

“The challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not a bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humour but without folly.”- Jim Rohn



ISSN # 0746-7303

The Dallas Post Tribune

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VOLUME 78 NUMBER 2

SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

September 25 - October 1, 2025

After Plunge, Black Students Enroll in Harvard

By Stacy M. Brown

Black Press USA Senior National Correspondent



Boston, Massachusetts, USA - October 9, 2023: Gate 1, the Newell Gate pedestrian entrance to Harvard University's Soldiers Field Athletic Area. Atop the gate is the Harvard crest, logo, with three books and the word VERITAS (Truth). Two student pedestrians. Photo Credit: NNPA Files

Black student enrollment at Harvard Law School has rebounded. The incoming J.D. Class of 2028 includes 46 Black students, nearly returning to the averages seen between 2020 and 2023. That recovery comes only one year after the number collapsed to 19, the lowest since the 1960s.

The collapse of 2024 was severe. Harvard law profes-

sor David B. Wilkins told The New York Times, “This is the lowest number of Black entering first-year students since 1965.” He added, “This obviously has a lot to do with the chilling effect created by that decision.” In a statement, Sean Wynn, president of the Harvard Black Law Students Association, said the enrollment decline was a “crush-

ing loss” and that “with this marked decline, the (Supreme Court’s Affirmative Action) ruling has broken something fundamental about the experience of attending this law school.” The chilling effect extended across higher education. Harvard College’s freshman class saw the share of Black students drop from 18 percent in 2023 to 14 percent in

2024. At the University of North Carolina, Black enrollment fell from 10.5 percent to 7.8 percent. The Massachusetts Institute of Technology reported a drop from 16 percent to 6 percent. Princeton’s Class of 2029 enrolled only 5 percent Black students, the lowest since 1968.

Continue **Harvard** Page 2

Democrats Pour Millions into White Media, But Continue to Starve the Black Press

By Stacy M. Brown

Black Press USA Senior National Correspondent

One could make the case that Democrats lost the 2024 election in part because c jeopardizing rural hospitals. Millions for consultants, millions for TV, millions for newspaper spreads in majority-white outlets. But when it comes to the Black Press of America—a network of 200 Black-owned newspapers and media companies,

many run by Black women—Democrats turn their pockets inside out.

This is no small network. The Black Press has the potential to reach more than 30 million readers, viewers, and subscribers every week through its newspapers, websites, social platforms, and daily broadcasts. It has never asked for handouts, only a fair shake. Yet, de-

spite all their boasts of diversity, Democrats have invested nothing close to the millions they shovel elsewhere. And this betrayal comes at a historic moment: the Black Press is approaching its 200th anniversary in 2027. Founded in 1827 by John B. Russwurm and Samuel Cornish with the bold declaration, “We wish to plead our own cause. For

too long others have spoken for us,” the Black Press has carried that mission through every trial of Black America. Yet today, as it struggles financially to reach that milestone, the very party that owes its survival to Black voters has turned its back.

For too long others have

Continue **Press** Page 7



Graphic illustration of iconic American Capitol dome and simple ring of stars on abstract oil paint background.

Photo Credit: NNPA Files

Bobby Cain, a member of the Clinton 12 who helped integrate Tennessee high schools in 1956, has died

By TRAVIS LOLLER Associated Press

NASHVILLE, Tenn. (AP) — Bobby Cain, who helped integrate one of the first high schools in the South in 1956 as one of the so-called Clinton 12, died Monday in Nashville at the age of 85, according to his nephew J. Kelvin Cain.

Bobby Cain was a senior when he entered the formerly all-white Clinton High School in Tennessee on a court order. He had previously attended a Black high school about 20 miles (32 kilometers) away in Knoxville and was not happy about leaving his friends to spend his senior year at a new school in a hostile environment.

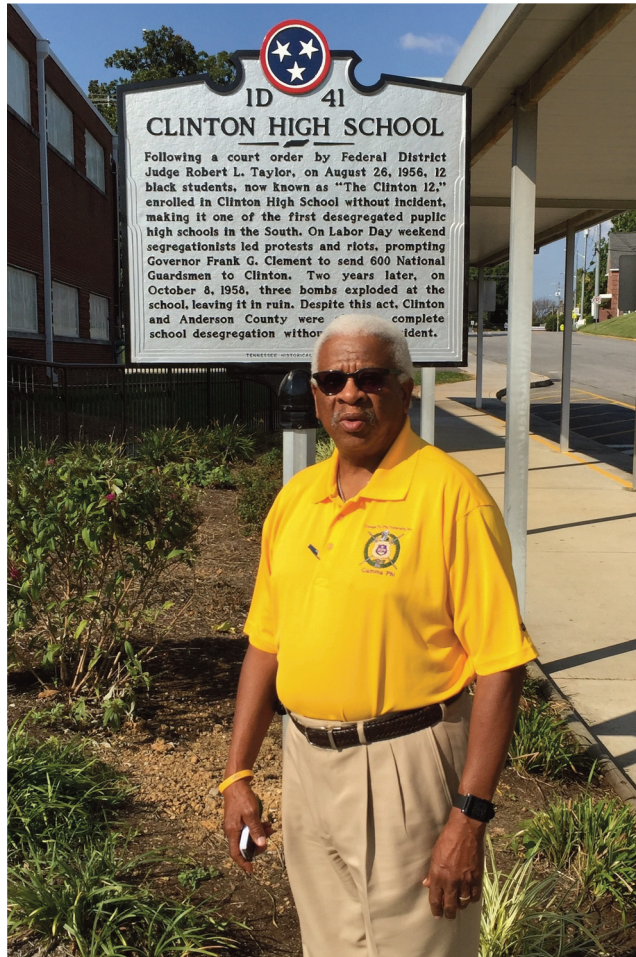
"He had no interest in doing it because, you know, he'd gotten to rise up through the ranks at Austin High School as the senior and was finally big fish in the pond. And to have to go to this all-white high school -- it was tough," said Adam Velk, executive director of the Green McAdoo Cul-

tural Center, which promotes the legacy of the Clinton 12. Velk added that the 16-year-old had to do it "with the entire world watching him."

This was a couple of years after the U.S. Supreme Court ruled in Brown v Board of Education that separating public school children on the basis of race was unconstitutional and a year before Little Rock Central High School was desegregated by force. Unlike the Little Rock Nine, the Clinton 12 students were not hand-picked and trained for the job of desegregation. They just happed to live within the Anderson County school district at the time, Velk said.

Although the court-ordered desegregation in Clinton was accepted by state and local authorities, many in the local white community were against it.

Continue **Cain** Page 7



This photo provided by J. Kelvin Cain shows Bobby Cain on Aug. 15, 2015 in Clinton, Tenn. (J. Kelvin Cain via AP)

State Fair of Texas Presents Pro Rodeo Rough Stock Kickoff: Friday, October 10 – Saturday, October 11

Cowboys of Color Rodeo: Sunday, October 12

Join us as we spotlight cowboys and cowgirls from all different backgrounds, including Black, Indigenous, and Latino riders. This rodeo will highlight these cowboys of color but will feature indi-

viduals from a variety of communities. This event is designed to promote the diversity of rodeo and amplify riders who are often underrepresented in the sport. From barrel racing to calf roping, folks of all ages are welcome to cheer them on from the Coliseum seats.



Photo Credit: State Fair of Texas



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Quit Playin’

The State Fair is Unfair!

By Vincent L. Hall
I Messenger Media

“It is easier to build strong children than to repair broken men” – Frederick Douglass

There are two experiences in my childhood growing up in Dallas’s “Southern Sector” that stand out most to me. I learned to swim at Big L pool and then perfected my swan dive at Glendale Park, which was less than three blocks from my home. My two brothers and all our friends met up at least six days a week, sometimes more. The City of Dallas owned the pool, but the local 7-11 gave away free tickets.

We cooled off in the summertime and stayed out of mischief because of that outlet. Those wonderful memories of springboards and excessive chlorine all came to mind as I read a Dallas Morning News article recently. The State Fair of Texas was the subject, but for me, it was tethered to the summer swims that taught us lifelong lessons.

“Pre-K through high school students have previously been given one ticket to the fair for free under a long-standing admissions program. The program has become a tradition for schoolchildren to enjoy all aspects of the State Fair of Texas season, fair spokesperson Karissa Condoianis said in a news release. But starting this year, ninth through 12th-grade students will no longer get in for free.”

These three sentences instantly created angst and disappointment. The same logic that won’t support recreation for low-income kids has just withdrawn an admission-free trip to the state fairgrounds for Dallas’ high school students. It feels racially driven because most of these students come from the Dallas Public Schools, which happens to be 70% Hispanic, 20% Black, and 5% White.

Every time you engage in a conversation about the negative trends in public education, it ends up being a diatribe about the lack of funding and good teachers. However, what gets overlooked in the discussion is the lack of opportunities that lower-income children have to be exposed to life outside their own bubble. When childhood experiences are limited to the harsh realities of life in public housing projects, “barrios”, or in trailer parks, the outcomes are predictable.

Mama says, “If you don’t know much, you can’t do much.” Shamefully, many of our youngsters are restricted to a daily dose of poverty and all of its accouterments! Life on “Midway” enhanced my curiosity and thereby my education. Studying science and math made sense to me.

I was hungry to understand how a ride that spun rapidly in a circular motion could fasten me to the wall even after the floor dropped. That ride led me to discover the scientific concepts of inertia, G-force, and centrifugal force.

Too many inner-city children lack the hunger to learn because we stifle their appetite by setting financial limits on what they can see, hear, and touch. Too many of our children are confined to a world that is less than ten miles in diameter. Unfortunately, we don’t have public-private partnerships to provide summer excursions and field trips.

When kids are locked out of the mainstream, there are consequences. Some complain about rap music, but whatever happened to those free trips to the symphony orchestra? The Dallas Zoo is out of reach these days for lots of kids.

Poor children can’t afford to go to see the Cowboys, the Mavericks, the Rangers, or the Stars. Between ticket prices, concessions, and parking, too many of our children go lacking. And now our teens can’t see Big Tex! We only have one chance to build strong children. This State Fair ain’t Fair!

A long-time Texas Metro News columnist, Dallas native Vincent L. Hall is an author, writer, award-winning writer, and a lifelong Drapetomaniac.

CELEBRATE THE STATE FAIR WITH FROST

WHAT:

Frost invites the community to celebrate the State Fair by coming to a Dallas-area financial center for a festive event. Enjoy classic fair foods, including turkey legs, funnel cakes, and drinks.Events like these are traditions at Frost, where dedication to the community has been part of the culture since the company began in 1868.

WHEN: Monday, Sept. 29 2:00 - 4:00	WHEN: Monday, Oct. 6 11:00 a.m. - 1:00 p.m.	WHEN: Thursday, Oct. 16 1:00 – 3:00 p.m	
WHERE: Lakewood Financial Center 6312 La Vista Drive Dallas, Texas 75214	WHERE: Grand Prairie Financial Center 2810 S State Hwy 161, Suite 100 Grand Prairie, Texas 75052	WHERE: Northwest Dallas Financial Center 3128 Forest Lane Suite 100 Dallas, Texas 75234	
▪ <i>State Fair celebration includes corndogs.</i>	▪ <i>State Fair celebration includes mini donuts.</i>	▪ <i>State Fair celebration includes turkey legs.</i>	
WHEN: Tuesday, Sept. 30 Noon - 2:00 p.m.	WHEN: Tuesday, Oct. 7 2:00 – 4:00 p.m.	WHEN: Friday, Oct. 17 Noon - 2:00 p.m.	
WHERE: Far North Dallas Financial Center 15030 Preston Road Suite 934 Dallas, Texas 75254	WHERE: Garland Financial Center 11701 Plano Road Dallas, Texas 75243	WHERE: Denton Financial Center 1330 S Loop 288 Denton, Texas 76205	
▪ <i>State Fair celebration includes turkey legs.</i>	▪ <i>State Fair celebration includes turkey legs.</i>	▪ <i>State Fair celebration includes turkey legs.</i>	
WHEN: Wednesday, Oct. 1 11:00 a.m.- 1:00 p.m.	WHEN: Wednesday, Oct. 8 1:00 – 3:00 p.m.	These events are free and open to the public. Frost is the banking, investments and insurance subsidiary of Cullen/Frost Bankers, Inc. (NYSE: CFR), a financial holding company with \$52 billion in assets at March 31, 2025. One of the 50 largest U.S. banks by asset size, Frost provides a full range of banking, investments and insurance services to businesses and individuals in the Austin, Corpus Christi, Dallas, Fort Worth, Houston, Permian Basin, Rio Grande Valley and San Antonio regions. Founded in 1868, Frost has helped Texans with their financial needs during three centuries. For more information, visit www.frost-bank.com .	
WHERE: Addison Financial Center 3820 Belt Line Road Addison, Texas 75001	WHERE: University Park Financial Center 6321 Hillcrest Ave. Dallas, Texas 75205		
▪ <i>State Fair celebration includes turkey legs.</i>	▪ <i>State Fair celebration includes funnel cakes.</i>		
WHEN: Friday, Oct. 3 Noon - 2:00 p.m.	WHEN: Friday, Oct. 10 Noon - 2:00 p.m.		
WHERE: Allen East Financial Center 498 E Stacy Road Allen, Texas 75002	WHERE: Preston Hollow Financial Center 7859 Walnut Hill Lane Suite 100 Dallas, Texas 75230		
▪ <i>State Fair celebration includes turkey legs.</i>	▪ <i>State Fair celebration includes turkey legs.</i>		

CONTINUED HARVARD PAGE 1

The source of these declines was the Supreme Court’s decision in 2023 to end race-conscious admissions. In his majority opinion, Chief Justice John Roberts wrote, “Eliminating racial discrimination means eliminating all of it.” The ruling overturned decades of precedent, closing a door that had offered Black students a measure of access to the nation’s most selective institutions. Harvard’s rebound this fall was driven not by structural change but by extraordinary efforts within its community. Black alumni and the Harvard Black Law Students Association launched new outreach and recruitment programs, according to The Harvard Crimson. Still, the rebound came even as Harvard shuttered diversity offices and ended a minority recruitment initiative for under-

graduates. The numbers at Harvard show a fragile recovery. They are part of a larger struggle that continues in classrooms and courthouses across the country, where the future of access and opportunity for Black students is contested each year.

September is National Suicide Prevention Month, National Recovery Month, Childhood Cancer Awareness Month, Blood Cancer Awareness Month, and also National Sickle Cell Awareness Month, among several other health and cultural awareness observances that occur throughout the month.

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RELIGIOUS/NEWS

Some Spiritual Blessings of the Believer

I Peter 1:3-5



Rev. Johnny Calvin Smith

Peter addressed this epistle to dispersed believers scattered throughout the five provinces of Asia Minor. These believers were suffering severely for their faith. Although suffering severely for their faith, Peter place their suffering in proper focus by reminding them of their spiritual blessings. Peter began in verse 3 by praising God for the blessing of “new life.” The believers could praise God because through the new birth, God had given them spiritual life that no one could deprive them of. This life carried with it a lively (living) hope.

A living hope is based on a living Saviour! This new

life began with God extending “His abundant mercy” to the undeserving. Mercy speaks of pity or compassion toward the helpless and withholding from them the judgment they justly deserve. Our God is “rich in mercy,” whereby He rescues sinners and makes them His children (Ephesians 2:4-5). We need to thank God every moment of our existence for His awesome mercy! Because of the new birth, we have a living hope; and we have a living hope because we have a living Saviour!

The historical basis for the new birth is the resurrection of Jesus Christ from the dead. Jesus’ death was es-

sential to our salvation because through it He bore God’s judgment for our sins. Yes, Jesus bore the full measure of God’s wrath for our sin, for II Corinthians 5:21 states: “For He hath made Him to be sin for us, who knew no sin; that we might be made the righteousness of God in Him.”

Secondly, the next blessing that each believer has is a heavenly inheritance (v. 4). As children of God, we have a heavenly inheritance. Peter stressed several characteristics of this inheritance. First, it is “incorruptible.” It cannot be destroyed by decay, fire, rust, mold or termites. It is durable as the God who

gives it. Second, it is “undefiled.” It cannot be tainted or contaminated by sin. Third, this inheritance “faded not away.” It will never be diminished in value or quantity. Finally, it is “reserved in heaven” for the proper recipients. The word “reserved” means guarded, a word that should encourage every believer.

The third blessing of the believer is the “keeping power of God” (v. 5). Peter assured his readers that just as their inheritance was being guarded for them, so they were being preserved for it. Enemies might destroy the physical lives of God’s people, but they cannot deprive them of their

eternal salvation. Believers are “kept by the power of God.” When we are tempted to complain about our difficulties, we should review the spiritual blessings we have in Christ. We possess new life; a heavenly inheritance and God’s keeping power to preserve us unto Him. We can trust that God will preserve us until He ultimately consummates His salvation work in us, for Jude 24 states: “Now unto Him that is able to keep you from falling, and to present you faultless before the presence of His glory with exceeding joy, To the only wise God our Saviour, be glory and majesty, dominion and power, both now

and ever. Amen.”

Paul was confident that God’s salvation work will be completed in us for I Thessalonians 5:23 says: “And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.” Yes, at the Rapture we will be complete because I John 3:2 says: “Beloved now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when He shall appear, we shall be like Him; for we shall see Him as He is.”

May God Bless!

NEWS YOU OUGHT TO KNOW

- 2 Black men wrongly accused in 1989 killing of white woman in Boston get \$150K from city

BOSTON, Mass. (AP) — Two Black men wrongly accused of killing a pregnant white woman in a high-profile case in Boston in 1989 have received a \$150,000 settlement from the city, two years after the mayor issued a formal apology.

Alan Swanson and Willie Bennett were wrongly named as suspects in the death of Carol Stuart, whose husband said they had been shot during an attempted carjacking by a Black gunman.

Bennett will receive \$100,000 from the settlement and Swanson \$50,000, city officials said Tuesday.

Charles Stuart had instead orchestrated the killing of his wife, Carol Stuart, as they left a birthing class. She was shot in the head, and died the next day, while their baby, delivered by cesarean section, 17 days later.

Charles Stuart, who was also white, was shot in the chest but survived. He died after jumping off a bridge a few months later, as his story fell apart.

In the interim, the case sparked a crackdown by police in a traditionally Black neighborhood, heightening racial

tensions in the city.

Police first arrested Swanson before ruling him out, and then took Bennett into custody. Stuart later identified Bennett as the suspect but neither man was ever formally charged in the case.

Mayor Michelle Wu apologized in 2023 for both the pain the men endured and the harm it caused the Black community.

"What was done to you was unjust, unfair, racist and wrong," she said.

- Dallas Lawyers Answer Legal Questions via E-Clinic

Volunteer attorneys will answer legal questions at no cost from 4:00 p.m. to 8:00 p.m. on Wednesdays in October, via a LegalLine E-Clinic, sponsored by the Dallas Bar Association.

To participate, complete the online form found here <https://tinyurl.com/DBALegalLine> for the upcoming LegalLine. This month’s LegalLine E-Clinics are on October 1, October 8, October 15, October 22, and October 29, between 4:00 and 8:00 p.m. A volunteer attorney will call the

participant to provide up to 15 minutes of free legal advice for your legal issue. Space is limited. Registration will close at Noon on the Tuesday prior.

Please note that the volunteer attorney will remain anonymous. Participants should watch for a call from an unknown number that should be labeled "No Caller ID" or something similar. No attorney-client relationship will be established. We cannot guarantee that the attorney will speak any language other than English. Individuals may also receive referrals to local, legal, or social service agencies.

For legal assistance any time, contact the DBA's Lawyer Referral Service at www.dallasbar.org/index.cfm?pg=LawyerReferralService.

- Colombia's president calls for criminal investigation against Trump over Caribbean strikes

BOGOTA, Colombia (AP) — Colombian President Gustavo Petro on Tuesday called for a criminal investigation against U.S. President Donald Trump and other

Continue NYOTK Page 5

~ PERIODIC TABLE ELEMENTS ~ (Solution will appear in October 2 edition)

ACROSS

- " ____ of New York," 2002 movie
- That guy
- Extinguish birthday candles
- Impolite dinner sound
- Division of time
- Forgo
- On the move
- Lake, in France
- Alaska native
- *The heaviest metal
- *Inert gas of balloon fame
- "Jersey Shore" network, acr.
- Move like parasailor
- Pick up, as in a criminal
- Z, NATO phonetic alphabet
- "A ship without ____," or one without purpose
- Paella pot
- Nessie's turf
- Sweating room
- Cyberspace soliloquy
- *Gold
- Foul substance
- Ruled
- Dish out
- Belgium's currency
- Lands (2 words)
- Indira Gandhi's dress
- ____ Without Hats, band
- Sheltered nook
- Gross National Product
- *Majority of elements on periodic table
- *Iron
- Fortune teller's card
- Anger
- Saharan rest stop, e.g.
- Venerated paintings
- Acquired
- Beside, archaic
- Curious
- Professional basketball league, acr.
- Paterfamilias, tenderly

DOWN

- General Services Administration
- Additionally
- Common allergens
- Tale-spinning brother
- Prosecco cocktail
- Position of leadership
- George Gershwin's brother
- Village People's " ____ Man"
- Island near Java
- Stead
- Reproductive cell
- Kind of nurse
- The Beatles' "I Am the ____"
- Throat lobe
- "Lend me your ____"
- Glucose+fructose
- *Like Ar, Xe and Ne
- Completely dedicated (2 words)
- Hair color
- High in decibels
- Small European freshwater fish
- Pasta wheat
- Accustom
- *Rn, known for seeping into homes
- Forever and a day
- Dance with leis
- Join companies
- Old European coins
- D.C. mover and shaker, for short
- Encroachment
- Victory hand gesture
- Life force, in Sanskrit
- Type of shark
- Aphrodite's son
- Broadway recognition
- Greek salad ingredient
- Not mint
- This over matter?
- *Sn, element in bronze
- "To ____ Peter to pay Paul"
- Pig pen

Statepoint Crossword Puzzle Theme: PERIODIC TABLE ELEMENTS

CROSSWORD														
1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
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71						72				73				

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9				2			8	3
		7		5				1

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

HEALTH

Healthy Aging: Your Second Act Starts Now

Growing older doesn’t have to mean slowing down. It’s your time to thrive! According to the Centers for Disease Control and Prevention (CDC), “healthy aging” means maintaining good physical, mental and social health and well-being as you grow older.

It means adopting healthy habits and making positive changes in your life to contribute to your overall well-being. The best part? It can start at any age, meaning it’s never too late to make positive changes in life.

What habits contribute to healthy aging?

- Nutrition: Embrace a balanced and nutritious diet to fuel your body.
- Physical Activity: Regular exercise keeps you strong and flexible.
- Mental Functioning: Keep your mind sharp and ensure you get enough restorative sleep.
- Social Well-Being: Cultivate connections and stay engaged with your community.
- Emotional Well-Being: Manage stress, nurture a positive outlook, and seek help if you need it.
- Injury Prevention: Reduce risks, avoid falls, drive safely, and take precautions to protect yourself.
- Healthcare Routine: Stay on top of checkups, vaccines, screenings, and manage chronic conditions proactively.

Starting healthy habits early can help prevent chronic illness, but even small changes made later in life can still bring big benefits. That’s why the CDC promotes ongoing healthy lifestyle choices and provides resources, such as guidelines on vaccines, sleep, and emotional wellness.

By recognizing that healthy aging begins at any age, we empower ourselves to build and maintain a vibrant, resilient life.

Parkland Health serves patients of all ages, including those in their golden years.

Schedule an appointment at a Parkland community clinic near you, visit www.parklandhealth.org/locations for more information.

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NEWSPAPER

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Parkland urges older adults to take steps to prevent falls

Parkland experts say simple steps can help reduce injuries, protect independence

Falls remain the leading cause of injury among older adults, but Parkland Health experts say they don’t have to be. This Falls Prevention Awareness Week, staff at Parkland’s Center for Geriatric Care and Healthy Aging is urging older adults and their families to take steps to stay safe.

Falls can lead to serious injuries. They also decrease the quality of life for older adults and interfere with their independence. Each year, falls lead to about 3 million emergency department visits. Death rates from unintentional falls among adults 85 and older have more than doubled over the past two decades, according to the latest data from the U.S. Centers for Disease Control and Prevention (CDC).

However, falls don’t have to be a normal part of aging. In fact, with some simple precautions and education, most falls can be prevented.

“The U.S. is growing older. With more older adults in the population, there’s a greater risk of those individuals falling. Even though individuals are living much longer, they’re living

with chronic health issues,” said LaTrica Rhynes-Hicks, PhD, Clinic Educator in the Center for Geriatric Care and Healthy Aging at Parkland. “If your older adult has fallen or you notice that they’re unsteady, don’t just assume it’s just because they’re older. Make sure that they have some type of assessment and let their provider know so they can help address the problem. Because if we put things in place ahead of time, then we can prevent possible serious injuries.”

The Center for Geriatric Care and Healthy Aging is hosting a series of events to offer fall risk assessments and educational resources at no cost at the following locations:

Thursday, Sept. 25
11:30 a.m. – 1 p.m.
Marillac Center (Bilingual Center)
2843 Lapsley Street
Dallas, 75212

Friday, Sept. 26
9 a.m. – 11 a.m.
Center for Geriatric Care and

Healthy Aging
2231 Butler Street
Dallas, 75235

During a fall risk assessment, a specially trained health worker observes a person who is sitting down stand back up, walk to a marked point, turn around and sit back down. Based on that, the health worker can assess the person’s fall risk and provide additional resources and information.

Dr. Rhynes-Hicks says a few simple steps can help older individuals decrease or prevent their likelihood of falls, such as:

- Begin a balance and exercise program to improve strength, flexibility and stability
- Talk to your healthcare provider about your fall risk and share your history of recent falls
- Review your prescription and over-the-counter medications with your doctor or pharmacist regularly to make sure side effects are

Continue Falls Page 5

Quinn Minute

Life expectancy

By Rix Quinn

Is there any proven way to improve life expectancy?

Personally, I’d like to make it to 100. Each year I try to eliminate one bad habit, and now I have none. That’s depressing.

The average life expectancy in the U.S. today is 77.2 years. So, if you’re an average person who’s 77.1, schedule that annual physical real soon.

Here’s something

weird: the older you get, the longer you might live. If you’re 75 right now, you can expect to live 11.5 more years if you avoid high-risk behavior.

For instance, driving a big car is low risk. Trying to lift one is outrageously high risk.

Did you know women outlive men by five years? I told this to my wife, and she found it both comforting and amusing.

Why the longevity difference? I interviewed several women, who said, “It’s because we’re smarter.” When I asked guys the same question, they said the dead men “were just looking for a way to get out of the house.”

Way back in 1900, the average life expectancy was only 47.3 years. Then folks decided that expiring before 50 was a stupid career move, so

they started taking better care of themselves.

Last week I read about a lady over 100 who said a long life comes from “working hard, eating vegetables, and thinking clean thoughts.”

Thus far, I’ve followed 66% of that advice.

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SPORTS/NEWS PAGE

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7 Day Weather Forecast for DFW

Thursday, Sept. 25

H - 80
L - 64°

Friday, Sept. 26

H - 83
L - 64°

Saturday, Sept. 27

H - 85°
L - 65°

Sunday, Sept. 28

H - 86°
L - 66°

Monday, Sept. 29

H - 86°
L - 76*

Tuesday, Sept. 30

H - 88°
L - 69°

Wednesday, Oct. 1

H - 84°
L - 69°

“The Mecca” proves its strength in continued STAAR progress

By The HUB

DALLAS — South Oak Cliff High School is proving with every passing year why it is regarded as “the Mecca.”

The campus, long celebrated for its athletic success, is now making headlines for academic growth as well. Its latest STAAR results show the strength of both students and strategy.

In two years, SOC advanced by two letter grades and came within one point of earning an A rating for the 2024-2025 school year.

Willie Johnson, who returned to SOC as principal after serving as a teacher and coach, said the results represent a shift in expectations for what students on the city’s southern side can achieve. For years, he added, students on the south side of Dallas were recognized for their athletic talent but not always seen for their academic potential.

“The score report tells you that no matter what your plight is, your income level, your circumstance, if you can create a great environment and offer the right support, then no matter where they reside, kids will perform the same as any kids across the city.”

For Nina Atai, lead teacher in the mathematics department, SOC students have a unique level of comfort and confidence.

“Most students are afraid of math,” she said. “As educators, we spend the first few weeks of school building mathematical confidence in our students. We reward effort and participation during the early weeks, as well as student voice. Our goal is to ensure all students meet grade level expectations with lessons that engage and are prescriptive to students’ needs.”

Among the most effective techniques, she said, were the “screen-to-scratch” method and “15-in-15” strategy, which challenged students to solve 15 questions in 15 minutes at the start of class once all concepts had been taught.

“We realized this triggered student thinking and required them to remember skills and concepts previously taught,” she said. “This built an immense amount of confidence as students were able to focus



Photo courtesy: Dallas ISD

on information and skills they do know and build on their academic strengths.”

Collaboration among teachers helped make those strategies successful. Algebra I instructors shared common planning periods to align lessons.

Johnson believes morale goes a long way, and for him, three defining principles shaped his approach.

“I always knew there was untapped potential. When I arrived, I told the staff I wanted to do three things: improve culture, create sustainable systems, and increase our outcomes,” he said.

Those systems, he explained, were designed to meet student needs personally and academically. Clubs and extracurricular activities became central to helping students feel con-

nected, with clear academic standards tied to participation.

With new investments in campus culture, students found a reason to stay committed to The Mecca, and that commitment translated into stronger STAAR results.

Sponsors and coaches were more than instructors; they were mentors who motivated students to meet high expectations.

“People say instruction takes priority. We flipped it because a sense of belonging is what gives us the opportunity to mentor kids,” Johnson said. “We addressed our students and their needs. We know that if kids don’t have basic needs, they’re not going to be successful. We know the biggest need is a sense of belonging.”

- Continued Page 4 -

Parkland urges older adults to take steps to prevent falls

not increasing your fall risk, and take them only as prescribed

- Get your vision and hearing checked every year and update your eyeglasses with new prescription lenses as needed
- Keep your home safe — remove tripping hazards such as rugs and cords, improve lighting and install grab bars and non-slip mats in the shower
- Talk to family members to get their support to help you stay safe

at and focus on their physical, mental, social, as well as emotional well-being. If the community can engage in and keep those things in mind, then we can assist older adults in remaining independent,” Dr. Rhynes-Hicks said. “I can tell you my little motto: ‘if you fall, make that call.’ So, call someone and let them know that you have fallen so that you can get the treatment that you need early on.”

To learn more about the Center for Geriatric Care and Healthy Aging, visit www.parklandhealth.org/geriatrics.

For more information about Parkland’s services, please visit www.parkland-health.org.

“To keep older adults independent, we need to look

Continued NYOTK Page 3

officials involved in this month's deadly strikes on boats in the Caribbean that the White House has said were transporting drugs.

Petro repudiated the three attacks in his speech at the annual meeting of the U.N. General Assembly during which he also accused Trump of criminalizing poverty and migration.

"Criminal proceedings must be opened against those officials, who are from the U.S., even if it includes the highest-ranking official who gave the order: President Trump," Petro said of the strikes, adding that boat passengers were not members of the Venezuelan Tren de Aragua gang as claimed by the Trump administration after the first attack.

If the boats were carrying drugs as alleged by the U.S. government, Petro said, their passengers "were not drug traffickers; they were simply poor young people from Latin America who had no other option."

Petro's comments came shortly after Venezuelan President Nicolás Maduro announced that his government is preparing a series of constitutional decrees to defend the country's sovereignty in the event of an "attack" from U.S. forces.

The U.S. military struck a third boat Friday, killing three people.

The Trump administration has justified the military action as a necessary escalation to stem the flow of drugs into the United States. It has yet to explain how the military assessed the boats' cargo and determined the alleged gang affiliation of passengers.

LIFE IS LIKE A CAMERA, JUST FOCUS ON WHAT’S IMPORTANT!

Statepoint Crossword Puzzle

Solution: September 18 - AUTUMN VIBES

C	O	R	N			M	B	A			C	G	I				
A	N	O	A			L	O	O	N		A	P	A	R	T		
M	I	S	T			E	L	A	N		Z	U	N	I	S		
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C	E	M	E	N	T				J	A	C	K	A	S	S		
R	N	A			D	O	R	S	U	M			I	N	T	O	
I	T	C	H	Y			A	P	R			A	N	I	O	N	
S	E	R	A			O	K	A	Y	E	D			M	I	D	
P	R	O	R	A	T	E				A	L	S	A	C	E		
			V	E	T				V	I	S	I	T				
		P	I	E	R				F	O	O	T	B	A	L	L	
T	U	T	S	I				R	I	T	E			N	O	A	H
A	R	E	T	E				A	L	A	R			D	U	M	A
G	E	M						Y	E	S				S	T	A	Y

Representative Yvonne Davis to host Legislative Town Hall Meeting

District 111 to provide an overview of the recent 89th Legislative Session and Special Sessions of the Texas House of Representatives, as well as discuss other community concerns.

The Legislative Town Hall meeting will be held at the following location and date:

Methodist Charlton Medical Center - (Auditorium)
3500 W. Wheatland Road
Dallas, Texas 75237

Saturday, September 27, 2025
9:30 AM - 11:30 PM

*Parking is available in Parking Lot A or the garage.

For more information, contact Representative Davis's District office at: (214) 941-3895.



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EDITORIAL PAGE

I Can Only Imagine What Will Happen Next In The United States of America

By James B. Ewers Jr., Ed.



James B. Ewers Jr. Ed.D

Where do we begin with the meanness and hate that is occurring in our great republic? We are experiencing so much hurt and suffering that our emotions are raw. We see in plain view the lives of people being taken from us. There aren't any excuses for us treating each other in this vile way. It must stop.

Our good senses have taken leave of us. We bring hurt and harm to those around us. Gunshots ring out in our cities almost as if it were second nature.

Our disagreements should not lead to violence and death. It is a sad fact, however, we are living in dangerous and unstable times. You and I see the statistics, so we don't have to go over them in this space. Stress is upon us daily. It

hangs like a cloud over our heads. We are nervous and on edge when we leave our homes. Our workplaces, in too many instances, have unhappy people in them. The littlest thing sets them off.

Remember the old expression, "sticks and stones may break my bones, but words will never hurt me". Well, that is not true in today's world. Folks are troubled by what is said and how it is said.

Back in my day, scuffles did not happen at the drop of a hat. People just didn't lose their cool like they do today. Do you like going to work? Are you afraid to speak up because you fear retaliation? If you are working in a good and healthy work environment, then you should be thankful each day.

During my professional life, I was blessed to have worked in some emotionally fulfilling places. I loved going to work because of the people that I was interacting with daily.

Well, when you finish your workday, you will probably go to the grocery

store. The first thing you will see is the long lines. The second thing will be the high prices.

The long lines are attributable to employers not hiring more staff. Trying to do more with less seems to be the corporate mantra these days. Everyone can agree that the prices are higher. Business leaders have acknowledged that fact.

The frustration with increased pricing is that it will be with us for the foreseeable future. The tariffs, which are aligned with the price hikes, aren't going to be lifted, so we are stuck with them. If you are a part of the boomer generation, you are trying to juggle grocery prices and prescription medications.

You must couple that with many hospitals, especially in rural areas, shutting down some of their services. These are challenging times for those in the 4th quarter and in overtime.

All of this is happening as legislators are at odds with one another. They are hurling insults across the aisle, thinking that's win-

ning them some brownie points with the American people. Well, it's not. We are looking for answers from them, not acrimony and dissent.

Right now, we are headed down the wrong road. It's an unpaved road with potholes.

In a reflective moment recently, I imagined that it wasn't that way. I can only imagine what if danger wasn't lurking outside of our door each day. I can only imagine what it would be like if our communities were safe and our children and grandchildren could play outside.

I can only imagine what if our jobs were happy places to be. I can only imagine what if food prices were such that we could purchase all that we needed and some of what we wanted.

I can only imagine what if older Americans didn't have to worry about making ends meet. And I can only imagine what if lawmakers passed laws and policies for the American people.

I can only imagine.

Vaccines Should Remain In America's Healthcare System

By James B. Ewers Jr., Ed.
(Dated September 10, 2025)



James B. Ewers Jr. Ed.D

Vaccines are in the news now. It's not necessarily because it's vaccine season. It's more because there are those who want to take them out of our healthcare delivery system.

People like me, who are part of the old school, have been taking vaccines since childhood. It was simply a way of life. We called them "shots". We would go to the doctor's office, roll up our sleeves, cringe and have the shot.

Some healthcare professionals would come to our school, and we could have them there as well. The needles used today are much thinner than those used back in the day.

Upon reflection, the pre-hype about taking them was greater than the experience. I, along with my friends, bought into the angst and apprehension of getting the

vaccines.

Getting the vaccines was a part of our school record. You couldn't attend school without them. And of course, that left us with no choice. Our parents certainly weren't going to keep us at home.

During the early days, we received vaccines for polio, tetanus, whooping cough, diphtheria, and smallpox. As we understood it, the vaccines were for our protection. We never questioned our parents' wisdom and decision-making.

I don't ever remember having any side effects or sickness because of these vaccines. We were always healthy. At most, we had arm soreness, but that soon dissipated. There weren't any stories in our neighborhood about health problems and children because of these vaccines.

Another important vaccine was for the influenza virus. Records show that early on, the vaccine was primarily used for military personnel. Subsequently, it was used by everyone.

Each year, there is a different vaccine given for this virus, commonly referred to as the flu. I know people

who take a flu shot every year. These shots are given at healthcare facilities and drug stores as well.

Some folks have chosen not to take a yearly flu shot. According to the Centers for Disease Control and Prevention, approximately 43.1% of adults and 43.7% of children took the flu vaccine during 2024 and part of 2025.

So, many Americans are not taking this precaution. It is my opinion that people are self-medicating and staying away from traditional vaccines. It will be interesting to see if this continues.

Much has been said about COVID-19, which happened a few years ago. According to reports, 1 million Americans have passed away in this country because of it. We all know someone whose life was cut short because of the Coronavirus.

A vaccine was created that stemmed the tide of its spread. It was a lifesaver in my opinion. My family took the vaccine, and thankfully, we didn't suffer from it. Some people decided not to take this vaccine. Some are still with us, while others aren't. Immune systems were compromised.

There have been debates about the effectiveness of this vaccine for COVID-19. Personally, I side with those who have a scientific background and can interpret the data.

Robert F. Kennedy Jr. has been at the center of the vaccine discussion. Criticism and conjecture have been at his doorstep. The Secretary of Health and Human Services has been challenged by both Democrats and Republicans.

Recently, Secretary Kennedy appeared before the Senate Finance Committee to discuss Covid-19. The record shows that he fired all 17 members of the Advisory Committee on Immunization Practices. He has replaced them with those who are aligned with his philosophies on healthcare and vaccines.

Senator Bill Cassidy, a Republican from Louisiana and member of the committee, was troubled by the comments of Secretary Kennedy. Senator Cassidy is a medical doctor.

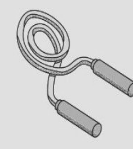
It is my thinking that the American people still want vaccines to be available. We want them and our children need them.

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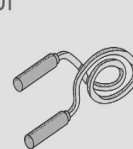
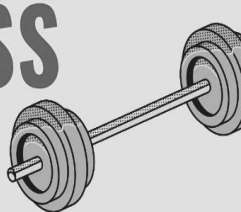
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My Truth

Just trying to take care of home!

By Cheryl Smith
I Messenger Media LLC
Publisher & Editor

Please indulge me for the next few weeks, because I intend to inundate you with information about an opportunity to join me in something very important to me. I am asking for your support of my plans to endow a scholarship at Florida A&M University (FAMU). From the time I stepped on that campus in 1976, I have loved FAMU.

Some of the best years of my life were spent on that campus because I had an opportunity to meet wonderful people, to learn from greater people, and to grow as a person — mentally, socially, spiritually, physically, intellectually, and, as a result, financially. In the next few weeks, I'll be asking for your support with whatever you have — even down to as Johnny Taylor sang, “Your last two dollars!”

We are raising money by asking, and we’re not too proud to beg, either. And in a few days, we will have the silent auction going live, so I want you to pay attention because we have everything from American Airlines miles to healthy air fryers, a Michael Kors dress, a computer, several gift cards for events and hotel stays, in addition to State Fair Classic and State Fair Tickets, to a number of your favorite restaurant, even Kitchen+Kocktails by Kevin Kelley, and yes,

Black Pizza.

I am so excited and look forward to raising money and supporting FAMU when, on October 17th, there will be the official unveiling of my portrait on the Thelma T. Gorham Distinguished Alumni Wall in the School of Journalism and Graphic Communication. I feel honored to have sat in and learned from Dr. Gorham, and her lessons appear in any and all the work that I did and continue to do.

We have an autographed book by the late great Mr. Dick Gregory and the autobiography of the Hon. Eddie Bernice Johnson. There are a lot of other cool items, including, guess what? You may say “not interested,” but I say it’s better to have and not need than to need and not have; so thanks to Golden Gate Funeral Home and CEO John Beckwith, we’re auctioning off a funeral service and cremation.

You may remember Golden Gate from the reality show because they plan your service to your needs and wants. You get the service, plus you get the obituary in all four publications of I Messenger Media—that’s a \$5000 package. In the name of charity, in the name of Grace, in the name of giving back and lifting as we climb, as well as taking care of our own, I

Support
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Cheryl Smith, a 1980 graduate of FAMU, will be honored by the university with the unveiling of her portrait on the Thelma T. Gorham Distinguished Alumni Wall in the School of Journalism and Graphic Communication.

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Thanks to those who have already contributed, and especially to my Champions — those who said we “believe in you,

Cheryl, we believe in your cause, and we believe in FAMU.” So, I want to share this information with you. I’m going to give you the links so that you can

donate, and the link for the auction that won’t be live for a few days.

And here’s a phone number, 214– 941–0110, so that you can make your

contributions or find out additional info. Thanks for your support. I feel honored to be able to give while I can see the gift being received and used!

Continued Page 1

Bobby Cain, a member of the Clinton 12 who helped integrate Tennessee high schools in 1956, has died

(Photo Credit: J. Kelvin Cain via AP)

They were soon joined by Ku Klux Klan members and other segregationists from outside the community in a series of protests that led to the National Guard being called in to restore order.

Cain managed to stick out the year, becoming the first Black student in Tennessee to graduate from an integrated state-run school. What should have been a triumphant moment was marred by violence. After receiving his diploma, Cain was jumped and beaten up by a group of white students. In the end, only one other member of the Clinton 12 made it to graduation. Gail Ann Epps graduated the following year, according to the Tennessee State Museum.

Cain had a lot of anger

around his experience at the school and didn't talk about it for many years.

"He didn't want to remember it," his nephew said.

He received a scholarship to attend Tennessee State University in Nashville, where he met his wife. After graduation, he worked for the Tennessee Department of Human Services and was a member of the U.S. Army Reserve. He never joined in the sit-in protests of the era, quipping to The Tennessee Magazine in a 2017 interview that it was because "you had to agree to be nonviolent."

Cain told the magazine that he had no white friends at Clinton High School.

"You have to realize that

if any white students had gone out of their way to be nice to us, they would have been jumped on," he said.

He also had to stop playing sports because "the coaches at Clinton told me that none of the other high schools would play against us if I was on the field at the game."

Velk calls Cain a reluctant hero.

"This is a normal, everyday human being who found themselves in extraordinary circumstances and acted above those circumstances," Velk said. "This is a person who dealt with this tremendous difficulty and rose to the occasion."

Cain is survived by a daughter, Yvette Cain-Frank, and grandson Tobias Cain-Frank.

Memphis Free Speech. The Chicago Defender carried the voices of the Great Migration and showed the mutilated body of Emmett Till. The Afro American chronicled Jackie Robinson and Martin Luther King Jr.

When Tulsa burned, white mobs destroyed Black newspapers to smother the truth. When Dr. King wrote from Birmingham Jail, it was the Black Press that carried his words. When the Wilming-

West Texas lacking infrastructure to convert natural gas into electricity to meet data center demand

By CARLOS NOGUERAS RAMOS/The Texas Tribune The Texas Tribune

ODESSA, Texas (AP) — Big data centers that power the artificial intelligence industry demand an abundance of energy.

West Texas — known for producing 40% of the nation's crude oil — also has an extraordinary amount of natural gas that could power those data centers. But the region lacks adequate infrastructure to convert the gas, a byproduct of pumping oil, into electricity and transmit it to the growing industry, experts said.

"Meeting this unprecedented demand takes more than production alone," said Ed Longanecker, president of the Texas Independent Producers and Royalty Owners Association, a trade group. "It requires a strong network of

pipelines and infrastructure to move natural gas efficiently and ensure reliable power for end users. In Texas, expanding this network has never been more important to keep pace with growth."

The lack of infrastructure puts the Permian Basin region at a major disadvantage compared to other oil and gas producing regions, said Jason Jennaro, CEO of FrontierGen, a business analytics company that helps industrial developers secure land.

Oil and gas companies in West Texas will need to compete with those in the Eagle Ford and Haynesville shales, two other major oil basins in southern and eastern Texas, for customers on the hunt for remarkable amounts of

natural gas.

Further complicating the matter is the number of companies with high energy needs, including cryptocurrency facilities, Jennaro said, who authored a report in September, evaluating different Texas oil basins and their potential to bring energy to AI. The oil and gas industry itself is also increasingly needing more energy.

"The demand for generation, particularly in high voltage transmission, is going to have to be spread across a number of different industries looking to pursue it," Jennaro said.

Jennaro said the United States will need to add roughly 400 terawatts — enough energy to power France for a year — in five years to satisfy AI demand.

Continued Press Page 1

spoken for us,” the Black Press has carried that mission through every trial of Black America. Yet today, as it struggles financially to reach that milestone, the very party that owes its survival to Black voters has turned its back.

During the pandemic, Democrats flocked to the Black Press’ daily broadcast, Let It Be Known. They wanted to be plat-

formed, wanted their voices carried into Black homes. But once they were elected, the same voices that begged for space disappeared. What remains is foul lip service, the kind that sounds no different from Trump’s contempt for diversity. The insult is deeper when measured against history. Frederick Douglass thundered through The North Star. Ida B. Wells laid bare the horror of lynching through the

papers with anti-Musk ads, or pump cash into flashy social media buys—but they cannot find equity for the Black Press. That betrayal is why the party lost ground in 2024. And unless Democrats reckon with their disdain for the Black Press, they will learn again in 2026 and 2028 what they began to taste already: abandonment at the ballot box, silence from the very people whose voices they have chosen to ignore.

ton Ten were caged, it was the Black Press that refused to look away. And today, the torch is still burning. April D. Ryan is today’s Alice Dunnigan. Lauren Burke is today’s Ethel Payne. Sam P.K. Collins is a modern-day Marcus Garvey. HBCU students have both interned and currently work full-time with the Black Press. The Black Press is not dead history—it is a living force.

So, let the question be

asked plainly: if the RNC wrote checks tomorrow to the Black Press, would Democrats call us sellouts? Would they smear us while continuing to funnel millions into papers and platforms that do not speak to our communities?

The truth is this: Democrats have betrayed the very institution that has carried them time and again. They can spend \$3 million to flood swing districts, or blanket Wisconsin



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Dallas Black Dance Theatre Advisory Stakeholder Task Force Issues Recommendations

17-member task force formed three subcommittees and working groups; Conducted more than 40 meetings with internal and external stakeholders

DALLAS — For nearly six months, a 17-member task force of business, civic, and nonprofit leaders has reviewed the governance policies of the Dallas Black Dance Theatre (DBDT) to propose recommendations that foster greater accountability and put safeguards in place to prevent future challenges for the cultural institution.

In connection with its work, the task force formed three subcommittees—marketing and branding, stakeholder engagement, and governance—to better understand how a recent unionization campaign may have impacted the institution’s branding, fundraising, and stakeholder relationships.

While completing a thorough examination, members of the task force’s stakeholder engagement subcommittee gathered insights from more than 40 stakeholders, including elected and appointed officials; DBDT board members and employees; philanthropic leaders; and high-level executives within the Dallas Arts District.

“Heading into the 50th season of our city’s largest and longest-standing professional dance company, the task force recognized the importance of listening to voices from every corner of the community,” said Shawn Williams, Co-Chair of the DBDT Advisory Stakeholder Task Force. “Thanks to decades of visionary leadership, DBDT has carried the cultural legacy of Dallas onto the global stage—and with focused attention in a few key areas, our entire task force believes the institution can continue to thrive as a cornerstone of artistic excellence in North Texas and beyond.”

The governance subcommittee examined the institution’s bylaws, human resources policy handbook, dancer handbook, and a report analyzing the termination of dancers from the Inspector General Division of the City of Dallas Attorney’s Office, while the marketing and branding subcommittee reviewed the current fundraising

activity, ticket sales, and revenue. Independently, the task force commissioned a brand assessment to evaluate the past and current sentiment of the institution in earned and social media.

Additionally, the task force was educated on the status of the institution’s relationship with the American Guild of Musical Artists (AGMA).

“From what we learned and from what we heard, our recommendations are clear and concise. And we are heartened that our recommendations were unanimously accepted by the DBDT Board of Directors,” said Jennifer Scripps, Co-Chair of the DBDT Advisory Stakeholder Task Force. “We thank the civic leaders, city officials, and philanthropic partners that generously shared their perspectives and reaffirmed their commitment to the future of the Dallas Black Dance Theatre.”

The task force’s recommendations can be found online at www.dbdt.com.

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