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# Nationwide ‘No Kings’ protests push back on Trump’s parade, policies, and power

By Stacy M. Brown  
NNPA Senior National  
Correspondent

From Bethesda, Maryland, to Atlanta, Georgia, across New York, Chicago, Los Angeles, Denver, and more than 2,000 other cities and towns nationwide, tens of thousands of Americans turned out Saturday in unified protest Donald Trump’s military parade, his 79th birthday, and what they described as his authoritarian leadership. In many cities, demonstrators carried signs and photos of former President Barack Obama — a visual rebuke of Trump, who has frequently lashed out at his predecessor. Some participants called Obama a symbol of the democratic ideals they believe Trump is working to dismantle.

The largest crowds gathered in major urban centers, where chants



From Bethesda, Maryland, to Atlanta, Georgia, across New York, Chicago, Los Angeles, Denver, and more than 2,000 other cities and towns nationwide, tens of thousands of Americans turned out Saturday in unified protest Donald Trump’s military parade. (Photo via NNPA)

of “No Kings” rang out alongside “This is what democracy looks like.” In Philadelphia, where thousands marched from Love Park to the Phil-

adelphia Museum of Art, Rep. Jamie Raskin of Maryland asked, “So what

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### People In The News ...



Ananda Lewis



Cardi B

#### NDG Quote of the Week:

“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”

- Former President Barack Obama



## Ananda Lewis

Tributes have continued to pour in for Ananda Lewis, the former MTV VJ and host of BET's Teen Summit, one day after her death at the age of 52.

Donnie Simpson, the legendary BET host and radio DJ, shared his heartbreak.

"I just found out that Ananda Lewis has died and I'm absolutely brokenhearted," Simpson said. "She had tremendous success at MTV and with her own talk show, but she worked with us at BET before all that. She was only 52 and such a lovely woman, who loved her young son so much."

Actress Holly Robinson Peete paid her respects on



X, writing, "Rest well, beautiful Ananda." DJ Syndicated Sam added, "Ananda Lewis, you are forever an icon. Sending love to her family & friends in this season of bereavement."

Known for her powerful presence on television, Lewis brought intellect, compassion, and charis-

ma to every platform she graced.

A native of San Diego, California, she began making an impact as early as 13 when she volunteered with Head Start while attending the San Diego School of Creative and Performing Arts.

She studied theater, vocal music, photography, and dance from the fourth grade through high school. After graduating, Lewis attended Howard University in Washington, D.C., where she earned a degree in history, graduating cum laude in 1995.

She spent her college years deeply engaged in youth activism, including volunteering with Youth at Risk and working with the

Youth Leadership and Development Institute to train young people in leadership, conflict resolution, and parenting.

Her commitment to empowering youth ultimately led her to television. With the encouragement of teenagers she mentored, Lewis auditioned for BET's Teen Summit and became its host.

Her on-screen chemistry with co-host DaJour and her earnest engagement with issues affecting young people helped the show earn an NAACP Image Award in 1997 and a nomination for a Cable ACE Award in 1996.

In 1997, Lewis made the leap to MTV. While the move meant leaving a show that was deeply personal, she recognized the opportunity to reach broader audiences.

"I saw MTV not only as access to the masses but also as an opportunity to be more of the woman I am," Lewis said.

She went on to host The Ananda Lewis Show, a day-

time talk show that debuted in 2001 and further solidified her place as a voice of insight and authenticity in media.

Throughout her career, she remained focused on empowerment and advocacy, often working to uplift others even when the spotlight was no longer on her.

Lewis is survived by her son, who is a constant source of love and pride.



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## Cardi B

Cardi B has joined a growing number of artists voicing concern over the Trump administration's harsh immigration crack-downs—but the Grammy-winning rapper says her silence hasn't been out of apathy.

Instead, she believes speaking out could make things worse for the very people she wants to protect.

"Personally, the reason why I haven't really said anything is because I could say something every single day about it, and guess what? Nothing is going to happen," she said during a recent conversation on X Spaces.

"Because Trump do not give one f—k about me or what I gotta say. I personally believe that he doesn't like me. So if somebody don't like you, and they say something or they do something, they'll be like,



'Oh word? Now I'm gonna show you.'"

Cardi B expressed deep frustration with the administration's tactics and a fear that her words could provoke retaliation—especially toward immigrant communities already under siege from ongoing raids and detentions.

"He always gives [a] dictatorship vibe," she said. "I tried to warn people that this was going to happen. I don't know nobody anymore in the White House. I don't know a representative. I don't know nobody

in there. And if I talk about it every single day, he is not going to care. Actually, I feel like if I talk about it every single day, he's going to deport more people on purpose to show you. ... Like, 'B\*\*\*, I run this country.'"

The artist's comments come as protests continue to erupt across the country—most notably in Los Angeles—against what critics call inhumane and unjust immigration enforcement. Cardi B made clear that her concern for the people affected hasn't faded, and she issued a plea to the president. "Have some compassion," she said.

"They actually have helped America a lot. We wouldn't like for an American to get snatched up in Russia and get f—g treated practically like dog s-t. And we're treating these people like they're dog s-t, like not even humans."

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# Joy as Resistance: Reclaiming Juneteenth in a time of backlash

By Cicley Gay  
Board Chairwoman of  
Black Lives Matter Global  
Network Foundation

Juneteenth, America's newest federal holiday, was meant to symbolize a national reckoning with history and a celebration of freedom when President Joe Biden signed the bipartisan legislation into law in 2021. Yet, just a few years later, we find Juneteenth events canceled in cities across Indiana, Illinois, and Oregon, as backlash against diversity, equity, and inclusion (DEI) initiatives intensifies. This is not just an administrative shift, it's a cultural one. As some seek to erase or diminish Black joy, we must remember that indulging in joy itself has always been an act of resistance.

But Juneteenth also reminds us that freedom in America has never been granted equally. It was delayed for enslaved Black people even after it was declared. Today, for many immigrants, especially Black and brown families, freedom is once again being delayed and denied at borders, in detention centers, and through discriminatory policies. The struggle for liberation is ongoing, and it is interconnected.

Juneteenth itself commemorates the moment when freedom finally reached the enslaved in Galveston, Texas, two and a half years after the Emancipation Proclamation.

That delay was not just a historical footnote; it was a wound that echoes across generations. Today, asylum seekers and migrants, many of them Black and brown, live in limbo, waiting for freedom. The delay may look different, but the harm is the same.

At Black Lives Matter, we believe that in the face of attempts to silence and suppress, investing in joy is a radical, necessary form of protest. This Juneteenth, we invite all to join us in celebrating and investing in Black and brown joy as a cornerstone of true liberation, while also standing in solidarity with all who are still waiting for freedom to be realized.

The attacks on DEI and the cancellation of Juneteenth events are not isolated incidents; they are part of a larger movement to strip Black communities, and other marginalized groups, of resources and visibility. In this climate, our resistance must evolve. Our response cannot be limited to protest alone. It must also include reclaiming the right to thrive, to play, and to experience joy.

From the earliest Juneteenth celebrations to today's block parties and art festivals, play and happiness have been tools for survival and defiance. For Black and brown communities, joy has always been revolutionary. BLM was founded in 2013 in response to unspeakable trag-

edies, ones where ruthless oppression, abuse of power, and brutalities flooded our social media timelines following the murder of innocent young men like Trayvon Martin and Michael Brown. Yet even in mourning, our communities found ways to laugh, dance, and dream together. The movement's global resonance is rooted in this duality, the courage to confront injustice, and the audacity to celebrate life.

Juneteenth also invites us to ask, who in America is still fighting for our freedom? Black and brown immigrants, refugees, and asylum seekers face family separation, lack of running water, lack of due process, unsanitary conditions, and more. Undeniably, the same forces that once delayed emancipation, white supremacy, and profit-driven policy, now shape immigration enforcement and send troops when we have the audacity to rise up in cities like Los Angeles.

True freedom is not just the absence of harm; it is the presence of opportunity, creativity, and fulfillment. BLM is evolving to meet the needs of our most vulnerable, investing in programs that provide access to art, wellness, and community spaces. We will continue to advocate for divestment from police, prisons, and punishment paradigms while also pushing for investment into justice, joy, and culture.

More recently, we've invested in youth sports programs in local communities and abroad, from Brooklyn, New York to Ghana, to ensure we are building from the inside out and advocating for the most vulnerable. We are guided by the wisdom of our ancestors, who, even in the darkest times, found ways to nurture hope and rebuild. This Juneteenth, let us do more than remember the past. Let us build the future. Migration is a declaration of hope. Just as Black Americans fled the South during the Great Migration seeking dignity, safety, and opportunity, today's immigrants are doing the same. We call on local leaders, philanthropists, and allies to invest in Black communities and to stand in solidarity with all who are still fighting for freedom. The right to give, to gather, and to celebrate, are as vital as any policy change.

Let this Juneteenth serve as a vision for what America can become. In the face of those who would turn back the clock, we choose to move forward, fueled by the power of joy as resistance. This year, and every year, let us honor Juneteenth with bold action and the unwavering belief that freedom includes the right for everyone to play, to dream, and to live fully.

Will you join us in shaping the future on our own terms, until all are free?

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## Father's mental health plays key role in child development, research shows

(Newswise) — Experts from Ann & Robert H. Lurie Children's Hospital of Chicago affirm the need to screen new fathers for mental distress, recognizing the mounting research that underscores the importance of fathers in child development. Their invited commentary, published in JAMA Pediatrics, accompanies a systematic review, which found that paternal depression, anxiety and stress in the perinatal period are associated with poorer child development in social, emotional, cognitive and language domains.

"Birth of a child can be highly stressful for both parents," said lead author Craig Garfield, MD, MAPP, pediatrician and founder of the Family & Child Health Innovations



DWG Studio

Program (FCHIP) at Lurie Children's, and Professor of Pediatrics and Medical Social Sciences at Northwestern University Feinberg School of Medicine. "In the U.S., new mothers have been screened routinely for postpartum depression since 2010. We need to apply the same strategy to new fathers, since more and more studies like this one

show that paternal mental health impacts child development and the wellbeing of an entire family."

In the U.S., 14 percent of fathers experience postpartum depression, which approximates the rates of maternal postpartum depression. However, men tend to minimize symptoms of mental distress, so this percentage might be an

underestimate.

"As clinicians, we need to rethink how we approach new fathers," said Dr. Garfield. "We need to engage them throughout pregnancy and the perinatal period and normalize feelings of sadness or fear or anxiety that are common during this lifechanging event. Clinicians should discuss with fathers warning signs for depression to help them recognize when either parent might need help."

To better understand the experiences and needs of men as they enter fatherhood, Dr. Garfield helped develop and launch a first-of-its-kind public health survey tool for fathers called PRAMS (Pregnancy Risk Assessment Monitoring System) for Dads. Started in Georgia, PRAMS for

Dads will be operational in eight states by the end of 2025, with efforts ongoing to establish the system in more states.

"PRAMS for Dads helps us focus state resources on addressing the most pressing issues for new fathers," explained Dr. Garfield. "It also helps us further appreciate the impact fathers have on the health and wellbeing of children so we can better support them in adopting healthy behaviors."

Findings from Dr. Garfield's previous research using data from PRAMS for Dads revealed that fathers can make a huge difference in whether an infant is breastfed and placed to sleep safely.

Dr. Garfield recently participated in a three-day

"Mapping the Future of Fatherhood in Australia" event, which was a culmination of his two months as a "Thinker in Residence" at Deakin University in Australia, where the authors of the current JAMA Pediatrics paper are based. His blog recounts this experience and the discussions on how to impact the health and wellbeing of fathers for the best outcomes for children.

In addition to Dr. Garfield, the commentary authors from Lurie Children's include Clarissa Simon, PhD, MPH, and John James Parker, MD. All are members of Lurie Children's Family & Child Health Innovations Program that produces an annual Father's Day report.

## Food insecurity, neighborhood, lack of social support, linked to worse stroke recovery

(Newswise) — MINNEAPOLIS — Having poor access to food, living in a disadvantaged neighborhood and not having strong friend and family support may lead to worse outcomes after stroke, according to a study published June 18, 2025, in Neurology® Clinical Practice, an official journal of the American Academy of Neurology. Conversely, the study found that people with these negative social factors had better survival rates after stroke. The study does not prove that socioeconomic factors lead to worse outcomes and better survival from stroke; it only shows an association.

The study looked at peo-

ple with intracerebral hemorrhage, which is caused by bleeding in the brain.

"A growing body of research suggests that social determinants of health, non-medical factors such as socioeconomic status, employment, social support networks and health care access play a crucial role in how people develop, recover and survive various health conditions," said study author Fady T. Charbel, MD, of University of Illinois Chicago. "Our study found certain social disparities negatively impacted recovery after a bleeding stroke, yet surprisingly, these same factors were tied to a higher rate of survival, which reflects

the complex connection between social factors and health outcomes."

The study involved 481,754 people.

U.S. Census data and participants' addresses were used to collect information on social factors such as food insecurity and neighborhood indicators such as access to safe housing, environmental quality and access to transportation and recreational spaces. Researchers also looked at civic participation and social and support networks.

The 240,877 people who had experienced at least one negative social factor were compared to 240,877

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# Federal raids target migrant kids, split families

By Stacy M. Brown  
NNPA Senior National  
Correspondent

The Trump administration has reportedly removed at least 500 migrant children from their homes across the United States and placed them into government custody, according to multiple sources familiar with the matter. The children, many of whom were living with family members or other vetted sponsors, were taken during so-called “welfare checks” carried out by Immigration and Customs Enforcement (ICE) and other federal agencies.

According to CNN, the operations are part of a larger campaign launched shortly after President Donald Trump returned to office, with federal authorities setting up a “war room” inside the Department of Health and Human Services (HHS) to review data on children who entered the country alone and were later released to sponsors. Officials have used the room to coordinate efforts between agencies, including ICE and the Office of Refugee Resettlement (ORR), which oversees the custody of unaccompanied migrant children.

Trump officials claim the effort is aimed at protecting children placed in unsafe



conditions or with unqualified sponsors, pointing to cases where children were released to individuals with criminal backgrounds or those involved in smuggling. Homeland Security spokesperson Tricia McLaughlin said the welfare checks have led to the arrests of some sponsors and the transfer of children into ORR custody. Federal data shows more than 2,500 children are currently in ORR custody. CNN reported that the average stay has grown significantly, from 67 days in December 2024 to 170 days by April 2025. Former Health and Human Services officials say new vetting rules—including income requirements, government-issued ID, and DNA tests—have made it far more difficult for parents and guardians, particularly those who are undocumented, to reclaim their children.

In some cases, reunifica-

tions that had already been scheduled were canceled. A recent lawsuit details how two brothers, ages 7 and 14, remain in government care because their mother cannot meet new documentation requirements under the revised policies. Mark Greenberg, a former senior HHS official, stated that the approach puts children in a difficult situation.

“To the extent, the goal is to determine whether children are in danger or in need of help, this isn’t a good way to do that because it creates fear that anything they say could be used against their parent or family member,” he said.

Immigration enforcement agents reportedly have visited children’s homes and asked about their journey to the U.S., school attendance, and upcoming immigration court appearances. Legal advocates say these visits, which sometimes include

the FBI, are not standard child welfare procedures and can create fear and confusion among minors.

An FBI spokesperson confirmed the agency’s role, saying, “Protecting children is a critical mission for the FBI, and we will continue to work with our federal, state, and local partners to secure their safety and well-being.”

Multiple outlets noted that the Trump administration has not provided clear evidence that large numbers of children are missing. Instead, it has referenced a Department of Homeland Security inspector general report from

2023 that noted more than 291,000 unaccompanied minors had not received notices to appear in immigration court. Former officials note that these figures do not necessarily indicate that the children are missing; some lacked updated addresses or were affected by administrative backlogs.

Within HHS, officials were instructed to expedite policy changes. Former ORR Ombudsman Mary Giovagnoli stated that a senior ICE official, Melissa Harper, was temporarily appointed to lead ORR. Her short tenure was followed by Angie Salazar,

another former ICE official who now frequently communicates with White House Deputy Chief of Staff Stephen Miller.

Trump’s team argues the Biden administration allowed thousands of unaccompanied children to enter the country without sufficient oversight. Jen Smyers, a former ORR deputy director, stated that all sponsors underwent thorough vetting, including Department of Justice background checks and reviews of the sex offender registry.

“No amount of vetting is a predictor of the future,” she said.

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# Head Start Alum: Parents of young children should ask for help

By National Head Start Association

Dr. Anthony Abraham Jack, a.k.a. Dr. Jack, speaks openly about how his life took quite the journey to bring him to where he is today. He's the inaugural Faculty Director of the Boston University Newbury Center and Associate Professor of Higher Education Leadership at Boston University.

Dr. Jack brought us back to the beginning of that journey, sharing how his experiences as a child in Head Start changed the trajectory of his remarkable path in life.

**Q:** Dr. Jack, can you tell



Photo via NNPA

*us a little bit about yourself and the work you do?*

**Dr. Jack:** Sure. I grew up in Miami, Florida and I was a first-generation college student at Amherst College, where I graduated in 2007. Then, in 2016, I received a Ph.D. in Sociology from Harvard. My research has focused on the overlooked lower-income

undergraduates: the doubly-disadvantaged — those who enter college from local, typically distressed public high schools — and the privileged poor — those who do so from boarding, day, and preparatory high schools.

**Q:** It seems to align with Head Start's mission of supporting vulnerable children, too, but from the higher education perspective. Where did you attend Head Start?

**Dr. Jack:** I grew up in Miami and attended Head Start in Coconut Grove at the Frankie Shannon Rolle Center. I remember my mom worked as a secretary, or maybe volunteered in

some way, at the center for a short period. I remember going with her to meetings at night. One thing I liked about going to school at that resource center is that it was also a place in my community where people could rent out space when they wanted to host events in my neighborhood.

**Q:** That idea of community is so important to Head Start. You write about how students carry all the outside factors of their lives with them into their learning environments. Head Start recognizes that, too, and takes a whole child, whole family approach, connecting parents to job

services, connecting families to health services, and really trying to bring the whole community into the experience. Do you see this community approach as beneficial?

**Dr. Jack:** Yes. I just want to echo that because that kind of wraparound service is what middle-class families already have. Because of where a middle-class family lives, their community parks and pools are invested in, their community resources are there, and their schools have more resources. If a child has special needs and needs an individualized education plan, it's not necessarily easy to

get one, but those resources are there to wrap around the child.

So, the way in which I think a program like Head Start, especially when done intentionally to bring families into the mix, can make a change by getting not just students but families to think about asking for help. We want to demystify the idea of reaching out for support and resources. Making it in mobility is not just about an individual effort where we should just hunker down and do everything on our own. Connections matter and connections to people whose job it is to help us matter.

## NO KINGS, from Page 1

do you say, Philly? Are you ready to fight back? Do you want a gangster state, or do you want free speech in America?"

Atlanta's Liberty Plaza reached its 5,000-person capacity early in the day. Thousands more lined the streets around the Georgia State Capitol holding placards and waving flags — many held upside down as a sign of national distress. In New York City, protesters filled Bryant Park, where organizers distributed "No Kings" posters and Obama portraits. Demonstrations stretched coast to coast, from Honolulu to Homer, Alaska. In Los Angeles, thousands more took to the

streets following a week of tense standoffs between demonstrators and law enforcement. Elidia Buenrostro, 29, marched with her daughter, holding a sign that read "Families Belong Together," explaining that she was protesting on behalf of her undocumented family members.

Protesters in Philadelphia included a 61-year-old nurse named Karen Van Trieste. "I just feel like we need to defend our democracy," she said, noting her concern about staffing cuts Trump made to the Centers for Disease Control and Prevention. Some marchers wore costumes inspired by popular culture. Jacqueline

Sacrona attended a Michigan protest with her daughters dressed as characters from The Handmaid's Tale, while in Philadelphia, Dennis Hannan wore a be-dazzled Elvis Presley outfit and carried an American flag. "We're here to downplay any other kings," he said. The 50501 Movement, which organized the protests under the slogan "50 states, 50 protests, one movement," said the demonstrations were timed to coincide with Trump's military parade in Washington, D.C., and to counter what the group described as "authoritarianism disguised as patriotism."

In Washington, protesters carried a large banner through the streets reading,

"Trump must go now." Others held signs that read "No Kings," "Dissent Is Patriotic," and "Democracy, Not Dictatorship." In Charlotte, police on bicycles blocked demonstrators from moving through the downtown area. Protesters chanted, "Let us walk," while helicopters flew overhead. In northern Atlanta, tear gas was deployed to prevent marchers from reaching Interstate 285. One journalist was detained. Mexican flags — symbols of solidarity during recent immigration raids — were also present at several demonstrations.

The day's peaceful resistance was disrupted in Minnesota, where organizers canceled local protests after two Democratic lawmakers

and their spouses were targeted in deadly shootings in separate incidents early Saturday. Former Minnesota House Speaker Melissa Hortman and her husband, Mark, were killed in their Brooklyn Park home. Sen. John Hoffman and his wife, Yvette, were injured at their residence in Champlin, nine miles away. Gov. Tim Walz called it "a politically motivated assassination." Authorities said the suspect posed as a police officer, carried "No Kings" flyers, and had writings referencing the victims and other public officials.

Organizers emphasized that the "No Kings" movement remains committed to nonviolence. They urged participants to avoid con-

frontation with counter-protesters and to adhere to local safety protocols. In cities like Tallahassee, St. Louis, Providence, and Albuquerque, the message remained consistent: the country must reject authoritarianism. At the heart of the demonstrations were visible reminders of the president many see as a contrast to Trump. In dozens of cities, Obama's image was lifted above the crowds — a silent but potent statement about the kind of leadership many Americans said they want to return to. "We are not loyal subjects," a protester in Chicago told a local television station. "We are citizens of a democracy, and we're not going to be ruled by a king."



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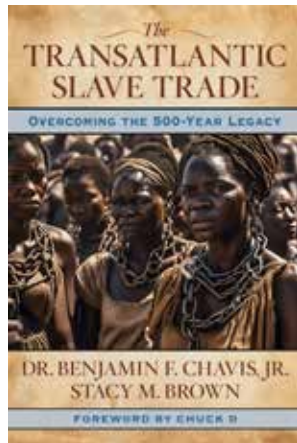
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# Juneteenth 2025: Chavis urges America to confront the enduring legacy of the transatlantic slave trade

As the nation marks Juneteenth—commemorating June 19, 1865, when federal troops enforced the Emancipation Proclamation in Texas—Dr. Benjamin F. Chavis Jr. calls for a deeper reckoning with the global and generational impact of the Transatlantic Slave Trade.

Chavis, a renowned civil rights leader, former executive director of the NAACP and President and CEO of the Black Press of America, co-authored *The Transatlantic Slave Trade: Overcoming the 500-Year Legacy* (October 8, 2024; ISBN 978-1-59079-569-9) with Stacy M. Brown, an accomplished journalist and author and senior national correspondent for Black Press USA.

The book features a pow-



erful foreword by hip-hop legend Chuck D and is endorsed by NBA Hall of Famer Isiah Thomas.

A Legacy That Still Shapes Lives:

• Environmental Racism: Dr. Chavis coined the term “environmental racism” in the early 1980s. His 1986 study, *Toxic Waste and Race*, revealed how haz-

ardous waste sites disproportionately impact communities of color—leading to widespread health disparities and environmental injustice.

• Mass Incarceration, Inequality, and Systemic Racism: “The chains of slavery may have been broken,” Chuck D writes, “but the shackles of systemic racism are still very much intact.” The book links modern in-

justices—from police brutality to education gaps—directly to slavery’s legacy.

• Global Repercussions: The transatlantic slave trade left marks not only on American soil but around the globe, influencing foreign policy, economic disparity, and racial inequality from the U.S. to the Caribbean and beyond.

• Modern-Day Consequences: From gentri-

fication and poverty to voter suppression and underfunded schools, Black communities continue to face barriers rooted in this centuries-old system of oppression.

“Too many still refuse to connect the dots between slavery and today’s racial injustices,” said Dr. Chavis. “This book is a wake-up call—a demand for awareness and a call to action.”

A Must-Read for a Nation in Reflection:

*The Transatlantic Slave Trade: Overcoming the 500-Year Legacy* is a timely, urgent, and unapologetic look at how the horrors of the past continue to shape present-day realities. It honors the resilience of Black people while demanding America finally reckon with truth and justice.

## RECOVERY, from Page 4

people who had no history of negative social factors. Of the group with negative social factors, 87% experienced food insecurity, 14% experienced a social disparity, and 8% experienced a neighborhood disparity. Food insecurity is not having enough food or enough affordable, nutritious food.

Researchers found food insecurity was associated with a 61% increased risk of movement problems, a 98% increased risk of having a feeding tube, double the risk of needing a breathing tube, and a 35% increased risk of hospice care.

Researchers looked at recovery within 30 days of stroke and survival rates at

90 days and one year after the stroke.

People who experienced at least one negative social factor were more likely to have worse outcomes than those who had not. They had a 2% rate of needing a breathing tube compared to 0.9%. They had a 3.2% rate for both needing a feeding tube or a wheelchair, compared to 1.5% and 2.5%, respectively, for those who did not experience negative social factors. They also had a higher rate of being readmitted to the hospital at 9.8% compared to 6.2%.

Discover more about stroke at BrainandLife.org, from the American Academy of Neurology.





# Texas Longhorns' rushing attack ready to dominate in 2025

By Jamal Baker  
NDG Contributing Writer

The Texas Longhorns are entering the 2025 college football season with what could be one of the nation's best running back rooms. Quarterback Arch Manning has received most of the attention surrounding the Longhorns offense, but their rushing attack will be a force to be reckoned with and could be the true engine of the offensive unit this upcoming season.

Despite the departure of stand-out running back Jaydon Blue to the NFL, the Longhorns will boast a formidable rotation that includes Quintrevion Wisner, CJ Baxter, Jerriek Gibson, and Christian Clark. Each brings a unique skillset to the running back position and will cause opposing defensive coordinators to expand their gameplan.

"I think that the backfield will be better, in some degree," head coach Steve Sarkisian said. "We got two guys coming off of injuries in CJ Baxter and Christian Clark, and we really think highly of both of them. We have a 1,000-yard rusher coming back, Tre Wisner, and we have a true freshman kid who's going to be a sophomore in Jerriek Gibson, who played some really significant meaningful snaps in some big games. And so I feel really good about the running back room."

## TRE WISNER

Wisner emerged as a breakout star in 2024, rushing for 1,064 yards and five touchdowns, while also recording 44 receptions for 311 yards and a touchdown. He is a true three-down running back whose explosive speed will make him a dynamic weapon for the Longhorns offense in his junior season.

"What I like about Quintrevion Wisner is he hasn't been given anything," ESPN College Foot-



ball Analyst Greg McElroy said.

"This is a young man that started his career in special teams. He was great as a true freshman in special teams. You look at the running backs and you wonder exactly how he was going to fit in last year. Wisner just kept his head down and kept working and kept working. Wisner finally gets his chance, and sure enough it was an outstanding season nonetheless."

## CJ BAXTER

Baxter, a former five-star recruit from Orlando, FL, is set to make his highly anticipated return after missing the 2024 season due

to a torn ACL and LCL in his right knee. With the beginning of the 2025 season a little under eleven weeks away, Baxter has returned to the practice field and is officially cleared to play football.

As a freshman in 2023, he rushed for 659 yards and five touchdowns—earning second-team All-America honors from The Athletic and honorable mention All-Big 12 recognition. The rising redshirt sophomore will be relied upon as one of the top options out of the backfield for Texas this season. If he can become

See LONGHORNS, Page 11



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# Wizkid: Long Live Lagos premieres at the 2025 Tribeca Film Festival

By Dwight Brown  
NNPA Film Critic

(\*\*1/2) If Afrobeats music has a king, it's Wizkid. He wasn't self-anointed. It's just that his music has crossed over worldwide in a way that's made him part of the genre's royalty. This insightful bio-documentary, which leads up to an historic concert, corroborates that notion.

Karam Gill directs this exploration into the Grammy-winning singer's life, career and social concerns. He thoughtfully delves into the artist's history, background and development. All the events in his life that're leading up to a massive show at London's Tottenham Hotspur Stadium. An event that could attract 45,000 fans. Music lovers who would witness history in the making as a Nigerian singer fills a gigantic venue with a breakthrough performance of contemporary African music on European soil. Ironically, in the same country that colonized his people. Call it a reverse invasion, of sorts. Poignant in scope. Kind of like the 1960s British music invasion in the U.S. Different, but still substantial.

Cinematographer Craig DeLeon uses his camera to follow the artist's path, from the suburbs of Lagos Nigeria to the mass hysteria of a British concert. It's a long road, and how Ayodeji Ibrahim Balogun, aka Wizkid, rose to his heights is pretty well-documented. Not in the most innovative way, but accurately. Audiences who follow along will never get bored. Editor Joshua Whitaker gamely clips scenes as short as they should be. Some of the footage has quick edits, a la a music video. Which helps to move the footage along with a steady rhythm for 83 breezy minutes. When the camera does languish, it's at pivotal points. E.g., when



HBO / Courtesy

Wizkid recalls his childhood or when his mother's cancer scare happens just days before the concert.

The film gets its verve from two main sources. 1.) The indomitable spirit of the young musician who has been singing since childhood. Someone who released studio albums that flourished and was introduced to a larger international audience by his collaboration with Drake in 2016 on the #1 hit song "One Dance." That tune topped the charts in 14 countries and hurled his career into superstardom. Yet in fairly revealing interviews, he appears humble, grateful and knows that his music industry journey is more than just about him. His worldwide popularity can open doors for other African artists and show how the continent, as a union, has a diverse wealth of music, culture and artistry that should be shared—everywhere.

Femi Anikulapo Kuti, a noted musician and eldest son of one of Africa's most celebrated and pioneering Afrobeats musicians, Fela, aka Fela Kuti, stresses what's on the line: "When you see how far Africa has come you cannot ignore the significance..." That's the crown Wizkid wears. An importance and responsibility that goes well beyond writing songs, selling records and

performing. He's the goodwill ambassador for Lagos, Nigeria and Africa and well aware of his responsibility: "Finally the world is listening to Africa. I represent for my country. I represent for my continent." He does so while being gracious, cool and a bit rambunctious in the most charming way. The energy around him is magnetic.

Then there's the doc's second source of strength. 2.) The music. Wizkid's take on Afrobeats has a pop, reggaeish feel that is addicting and contagious. A joy to hear and feel. He's been influenced by legendary musicians like the Nigerian jùjú singer/songwriter King Sunny Adé, Bob Marley and his songs of peace, love and revolution and of course Fela. All that verve is in Wizkid's beats. Add to it his soothing voice and trend setting style and it's no wonder Tems, Drake and Beyonce partnered with him on hits. All that may have helped his cred, but he's making his own path. Has his own voice, stage presence and musicians. You see clearly that he's the mastermind who's making very catchy music.

An endearing subplot about a young man in Nigeria, also called "Starboy," who's saving money and plotting his way to

See FILM, Page 13



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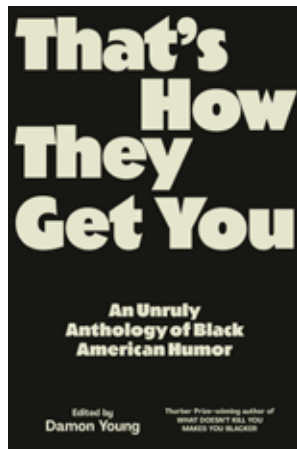
# NDG Book Review: 'That's How They Get You' is a wonderful collection

By Terri Schlichenmeyer

Bust a gut.

Laugh your rear-end off. Laugh yourself silly, until you almost cried, it's the best medicine. Had you rolling in the aisles, holding your sides coz they hurt. When something's funny, you know it but what does humor look like across racial lines? In the new book, "That's How They Get You," edited by Damon Young, it might get the last laugh.

When he was a kid in Pittsburgh, Damon Young thought his friend, Var Butler "was the funniest person I'd ever met." Var didn't go for nasty humor and he didn't hurt people who couldn't defend themselves. Instead, says Young, Var "intuitively knew the



power dynamics baked into humor..." And, as he understands now, Var's humor was honest, homegrown, and not "A rich-white-person thing."

Says Young, "What makes Black humor Black ain't the subject matter, because not all humor involving Black people is Black. Sometimes, it's just humor."

You don't have to be Edie or Martin or Cedric to be funny. You could be like the many authors of the stories in this book.

In "No One Makes 'Yo Mama' Jokes After the Funeral" by Hanif Abdurraqib, bad timing can be awkward – but it can also be wholly, perfectly Mama "sung back to life..."

If you've ever wanted to change what folks call you, "The Karen Rights Act" by Mateo Askaripour is your story. That woman's name says it all. Too much, in fact, but only for offending white females.

Nobody but Miss Ruby cooks in Miss Ruby's kitchen – until Alex Hardy convinces his grandma that he's capable with a spoon. In "Unmurdered in Grandma's Kitchen," his meals for the

family hasn't killed anyone yet.

And if you've ever been irritated by a co-worker, then you need to read "The Necessary Changes Have Been Made" by Nafissa Thompson-Spires. When Randolph gets a new job, it

seems perfect, until he's told that his perfect office must now be shared. But his new co-worker definitely doesn't share his opinions...

Chances are that if you see "That's How They Get You" on a shelf somewhere, you might grab it, expecting

to spend the rest of your day laughing.

And you'd be wrong.

While the personal essays and fiction inside this book are good – very good, in fact; some of them are

See STORIES, Page 13



# Household debt reaches \$18.2 trillion as student loan delinquencies trigger credit score plunge

By Stacy M. Brown  
NNPA Senior National  
Correspondent

The Federal Reserve Bank of New York's latest Quarterly Report on Household Debt and Credit reveals a sharp rise in total household debt, reaching \$18.20 trillion in the first quarter of 2025. While some categories of debt, such as credit card and auto loans, experienced modest declines, student loan balances jumped by \$16 bil-

lion to \$1.63 trillion, with a notable surge in delinquencies following the end of federal student loan payment protections.

According to the report, nearly six million student loan borrowers—representing about 14 percent—were 90 or more days delinquent or in default between January and March 2025.

In total, 13.7 percent of borrowers were at least 90 days past due, while 23.7 percent were behind but not yet seriously delinquent.

The figures are a dramatic increase from the previous delinquency rate, which had remained below 1 percent due to the years-long pause in federal student loan payments.

The payment freeze, initially introduced during the COVID-19 pandemic, lasted 43 months. Although payments resumed in October 2023, the U.S. Department of Education granted a 12-month "on-ramp" period during which missed payments were not reported

to credit bureaus.

That grace period ended in late 2024, prompting a flood of newly reported delinquencies in early 2025.

The consequences have been swift and severe for millions of borrowers.

According to the New York Fed, more than 2.2 million individuals newly marked as delinquent have seen their credit scores fall by over 100 points, while over 1 million have experienced drops of at least 150 points. These drops in

credit scores threaten borrowers' access to affordable financing options across the board.

"Your credit score is one of the most important numbers in your financial life," Ted Rossman, senior industry analyst at Bankrate, told Newsweek.

The New York Fed found the average drop for newly delinquent student loan borrowers was 177 points for those who had scores above 720.

Borrowers with credit

scores between 620 and 719 saw an average decline of 140 points, while those below 620 dropped by an average of 74 points. For many, the impact of these declines will reverberate for years.

"There is very little in life that is more expensive than having bad credit," said Matt Schulz, chief consumer finance analyst at LendingTree. "It can literally cost you tens of thousands

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## LONGHORNS, from Page 8

a bigger threat in the receiving game, Baxter's impact on the Texas offense could be game-changing.

### JERRICK GIBSON

Gibson, a four-star recruit from IMG Academy, made an immediate impact as a true freshman in 2024—rushing for 377 yards and four touchdowns. He is a patient runner who plays the running back position with exceptional agility and vision.

"JG (Jerrick Gibson) has got some mature qualities about him, but for me freshmen can't do anything right," Texas running backs coach Tashard Choice said last season prior to the Peach Bowl.

"It's a learning curve for them because of the way we practice, what I expect from the position. The expectations, it's a lot coming from a kid out of high school because they're not going to know everything that it entails to be able to start at running back or

play a lot at the University of Texas. There's a learning curve, and just like Ced (CJ Baxter) last year, he ended up getting better at the end of the year."

Gibson is expected to take on a more significant role in 2025 as an important piece in the Texas running back rotation

### CHRISTIAN CLARK

Clark, a former three-star recruit in the 2024 class, picked Texas over top programs like Georgia, Alabama, and Oregon. He tore his Achilles around the same time Baxter was injured during the 2024 pre-season and is looking forward to his 2025 campaign. Despite suffering an injury that often requires nine months of recovery, Clark had a phenomenal Spring camp and is on pace to make his debut in a Longhorns uniform this fall.

"(I'm) super impressed," Sarkisian said. "Anytime you have a significant injury like that, and you miss

an entire season, you're always kind of monitoring, what are they going to look like when they really start to come back? And I could feel it in winter workouts... As practice has started, [Christian Clark] looks in tremendous shape. He's right back to having great balance and body control, which is something that we identified in the recruiting process."

### Outlook for 2025

With the return of Baxter and Clark, Wisner's versatility, and Gibson's explosiveness, the Longhorns' running back room is poised to be one of the most formidable in the nation. Their combined talents provide a balanced and dynamic rushing attack that will be crucial to the success of the Longhorns in the 2025 season. The Longhorns open the season on the road against the Ohio State Buckeyes on August 30—where Texas fans will get their first look at the 2025 running back room.



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# Black press, shoppers turn up heat on Target

By Stacy M. Brown  
NNPA Senior National  
Correspondent

Target's reputation and in-store traffic continue to spiral downward as new data reveals the toll of its decision to pull back on diversity, equity, and inclusion (DEI) initiatives. According to TheStreet, the Minneapolis-based retail chain has suffered four consecutive months of year-over-year foot traffic declines, including a 9% drop in February, followed by 6.5% in March, 3.3% in April, and 1.6% in May.

Placer.ai's latest analytics confirm that Target is losing ground to competitors like Walmart and Costco, who have posted gains during

the same period. The company's retreat from DEI was confirmed in January when it ended anti-racism training, stopped promoting Black-owned businesses, and abandoned its participation in the Human Rights Campaign's corporate equality survey.

It also scrapped its internal DEI goals, sparking immediate backlash from civil rights groups, Black consumers, and Black-owned media.

"This has raised a red flag to Black America," said Dr. Benjamin F. Chavis Jr., president and CEO of the National Newspaper Publishers Association (NNPA). "We've not had direct communication with Target's CEO, Brian Cor-

nell, and we intend to intensify our efforts to get this issue resolved in the interest of 50 million African American consumers across the nation."

The NNPA launched a selective buying and public education campaign after Rev. Jamal Bryant's "Target Fast" attracted nearly 200,000 supporters. The NAACP issued a consumer advisory citing Target's broken promises on racial justice. The anger has not subsided.

"Target's manipulated silence toward the Black Press sends a powerful and troubling message to Black America—that our voices, platforms, and influence are expendable," said Bobby Henry, publisher of

the Westside Gazette and NNPA chairman. "True diversity requires long-term investment. When companies pull back, we must do the same. Black consumers are speaking with their dollars every day."

Tracey Williams-Dillard, publisher and CEO of the Minnesota Spokesman-Recorder, which operates near Target's corporate headquarters, criticized the company's DEI reversal as ill-timed and harmful.

"The timing was disturbing," she said. "It was a slap in the face."

The company's performance shows clear consequences.

Target reported a 3.8% drop in comparable in-store sales during the first quarter

of 2025.

Cornell, on a recent company earnings call, admitted "we're not satisfied" with the performance and pointed to "the reaction to the updates we shared on Belonging in January" as one of several headwinds.

According to Caliber, Target's reputation has also suffered, with its Integrity and Leadership Scores both dropping from 65 to 58. The company's Recommendation Rate fell nearly 25% between January and May.

The latest Business Insider review of Target stores in Wisconsin, California, and Washington, D.C., uncovered inconsistent customer experiences. Some stores were clean and organized

but lacked foot traffic, while others had locked-up products, out-of-stock inventory, and insufficient staff to assist customers. In one D.C. location, shoppers frequently had to hunt down employees to access basic items behind security cases.

Despite the backlash and boycotts, Target says it remains committed to inclusion.

"Target is absolutely dedicated to fostering inclusivity for everyone — our team members, our guests, and our supply partners," a company spokesman told Black Press USA. "Today, we are proud of the progress we've made since 2020 and believe it has allowed us to better serve the needs of our customers."



City of Dallas

## 2024 Drinking Water Quality Report

The City of Dallas' Drinking Water Quality Report is produced annually to provide information about the City's water system including source water, the levels of detected contaminants and compliance with drinking water rules. The report is also produced to answer your water quality questions.

The 2024 Drinking Water Quality Report shows that the levels of contaminants in Dallas' water meet or are below the amounts allowed by law.

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## FILM, from Page 9

the concert at the stadium, is charming. A fanboy storyline music lovers will enjoy. It's a nice addition. As are insights from Jada Pollock, Wizkid's manager, girlfriend and the mother of his child. She gives details on Wizkid's ascent, behind-the-scenes preparations for the big event and the pitfalls along the way. Her businesswoman point of view adds substance and dimension.

The film doesn't hesitate to explore the complica-

tions of living in a formally colonized country that has had to relearn how to love its own culture. To swing away from European, UK and western notions of what art and societal norms should be. This is an awakening in some ways. An emergence that's been simmering. A reckoning. A disruption. A new awareness that's being verbalized. For example, the young man trying to attend Wizkid's British concert needs to travel from Nigeria to the

UK and is frustrated. He expresses the irony that burns him and others: "Those that colonized us are now giving us a hard time to go visit them."

The film peaks when Wizkid takes the stage in an arena that's filled with 40K+ fans. Blacks, whites and others. All screaming his name, singing along to songs and showing how far the artist and the motherland's pop music have come to claim their place on the world stage. Wizkid knows the significance of the moment as he works the crowd

of his admirers: "London make some noise!" And they do. Thousands bellow.

It's been documented. A visionary artist who's the pride of Lagos, Nigeria is also a prophet who's spreading the gospel of Afrobeats. And a savvy team of filmmakers has given Wizkid his flowers. You gotta love their documentary's verve.

Wizkid: Long Live Lagos is a nice addition to the 2025 Tribeca Film Festival.

Visit Film Critic Dwight Brown at [DwightBrownInk.com](http://DwightBrownInk.com).

## CREDIT, from Page 11

of dollars or more over the course of your life."

*Newsweek* noted that more than 2.4 million newly delinquent borrowers previously had credit scores above 620, making them eligible for traditional credit cards, auto loans, and mortgage financing. Falling below that threshold could now disqualify them from such products or saddle them with higher interest rates. The implications are especially dire for prospective homebuyers.

The minimum credit score for a conventional mortgage is 620, and borrowers at that level currently face a 30-year fixed mortgage rate of 7.89 percent, according to Experian. In contrast, borrowers with a credit score of 780 pay 7.07 percent. For a \$300,000 loan, that

difference could amount to \$60,000 more in interest over the life of the loan.

"Home prices and interest rates are already sky-high. Having less-than-perfect credit means that you may get stuck with an interest rate that's even higher than the average," Schulz said. "And, of course, a low enough credit score may mean that you don't even get the mortgage at all."

Student loan delinquency also disproportionately affects older borrowers. The New York Fed reported that the average age of a delinquent borrower has risen from 38.6 to 40.4 years old. Delinquency rates are lowest among borrowers under age 30, indicating that older millennials—many of whom already face economic headwinds—are struggling most with re-

sumed payments.

Non-housing debt fell overall by \$38 billion, or 0.8 percent, in the first quarter. Credit card balances decreased by \$29 billion to \$1.18 trillion, and auto loan balances dropped by \$13 billion to \$1.64 trillion—only the second quarter-over-quarter decline since 2011. Other consumer loans, including retail cards, fell by \$12 billion. Despite those declines, total household debt continued to rise due to increases in housing-related balances. Mortgage balances grew by \$199 billion, reaching \$12.80 trillion, while balances on home equity lines of credit (HELOCs) rose by \$6 billion to \$402 billion. HELOC balances have now increased for 12 straight quarters and are \$85 billion above the low recorded in early 2022.

Aggregate delinquency

rates also rose, with 4.3 percent of all outstanding debt in some stage of delinquency. While delinquency transitions remained stable for auto loans, credit cards, and other debts, student loans were the clear driver of the recent surge in overall delinquency. Experts advise borrowers who have damaged their credit scores to take gradual, responsible steps to rebuild.

"It's about doing the right things over and over, and unfortunately, a single major mistake can undo years of consistent work," Schulz said. Rossman added that staying current on student loan payments and all other obligations is key. "Consider getting on a parent or spouse's credit card as an authorized user or applying for secured credit cards and credit-builder loans," he said. "Those are safe tools to help start the rebuild."

## STORIES, from Page 10

downright excellent and you'll want to turn around and read them again on the spot — many of them are not funny.

One essayist even says it:

"It's funny, really. Not ha-ha funny."

The stories might be about humor or situations that will make you snort. There's a theme here and it's clever,

sometimes sweet, written in perfectly cynical tones. But will you take off your glasses, wipe your eyes, and call someone to share? Not so much.

Absolutely, read this book. It's an excellent col-

lection, you'll enjoy what you find inside "That's How They Get You," and you'll find a whole new group of writers to follow. Just be aware that if you're looking for ROFL kinds of laughs, it could be a bust.



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# Happy Juneteenth!



**Sister Tarpley**  
NDG  
Religion  
Editor

Juneteenth, also known as Juneteenth Independence Day, Freedom Day, or Emancipation Day, is a holiday in the United States that commemorates the announcement of the abolition of slavery in the State of Texas in 1865.

More generally it is the emancipation (liberation or setting free) of Black citizens throughout the United States.

The celebration is on June 19, the term Juneteenth is a portmanteau (combination of two or more words or morphemes, and their definitions, into one new word) of June and nineteenth, and is recognized as a state holiday or special day of observance in most states.

The holiday is observed primarily in local celebrations. The significance is that it was the Emancipation of the last remaining slaves in the United States.

On June 19, 1865 General Gordon Granger arrived in Galveston, Texas and told the people there that the Civil War was over, and the slaves were now free.

He read them General Order Number 3, which begins by saying, "The people of Texas are informed that in accordance with a Proclamation from the Executive of the United States, all slaves are free.

This involves an absolute equality of rights and rights of property between former masters and slaves,



*The Ashton Villa's front balcony on the island of Galveston, Texas is where General Order #3 was read on June 19, 1865 by Union General, Gordon Granger; surrounded by 2,000 federal troops and slaves. (Jim Evans / Wikimedia CC BY SA 3.0)*

and the connection heretofore existing between them becomes that between employer and free laborer."

Former slaves in Galveston rejoiced in the streets. Juneteenth celebrations began in Texas the following year.

Across many parts of Texas, freed people pooled their funds to purchase land specifically for their communities and increasingly large Juneteenth gatherings — including Houston's Emancipation Park, Mexico's Booker T. Washington Park, and Emancipation Park in Austin.

As the news spread, those who were previously enslaved were shocked and excited. Some took the declaration at face value, and declared that they would now work for their former masters as free men.

Others left immediately - either to go north or to find family members in neighboring states - as soon as they heard the news.

Freedom meant more than the right to travel freely. It meant the right to name one's self and many freedmen gave themselves new names. County courthouses were overcrowded as Blacks applied for li-

censes to legalize their marriages.

Each year, those who had been enslaved celebrated Juneteenth as a day for celebration over their freedom. On that day, families would gather together, pray together, and remember the excitement of hearing the declaration for the first time.

Some of them even made a pilgrimage back to Galveston each year to be together for Juneteenth.

But why that date? After all, President Lincoln had made the Emancipation Proclamation over two years beforehand, on January 1, 1863. The Thirteenth Amendment, which abolished slavery, was passed by Congress on January 31, 1865. So what was so special about June 19?

In truth, the Emancipation Proclamation did theoretically free all slaves in the South (although not in the northern states), but the southern states were not yet under Union control. Therefore, the Emancipation Proclamation did not successfully abolish slavery.

In April of 1865, General Lee finally surrendered and the South was forced

to accept Lincoln's proclamation, as well as the Thirteenth Amendment.

There are several theories about the extra two months (or the full two and a half years) that it took for the message to get to Texas - everything from a killed messenger to deliberate stifling of the news.

So when General Granger finally announced that slavery had been abolished, it came as quite a surprise and a reason for celebration.

During the US Civil War, President Abraham Lincoln issued the Emancipation Proclamation on September 22, 1862, with an effective date of January 1, 1863. Although it declared that slaves were to be freed in the Confederate States of America in rebellion against the federal govern-

ment, it had minimal actual effect.

Even after the ending of military hostilities, as a part of the former Confederacy, Texas did not act to comply with the Emancipation Proclamation.

The freedmen were ad-

vised to remain quietly at their present homes and work for wages. They were informed that they would not be allowed to collect at military posts and that they would not be supported in idleness either there or elsewhere.

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# To Be or Not to Be, That's My Confusion

Dr. James L. Snyder

After many years of denial, I finally realized how easily I am confused.

The main problem with this is not only can I get confused, but I rarely know when I'm confused. That in itself is confusing to me.

The Gracious Mistress of the Parsonage is the one person in our home who is never confused. I'm not sure how she has done this all these years. It can't be easy living with someone like me, who's always confused.

My biggest problem is knowing if I should do something or not. I can

never figure that out. "To do, or not to do?" That seems to be my confusion.

It's easy to think of what I could do, but my most demanding job is figuring out what I should not do. If I do everything I want to do, I'm never going to finish anything. I need to learn to manage my time so I don't sink into the swamp of confusion.

If I could figure out what not to do I believe I could get much more done. Differentiating between "do and don't" is very hard for me.

If I do what I don't have to do, it takes away time to do what I should do. Oh boy, this is very confusing.

I wish I could understand how that happens and differentiate between "do and don't". That would eliminate some of my confusion, I think.

Perhaps that is why people get old and forget things. Maybe it's a good thing to forget some things. If only I could select the things to forget, my life would be a lot better and less confusing.

Until then, I will wallow in my confusion.

While pondering this I was reminded of a verse of Scripture in Philippians 3:13-14. "Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things

which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus."

With all of the things in front of the apostle Paul, he boiled his life down to just one thing, "forgetting," and then "reaching forth." To know what to forget enables me to understand what to reach forward to. That certainly will simplify my life.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail [jamesnsnyder51@gmail.com](mailto:jamesnsnyder51@gmail.com), website [www.james-snyderministries.com](http://www.james-snyderministries.com).

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