Volume XXXVI, Number XXXI July 31 - August 6, 2025 NORTHDALLASGAZETTE.COM orth Dallas "Most respected Voice of the Minority Community" PRINT / WEB / VIDEO



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Black Church and Black Press unite to empower Black America

Nashville, TN — In a historic announcement, a coalition of leading Black faith organizations and the National Newspaper Publishers Association (NNPA) unveiled a strategic partnership and plan to confront systemic disparities impacting African American communities nationwide.

Dr. Boise Kimber, President of the National Baptist Convention, USA, Inc.; Bishop J. Drew Sheard, Presiding Bishop of the Church of God in Christ (COGIC); Dr. Samuel Tolbert, President of the National Baptist Convention of America; and Dr. Benjamin F. Chavis Jr., veteran civil rights leader and President of the NNPA, are leading this collaboration between the Black church and Black Media.

"There is strength in unity. There is power in our collective voice. There is hope in our actions," said Dr. Boise Kimber.

For generations, African American communities have endured deep-rooted inequities in healthcare,



"This is more than a symbolic gesture, it is a strategic and spiritual alignment." When the Black Church and Black Media speak as one, we can ignite a movement. When we organize as one, we can shift the narrative. When we act as one, we cannot be ignored or denied," the coalition stated.(DWG Studio

education, criminal justice, economic opportunity, and access to capital. These challenges are not new. The coalition intends to put an end to fragmented responses and speak with one clear, concise and consoli-

dated voice. The Black Church and Black Media, two institutions that have long anchored and uplifted Black America, are now coming together with renewed focus and purpose.

This partnership is grounded in shared values, spiritual conviction,

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NDG Quote of the Week: "The cost of liberty is less than the price of repression." - W.E.B. Du Bois

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Dr. Roger A. Mitchell, Jr.

(Black PR Wire) CHICA-GO – The National Medical Association (NMA), the largest and oldest organization representing the interests of Black physicians and their patients in the United States, inducted Roger A. Mitchell, Jr., MD as its 126th president during its 2025 Annual Convention and Scientific Assembly.

He succeeds Virginia A. Caine, MD. Dr. Mitchell's theme for his year-long presidency is "The New Reconstruction: Mobilizing Healthcare Justice for a New America – Our Patients, Providers and Poli-



cy.

This new appointment upholds the NMA's longstanding commitment to advancing an equitable health care system for all. The ceremonial installation took place Tuesday, at the Hilton Chicago. Dr. Mitchell is the president of Howard University Hospital and is board certified in anatomic and forensic pathology by the American Board of Pathology.

He is a tenured professor of Pathology at Howard University and serves as the director of the Howard University Center of Excellence for Trauma and Violence Prevention, leading outreach efforts to decrease gun violence in the District of Columbia. Additionally, Dr. Mitchell serves as the Chair of the Performance Improvement Committee for Howard University Hospital.

He previously served as

Sean 'Diddy' Combs

Sean "Diddy" Combs is once again asking to be released from federal custody ahead of his October 3 sentencing—this time arguing that his nearly yearlong incarceration is unjust, the law was misapplied, and the judge should set aside earlier concerns about his past violent behavior.

The motion, filed July 29 in the U.S. District Court for the Southern District of New York, comes after Judge Arun Subramanian denied Combs' prior requests for bail following the jury's split verdict. While Combs was acquitted of sex trafficking, racketeering conspiracy, and a host of other charges, he was convicted of violating the Mann Act.

The judge had previously cited Combs' own admissions of violence, particularly in his relationship with Cassie Ventura, and an alleged 2024 assault against another woman known as "Jane," as key reasons for continued detention.



Now, Combs' attorneys argue that keeping him behind bars amounts to an unprecedented and inappropriate application of a 114-year-old law originally designed to combat human trafficking and forced prostitution.

They say Combs is being punished not for coercion or profiteering but for engaging in consensual sexual activity within a swinger's lifestyle.

"There has literally never been a case like this one," the motion states, arguing that Combs is the only person in jail for paying adult male escorts to engage with his long-term girlfriends activity the defense claims was consensual and initiated by the women themselves.

The legal team also points to Combs' 11-month detention at Brooklyn's Metropolitan Detention Center, calling it a dangerous and violent environment that federal courts have already condemned as unfit.

They argue the facility's conditions alone justify his release.

"The requirement of outside law enforcement agencies to ensure safety within the MDC is an admission that serious violence, mayhem and chaos is occurring," the motion says. Combs is offering a \$50 million bond secured by his Miami home, travel restrictions, electronic monitoring, and any conditions the court may impose to prove he is neither a danger nor a flight risk.

"This jury gave him his life back, and he will not squander his second chance at life," his attorneys wrote. the Chair of the Department of Pathology at Howard University College of Medicine.

Prior to his service at Howard University, Dr. Mitchell worked in the District of Columbia (DC) government for seven years, including as the Chief Medical Examiner, Interim Director of the Department of Forensic Sciences and Interim Deputy Mayor for Public Safety & Justice.

He worked closely with emergency healthcare services during the height of the COVID pandemic and led a multidisciplinary group of departments, including Fire, Police and 911/311 during his tenure as Deputy Mayor.

In addition, Dr. Mitchell has been published in numerous peer reviewed journals and has given nearly 200 lectures on a myriad of forensic and leadership topics.

He is the co-author of Death in Custody: How America Ignores the Truth and What We Can Do About It and recently appeared on the PBS Frontline documentary, Documenting Police Use of Force. He is also the co-host of the recent NAACP Image Awards nominated podcast Official Ignorance – "The Death in Custody Podcast." "I humbly and graciously step into my new role as president of the National Medical Association, where a legacy of excellence meets a commitment to equity and justice in health care," Dr. Mitchell said.

"I am grateful for the foundation that was laid by Dr. Virginia A. Caine and am prepared and excited to take the NMA to new heights. With the current national changes to public health, medical education and vaccine recommendations, the NMA stands ready, willing, and able to advocate for truth and fairness."



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A brutal – not beautiful bill – cuts CFPB funding in half

New student loan limits also add to consumer financial stress

By Charlene Crowell

On the nation's 249th birthday, President Donald Trump signed an 870-page bill known as the One Big Beautiful Bill Act (OBB-BA).

But brutal – not beautiful - would be a more apt description of the widespread harm now facing families across the country.

"This is one of the most harmful and expensive bills Congress has ever considered," said Pennsylvania Congressman Brendan F. Boyle, Ranking Member of the House Budget Committee. "It's morally wrong. It's economically reckless."

The OBBBA will add about \$3.3 trillion to the national debt over the next 10 years, according to the Congressional Budget Office. Additional cuts identified by the Committee for a Responsible Federal Budget cite:

• \$4.1 trillion more is added to the national debt through 2034 – more borrowing than any reconciliation bill in history;

• Social Security and Medicare insolvency is accelerated to 2032 – a year earlier than under current law; and

• The tax code is more complicated and less fair – creating new deductions, credits, and phase outs that treat similar income dif-

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Keep up with the news

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ferently and increases the number of itemizers.

Beyond the ballooning federal deficit, key programs that consumers have come to rely upon may have survived, but will now exist in markedly different ways.

For example, OBBBA cuts in half the amount of funding the Consumer Financial Protection Bureau (CFPB) can annually receive from the Federal Reserve System. As a result, instead of the long-standing 12 percent of Fed earnings allotted for the agency's operating expenses, now only 6.5 percent will be available, according to Thomson Reuters.

This funding slash continues the ongoing agency assault that has already seen litigation challenging CFPB plans for staffing cuts from 1,700 to only 200, the withdrawal of large lawsuits filed before the current Trump term, revoked rules earlier enacted, and a suspension of investigations.

It is difficult to understand the reasoning behind the continued CFPB assault when the agency has returned over \$20 billion to 195 million financially defrauded consumers.

"While stopping a complete defunding of the Consumer Bureau was a victory and the Senate's proposed ceiling is larger than that in the House-passed budget bill, the Senate's big brutal bill still signals an intent by this Administration and Congress to significantly abandon the federal government's obligation to protect consumers from harms in the financial marketplace," noted Mike Calhoun. President of the Center for Responsible Lending (CRL). "American consumers count on the Consumer Financial Protection Bureau to protect their wallets from harm. Lowering the Bureau's budget ceiling by nearly half suggests that many of those consumers are likely to be let down." Nor was CRL alone in

alerting consumers to the harm wrought by OBBBA.

"Slashing vital programs that protect civil rights, consumer protections, health care, and education for working families to benefit the rich and powerful is wrong," said Richard Dubois, executive director of the National Consumer Law Center. "The massive cuts to the Consumer Financial Protection Bureau buried in the bill further empower large corporations over people."

Other time-sensitive financial adjustments are also confronting the more than 42 million student loan borrowers who collectively owe nearly \$1.7 trillion. Starting August 1, the 8 million borrowers who enrolled in the repayment plan, Saving on a Value Education (SAVE), which ties loan payments to borrower income, will continue to have their loan payments suspended, but the interest on these loans will begin to accrue again.

Op-Ed

Other changes are specifically in store for 3.9 million borrowers of Parent PLUS loans. Starting July 1, 2026, three-tiered loan limits take effect for both annual borrowing and total lifetime loans. The three tiers span professional degrees – like those for physicians and lawyers, and two others for other graduate and undergraduate studies.

For undergraduate studies, Parent PLUS loans will be capped at \$20,000 per year, or \$65,000 total per student. The average in-state student attending a public 4-year institution and living on-campus spends \$27,146 for one academic year, according to the Education Data Initiative.

Graduate student loans in this program will be slightly higher on an annual basis - \$20,500; but have a larger lifetime cap of \$100,000. The program's highest loan caps will be reserved for professional schools at

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Health

New study finds that a fast daily walk could extend your life

(Newswise) Walking fast for just 15 minutes per day reduced the risk of death in a large study group of mostly low-income participants.

The research findings, published July 29 in the *American Journal of Preventive Medicine*, support promoting brisk walking as a strategy for improving health outcomes in all communities.

Although the health benefits of walking are widely recognized, there has been limited research on the effect of factors such as walking pace on mortality, par-

ticularly in low-income and director of the Vanderbilt

ticularly in low-income and Black populations, said the study's senior author, Wei Zheng, MD, PhD, MPH, the Anne Potter Wilson Professor of Medicine and

BRUTAL, from Page 1

a rate of \$50,000 per year and \$200,000 total.

Additionally, two other student loan programs will be eliminated no later than June 30, 2028. Pay as You Earn (PAYE) that set a 10-year repayment limit, and Income Contingent Repayment (ICR) plan that provides a 12-year limit for consolidated loans. Borrowers enrolled in both

programs will need to switch to other repayment plans with the help of loan servicers.

But getting timely assistance early enough to meet the deadline depends upon access to loan servicers. As reported by the New York Times, 1.5 million cases are already pending resolution by servicers and these must be resolved before

UNITED, from Page 1

cultural empowerment, and an unwavering commitment to truth, justice, and progress.

The coalition will focus on five core initiatives:

• Shaping a unified national narrative that challenges harmful stereotypes and amplifies stories of Black resilience, excellence, and innovation

• Mobilizing faith-based and media networks to address community disparities through solutionsfocused advocacy and outreach

Holding corporate

America accountable by demanding responsible reinvestment in Black communities through sustainable partnerships, economic equity, and community-led development

• Empowering the next generation by reclaiming our narratives and creating new pathways for education, leadership, and entrepreneurship

• Holding elected officials accountable by spotlighting those whose policies do not align with the interests of the Black community. To earn our votes, Epidemiology Center. "This is one of the few

studies to quantify the effect of daily walking on mortality in a low-income

the department handles any new requests.

Much like the CFPB, Pell Grants that support moderate and low-income college students may have survived, but new terms of access likely will reduce the amount of aid that supports four- and two-year educational studies. A lastminute change to the bill now allows unaccredited, short-term job-training programs to administer Pell

they must heed our voices.

"This is more than a symbolic gesture; it is a strategic and spiritual alignment." When the Black Church and Black Media speak as one, we can ignite a movement. When we organize as one, we can shift the narrative. When we act as one, we cannot be ignored or denied," the coalition stated.

The coalition invites all stakeholders, faith leaders, media professionals, community organizers, educators, business leaders, and concerned citizens to join this movement for unity, justice, and progress.

and predominantly Black U.S. population," said Zheng, who also directs the Division of Epidemiology at Vanderbilt University Medical Center. "By demonstrating the benefits of fast walking — which is a low-cost and largely accessible activity — we provide direct evidence to inform targeted public health interventions and policies to improve health outcomes."

The study analyzed data from the Southern Community Cohort Study (SCCS), which enrolled about 85,000 participants

Grants.

"The American people demanded lower costs, and what did they get? A brutal bill that will push millions off their healthcare, leave children to go hungry, and ages 40-79 between 2002 and 2009. Most participants (86%) were recruited in collaboration with community health centers serving low-income populations across 12 southeastern states. Participants provided baseline information, including daily walking pace and time, demographic and lifestyle factors, and medical history, using structured questionnaires.

The current study, led by first author Lili Liu, PhD, MPH, included data from 79,856 of the SCCS participants (racial groups: 66%)

push dreams of a college education even further out of reach for working people across this country," said Aissa Canchola Bañez, Policy Director for the Student Borrower Protection Black, 30% white, 4% other). In the baseline survey, participants reported the average amount of time per day (in minutes) they typically spend "walking slowly (such as moving around, walking at work, walking the dog or engaging in light exercise)" and "walking fast (such as climbing stairs, brisk walking or exercising)."

The cohort was linked to the National Death Index to obtain vital status and cause of death informa-

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Center.

Charlene Crowell is a senior fellow with the Center for Responsible Lending. She can be reached at Charlene.crowell@responsiblelending.org.





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tickets to area entertainment events!

The Washington Post sees major exodus of Black journalists

By Lauren Burke

The Washington Post, which has long defined itself as the "paper of record" alongside its competitive rival, *The New York Times*, is now witnessing a major exodus of Black journalists. Though the U.S. is becoming more diverse, the Post isn't.

The Post's headquarters sits in the middle of the District of Columbia, which has a 43 percent Black population and a historic Black university less than two miles away. Yet The Post has never had a history of staff diversity. The recent departure of Black journalists is seemingly related to an anti-diversity backlash led by President Trump af-



ter the 2020 George Floyd "racial reckoning".

Trump's executive order, signed less than 48 hours into his second term on January 21, declared policy war on the diversity and inclusivity of historically marginalized groups. Trump's George Floyd backlash, alongside separate claims of defamation by the president, has led to his targeting of law firms, media organizations, and

academic institutions. Several media companies, such as ABC and CBS, have capitulated to Trump.

The Washington Post appears to be doing so in advance, as Post owner Jeff Bezos has business before the federal government related to his ownership of Blue Origin and Amazon. The current moment now witnesses an exodus of Black journalists not seen in the paper's history. In

recent years, journalists Vanessa Williams, Wesley Lowery, and Kevin Merida have departed The *Washington Post.* But the current departures include 5 journalists with decades of experience and several Pulitzer Prizes. The current exodus is noteworthy even by the *Post's* low standards for diversity. The Post went for close to a year without a single Black member of the Editorial Board. Currently, the only Black member, the obscure Keith Richburg, is in Hong Kong. The National Association of Black Journalists noted the issue in a July 26 press release.

NABJ stated that they are

"closely monitoring the recent wave of departures and voluntary exits from several legacy media institutions, including *The Washington Post*. This ongoing disruption has far-reaching implications for newsroom diversity, representation, and the future of Black journalists."

The list of departures includes two Pulitzer Prize winners: Jonathan Capehart, an opinion columnist who has been with the Post since 2007 and is taking a buyout offer. Capehart also recounted a racial episode in 2024 in his book related to his former colleague Karen Tumulty, who was deputy opinions editor at the time. Tumulty has now been promoted to lead the Post's politics coverage. Post editorial board member Karen Attiah announced on social media on July 22 that she was "the last Black staff columnist left in The Washington Post's opinion section." On July 21, Pulitzer Prizewinning author Toluse Olorunnipa, who was the White House Bureau Chief for The Washington Post, announced he was now a writer at The Atlantic. Olorunnipa won the Pulitzer for the book "His Name is

Community

See EXODUS, Page 10

Scott Bill targets USDA discrimination as Trump ends DEI protections

By Stacy M. Brown NNPA Senior National Correspondent

As the Trump administration moves to eliminate key diversity, equity, and inclusion (DEI) protections at the U.S. Department of Agriculture, Democratic Congressman David Scott of Georgia has introduced legislation aimed at safeguarding the future of Black farmers and reversing decades of systemic discrimination.

On July 17, Scott, a se-

nior member of the House Agriculture Committee, introduced the Black Farmers and Socially Disadvantaged Farmers Increased Market Share Act of 2025. Illinois Democratic Congressman Jonathan Jackson, also a member of the committee, co-sponsored the bill, which aims to expand market access and enforce civil rights protections for farmers who have historically been denied equitable treatment by the federal government.

deral government. "Generations of Black farmers have lost their land and livelihoods because of systemic discrimination and the federal government's failures to meaningfully intervene," Scott said. "Whereas they comprised over 14% of all U.S. farmers less than a century ago, they now represent less than 2%."

In 1920, there were nearly one million Black farmers in the United States. But today, fewer than 50,000 remain, Jackson said. "That's

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Education



Back 2 School Rally, Health Fair set for Aug. 2 in The Colony

Summertime is coming to an end and soon the school buses will once again be rolling.

Friendship Baptist Church of The Colony will host its annual Back 2 School Rally and Health Fair on Saturday, Aug. 2, from 10 a.m. until 2 p.m.

The event will offer free

school supplies, health screenings, food, music and family-friendly activities aimed at promoting student health and preparing families for the new school year. Organizers say the fair is

designed to bring the community together and provide essential resources to local families. There will be free backpacks distributed along with food supplies. A blood drive and mammograms will be offered, as well as food, music and fellowship.

The church is located at 4396 Main Street in The Colony.

The event is free and open to the public.

Learning how to better serve African American children, families

By National Head Start Association

The National African American Child and Family Research Center (NAACFRC) at Morehouse School of Medicine is designed to provide national leadership and excellence in communityengaged research to better serve African American children and families served by the Administration for Children and Families, including those enrolled in Head Start.

The National Head Start Association spoke with Dr. Azaliah Israel, NAAC-FRC's co-lead for dissemination and communication, about the Center's work since its inception. Narratives are the stories we tell to make sense of the world. As a graduate student, I became fascinated with the influence narratives have in our everyday life, the power they have to create and sustain meaning.

As practitioners, narratives influence how we perceive the families we serve. Unfortunately, narratives about Black families have often been told through a lens that highlights dysfunction but ignores historical and cultural context.

In my exploration of Black families, I found that the recurring narratives around "deadbeat

fathers" "welfare and queens" influenced how service providers interacted with them. While completing my dissertation, I conducted dozens of interviews with practitioners in the federal and non-profit sectors, seeking to use research to change how Black families are viewed in society. One of these interviewees shared something that completely shifted my own perspective and the direction of my research: "Instead of focusing on changing the narrative, we must change the narrator."

It reminded me how important it is to elevate the

See LEARNING, Page 13

Dr. Jason Moore makes history as PQC's first Fulbright U.S. Scholar

Paul Quinn College proudly announces that Dr. Jason Moore, an Associate Professor of Business Administration, is the College's first recipient of the prestigious Fulbright U.S. Scholar Program award.

Administered by the U.S. Department of State's Bureau of Educational and Cultural Affairs, the Fulbright U.S. Scholar Program is one of the world's most selective international exchange programs. The cross-cultural exchange program is designed to



(Paul Quinn College) provide unique opportunities for scholars to further their teaching and research abroad. Fulbright alums include Nobel Laureates, Pulitzer Prize winners, and global change-makers.

As a Fulbright Scholar, Dr. Moore will receive a grant to collaborate with faculty, administrators, and students at the historic Bethlehem Moravian College in Jamaica to implement the "Empowering Futures Project." This professional development initiative will equip students for career-readiness, business startups, and community empowerment.

"Dr. Moore's selection as a Fulbright Scholar is a his-

toric milestone for our institution and confirms what we have always known about him - he is a star," said Dr. Michael J. Sorrell, President of Paul Quinn College. "Dr. Moore's leadership, intellect, and vision embody what it means to be a Quinnite-and he is an excellent example of the type of faculty that we are building at Paul Quinn. His Fulbright journey will enrich his scholarship and positively impact the students he serves on campus and in Jamaica."

With more than 15 years of corporate and higher education leadership experience, Moore has been instrumental in driving innovation at Paul Quinn, including student success initiatives and institutional planning. His commitment to advancing excellence in education has positioned him as a national thought leader among HBCUs and beyond. Moore plans to launch

Moore plans to launch his Empowering Futures Project: Initiating Entrepreneurship and Professional

Development into the Core Curriculum (EFP). The EFP is designed to cultivate a new generation of socially conscious innovators by equipping students with the tools, knowledge, and confidence to create economic opportunities within their communities. The initiative will offer hands-on entrepreneurship workshops, expertise in communication and leadership skills development, and access to practical business develop-

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Omega Men gather for Purple Tie Sunday in Plano

"A Christian Response to

a Lame World", based on

Acts Chapter 3. Pastor Ed-

Members of the Alpha Iota Iota Graduate Chapter of Omega Psi Phi Fraternity, Inc., along with their families, gathered at North Dallas Community Bible Fellowship Church for the annual Purple Tie Sunday, a celebration of tradition, reflection, and community.

Dressed in symbolic fraternity attire—purple & black blazers, white shirts, purple ties, and black shoes—attendees filled the sanctuary in a unified display of brotherhood and



Dallas Community Bible

Fellowship, Sr. Pastor Rob-

ert Edwards II, entitled

reverence.

The morning message was delivered by North

Omega Psi Phi Fraternity, Inc. awards 13 scholarships to area high school seniors

Omega Psi Phi Fraternity, Inc. continues its legacy of uplifting youth and promoting education by awarding scholarships to 13 exceptional high school seniors, each receiving just over \$1,000 each.

This year's group of recipients included five male and eight female students who will be attending a range of prestigious institutions including Prairie View A&M University, LSU, Texas State, University of Oklahoma, Texas Tech, Hampton University, and the University of Houston.

As part of the application process, students were asked to write essays detailing their personal story,

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believers to be vessels of massi compassion and restoration in a world that often stumbles. "We are grateful for the opportunity to worship together and reflect on our shared values," said Chaplain Brother Carlton Young, Dallas who spearheaded the event. lasQu

wards urged the congrega-

tion to live out their faith

through action, echoing

the example of Peter and

John as they extended heal-

ing and hope at the temple

gate. His sermon called on

"Purple Tie Sunday is a reminder of our commitment to faith, family, and fellowship."

Feature

Following the service, attendees continued the celebration over lunch at Dimassi's Mediterranean Buffet in Richardson, where laughter, storytelling, and meaningful connections enriched the day.

For more information on Omega Psi Phi programs and initiatives in North Dallas, visit: NorthDallasQues.com



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Feature

Sam Williams and Marist Liufau turning heads at Cowboys Camp

By: Jamal Baker NDG Contributing Writer

The Dallas Cowboys kicked off training camp July 22 in Oxnard, California, as the team prepares for a highly anticipated upcoming season. Two defenders are already emerging as standouts in camp: defensive end Sam Williams and linebacker Marist Liufau.

Liufau credits experience as the best teacher, saying it's helped him approach this year's camp with greater confidence and comfort.

"I think having a year under my belt, a lot of that helps with my confidence, for sure," Liufau said. "And the game's slowing down because of that. Yeah, just feeling more comfortable at the NFL level."



The Notre Dame product also improved a certain aspect of his game that will allow him to flourish in new defensive coordinator Matt Eberflus' scheme.

"I worked a lot on my speed," Liufau said. "That was a big thing that I wanted to work on this offseason, and also my conditioning. Knowing [Matt] Eberflus' system, we're gonna be running a lot, and it emphasizes running through the ball, and so we got to be in the best shape to be able to dominate and play the kind

of defense that we want.

"I got a lot of work on the hills. I did a lot of footwork drills. Just to work on my feet a lot and my power while I'm driving. That's why I did a lot of hills."

Liufau is expected to play a significant role next season as rising star De-Marvion Overshown continues to recover from the torn ACL he suffered last year.

With a clear path to more playing time and the tools to thrive, Liufau has a golden opportunity to cement his role in the Cowboys linebacker corps.

Williams has been a full participant in training camp, showing no signs of rust after suffering a torn ACL during last year's camp. Now back to full strength, he appears ready to make an impact on the Cowboys' defense.

"It feels like I never had an injury. I've put in the work. I feel great. Fantastic. No soreness. No aches. I'm running. I'm hitting 22 miles per hour, at 260 (pounds). That should tell you everything," Williams said.

Prior to his injury, Williams looked like a player who was ready to be a force to be reckoned with along the defensive line. He has the positional versatility to set the edge as a defensive end and rush the passer from the three-technique on obvious passing situations.

As a rotational piece, Williams recorded 4.5 sacks and five tackles for loss in 2023 during his sophomore campaign.

"I was patient, I took it in. I developed myself as a person, myself as a player, and I'm just grateful that I have an opportunity to play again," Williams said.

The former Ole Miss standout is looking forward to reestablishing himself as an impact player and showcasing the work he put in to be back on the field.

"It's an opportunity, opportunity to play the game and the sport I love. Opportunity to be with the brothers again...I'm just happy, I'm just happy to be here," Williams said.

As the season approaches, Williams is focused on doing his part to help the Cowboys chase a championship.

OMEGA, from Page 7

perspective on current events, and vision for leadership, including how they plan to give back to their communities once they achieve success in their chosen careers.

"These young leaders showed tremendous character, insight, and commitment to service," said a fraternity representative. "We're proud to support them as they take the next step in their educational journey."

The scholarship program

reflects Omega Psi Phi's core principles of Manhood, Scholarship, Persedominate and play the kind verance, and Uplift, and represents the fraternity's ongoing dedication to em-

powering the next genera-





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IMAX brings back Prince's genius in 'Sign O' The Times'

By Stacy M. Brown NNPA Senior National Correspondent

Prince is back—this time in a format as epic as the artist himself.

For one night only, fans can relive Sign O' The Times in stunning IMAX. On August 28, AMC theaters across the country will host opening night screenings of the iconic 1987 concert film, and attendees will receive a collectible, concert-style ticket. The film's official IMAX release begins globally on August 29, but early access showings are reserved for those ready to celebrate the Purple One in his full glory. Directed by Prince and originally released in 1987, Sign O' The Times captures the artist at the height of his creative power-blending iawdropping live performances with cinematic storytelling. Thanks to IMAX's proprietary remastering process, the film has been trans-



formed with precision surround sound, crystal-clear visuals, and immersive theater geometry that puts fans in the middle of the magic.

The re-release features some of Prince's most unforgettable tracks: the sultry "If I Was Your Girlfriend," the fiery duet "U Got The Look" with Sheena Easton, and the anthemic title track "Sign O' The Times," which speaks to the social and political chaos of its era—lyrics that still resonate today. Prince's stagecraft, musicianship, and style shine through in every frame. With longtime col-

WALK, from Page 4

tion through Dec. 31, 2022. Over a median follow-up of 16.7 years, 26,862 deaths occurred.

The researchers found that fast walking as little as 15 minutes per day was associated with a nearly 20% reduction in total mortality. Slow walking more than three hours per day was associated with a smaller reduction in mortality. The benefit of fast walking remained strong even after accounting for other lifestyle factors, such as leisure-time physical activity levels.

In addition to reducing premature death from all causes, fast walking reduced death specifically from cardiovascular diseases — the No. 1 cause of death in the United States. The researchers suggested that fast walking might reduce cardiovascular mortality by improving the heart's efficiency and output, and by reducing the prevalence of obesity and its associated cardiovascular risks such as hypertension and high cholesterol.

"Brisk walking offers a convenient, accessible and

low-impact activity that individuals of all ages and fitness levels can use to improve general health and cardiovascular health specifically," Zheng said.

The authors acknowledge that self-reported data on daily walking may have included other types of physical activity, which could introduce misclassification errors. Also, the physical activity data was only collected at baseline, so changes over time could not be considered. The study's long follow-up and large sample size contribute to "robust and reliable estimates," they noted. laborator Sheila E. and a full band of elite talent, the concert film isn't just a time capsule—it's a masterclass in performance and artistry.

Born in Minneapolis on June 7, 1958, Prince Rogers Nelson was a musical prodigy whose work shattered boundaries. After teaching himself to play piano, drums, bass, and guitar as a child, Prince recorded his debut album For You at the age of 20-producing, composing, and performing nearly every part himself. What followed was a run of genre-bending albums from 1980 to 1988 that made Prince a global force. 1999, Purple Rain, Parade, and Sign O' The Times pushed the limits of pop, funk, soul, rock, and everything in between. His 1984 film Purple Rain became a cultural phenomenon, and in 1987, Prince opened his own creative headquarters: Paisley Park Studios. Prince's legacy is about more than hits and headlines. He fought publicly for artists' rights, famously protesting Warner Bros. by changing his name to an unpronounceable symbol. He demanded ownership of his mastersand ultimately won. He also used his platform to address racism, injustice, and freedom in songs like "Dreamer," "Baltimore," and "Colonized Mind."

His 2007 Super Bowl halftime performance—delivered in a downpour—remains the most acclaimed in NFL history. Until his death on April 21, 2016, Prince continued mentoring young musicians, releasing new music, and delivering unforgettable performances. Prince won seven Grammy Awards, an Oscar for Purple Rain, and was inducted into the Rock and Roll Hall of Fame in 2004. In recent years, he received a posthumous doctorate from the University of Minnesota and was inducted into the Songwriters Hall of Fame. Now, with the re-release of Sign O' The Times in IMAX, a new generation can witness the brilliance, the boldness, and the beauty of Prince in full scope.

<u>Entertainment</u>

For fans who lived it the first time, and for those who never got the chance—this is not just a movie. It's a reminder of the awe-inspiring greatness of Prince.



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NDG Bookshelf: 'Briefly Perfectly Human' packs an endearing punch

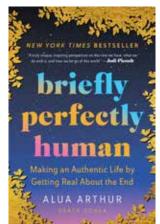
By Terri Schlichenmeyer

There is no need to pack a big suitcase.

No more worrying about tickets or TSA, the nearest gas station, tiny bottles of shampoo, no journal, no favorite t-shirt. You'll say one last goodbye on this final journey and you'll be gone, but in "Briefly Perfectly Human" by Alua Arthur, as you did in living, you may need support in dying.

Born in Ghana, raised by parents who demanded excellence, Alua Arthur chose to go to law school after she graduated from high school. But it wasn't really a choice, in a way: law school was a default for her, and it didn't make her happy. After she started working for Legal Aid on behalf of poor clients, a career in law actually made her sad.

It was so difficult for Arthur to avoid getting too involved with her clients, and she struggled. She eventually came to understand that she wanted more than anything was to "be of service" to people somehow. When her brother-in-law was diagnosed with cancer,



she helped take care of him and things began to fall into place. She says he was "the first person I doula'd before knowing... what I was supposed to be doing."

Following Peter's death and her "aha!" moment. Arthur received formal death doula training, where she learned "not to conflate others' experience with [her] own," how to gently discover a dying person's wishes, and how to listen. She does in-person visits or phone calls; she can't dispense medicine or medical advice. She can only talk, and that's often all an ill or dying person needs. It's a solution, Arthur says, that helps "meet a client where

they are" but being a death doula isn't just for those who are dying.

"Sometimes," she says, "all we need is a little time, if we've got it.... And if you're the person who can't accept that another will die, we will hold you when you finally do."

So, here's a surprise for you: "Briefly Perfectly Human" may not be the book you want today. It touches upon a painful subject. There's no blatant advice here, no quizzes or checklists. You'll find comfort if you look hard enough, but it's not overt.

Instead – and maybe you do need it today – this book is mostly about being wonderfully, sparklingly alive. Joyful, even. Author Alua Arthur says, "I'm only here for a small amount of time," and that, in fact, should tell you everything you'd want to know about this book.

And yet, it has dark moments.

Arthur writes about specific clients and how she helped them and their families. There's a good bit bi-

See HUMAN, Page 14

EXODUS, from Page 5

George Floyd" in 2023 for General Nonfiction. Several Post journalists have fled to *The Atlantic*. Other departures include Eugene Robinson and Krissah Thompson, who was the only Black managing editor on the masthead.

"After 24 years at *The Washington Post*, I'm turning the page on this chapter of my career. I'm grateful for the wonderful experience that I've had and the contributions that I've made over 24 years as a reporter, editor, and news leader," Thompson wrote on her Instagram page on July 23.

Trump's executive order, which called for the termination of all federal government programs relating to "diversity, equity, inclusion, and accessibility," appears to have been obeyed even by private sector actors under no obligation to comply.

Post CEO Will Lewis has remained in charge despite a 2024 controversy surrounding his connections to a scandal related to the illegal phone-hacking of members of the British royal family. Many recent hires at the Post have been in some way connected to the more conservative The Wall Street Journal. The latest round of buyouts ends on July 31, so many more departure announcements are expected this week.

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AFROTECH wants to ensure international innovators gain access to game-changing career, networking, and funding opportunities

(Black PR Wire) The annual AFROTECHTM Conference is designed to expose Black professionals to innovation and wealthbuilding opportunities within sectors that include AI, marketing and advertising, cybersecurity and risk, product and design, fintech, esports, and government and civics. Additionally, it is a launchpad to endless networking conversations, funding opportunities, and your next career move. Wells Fargo employee Aaron McBee credits the 2022 AFROTECHTM Conference for helping him land a role at the company, as AFROTECHTM previously reported.

"AFROTECH[™] is designed for impact, to reduce the likelihood that you

need luck to be successful in the corporate environment. And the moment that AFROTECHTM doesn't actually have that impact is the moment I'm out," Blavity Co-Founder and CEO Morgan DeBaun said in a video posted on Instagram. "People get jobs at AFROTECHTM. We have interview pods on-site. People get interviews, and companies will literally — I had one company the other day tell me they made 150 offers within two weeks of AFROTECH[™] because they pre-scope everybody. We have a resume book. We build a back end. They prescope people. They do the final interview on-site, and they get that offer in those people's hands two weeks later." As the next conference prepares to make its return Oct. 27-31 to the George R. Brown Convention Center in Houston, for its second consecutive year, AFROTECHTM wants to make it easier for those living internationally to make their presence known. So, welcome Black technologists, creatives, and founders from abroad! To sim-

plify the process for those residing in Canada, Brazil, Nigeria, and the United Kingdom, AFROTECHTM has provided streamlined materials to prepare for the festivities. Doing so will unlock access to curated programming, connections with leading U.S. companies and venture capital firms, and exclusive networking experiences.

Marketplace

MOORE, from Page 6

ment resources, all within a supportive academic frame-work.

With a strong emphasis on student empowerment, the project aligns closely with Paul Ouinn's mission to eradicate intergenerational poverty by using entrepreneurship to prepare students for successful careers and meaningful lives. The honor is a direct outcome of the College's strategic creation of the Office of Prestigious Opportunities, established prior to the pandemic to position students and faculty for competitive academic and professional opportunities. Additionally, the implementation of a mandatory study abroad requirement was designed to foster international engagement and expand access to global experiences for facultymaking prestigious recognitions like the Fulbright more achievable.

"Being named Paul Quinn's first Fulbright Scholar is an incredible honor that reflects not just a personal milestone but the power and promise of a supportive Paul Quinn community," said Dr. Moore. "The Fulbright experience will allow me to deepen my commitment to equity and innovation in higher education, contribute to meaningful global dialogue, and support student entrepreneurs to inspire meaningful change and economic opportunity. I look forward to learning from and working alongside scholars and leaders in Jamaica to explore sustainable solutions that uplift communities."

Moore will begin his Fulbright engagement in the 2025-2026 academic year with both in-country and virtual engagements. Moore brings a deep, personal connection to the country, having developed meaningful ties through his wife's Jamaican heritage. His longstanding relationship with the culture and community fuels his passion for creating opportunities that empower and uplift the people of Jamaica.

Moore joined Paul Quinn College ten years ago and has played a pivotal role in transforming the institution's academic programs and student success initiatives. He has been published in The Leadership Journal of Dallas Baptist University, served as Faculty Ambassador for the Texas Society of Certified Public Accountants, and held the position of Oversight Professor for the Society of Financial Education & Professional Development. Additionally, he mentors students through Paul Quinn's TRIO Student Support Services program, which empowers first-generation college students.

A committed mentor and visionary leader, Moore has helped countless students achieve success by promoting entrepreneurship, academic excellence, and purpose-driven learning. His recent honors include the 2024 COIL Grant Award from the Texas International Education Fund and selection to represent Paul Quinn College in the HBCU IP Futures Collaborative Grant. He is also a nationally recognized speaker on innovation in higher education.

In addition to his work at Paul Quinn, Moore has held professional and academic roles at Texas Instruments, Dallas College, and Southern Methodist University. He is also a part-time lecturer at The University of Texas at Dallas.

Moore is a Detroit native and a graduate of Hamp-

ton University, where he earned both his Bachelor of Science in Business Administration and his Master of Business Administration

CONSTR

with a focus in Accounting and Finance, where he was a member of the National Black MBA Association. Moore later earned his Doc-

tor of Philosophy in Leadership from Dallas Baptist University. He is a proud husband and a devoted father of five children.

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USDA, from Page 5

a staggering 95% decline. This did not happen by accident — it is the result of broken policies, discriminatory lending practices, and a lack of market access," he stated. The bill establishes a competitive grant program to support new and expanding food hubs that enable Black and minority farmers to access wholesale, retail, and institutional markets. It offers a 25% tax credit for agricultural products purchased from those food hubs.

It also requires the USDA to prioritize procurement from socially disadvantaged farmers and establishes an independent Office of the Civil Rights Ombudsperson to assist farmers through civil rights claims. Additionally, the measure reforms USDA policies to provide monetary relief to farmers denied access to loan and payment programs due to discrimination.

The bill's release follows a sweeping policy reversal by the USDA, which recently announced it will no longer use the term "socially disadvantaged" to define farmers affected by racial, ethnic, or gender-based discrimination.

That designation, first adopted in the 1990 Farm Bill, had been a critical foundation for programs that served Black, Hispanic, Native American, and Asian producers. According to Capital B News, the agency's decision came in response to executive orders issued earlier this year by President Donald Trump that eliminated any mandates or programs supporting DEI. The USDA stated that it has "sufficiently" addressed its history of dis-

crimination and that moving forward, it will adhere to a race- and gender-neutral framework.

Lloyd Wright, a Virginia farmer and former USDA official, stated that the change will disproportionately affect Black farmers.

"They're eliminating socially disadvantaged and anything else dealing with DEI," Wright told Capital B. "[The government] is going to take back the money — the little bit we were getting—and some of the outreach money will be clawed back."

Rep. Shontel Brown of Ohio, a vice-ranking member on the House Agriculture Committee, added that the USDA's decision was part of "Trump's resegregation agenda." She called the rule "a deliberate and disgraceful step backward," and said the "socially disadvantaged" label was long overdue recognition of the

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systemic denial of land, credit, and opportunity.

Rep. Shomari Figures of Alabama said the administration should be working to ensure Black farmers are never subjected to such discrimination again, not reversing policies that acknowledged that history.

Tiffany Bellfield El-Amin, founder of the Kentucky Black Farmers Association, noted that while the label itself may have had flaws, its removal leaves Black farmers more vulnerable. She said Black

producers are often left to navigate USDA programs without the same outreach given to white farmers, and that many with large operations were never disadvantaged to begin with.

The USDA's move comes in response to pressure from white farmers and conservative legal groups. A Wisconsin farmer, Adam Faust, has sued the administration, claiming he faced reverse discrimination in multiple USDA programs. Faust previously led a successful lawsuit against the Biden administration in 2021, halting a \$4 billion loan forgiveness program aimed at aiding farmers of color.

Black farmers continue to challenge federal agencies in court. The Black Farmers and Agriculturalists Association recently sued the USDA for allegedly excluding them from the Discrimination Financial Assistance Program, which provided help to over 43,000 farmers who suffered discrimination before 2021.

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ApprenticeshipTexas helps Applied Materials build skilled talent pipelines

AUSTIN -- The Texas Workforce Commission (TWC) is highlighting the success of its ApprenticeshipTexas program, which is helping Applied Materials, Inc., a leader in materials engineering solutions, quickly onboard new technicians and shorten their pathways to critically in-demand manufacturing jobs.

"We are training the future technicians in Texas through Apprenticeship-Texas," said Global Manufacturing Training manager at Applied Materials Clara Neri-Mejia. "The program provides a consistent standard of training, so I know if I can train my technician in Austin, they've been vetted and now we can use them throughout the company." streamlines the process for employers to establish and expand apprenticeship programs. TWC supports employers by connecting them with valuable resources, enabling them to build a highly skilled workforce. With this customized approach, Applied Materials has developed training to help with recruitment.

"The Apprenticeship Texas team provides assistance through the whole process," said Neri-Mejia. "The customization and flexibility of the program makes it suitable for any industry."

Apprenticeships tackle workforce shortages by developing highly skilled workers. These workers fuel business growth and drive economic development across the state. TWC works with employers to support the more than 1,000 registered apprenticeship programs in Texas. Texas recorded more than 37,000 active apprentices at the start of 2025, and additional growth is expected by 2026.

"Apprenticeships help workers gain the skills, experience, and industry connections to create a successful career," said TWC Chairman Bryan Daniel. "TWC's Apprenticeship-Texas program supports valuable apprenticeship models that work in a variety of industries to reduce skills gaps and help Texas businesses grow."

The Apprenticeship-Texas Conference will be held at the Sheraton Hotel in Dallas on September 25 and 26, 2025. The conference will empower attendees to build and grow apprenticeship programs that help develop a more skilled workforce.

For more information about ApprenticeshipTexas, please visit apprenticeshiptexas.com or contact the TWC Outreach team at apprenticeshiptexas@twc. texas.gov.

Texas Workforce Commission is a state agency dedicated to helping Texas employers, workers, and communities prosper economically. For details on TWC and its services in coordination with its local workforce development boards network, call 800-628-5115 or visit https:// twc.texas.gov/. Subscribe to email updates to receive notifications about TWC programs and services.



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LEARNING, from Page 6

voices of Black families that are not often heard.

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The majority of research centered around African American families has been conducted using a comparative framework where the behaviors, experiences, and outcomes of white Americans are viewed as the standard.

And it has largely been conducted by individuals outside of the African American community with very little input from the community itself. This framework often ignores the important historical and cultural context of African American life and, inevitably, places these families at a disadvantage compared to white families. It's long past time for change. The National African American Child and Family Research Center (NAACFRC) prioritizes community-engaged research to learn how to better serve African American children and families.

The Center seeks to change the cultural and institutional narratives about African American families by conducting research that takes into account their unique experiences and the existing social inequalities.

This requires a broad scope of research, includ-ing:

• Early childhood education (Early Head Start and Head Start) (Child Care and Development Fund)

• Social and economic mobility (Temporary Assistance for Needy Families)

• Healthy relationships, including fatherhood and supportive family relationships

Early Head Start and Head Start, whose service population is 30% Black or African American, are a primary focus for the Center's early childhood education research.

NAACFRC's primary goal is to illuminate the assets, needs, and experiences of African American families and parents participating in Head Start programs to improve the provision of services.

ead Start) To do so, the Center partners with parents, teachers, and administrators to better understand the needs of African American children and families. The Center is particularly interested in learning from and supporting Head Start families who live in rural areas, have family members who are involved in the criminal justice system, and have health/disability issues.

In addition, NAACFRC highlights the experiences of African Americans in the child care and early education workforce. Changing the narrative around Black families by lifting up their voices and shifting the research framework is essential to changing our society's perceptions. NAACFRC's research with Head Start is an important piece in working towards this goal.

And then it's Monday... Again

By Dr. James L. Snyder

I'm not sure if it's just me getting old or something altogether different. Time seems to go by fast.

My father used to say, "The older you get the faster time goes." I'm finally beginning to understand what he meant by that.

At the time, I laughed at him and didn't understand what he was saying. However, I now have a good idea of what he was talking about. Time has a way of passing quickly.

It seems that all of a sudden, it's a Monday morning and my week is starting all over again. And I need to focus on planning out my week and making the most of it. However, by the time I finished planning my week, it was already Thursday. Oh boy, where does that time go?

When I was young, there were seven days in the week. Now that I'm older, there are only seven days in the week. The first seven days took significantly more time to complete than the next seven days. I'm still trying to figure out what the difference is.

Even The Gracious Mistress of the Parsonage has a little problem with this. By Thursday, she will say, "Where did all my time go?"

I think I know a lot of things, but when I think I know them, I find out that I don't know them at all. I don't know where time goes or why it passes so quickly.

How would my life change if I could figure out where time goes? There must be somewhere where time hides or goes on vacation or something. And if I find that, I think my life would change in an instant.

The one thing that bothers me is that I just celebrated my 74th birthday. I've had 74 years to figure this out, and I'm still at the same place I started. I don't know where time goes.

It seems that when I walk into my office on Monday morning to begin the week, I walk out shortly after, and it's Friday. What happens between Monday and Friday? I have my schedule, and I know when I'm supposed to do certain things, but that still does not explain how fast time goes.

When I was young, time seemed to slow down almost to a stop. Back then, it took me about four years to have a birthday. It took me about five years to catch up to Christmas. I'm not sure, but I think old Santa Claus had something to do with that. All his "hoe, hoe, hoeing" is his way of hiding this secret about time.

There are times when it seems to take forever to get from Monday to Friday. But at the end of Friday, I'm so excited my weekend is just about to begin. By the time I finish celebrating the weekend, it's Monday

morning already. Oh boy. The other week, The Gracious Mistress of the Parsonage and I were going out for a nice dinner on a Saturday evening. We don't often do this, but occasionally, we treat ourselves to this kind of pleasure.

As we were going out the door to go to the diner, The Gracious Mistress of the Parsonage said, "Honey, do we have time to stop at Publix? I need to pick up something."

I never know how to answer that kind of question. I want to say, "Okay, but where do we find the time?"

What I want to figure out is why, when I have a schedule to meet, time seems to pass quickly. But when I don't have anything to do, time slows down to a snail's pace. I can never figure that out. Why is 60 minutes in one timeframe faster than 60 minutes in another timeframe? And is it all the same?

On Monday morning, I try to plan out my week's schedule so that I can complete everything on time. That is my plan, but it seems to me that "time" has a different agenda for me. Why can' time be on my side?

I wished I had control of my time like The Gracious Mistress of the Parsonage.

Often, she will come to my office, look at me, and say, "Did you have enough

HUMAN, from Page 10

ography here, where she shares her own struggles with depression and mental health. Beware: she's an advocate of psychotropic substances and she's sometimes profane. She's also unabashedly honest, and that's refreshing. Readers looking for advice or succor must read between the lines to find it here, but you won't mind. "Briefly Perfectly Human" reminds you to live each day as if it's your last, and that,packs a punch. time to finish that project?" What do I say? Of course, I had the time to do it, but time was slipping away from me, wiggling to the left and then to the right, and I couldn't catch it. I had the time to do it, or at least I thought I did.

As I celebrated my birthday, I reflected on my past. How did I get to this point so quickly? Of all my expectations in life I never expected to get old.

I was reminded of what the Bible says along these lines.

"Go to now, ye that say, To day or to morrow we will go into such a city, and continue there a year, and buy and sell, and get gain: Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away. For that ye ought to say, If the Lord will, we shall live, and do this, or that," (James 4:13-15).

My life as a Christian boils down to God's will for my life. My time is in His hands.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail jamessnyder51@gmail. com, website www.jamessnyderministries.com.



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What makes an effective hristian leader today? Is

Christian leader today? Is it charisma? Is it ability? Is it communication and/or oratory skills?

God's view of an effective leader has nothing to do with these qualities. They may be a part of an effective leader. However, the core attribute of a Christian leader is his integrity with God and his obedience to follow Him.

When this happens, God manifests His power in and

through that leader. When people see the

Lord's power manifested in your life, they will have a healthy fear of the Lord. They will look at you and they will probably say, "This person has something I don't have that is worthy of more investigation."

Your challenge is to seek the Lord with a whole heart, resulting in God's power being manifested in the daily activities of your life. When this happens, you can expect others to be drawn to what they see in you.

The problem with many Christians today is that non-Christians see nothing different about the way they live to motivate the unsaved to desire their faith.

Effective Leadership

What makes you different from your neighbor? Is your experience with God noticeably different from that of the man next door? If you're not experiencing regular encounters with God, it's time to ask why not.

We don't live day-to-day for the next spiritual experience, but we should see by-products of a life centered in God.

There are no guarantees that if we began well we will finish well. The life of Asa tells us this. It is only through God's grace that we can be faithful to our calling.

Each of us is capable of

falling away from God. Pray that God will keep you faithful to the purposes He has for your life. He strengthens those whose hearts are fully committed to Him.

The enemy would love to ruin your work for God.

Ask God for wisdom and insight in your decisionmaking and it's good to remember that you represent Jesus Christ before the world.

God is always there for you. Recognize the gifts He gives you and the doors He open each and every day for you. Use those spiritual gifts to minister to the world and draw people to God.

(<u>Editor's Note</u>: This column orignally ran in July 2014. It has been edited for space.)





Friday, July 18 12:00-1:00 p.m.Thursday, July 31, 6:00-7:00 p.m.Friday, July 25 12:00-1:00 p.m.Friday, August 8, 12:00-1:00 p.m.

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