

“VOTE like your life depends on it — because it does.” ~ Bobby Henry, NNPA Chairman



ISSN # 0746-7303

# The Dallas Post Tribune

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VOLUME 77 NUMBER 3

SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

September 26 - October 2, 2024

## “We can’t normalize the demonization of our Haitian brothers and sisters.”

*We strongly embrace and respect the diversity and positive contributions of everyone who calls the United States home. This is a core tenet of our values. Let’s be clear — what Donald Trump and J.D. Vance have done by sanctioning and attempting to normalize assaults on immigrants has provided fertile ground for breeding a new generation of hate-mongers.*

**Bobby R. Henry**  
Chairman, NNPA



Bobby Henry

The National Newspaper Publishers Association (NNPA), representing more than 200 Black-owned print and online media outlets, is outraged by the demonization and blatant lies being spread about Haitian immigrants in Springfield, Ohio, by Republican presidential candidate Donald Trump and his running mate, J.D. Vance. This purposeful defamation and dehumanization

of people legally seeking a better life, like so many immigrants before them, has no place in a country that built its success on the backs of enslaved people and immigrants.

We strongly embrace and respect the diversity and positive contributions of everyone who calls the United States home. This is a core tenet of our values. Let’s be clear — what Donald Trump

and J.D. Vance have done by sanctioning and attempting to normalize assaults on immigrants has provided fertile ground for breeding a new generation of hate-mongers. The NNPA will join forces with and add our voice to any organization that denounces and takes action against this kind of open bigotry, hate, and violence.

Today, in a country whose

foundation rests on a system of true democracy, we must never vote for those whose self-interests conflict with the greater good. Our most powerful weapon to eradicate this behavior is our vote. We must vote them out, or better yet, not vote for them in the first place.

**VOTE like your life depends on it —because it does.**

## 'I got robbed of being able to say goodbye'

Author: **Rebecca Lopez//WFAA TV**

DALLAS — Dallas Police Chief Eddie Garcia sat down for a one-on-one with WFAA to set the record straight after news surfaced confirming that he would be leaving Dallas for Austin.

Garcia said that he planned to announce his retirement first to his officers and the Department but the news leaked out of Dallas City Hall on Thursday before he had the chance.

“It was awful. It’s terrible. I mean Rebecca you know I mean my rank and file. They are the most important thing that I’ve done since I’ve been the police chief and for them to hear that way. Listen I’m not going to worry

myself about who did it, where it came from. But what you have is I got robbed of being able to say goodbye to a 33-year career,” Garcia said.

Garcia says he is leaving at a time when he believes the department is in better shape than when he took over 3 and a half years ago. Violent crime is decreasing for the fourth year in a row, officer morale is up, and he says he built trust with the community.

“I mean there’s never a right time to go. But I also didn’t want to give the keys to a broken department to someone. So, when people say why is he

Continue **Chief** Page 5

## Appeals court says Texas State Fair can ban guns

By **Juan Salinas II/Texas Tribune**



Photo Credit: State Fair of Texas

A newly created state appeals court denied Texas Attorney General Ken Paxton request to temporarily block the State Fair

of Texas’ policy banning all firearms from its fairgrounds as the event is set to start Friday.

The ruling comes after a

Dallas County District Court struck down a similar request from Paxton on the new policy. The District Court Judge agreed

with State Fair officials that they could enforce a gun ban as a private

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## Celebrating the Life and Legacy of

**CHIEF DONALD STAFFORD**

December 14, 1934 - September 16, 2024



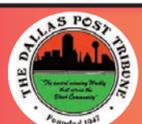
**CHIEF DONALD A. STAFFORD**, a distinguished leader and dedicated public servant, passed away on September 16, 2024, at the age of 89. Born on December 14, 1934, he made significant contributions to the community, leaving a lasting legacy of service and mentorship.

Chief Stafford bravely served in the United States Air Force, where he began to develop the qualities of leadership and dedication that would define his career. He then served the Dallas Police Department,

where he made history as the first African American to receive a rank above Lieutenant. His commitment and exemplary service culminated in his retirement as the Executive Assistant Chief of Police. A testament to his unwavering dedication to justice and community safety.

Following his tenure with the police department, Chief Stafford served for a decade as Chief Deputy Constable Bailiff for Dallas County Constable Pct #7, furthering his commitment

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# EDITORIAL PAGE

*Are You Raising One of the Next Generation of Hoodlums:*

## Always Doing Your Best

By Dr. Joyce Teal



Dr. Joyce Teal

Make it clear to your son that you have the expectation that he will always do his best. Assist and encourage him to internalize this concept to the extent that he is displeased with himself when he does not put his best foot forward. You want him to experience the satisfaction of knowing that he has done the very best that he can. ALWAYS.

Throughout school, the most important parental role of all is to shape your child's attitude toward learning and school, to communicate high expectations, and to help your child set goals and solve learning problems. And setting ex-

pectations doesn't mean telling your child, "We are bound and determined that you are going to get into Harvard." It means sending the message that doing the best that he can is important for all the things he is going to be able to do in life and that one's best efforts will usually yield a desired outcome, an outcome that you will be proud of.

A study undertaken at the National Institute of Mental Health found that children lack brain connectivity to make decisions on the same organizational and critical thinking levels that mature adults do. But despite this reality, you can help your child learn the importance of always doing his best. You can help him to learn the importance of doing his best in every engagement he undertakes.

As an educator, I have heard numerous parents say in their sons' or daughters' presence things like, "I was a terrible math student; I hate math and my

child does too! I don't expect him (or her) to be a math genius." DON'T DO THAT!

If you say YOU hate math, be aware that you are shaping your child's attitude toward math, particularly if you're a mom or dad speaking to a daughter, or speaking within your daughter's hearing. Your daughter loves you and often wants to be just like you. She may pick up the false message the math isn't for girls. Most mothers would never say, "I hate reading. I hate books. I haven't read a book since high school." Yet somehow many parents apparently feel that it's okay to disparage their math skills.

Never allow your negative experience to influence your child. Although you may have had a negative experience in the area of mathematics, expect your child to have a positive experience. You cannot encourage your child to do his best unless he knows that you have this expectation, so you ex-

pect your child to succeed in math. In all likelihood, your child will fulfill your expectations. There are few parents who do not have the basic skills to make sure their third grader succeeds in math. Do not project your negative experience onto your child but rather give him (or her) the extra help and reassurance needed to succeed.

As a parent who knows the importance of encouraging your child to do his best, always expect your child to do his or her best, and convey this message in such a way that your child is cognizant of your expectations long before he or she begins formal schooling. One of the most important things you can do for your son is to help him to internalize the importance of always doing his best. This will not only serve your son well, it will also serve those who love and care for him in the same manner. You're invited to visit [www.untealthen.com](http://www.untealthen.com)

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## Some In The GOP Wanted Fear And Intimidation In Springfield Ohio

~ They Got It ~

James B Ewers Jr. Ed.D



James B. Ewers Jr. Ed.D

Let's just call it like it is. The divide in this country is at an all-time high. In some corners of the nation, evil is flourishing. People and their twisted ways have gained a foothold.

I am on the way out and those on the way in don't have a script to follow. All they see is intolerance, meanness and hatred. That is not a blueprint for success.

It used to be that we would look forward to voting. You would show your ID, cast your ballot, went home and waited for the results. Now, some states have passed laws to make it more difficult to vote. If you are Black like me and lived through segregation, you know the struggle that it has been.

Uzoma Nkwonta, an attorney representing the New Georgia Project Action Fund said, "There's

always been some litigation about voter rolls and list maintenance. But part of what you're seeing with this explosion is what appears to be a concerted attempt to generate errors and controversy that can then be used down the road to undermine election results."

Many folks within the Grand Old Party are casting doubts about whether the former president can win this upcoming election. As a result, they are pulling out all the stops, some unethical and questionable, at best.

Just last week, Senator Lindsey Graham from South Carolina was in Nebraska to meet with the governor and other lawmakers there. He said, "I hope they will allow winner take-all. Trump's going to win the state by 20 points."

Reports say he is concerned because Nebraska and Maine apportion their electoral votes based partially upon congressional districts. This translates to Vice President Kamala Harris coming away with one electoral vote from an Omaha-area district. The Republican Party is on a ferris wheel of malcontent.

Seeds of Republican anxiety and frantic behavior have also spread to Springfield Ohio. The Haitian population who has been described as hardworking citizens were accused of eating the pets of the people that live there. Donald Trump made these false and baseless accusations.

To counter these salacious claims, Republican Governor, Mike DeWine said, "These Haitians came in here to work because there were jobs, and they filled a lot of jobs. And if you talk to employers, they've done a very, very good job and they work very, very hard."

Since 2020 about 15,000 Haitians have settled in Springfield Ohio. The city has a population of just under 60,000 residents.

Governor DeWine has denied Mr. Trump's allegations to CBS News. Statements made by Mr. Trump have been made up sensational stories that only appeal to his base of supporters.

Colin Barclay who has lived in the city since 2015 and is White said, "You can tell people the truth and unless it fits their

narrative they're just, you know, they're not going to listen to it." Springfield mayor, Rob Rue issued a proclamation getting emergency powers to "mitigate public safety concerns". The proclamation said, "This will enable departments to respond more efficiently to emerging risks, including civil unrest, cyber threats and potential acts of violence."

America, this is all because of what Trump said about the Haitian citizens in Springfield Ohio. Will he stop this avalanche of hate he sows every time he speaks? The answer is no, and some Republicans have grown weary of it.

Reports say that more than 200 Republican staffers from 4 Republican administrations have opted to endorse Kamala Harris for president. A part of their endorsement letter reads, "Another four years of Donald Trump's chaotic leadership will hurt real, everyday people and weaken our sacred institutions." This letter appeared in the USA Today newspaper.

The city of Springfield Ohio will bounce back because the city is all right and Trump is all wrong.

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# RELIGIOUS/NEWS

The Pastoral Epistle of II Timothy is viewed as Paul's last will and testament that offers comfort and it challenges a timid and faithful spiritual son (Timothy) to be courageous in view of Timothy's ministry in Ephesus. In this epistle, Paul encourages Timothy to be steadfast in the fulfillment of his Divinely appointed task, despite Paul's bleak circumstances as a prisoner of Jesus Christ. Paul warns Timothy in this lofty epistle that his preaching will be assailed or attacked because men will abandon the truth for ear itching words (II Timothy 4:3).

In addition, Paul's own faith was tested by his being imprisoned (II Timothy 1:8). In fact, virtually all Christians in Asia, the province of which Ephesus was the leading city, abandoned him (II Timothy 1:15). It seems that only one man was not ashamed of Paul's ministry and came to him in Rome (II Timothy 1:16-17). In this epistle, Paul will offer his own example to guide Timothy, and God's word to fortify Timothy, in view of mounting opposition from within and increasing pressure from without.

As believers, we are to endure suffering for the cause of Christ because it is a part of our calling as servants of Christ. II Timothy 2:1-26 may be outlined as follows: I. An Encouragement to suffer Hardships – II. Timothy 2:1-10; II. An Exhortation to Continual Faithfulness – II. Timothy 2:11-26.

**I. An Encouragement to suffer Hardships – II. Timothy 2:1-10**

Paul begins verse 1 with the expression, "Thou therefore," to refer to the examples of steadfast believers in Chapter 1. Paul instructed Timothy to be strengthened in the grace of Christ and to follow the worthy examples of those in Chapter 1 in fulfilling the ministry to which Timothy was called. Timothy, a spiritual

son of Paul, was advised by Paul to carry on the ministry and to "be strong in the grace that is in Christ Jesus" (v. 1). Timothy was encouraged to proclaim the gospel message because God's grace will enable him to do so!

Having travelled with Paul, Timothy had heard Paul address the gospel message to various groups. Paul had personally taught Timothy, and now Paul is encouraging Timothy to entrust what he had been taught to trustworthy men who will also be qualified to teach others (v. 2). Those who had been taught the gospel were to "commit" (v. 2) it to, or deposit it with reliable men who would share it. To illustrate the degree of faithfulness needed in enduring hardships in the ministry, Paul pointed out three examples of those noted for their diligence: the soldier (vv. 3-4), the athlete (v. 5), and the farmer (v. 6).

In verses 3-4, Paul had observed the dedication of Roman soldiers in carrying out difficult missions. Their sole attention was on military activities. Paul exhorted Timothy to "endure hardness as a good soldier of Jesus Christ" (v. 3) in acknowledging that the difficulties he was undergoing were merely part of the work of the Christian soldier. A Roman soldier not only learned to endure suffering, but also concentrated on and prioritized his military life. He was single-minded and self-disciplined (v. 4). The word "entangled" in verse 4 means woven

like gangrene," and that the only remedy is the "healthy doctrine" (soundness) of the word of God. Paul cited two – Hymenaeus and Philetus – who were guilty of wandering from the truth regarding the essential doctrine of the resurrection (vv. 17-18). Paul made known that these two false teachers destroyed the faith of some. However, the defection of these two false teachers, must not shake Timothy's assurance. The solid foundation of God stands firm. The seal that Paul referred to, was a mark of authentication and ownership. The Lord knoweth them that are His. As believers, we are to separate from evil and be separated to Christ (v. 19).

He did not try to weave together active military service with the business affairs of everyday life. A soldier's sole priority is to please his commander; likewise, our spiritual objective should be to please our Spiritual Commander, Jesus Christ (Matthew 6:24). In verse 5, Paul switched to the imagery of an athlete. As the athlete "strive for masteries" or contend in the games, it was very essential that every contestant follow all the rules for each event. A spiritual athlete is required to have firm qualities of self-discipline, mental strength and endurance. The penalty for disregarding the rules was disqualification. There are various crowns that a believer may receive when he enters heaven (Phil. 4:1; I Thess. 2:19; II. Tim. 4:8; Jas. 1:12; I Peter 5:4; Rev. 2:10). In order to attain these crowns, one must follow the rules as a faithful servant of God. Paul wanted Timothy to run so as to win the crown (II Tim. 4:7-8). He must exercise the strong qualities of being disciplined, mentally tough, and exercise self-control. In verse 6, Paul now points out the diligent labor of a farmer. In the analogy of the hardworking farmer, emphasis is on hard labor and reward. A diligent farmer will reap the first share of the crops. The illustrations of a soldier, athlete and farmer all have in common that through being single-minded, disciplined and hardworking that success is

achievable. In verse 7, Paul appealed to Timothy to reflect on what I am saying, assured that with meditation and contemplation, the Lord would grant Timothy the insight into the wisdom of Paul's instructions. As an ultimate example of one who endured suffering, Paul referred to Christ in verse 8, saying: "Remember that Jesus Christ of the seed of David was raised from the dead according to my gospel." The gospel demanded that Jesus die for sin (Mark 10:45). It should be remembered that Christ was a descendant of David, the Messianic Ruler of mankind who gave His life for our redemption. Christ, the seed of David, was also raised from the dead. The reference to Jesus' identity and resurrection relates to a central portion of Paul's gospel. In verse 9, Paul's bold stand in defense of the truth was the reason he suffered persecution. Paul was viewed as an "evil doer" or common criminal. The "bonds" were fetters that restricted physical movement. The opposition of the religious community had led to his imprisonment, but this did not hinder him from spreading the gospel. In verse 10, Paul testified that he had endured multiple trials in order to share the good news of salvation with others.

II. An Exhortation to Continual Faithfulness – II. Timothy 2:11-13

In verses 11-13, Paul is utilizing his great trust-worthy say-

ings. These sayings may have been any early hymn, or confession of faith. It emphasizes the believers' oneness with Christ: when He died, we died with Him as members of His body; we rose with Him; if we endure, we will reign with Him, refers to the believer's identification with Christ; if we disown Him, He will also disown us, speaks of the possibility of apostasy (I Timothy 4:1; Hebrews 10:38-39; II John 9) and the Lord's ultimate rejection of those who professed Christ only temporarily (Matthew 10:33).

If we are faithless, He will remain faithful. Our unbelief will not nullify or cancel the faithfulness of God! Paul reminded Timothy to continue declaring the instruction of this letter. Timothy was instructed by Paul to keep reminding the believers of the instructions of this letter. The saints at Ephesus were solemnly charged in the presence of God to shun quarreling about the word. Such quarrels are of no value, but actually ruins those who listen (v. 14). Timothy was admonished by Paul to be zealous in his efforts to present God's word in an unashamed manner; thus, Timothy was to "cut straight" the teaching of God's word. He as not to mis-handle God's word (v. 15).

In verses 16-18, Timothy was to avoid godless chatter (empty profane utterances). Such godless chatter only advances ungodliness like gangrene. Paul warns that false doctrine" eats

like gangrene," and that the only remedy is the "healthy doctrine" (soundness) of the word of God. Paul cited two – Hymenaeus and Philetus – who were guilty of wandering from the truth regarding the essential doctrine of the resurrection (vv. 17-18). Paul made known that these two false teachers destroyed the faith of some. However, the defection of these two false teachers, must not shake Timothy's assurance. The solid foundation of God stands firm. The seal that Paul referred to, was a mark of authentication and ownership. The Lord knoweth them that are His. As believers, we are to separate from evil and be separated to Christ (v. 19).

In verses 20-21, a believer is pictured as a vessel. If the vessel is to be usable, it must be clean. Paul was admonishing Timothy to have nothing to do with false teachers. By not doing so, he would be a vessel of honor, sanctified, useful to the Master, and prepared to do any good work. In verses 22-23, Timothy was to flee the evil desires of youth, and pursue godly virtues: righteousness, faith, love and peace. Timothy must refuse to get caught up in foolish and asinine arguments.

In verses 24-26, false teaching will always be divisive; however, the Lord's servant should not be a fighter but a promoter of unity by being kind to everyone and apt to teach those who are willing to learn. The Lord's servant must treat even his opponents with gentle instruction characterized by "meekness" in the hope that God will grant them repentance in leading them to a knowledge of the truth. As brethren fall into false teaching, we must treat them with gentleness and love in the hope that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will.

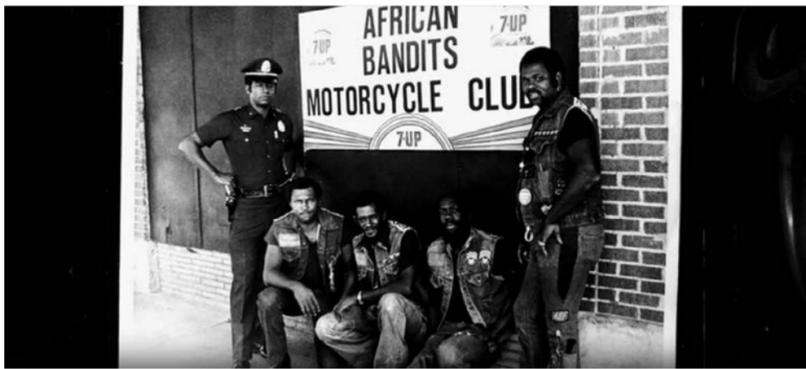
*May God Bless!*

## Being Given a Great Entrustment

### II Timothy 2:1-26

Rev. Johnny Calvin Smith

### Continued Life Page 1



to serving the public and ensuring the well-being of his community.

In addition to his professional accomplishments, Chief Stafford was a devoted family man, celebrating 39 years of marriage. He was known for his warm spirit and uplifting personality. When asked how he was doing, he would always respond with the simple yet heartfelt phrase, "super." His pride in his heritage was evident in his motto, "Black by nature, proud by

choice," a reflection of his strength and resilience.

Chief Stafford was not only a leader in his professional life but also a mentor and a source of inspiration for many. His dedication to guiding others and fostering growth left a profound impact on those fortunate enough to know him.

A wake Service will be held in honor of Chief Stafford on September 20, 2024, from 6:00 PM to 8:00 PM at Community MBC, located at 115 W

Belt Line Rd, DeSoto, TX 75115. The Funeral Service will follow on September 21, 2024, at 11:00 AM, at Community Missionary Baptist Church, also at 115 W Belt Line Rd, DeSoto, TX 75115.

Chief Donald A. Stafford will be remembered not only for his significant achievements but also for the love and joy he brought to the lives of those around him. His legacy of service and strength will continue to inspire future generations.

### Continued Ban Page 1

nonprofit.

Paxton says the fair's gun ban violates state law, which bars most government bodies from prohibiting weapons. State Fair officials say it has the right as a private nonprofit, and the city of Dallas says it has no role in the fair's gun policy.

Paxton said on social media Tuesday evening that he will next ask the Texas Supreme Court to overturn the ban.

The State Fair begins Friday.

Here's what you need to know.

The background: Fair officials and law enforcement announced the policy change last month, roughly a year after a gunman opened fire at the fair, injuring three people. Officials also announced it will have security cameras at entrances and will not provide storage for larger bags.

A week after the policy change, several state lawmakers signed a petition pressuring State Fair officials to rescind it, saying the new policy makes the fair less safe.

Shortly after, Paxton sent fair officials and Dallas' interim city manager a letter giving them 15 days to rescind the policy or else face legal action from his office.

Dallas owns Fair Park, where the 24-day event takes place annually, but State Fair of Texas, a nonprofit organization, operates the park and various city buildings and walkways within the property, per a 25-year agreement between the two entities.

A week before the Dallas District Court hearing, Paxton withdrew an eight-year-old legal opinion that allowed private nonprofits to ban guns on land they lease from a city.

After last week's ruling by the Dallas County District Court, Paxton announced he would turn to the 15th Court of Appeals, a new state court lawmakers created last year to handle cases involving the state or businesses. Critics fear the court is an effort by Republicans to circumvent Democrat-dominated courts, while proponents say the court will increase efficiency.

Why Texas sued: Since Fair Park is owned by Dallas, the nonprofit's policy change violates state law, which allows licensed gun owners to carry in places owned or leased by governmental entities, unless otherwise prohibited by state law, according to Paxton's lawsuit. Texas law establishes that schools and courtrooms are considered gun-free

zones and allows others, such as amusement parks or educational institutions, to institute their own bans on firearms.

"Neither the City of Dallas nor the State Fair of Texas can infringe on Texans' right to self-defense," Paxton wrote in his statement announcing the lawsuit.

In his letter to the interim city manager, Paxton acknowledged that some buildings on the Fair Park premises, like the Cotton Bowl and other buildings used for scholastic events, are areas where guns are prohibited by state law.

"However, the entirety, or vast majority of the 277-acre Fair Park of Dallas is not a place where weapons are prohibited," Paxton wrote.

What State Fair officials say: The city of Dallas disagreed with Paxton's allegations, explaining that city officials weren't involved in the State Fair's decision to enforce a gun ban.

"The State Fair of Texas is a private event operated and controlled by a private, nonprofit entity and not the City," a Dallas spokesperson said in a statement.

Fair officials believe they could enforce a gun

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# CLASSIFIEDS/NEWS

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Dr. Termulo recommends getting the flu shot now or in early October before flu cases begin to go up. The flu season lasts until the spring, with the peak activity typically occurring in mid-winter: December, January, February, or even into March.

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Some people, such as those 65 years and older, pregnant women, young children and people with certain health conditions are at higher risk of serious flu complications.

Parkland physicians warn that the flu can mutate, like COVID, and while a seasonal flu vaccine is not a guarantee that you won't get sick, it is still very beneficial.

"No one shot can guarantee that you won't get the flu, but the flu shot can protect you or a loved one against a serious illness," Dr. Termulo said.

"As a community, we've lost most of the preventive habits we picked up from the pandemic, like masking and social distancing. This means viruses like the flu have a higher chance of spreading rapidly," warned Dr. Termulo.

To make getting your flu shot easier this fall, patients of all ages can visit Parkland's Community Oriented Primary Care (COPC) health centers for a flu shot at no cost for Dallas County residents and with no appointment necessary. To avoid a wait, Wednesdays are recommended. During Walk-In Wednesdays, staff is dedicated to providing flu shots from 9 a.m. to noon and 1 to 4 p.m. Visit [parklandhealth.org/locations](http://parklandhealth.org/locations) to find a COPC near you.

Parkland will also be at several community flu vaccination events throughout the season, and our mobile immunization van will offer flu shots at various locations.

To learn more about the flu and where to get your shot, visit [parklandhealth.org/flu](http://parklandhealth.org/flu).

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## Embracing healthy aging

*Parkland provides expert tips for a vibrant future*

DALLAS – Age may be just a number, but it's also a journey – one that can be enhanced by focusing on your well-being. September is Healthy Aging Month, and experts at Parkland Health want to remind seniors that maintaining their health can significantly improve their quality of life.

According to LaTrica Rhynes-Hicks, PhD, MSG, CDP, Clinic Educator for the Center for Geriatric Care and Healthy Aging at Parkland, some of the most important lifestyle changes seniors can make to maintain their health as they age include:

- **Keeping your mind active:** Engage in word and number games as well as reading. These activities can improve memory and help you learn new skills.
- **Engaging in regular physical activity:** The long-term benefits of physical activity include a reduced risk of cognitive problems such as dementia, improved heart health, a lower risk of developing diabetes and several types of cancer, enhanced bone health, and a reduction in fall risk by improv-

ing balance and coordination. Additionally, being physically active can help decrease stress and contribute to overall well-being.

- **Preventing falls:** Schedule regular eye checkups to reduce the risk of falling due to vision loss or impairment. Also, conduct a home safety check to identify and address fall hazards such as rugs, cords in walkways, and other obstacles that can obstruct clear walking paths.
- **Maintaining a healthy diet:** Avoid foods high in cholesterol and fat, as they can lead to clogged arteries and high blood pressure. Older adults should also stay hydrated by drinking plenty of water, as dehydration can affect cognition. Be sure to drink plenty of water.

Dr. Rhynes-Hicks also emphasizes the importance of seeing your primary doctor or specialist at least once a year to monitor any chronic health conditions. "If you notice any new changes or concerns about your health between annual visits, it's important to contact your provider to determine

if any medication adjustments are needed," she said. "It's crucial to take all your medications as prescribed."

As we age or assume a caregiver role for an older loved one, it's essential to prioritize communication. "Allowing the older adult to express their wishes regarding healthcare, personal interests, finances and ensuring they are involved in decisions about their lives can help reduce stress for everyone involved," Dr. Rhynes-Hicks said.

Additionally, prioritizing your social and emotional well-being is crucial. "Assess your social support network (neighbors, friends and family) and caregivers should encourage additional connections and plan interactions, if necessary," she suggested.

Since stress has been linked to health problems such as weight gain, high blood pressure, strokes, depression and digestive issues, finding ways to manage stress – such as going for a walk, journaling or reading – is important.

Aging is inevitable, but with the right mindset and healthy habits, you can continue to thrive throughout your golden years.

### Quinn Minute

# – Old sayings

By Rix Quinn

Remember that old saying "A bird in the hand is worth two in the bush?"

I thought about this yesterday while chewing fried chicken. I don't know what other birds are worth, but I had to pay for the chicken.

Seriously, the quote goes back to ancient times. Bird hunters reasoned that one bird already caught

guaranteed dinner, while two birds uncaught ("in the bush") meant more work plus the possibility of failure.

Why did the hunters want those other fowls too? Maybe they expected guests for dinner, or maybe they just wanted to see if birds in the heather flock together.

See, you never can tell

what our silly prehistoric pals thought! Back then, they drew stuff on their walls and called it art.

Today we call it graffiti. But if somebody famous sketched it, we call either a "mural" or "wallpaper."

The birdie saying is much like another one claiming, "The grass is always greener on the other side of the fence."

This means either (1) people always want what they can't get, or (2) the neighbor buys better fertilizer.

What's the lesson here? I'm guessing it is this:

"If you see two birds in a bush surrounded by green grass on the other side of a fence, don't try to catch them, because they are probably in a zoo."

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# SPORTS/NEWS PAGE



## 7 Day Weather Forecast for DFW

Thursday, Sept 26	Friday, Sept 27	Saturday, Sept 28	Sunday, Sept 29	Monday, Sept 30	Tuesday, Oct 1	Wednesday, Oct 2
H - 82° L - 61°	H - 81° L - 63°	H - 82° L - 63°	H - 83° L - 61°	H - 83° L - 65°	H - 86° L - 63°	H - 81° L - 62°

### 'Fire the GM, Jerry!': Frustrated fan's bold move after Sunday's loss

Stephen Gonzalez is among many fans blaming Jerry Jones for the Cowboys' issues

By Meredith Yeomans



Photo Credit: NBC TV Screenshot

Another ugly start to the season for the Dallas Cowboys and fans are feeling it. Many are voicing their frustration, and as Meredith Yeomans shows, one fan is taking his message to the streets. It's been an ugly start

to the season for the Dallas Cowboys and fans are feeling it. Many are voicing their frustration, including one fan who's taking his message to the streets. "I came here out of passion and love," said

Stephen Gonzalez, an Allen resident and lifelong Cowboys fan. After the team's loss Sunday to the Baltimore Ravens, making their record 1-2 for the season, Gonzalez made a bold move, hoping the Cow-

boys will, too. Monday, he stepped onto the field on the plaza in front of the Ford Center at The Star, the Cowboys headquarters, and held up a cardboard sign that read, "Fire the GM, Jerry!"

"May my voice be heard," said Gonzalez. The sign suggests Jerry Jones, the owner of the Cowboys, fire himself as the general manager of the team. Gonzalez's hot take had one driver after another at The Star doing double takes, including one who shouted, "Preach!" "As people who love and care for the Dallas Cowboys and the brand that he built, we just think it's time to let go," said Gonzalez. "Let somebody else take over." A photo of Gonzalez holding his sign has been viewed nearly 200,000 times online with one comment calling it, "A movement all of #CowboysNation can get behind."

"That's where we get penetration into the front office of The Star. If we just casually say it, he's never going to hear it, but this is what we're saying," said Gonzalez. During an interview with 105.3 The Fan's Shan and RJ show on Tuesday, Jones responded to fans' claims that he's the one to blame for the Cowboys' problems. "It's very fair. It's well known that no decision is ultimately there without I've either acquiesced or approved it. That's very fair. How could you think otherwise?" responded Jones. A lifelong Cowboys fan, Gonzales says he has no plans to defect from the team or what he sees as the most deserving fan base in football. "Hopefully others come and join me," he said. Jones has long said he has no plans to step aside. This article tagged under: Dallas Cowboys

### EXCLUSIVE! — Michael Jackson's Thriving Estate Makes it a Target for Extortion Attempts

'Enough Is Enough' say Representatives to Latest Attempt

By Stacy M. Brown,

As we reported earlier this month, Michael Jackson's legacy continues to dominate the entertainment industry, with his various projects collectively surpassing \$2 billion in global ticket sales. The King of Pop's influence remains unmatched, from groundbreaking concert films to sold-out Broadway shows, making his the most successful celebrity estate ever. Ironically, the greater its success the more it has faced attempts from those seeking to shake down the Estate for money. The most recent case resulted in the Michael Jackson Estate having to go so far as to contact law en-

forcement officials while filing an arbitration claim in response to threats from a few longtime friends and former associates of the pop icon. We have learned that they are now demanding \$213 million from the estate threatening to release false damaging information about Jackson if their demands are not met, even though for decades they have stated Michael did nothing to them. Co-Executor of the Estate John Branca has described their actions as a blatant attempt to exploit Jackson's legacy for financial gain at no risk of defamation because those laws don't protect the

deceased. These threats come amidst the Estate's enormous financial success, having generated \$3 billion for beneficiaries. For 25 years these associates have steadfastly maintained Michael's innocence. In his book, one member of the group defended Jackson, writing, "Michael had never acted in any way even approximating inappropriate toward us. Michael was being attacked by liars. There was nothing ambiguous about the whole thing. These people were after Michael's money. But he was innocent." He reiterated this stance in numerous media appear-

ances, including interviews with Oprah Winfrey and Wendy Williams. "I'm gonna tell you what sleepovers were like," he told Williams. "Everybody in a room, me, and others, we would just sit up talking, us on the floor, talking until four o'clock in the morning; let's go raid the kitchen." In a group sit down with Oprah, another member insisted, "Michael couldn't harm a fly. He's such a kind and gentle soul. Michael was a target." Despite their public support for Jackson, the person is engaging in the very behavior he once condemned. Continue Estate Page 6

Continued Chief Page 1

leaving now, you know when things are going positive that's the time to leave," Garcia said. He says his decision came after much reflection and a desire to spend more time with his children and to have a life. "Anyone who says that there's any balance doesn't really know the job because there is none and my kids are getting older. You know they're young adults and hopefully starting their own family soon and I don't want to waste a day," he said. Garcia wants to make it clear that he is not leaving because of City Hall pol-

itics or disputes between Mayor Eric Johnson who he says he likes and respects and former city manager T.C. Broadnax who is making Garcia an Assistant City Manager over Public Safety in Austin. "I'm not leaving because of any ballot measures. I'm not leaving because of acrimony. I'm leaving because it's my time to retire from law enforcement. And there's an opportunity to work with individuals that I respect greatly," he said. Garcia says leaving policing after more than 30 years was one of the most difficult decisions of his life.

Continued Ban Page 3

ban as a private nonprofit and are standing by their decision. "The State Fair of Texas will continue to prioritize providing a safe and secure environment for our millions of fairgoers, as well as our staff, vendors, and volunteers," Karissa Condoianis, a state fair spokesperson, has said. "As a private, not-for-profit organization leasing Fair Park for our annual State Fair, we be-

lieve we have the right to make this decision and maintain that it is the correct decision to protect the safety of our patrons." Broader impact: This is the first high-profile case for the newly established 15th Court of Appeals, the judges of which were appointed by Gov. Greg Abbott. Tuesday's ruling might cool some Democrats' concerns that the court was created to secure more Republican-friendly decisions.

Additionally, Paxton's effort to block the State Fair gun ban adds to a long list of cases that his office pursues scrutinizing policy decisions from local governmental entities with more liberal-leaning leadership – voter registration, among the latest. This article originally appeared in The Texas Tribune at <https://www.texastribune.org/2024/09/24/ken-paxton-state-fair-gun-ban>

-appeals-court/. <link rel="canonical" href="https://www.texastribune.org/2024/09/24/ken-paxton-state-fair-gun-ban-appeals-court/"> <script async src="https://ping.texastribune.org/ping.js" data-source="repub" data-canonical="https://www.texastribune.org/2024/09/24/ken-paxton-state-fair-gun-ban-appeals-court/" crossorigin="anonymous"></script>

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# The Elephant in the Room is Not The Republican Party

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



Dr. John E. Warren

The expression “The Elephant In The Room” often refers to an obstacle in a conversation that appears to be the size of an elephant in a room so large that he takes up most of the space. This is the case with Donald Trump and his race against Vice President Kamala Harris. Trump, a convicted felon, with 34 convictions,

multiple indictments and major court cases that could send him to prison, appears to be the Presidential Preference for a large number of Americans who want Donald Trump as President, no matter what. This group of voters, who happen to be predominantly White, are not really interested in positions on policy issues. Donald Trump is the key to the Project 2025 take over of the American government and the abolishment of the U. S. Constitution as we know it.

The elephant in the room is the “Browning” of America; that the immigrants and people of color are taking over or will soon take over America in terms of population. Such reasoning is

not concerned about policy issues. This is evidenced by the fact that Donald Trump has not put forth a policy issue for anything. He has only talked about the things he wants to do, like pardon the January 6th rioters, which are not based in the use of the Constitution but rather the bypassing of law to release people who have sworn allegiance to Trump rather than the Constitution.

The only solution to counter this kind of thinking does not rest in the logic of policy discussions but rather in the realization that only the voting will of the people can block it. In the weeks leading up to the November 5th election, let us focus on getting

out an overwhelming number of votes that will make the Electoral College count for Vice President Harris so large we go so far beyond the 270 votes needed that there is no room for the challenges that Trump is planning to delay and overthrow the transition of power. Let us remember that the Republican Party has been taken over by the Conservatives that would use Trump to implement Project 2025. Since Donald Trump is their key to changing our system of government to a Dictatorship, Let Vice President Harris be the key to saving Democracy as so many have come to understand. We can beat the elephant in the room, but only with our votes.

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**EXCLUSIVE! —**

**Michael Jackson's Thriving Estate Makes it a Target for Extortion Attempts - Continued Page 5**



Michael Jackson live "Dangerous Tour" in Monza (Italy) 06/07/1992.  
Photo: Daniele Dalledonne from Trento, Italy / Wikimedia Commons.

In 2019, following HBO's release of the controversial documentary "Leaving Neverland," the Jackson estate, was under significant pressure due to the media frenzy that spawned calls to cancel Michael. Representatives sought the group's support given they for years vouched for Michael's character, and that's when they turned. As fiduciaries, the executors' mission is to generate income for Michael's beneficiaries. So, they had two goals: preserve the upcoming projects, while shielding his loved ones from further pain of having to endure another round of salacious, unproven allegations. The estate reached a private settlement with the group including \$3 million for each of the five individuals. Both sides mutually agreed to keep the agreement under wraps to where even its existence couldn't

be divulged. "In 2019, there was 'Leaving Neverland,' which was a complete surprise hit job," Branca said in an exclusive interview with the Black Press of America's Let It Be Known. "We didn't know it was coming and weren't asked for comment. And the media didn't want to hear Michael's story. MGM was threatening to cancel the Cirque show. We wouldn't have been able to mount a Broadway show. There were a lot of things that would have gone south. We have a fiduciary responsibility to maximize the income of the estate, and our counsel insisted we sign the agreement. So, we did it with a mutual nondisclosure. And they didn't want it disclosed either because Michael's fans would have gone after these people," Branca said. The estate's mutual

nondisclosure agreement with the associates was vital in keeping the matter private and allowing the estate to move forward with projects that that would ensure that future generations could share in Michael's musical and creative legacy and that could prove lucrative for Michael's three children, the King of Pop's heirs. "We and they signed this nondisclosure agreement, and the nondisclosure said you can't even tell people there's an agreement," Branca explained. "It was awkward because we were making a movie with Antoine Fuqua and Graham King. And we couldn't tell anybody about it, including the filmmakers." The recent demand for \$213 million and the threat of making salacious claims have pushed the estate to take legal action. Branca commented, "The associate's lawyer even said to

us, if you don't meet our demands, we're going to have to share these allegations with a wider group of people. It was a shake-down. Enough is enough." The estate has reported the extortion attempt to authorities and is filing an arbitration proceeding against the associates for civil extortion. Branca noted the challenge of protecting Jackson's legacy after his death, as libel laws that protect the living do not extend to those who have passed away. When asked, Branca addressed the racial element in the treatment of Jackson, pointing out the media's bias. "I definitely believe there's a racist element in the media coverage of Michael Jackson since the 1980s. I was there. Michael got so big many were jealous, especially when he bought the Beatles catalog. I remember James Baldwin having that famous quote: 'Michael will forever pay the price for his success.'" Jackson himself was acutely aware of the racial undertones in how he was perceived. Branca recalled Jackson saying, "Sinatra's the chairman of the board. Elvis is the king. Springsteen is the boss. But what do they call me? They call me the Gloved One. And he says, you know that's racist. They're trying to keep me down." Branca added, "I don't think they would do this to Bruce Springsteen, John Lennon or Elvis for that matter." Branca has played a pivotal role in Jackson's legacy, including his in-

volvement in the 1985 acquisition of the vaunted ATV catalog that included the Beatles and music from other artists. "The music catalog was something that carried him through good times and bad," Branca noted. "Michael was somewhat of a visionary because some of his advisers were saying it was too expensive. And Michael said, 'Branca, get that catalog.'" This move proved to be one of the most strategic decisions in Jackson's career, solidifying his financial future and expanding his influence in the music industry. The partnership between Branca and Jackson extended beyond financial dealings. They shared a mutual appreciation for creativity and entertainment. Branca recalled attending a Cirque du Soleil show with Jackson. "He and I attended a Cirque du Soleil show together in Santa Monica. And he said, 'Branca, we gotta go backstage and meet everybody.' So, Cirque was an easy one," Branca remembered. This shared vision later led to successful collaborations, including the Cirque shows centered around Jackson's music. Despite vast challenges and unproven allegations, the executors have transformed Jackson's estate into a financial powerhouse. Following Jackson's death in 2009, the estate was nearly half a billion dollars in debt. Through strategic deals and projects, they turned it into a multi-billion-dollar enterprise. This included a

blockbuster \$600 million sale of 50% of Jackson's music catalog to Sony wherein the Estate maintained control and the success of projects like "Michael Jackson's This Is It," the highest-grossing concert film in history. Upcoming endeavors, such as the Antoine Fuqua biopic MICHAEL starring Jackson's nephew Jaafar Jackson, aim to solidify Jackson's enduring influence in popular culture. The estate has also diligently ensured the well-being of Jackson's family. Branca confirmed that Jackson's mother, Katherine, is well cared for. Earlier reports suggested that Katherine has received more than \$60 million from the estate since her son's tragic death in 2009. "She's well taken care of. She's got two beautiful homes," Branca stated, "full-time security and a private chef. Mrs. Jackson, as she should be, is well taken care of." Branca reflected on the estate's role in maintaining Jackson's vision, saying, "We're not Michael. We would never pretend to be. But we know what he loves. A lot of it is trying to execute Michael's vision." Despite the hurdles, he remains steadfast in his commitment to protecting and preserving Jackson's legacy. "We will continue to manage the estate with the integrity and dedication that Michael deserved," Branca affirmed. "Attempts like this to tarnish his memory for financial gain will not succeed."

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