raised by my family to assist those who find themselves in need,” said Mr. Nepal who is actively involved in a number of charitable organizations.

**“I** believe that people should participate in the election process so that their voices can be heard,” said Mr. Nepal, who has served as president or a board member of a number of Nepalese American civic and cultural organizations. |AR

# A Woman Who CHANGED AMERICA!!



Ms. Gloria Steinem

**H**er relentless advocacy for the rights of women and her pursuit of social justice for all are an enduring part of the American Democracy!

Her Sunrise:  
March 25th 1945.

Her Sunset  
September 2nd 2026



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# She Loved God And Children



**MRS. ALICE ROSETTA WASHINGTON**

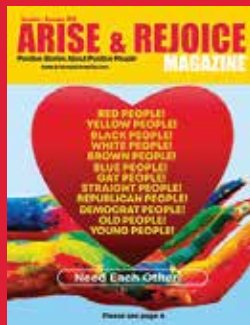


**June 18, 1943 – October 7, 2025**



**“When Tomorrow Starts Without Me And I Am Not Near To See . . . . .  
Think of Me Because I Am Right Here In Your Heart.”**

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# ONE AMERICAN STORY.

## COMING SOON:

# THE 2027 DIVERSITY CALENDAR!



Ruth Bader Ginsburg



Paul Revere Williams



Maria Tallchief



Ayub Ommaya



Emily J.T. Perez



Harvey Milk



Dorothy Chin-Brandt



Michael E. DeBakey



Kalpana Chawla



Daniel K. Inouye



Dolly Parton



Richard A. Tapia

**A** great nation is built  
when all people are valued,  
and everyone is welcomed!



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