

Daylight saving time ends November 1, 2026, at 2:00 a.m.
"Set your clock back by one hour."



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VOLUME 79 NUMBER 7

SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

October 29 - November 4, 2026



Photo Credit:
Talarico for Texas Campaign

Talarico vows to 'take back Texas' as Trump makes last-minute push to keep the state in GOP hands

By STEVEN SLOAN, JESSE BEDAYN and LEKAN OYEKANMI
Associated Press

LUBBOCK, Texas (AP) — Democratic Senate candidate James Talarico on Tuesday decried a "corruption crisis" he says is plaguing the U.S. political system, competing for the spotlight with President Donald Trump in deeply conservative West Texas ahead of next week's mid-term elections.

Trump was in Texas for the third time in a month in a last-minute push to back Republican Ken Paxton and

block Democrats from notching their first statewide election victory in more than three decades.

Talarico took the stage in Lubbock an hour after Trump wrapped up his own speech across town. A seminarian and a former teacher, Talarico reached for metaphors from both the Bible and a famous Texas pastime — Friday night football — to cast himself as an

Continue **Vows** Page 2

Cowboys had that run-first look in beating the Eagles, and owner Jerry Jones liked what he saw

By SCHUYLER DIXON AP Pro Football Writer



Dallas Cowboys free safety Malik Hooker (24) tries to stop Philadelphia Eagles running back Dameon Pierce (39) during the first half of an NFL football game in Philadelphia, Monday, Oct. 26, 2026. (AP Photo/Matt Slocum)

FRISCO, Texas (AP) — Jerry Jones might have overreacted a bit by suggesting his Dallas Cowboys should have a run-first offense.

Maybe the owner and general manager was still a little giddy less than 12 hours after a 38-21 victory over Philadelphia and forgot that the top three players on his salary cap list — all the big names on the passing side — were responsible for three of the four touchdowns.

Jones' point was clear, though. Javonte Williams had the first game of at least 150 yards rushing since Dallas was a run-first team with Ezekiel Elliott in 2018. The Cowboys had more than 200 yards on the ground for just the second time since Brian Schottenheimer took over as head coach and play-caller last year.

Dallas (3-4), which plays Arizona at home Sunday, was coming off the lowest-scoring total in back-to-back games for quarterback

Continue **Cowboys** Page 5

Opal Lee, 'grandmother of Juneteenth,' spends 100th birthday at the center of celebrations in Texas

By JAMIE STENGLE Associated Press



Opal Lee looks on as a speaker talks during an event honoring her 100th birthday on Wednesday, Oct. 7, 2026, in Fort Worth, Texas. (AP Photo/)

FORT WORTH, Texas (AP) — Opal Lee, the lifelong Texan and a driving force in making Juneteenth

a federal holiday, spent her 100th birthday on Wednesday at the center of celebrations in her hometown that

included a visit from former first lady Michelle Obama.

Lee attended the groundbreaking for a Fort Worth museum dedicated to telling the history of Juneteenth, the holiday commemorating the end of slavery in the U.S., and was later joined at an evening event headlined by Obama. The planned 50,000-square-foot (4,600-square-meter) National Juneteenth Museum, located in a historically Black neighborhood, is projected to open in 2029.

Lee, widely known as the "grandmother of Juneteenth," wore a flower lei

and was surrounded by family and friends while expressing happiness and gratitude after the announcement of a \$3 million donation by the Church of Jesus Christ of Latter-day Saints.

"I'm so happy I could do a holy dance, and these old legs won't respond, but let me tell you how thankful I am and that this deed won't go unnoticed," Lee said.

When then-President Joe Biden in 2021 signed a bill into law making Juneteenth a federal holiday, Lee was by his side.

Continue **100th** Page 3



Recognizing #BLACK EXCELLENCE for 79 Years



RELIGIOUS/NEWS

The Seven Bowl Judgments

Revelation 16:1-21



Rev. Johnny Calvin Smith

Although the sixth and seventh judgments are separated in the seal and trumpet judgments, the seven bowl judgments fall in quick succession. At the onset of chapter 16:1, the seven angels are commissioned to pour out the vials (bowls) of wrath upon the earth. This judgment afflicted men with a noisome and grievous sore (v. 2). This judgment is truly of God, for only those who had taken the mark of the beast were plagued with the grievous sore. As the second vial (bowl) was being poured out, the sea was severely affected, with the waters becoming blood, and every living thing in the sea died (v. 3). You will recall that with the second

trumpet judgment, one-third of the sea creatures died (Revelation 8:9); whereas now, there is a total wipeout of all living things in the sea!

In verses 4-7, the third bowl judgment polluted the fountains of pure water; thus, the fresh water supply became blood. Those who shed the blood of the saints and prophets are being punished because they will drink blood (v. 6). They are reaping what they have sown! The wicked will truly be judged by God, who is true and righteous (v. 7). After the plague of sores upon men (vv. 1-2), and all living creatures in the sea dying (v. 3), along with the fresh water supply turn-

ing to blood (vv. 4-7), the fourth vial (bowl) judgment will result in the sun scorching men, but men shall blaspheme God all the more (vv. 8-9). As the fifth vial is poured out (vv. 10-11), a plague of darkness falls on the beast and his kingdom, demonstrating God’s disapproval of them. Still, men blaspheme God, proving that judgment does not make believers out of unbelievers!

As the sixth angel poured out his vial, the great river Euphrates dried up (v. 12). The Euphrates River dried up to make it easier for the armies of the kings of the east to cross. This army will be engaged in the final war of Armageddon.

In verse 13, the Apostle John saw three unclean spirits like frogs coming out of the mouth of the dragon, the beast, and the false prophet. Who are the trinity of evil? The trinity of evil comprises the dragon (Satan, Revelation 12:3), the beast of the sea (Anti-Christ, Revelation 13:1-10), and the beast of the earth (False Prophet, Revelation 13:11-18).

The demons (trinity of evil) in verse 14 will induce the kings of the earth to the war of Armageddon. The trinity of evil will brainwash the nations of the world into marching against Israel. In verse 15, there is an appeal for saints to be watchful and alert in view of the final battle of Armageddon. In

verse 16, we are introduced to the word “Armageddon,” meaning the “Mount of Megiddo,” a mountain in the plain of Esdraelon.

Although Satan, Anti-Christ, and the False Prophet are working together to induce the nations of the world to march against Israel, they are nevertheless fulfilling the Word of God because God (He) is really directing! With the pouring of the seventh bowl of wrath, great geographic changes are introduced (vv. 17-20). In the face of severe judgments, the unbelievers will continue to blaspheme God rather than plead for God’s mercy!

“May God Bless!”

Continued 100th Page 1

The holiday marks the day in 1865 when Union soldiers arrived in Galveston at the end of the Civil War with an order declaring the freedom of the enslaved people in Texas. It was about 2 1/2 years after the Emancipation Proclamation freed the enslaved people in the still rebellious states of the Confederacy. Six months later, the ratification of the 13th Amendment permanently ended slavery in the United States.

Lee has been a force in Fort Worth, where she worked for decades as a teacher, counselor and community activist.

She has said she has cherished childhood memories of celebrating Juneteenth with

food, music and games, and as an adult, she was involved in planning the celebration in Fort Worth.

"Long before there were historic walks, cameras, books and well-deserved national acclaim, my childhood memories are filled with you making sure that Fort Worth remembered," U.S. Magistrate Judge Renee H. Toliver said at the event.

She told Lee that she remembered her planning community events, parades and festivals.

"You always reminded us that history is not something you leave behind, it's something you actively protect," Toliver said.

The future site of the museum is not far from the home that was built for Lee a couple of years ago on the same tree-

lined corner lot that her family had been driven from by a racist mob when she was a young girl.

Lee was 12 when, on June-teenth in 1939, a white mob of hundreds descended on her Black family's home, days after they moved into a white neighborhood. The mob smashed windows and furniture, according to newspaper reports from the time.

Jarred Howard, the museum's CEO, was among those who honored Lee on Wednesday.

"It was important for us to do this on this date because everything we've done for the last several years, everything we continue to do, is built around the spirit of the venerable Miss Opal Lee," he said.

Continued Page 2

Talarico vows to 'take back Texas'

While Musk's investment is a challenge for Talarico, it also falls right into the Democratic campaign's central message. At every stop, Talarico has argued that, for too long, the wealthy and their donations have corrupted politics, and that this corruption has fueled the affordability crisis.

Talarico has begun naming Musk in his stump speeches. Paxton tends not to discuss him.

"He is trying to buy Texas," Talarico said of Musk. "Texas is not for sale."

That parallels the Texas governor's race, where Democrat Gina Hinojosa is waging a spir-

ited campaign against GOP Gov. Greg Abbott.

Hinojosa has sued to be able to view communications between Musk and Abbott, arguing that their relationship evinces how cozy her opponent is with the ultra-wealthy in Texas.

On Monday, a judge ruled that Hinojosa, given her position as a state representative, must be able to review over 1,000 unredacted pages by Thursday.

Rubio's visit previews GOP's potential 2028 contest

As the midterms reach the final stretch, the early stages of the next campaign are already surfacing.

~ THEME: BIRDS

(Solution will appear in November 3 edition)

ACROSS

1. Consumer

5. Drivel

8. Mary of direct marketing fame

11. Taxon, pl.

12. Mosaic piece

13. Speculate

15. Similar

16. Eye part

17. Belgian port city

18. *"The Birds" producer and director

20. *"Mourning" bird

21. Kicks out

22. *"Birds do it, ____ do it," sing.

23. "Hot" prefix

26. Suggest

30. Treaty of Rome org.

31. Dump

34. *Horus' mother

35. Spills over a container edge

37. Hole puncher

38. Finals

39. Type of balsam

40. Thumb, anatomically speaking

42. *New Zealand parrot

43. Suppresses

45. *Big Bird, e.g.

47. Shark part

48. Yo-Yo's instrument

50. Bleak

52. *Bird with largest wingspan

56. *Popular origami bird

57. Mongolian desert

58. *Hen to chick

59. Silly and scatterbrained

60. Affirm with confidence

61. Sailor's call

62. Number cruncher, acr.

63. Color

64. Totes

DOWN

1. D-Day beach

2. H. H. Munro's pseudonym

3. Sign of escape

4. Ill will

5. Basketball foot maneuver

6. Smart ones?

7. Reach a high

8. a.k.a. Kyiv

9. Green Gables resident

10. Hitherto

12. U of A home

13. Poet Nash

14. *Albus Dumbledore's companion

19. Dark fertile soil

22. Board of Directors, acr.

23. MCAT and LSAT, e.g.

24. Serf

25. Cause for food recall

26. Pay a visit

27. Japanese port city

28. Sand clock, e.g.

29. Test form

32. Vietnam's neighbor

33. *Parliament member

36. *Barbara's ____ Cereal

38. Glorify

40. Mightier than sword

41. Oblong cream puff

44. British sailor, slangily

46. Conventional

48. Garlic unit

49. What tide did

50. Golf club handle

51. Pro ____

52. Lab culture

53. Pearl Harbor island

54. Urban haze

55. Simon does what?

56. Public health org.

Statepoint Crossword Puzzle

Theme: BIRDS

CROSSWORD

1	2	3	4			5	6	7				8	9	10
11						12						13	14	
15						16						17		
18						19						20		
				21						22				
23	24	25						26					27	28
30						31		32	33				34	
35				36				37				38		
39						40					41			42
43						44					45		46	
				47				48	49					
	50	51						52					53	54
56								57					58	
59								60					61	
62								63					64	

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5	2	7	3	6	8	9	4	1
1	9	8	2	4	5	6	7	3
6	4	3	7	9	1	2	8	5
7	8	4	9	5	3	1	6	2
2	1	5	6	8	7	3	9	4
9	3	6	1	2	4	8	5	7
4	5	2	8	3	9	7	1	6
8	6	1	4	7	2	5	3	9
3	7	9	5	1	6	4	2	8

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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.

The Dallas Post Tribune

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and

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HEALTH

What You Need to Know About COPD



Photo Credit: StatePoint

(StatePoint) There are over 16 million people in the United States living with chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis, and an estimated millions more living with the disease undiagnosed. COPD is a progressive, chronic lung disease that limits air flow, and results in 925,000 emergency room visits and 335,000 hospitalizations each year.

This November, which is COPD Awareness Month, the American Lung Association is sharing essential facts and insights about COPD that you need to know.

Early Detection

COPD can worsen over time, particularly if it’s left untreated. That’s why it’s important not to ignore warning signs. Common signs and symptoms of COPD include shortness of breath, a cough that may

bring up sputum or mucus, wheezing, chest tightness, fatigue, or reoccurring lung infections like acute bronchitis or pneumonia. If you’re experiencing symptoms, don’t wait to see your healthcare provider. The earlier you are diagnosed, the sooner treatment can begin, which can help slow progression of the disease and ease symptoms. Find out your risk with a five-question survey at Lung.org/COPD.

Living With COPD

There is no cure for COPD; however, there are treatments and lifestyle changes that can help improve symptoms, quality of life and reduce your risk of hospitalization. If you are diagnosed with COPD, the Lung Association recommends the following:

- Learn about COPD. Find trusted information to help you understand your diagnosis, how to manage your symptoms and avail-

able treatment options.

- Attend your medical appointments and talk to your provider about a COPD Action Plan. Ask questions and discuss your concerns with your healthcare provider.
- Follow your treatment plan. Take your medications and use supplemental oxygen as prescribed. Attend pulmonary rehabilitation if recommended by your provider.
- Take steps to live better with COPD. Steps can include quitting smoking or vaping, staying active, and getting recommended vaccines that protect against infectious respiratory diseases like the flu.
- Learn ways to prevent or reduce your risk of a COPD flareup or exacerbation. Recognize what makes your COPD symptoms worse, including COPD triggers such as exposure to secondhand smoke, strong odors or fumes, changes in weather or temperature, and illness.
- Follow your COPD Action Plan and watch for warning signs of a COPD exacerbation like worsening shortness of breath and cough, more mucus, lower oxygen levels, more fatigue and difficulty sleeping.
- Take time to recover from a COPD ex-

acerbation, especially if you are coming home from the hospital. Follow your discharge plan, schedule a follow-up appointment with your healthcare provider and know when to seek emergency care again.

Getting Support

You do not have to navigate COPD alone. Build a support team of family, friends and healthcare providers, and do not hesitate to ask for help when you need it. Whether you are newly diagnosed, living with COPD, or caring for someone with the disease, support is available to help you prepare for medical appointments and advocate for your health.

A Lung Health Navigator can meet with you for free over the phone or through online video calls and help you understand your diagnosis, provide strategies to reduce your risk of a COPD flare up and discuss treatment options. Learn more at Lung.org/navigator.

For additional support, join the Patient & Caregiver Network, attend a Better Breathers Club support group, and register for an online support community through the Lung Association. Learn more at Lung.org/navigator.

While there is no cure for COPD, you can take steps to live better with the disease. It starts with early detection and continues with education and a commitment to proper disease management.

Quinn Questions

What did the ancient humans eat

By Rix Quinn

Sometimes I wonder how our ancient ancestors survived without foods like breakfast cereal and ice cream. But maybe they didn’t realize what they were missing, because prehistoric television commercials got such poor reception.

Seriously, consider the Paleolithic period, which covers about 2.5 million years. Up until 12,000 years ago, these folks were hunters and gatherers. They wandered around, searching for fruit, vegetables, and slow animals that looked tasty.

Their housing was basic. They lived in huts, teepees, or caves. However, without pest exterminators, you can guess the size of cave bugs that crawled over them. Yuck!

Anyway, about this time some genius found a way to start a fire. He – or she – heated some meat over it.

Wow, that tasted lots better than raw gristle. And it didn’t make them quite as sick.

Nobody knows who first invented fire, or how. There’s speculation that some cave dude rubbed two sticks together, or created

sparks with flint stones.

Today, I can simply rub two sticks together. I call them “matches.”

Soon, people realized flames could keep them warm, improve food flavor, and light the evening. They sat around those fires and invented chants they later called “songs for summer camp.”

These people may have been humankind’s first artists. They made paint from animal fat, tree sap, and bone meal. Then, they drew humans, animals, and strange designs on cave walls.

Some of this cave art is still around. Because it’s on the walls, museums can’t display it.

But back then, it probably improved a cave’s resale value.

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SPORTS/NEWS PAGE

7 Day Weather Forecast for DFW

Thursday, Oct. 29



H -82°
L -67°

Friday, Oct. 30



H 71°
L -64°

Saturday, Oct. 31



H -77°
L -65°

Sunday, Nov. 1



H 81°
L 68°

Monday, Nov. 2



H 80°
L 70*

Tuesday, Nov. 3



H -70°
L -51°

Wednesday, Nov. 4



H -62°
L -53°

Continued Cowboys Page 1

Dak Prescott since 2019, and the sputtering running game was a big reason why. Schottenheimer was being questioned about his commitment to the run as the Cowboys appeared to have no answers for the blitzing defenses in losses to Tampa Bay, which was winless at the time, and Green Bay.

Williams had a 15-yard run early, a 34-yarder late and averaged 6.2 yards per carry while finishing with a career-high 155 yards. Fittingly, he scored the final touchdown when the game was out of reach. Dallas had 204 yards rushing.

"That lets us have the opportunity to get Dak under center a lot more," Jones said on his radio show Tuesday morning. "That presents a different defensive challenge for the opponent if he can get under center a lot."

As for those salary cap leaders — and the 27% of the cap they're consuming this year — Prescott had an efficient game with three touchdowns among just 15 completions. CeeDee Lamb had two, and George Pickens had the prettiest one when he secured the ball while deftly planting his second foot just inside the boundary in the end zone.

Pickens' opportunities are still more limited than those for Lamb, who had twice as many targets with 12 against the Eagles. The only 100-yard game for Pickens this season came when Lamb left early with an injury in the loss to the Buccaneers.

"They're going to put two guys (on) his side, and they understand and respect his big-play ability and the way that he ignites our offense," Prescott said. "I'm sure he wants more out there, but made a great touchdown play. I just tried to give him a chance, and he went and made one of the best catches and toe-taps I've seen in a long time."

What's working

Schottenheimer's offense generated a season-high 416 yards, and he was unusually terse in his post-game meeting with reporters after a week that included plenty of criticism and some of the first rumblings about his job security. His short answers were noticeable enough for someone to ask Prescott about them.

"It's not like he's naive," Prescott said. "It's not like

he hadn't heard some noise about him and whether it's the call in the games or whatever doubt that's been out there, but we've got his back. He's a guy that takes a lot of pride in his job, a lot of pride in his team. Everybody handles everything different, so I don't blame him to an extent."

What needs help

Dallas is still last in the NFL by allowing opponents a 52.9% conversion rate on third down. The most glaring example of the season might have come on the first drive of the third quarter. Philadelphia's offense is in shambles because of injuries, and yet the Eagles went 84 yards on 17 plays and used more than nine minutes on a touchdown drive for a 21-20 lead. They were 4 of 5 on third down and converted a fourth-and-1.

In the first half, five of the seven penalties by the Cowboys were on the defense, and four of those gave Philadelphia first downs.

Stock up

If LB DeMarvion Overshown can stay healthy, the beleaguered defense has a chance to get better. His energy was already making a difference before a diving interception that essentially put the game away in the fourth quarter.

Stock down

Rookie LB Jaishawn Barham played a season-low 21 snaps. The return of Overshown played a role in that, but so did the decision to start Shemar James and give him a substantial role in communicating calls to the defense. James tied for the team high with 58 defensive snaps.

Injuries

Overshown and CB Cobie Durant appeared to make it through the game without issues in their returns from hamstring injuries. Overshown was out for five games, while Durant had missed four.

Key number

2 — The number of two-touchdown games for Lamb this season. He didn't have any last year. The 2023 All-Pro is tied with Green Bay's Christian Watson for second in the league with six TDs receiving, two behind Seattle's Jaxon Smith-Njigba.

Next steps

Schottenheimer's longest winning streak in his first season was three games. The Cardinals and Indianapolis Colts, the next two opponents, are both 2-5.



Publication No.:
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Teddy's Answer Key

5	6	9	2	8	7	4	1	3
2	8	7	4	1	3	5	6	9
4	1	3	5	6	9	2	8	7
1	7	2	6	3	4	8	9	5
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3	2	1	9	4	6	7	5	8
9	4	6	7	5	8	3	2	1
7	5	8	3	2	1	9	4	6

HEALTH

Life is more fun without the flu

More family time. More fun. Less flu.

Flu season is here, but it doesn't have to put your family's plans on hold this fall.

At Parkland Health, we know that getting a flu vaccine is one of the best ways to help prevent the flu. A flu shot is a simple step you can take to help protect yourself and the people you love.

And the flu is no joke. During the 2024–25 flu season, the Centers for Disease Control and Prevention (CDC) estimated that flu shots prevented about 10 million illnesses, 5 million doctor visits, 180,000 hospital stays and 12,000 deaths in the United States.

The flu can mean missing school, missing work, medical bills and time away from family and friends. But a yearly flu shot can help prevent illness, hospital stays and death. If you still get the flu after getting vaccinated, the vaccine can also help make your illness less severe.

Protect the whole family. A flu shot is especially important for people at higher risk of serious complications. This includes people with chronic health conditions, such as diabetes or heart disease. Flu shots can also help protect pregnant women and their babies. For children, a flu shot can be lifesaving. Children can start getting a flu shot as early as 6 months old.

Flu protection can fade over time, so everyone in your family should get a flu shot **every year**. The sooner you get vaccinated, the sooner you can protect what matters most: making memories together.

You can also help protect your family and community by staying home when you are sick, covering coughs and sneezes, washing your hands and avoiding touching your eyes, nose and mouth.

Ready to protect your family? Get your flu shot today. Visit www.parklandhealth.org/flu to learn more.

Statepoint Crossword Puzzle

Solution: October 22 ~ HALLOWEEN

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



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VOTE JAMES TALARICO FOR U.S. SENATE!

ELECTION DAY - NOVEMBER 3
EARLY VOTING - OCTOBER 19 - 30

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Daylight saving time ends November 1, 2026, at 2:00 a.m.
”Set your clock back by one hour.”



NOTICE OF ELECTION

NOTICE IS HEREBY GIVEN that the City of Dallas, Texas, has called a bond election to be held within the City of Dallas, Texas, on Tuesday, November 3, 2026.

CITY OF DALLAS PROPOSITION A

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- ☐ Against
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Early Voting dates and times:

October 19 through October 23	Monday – Friday	7:00 am – 7:00 pm
October 24	Saturday	7:00 am – 7:00 pm
October 25	Sunday	12:00 pm – 6:00 pm
October 26 thru October 30	Monday – Friday	7:00 am – 7:00 pm

Dallas County Early Voting and Election Day locations:
Early Voting: <https://www.dallascounty.org/elections/VoteCenters/Early%20Voting%20Vote%20Centers.pdf>
Election Day: <https://www.dallascounty.org/elections/VoteCenters/Election%20Day%20Vote%20Centers.pdf>

Collin County Early Voting and Election Day locations and dates/times:
Early Voting: <https://www.collincountytx.gov/Elections/polling-locations?electionId=75&scheduleType=ev&electionDesc=November%203,%202026%20Uniform%20Election>
Election Day: <https://www.collincountytx.gov/Elections/polling-locations?electionId=75&scheduleType=ed&electionDesc=November%203,%202026%20Uniform%20Election>

Denton County Early Voting and Election Day locations and dates/times:
Early Voting: https://www.votedenton.gov/wp-content/uploads/2026/09/1126_EV_Locations_v2.pdf
Election Day: <https://www.votedenton.gov/wp-content/uploads/2026/09/1126-Unconsolidated-ED-Locations-v2.pdf>

FOR MORE INFORMATION, PLEASE CONTACT THE CITY SECRETARY’S OFFICE:
Bilieraе Johnson (214) 670-5654 or Miroslava Martinez (214) 670-3809