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Painting outside the lines of democracy: Texas GOP rolls out a new map

By Lori Lee
NDG Contributing Writer

The Texas Senate passed a bill on August 23, Republicans pushing it through despite the earnest fight Texas Democrats gave them. The bill redraws the state's congressional district map, carefully painting the districts red in a plan to win five new Republican House seats next year.

In hopes of negating the action and playing by their rules, Governor Gavin Newsom announced a plan to redraw California's district map, while giving American voters a "fair chance," the New York Times reported.

On November 4, California voters will have an opportunity to approve the state's new map, a chance Texas voters never got. Changing



An untimely act of redistricting by Texas Republicans has raised the ire of Democrats and voting rights activists nationwide. (DWG Studio)

the process requires voter approval because it's in their state's constitution, explained Representative Gene Wu, Democratic Leader in

the Texas House of Representatives, speaking at an August Ameri-

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People In The News ...



Karen Attiah



Dr. Roger Phanord

NDG Quote of the Week:

"Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope... and crossing each other from a million different centers of energy and daring those ripples build a current that can sweep down the mightiest walls of oppression and resistance."

- Robert F. Kennedy

Karen Attiah

By Lauren Burke

Washington Post opinion editor Karen Attiah posted on her Substack, *The Golden Hour*, that she was fired last week by *The Washington Post*.

According to Attiah, she was the last full-time Black opinion columnist at The Post, where she was employed for 11 years. Other Black *Washington Post* staffers in senior positions who have recently departed, via the recent buyout round, include Monica Norton and Krissah Thompson.

“Once many Black reporters, editors, and columnists at the upper ranks of *Washington Post*, but now: Courtland Milloy, Krissah Thompson, Eugene Robinson, Joe Davidson, Vanessa Williams, Ovetta Wiggins,



Darryl Fears, Monica Norton, Perry Bacon, Jonathan Capehart, gone ~ soon Colby King,” wrote Vincent Morris on July 23 on social media. Norris is a former spokesperson for Sen. Bernie Sanders, who was also a media columnist.

Though the Black population in Washington, DC, has decreased from 70 percent in 1980 to 40 percent in 2020, the District of Columbia has a substantial

Black population at 40 percent as of 2020.

The news regarding Attiah emerged on the morning of Sept. 15 after Attiah wrote a lengthy description of her side of the events.

They included the disclosure that she was fired because of a social media post related to controversial conservative activist Charlie Kirk, who was shot to death on Sept. 10 in Orem, Utah, during an appearance at Utah Valley University.

“I was the last remaining Black full-time opinion columnist at the *Post*, in one of the nation’s most diverse regions,” Attiah wrote. “Washington D.C. no longer has a paper that reflects the people it serves. What happened to me is part of a broader purge of Black voices from academia, business, government, and media — a historical pattern as

dangerous as it is shameful — and tragic,” she added.

Since the start of President Trump’s second term in January, there has been a forced exodus of Black federal officials and a push by Trump’s Administration to end any police related to “diversity” or “inclusion.”

Prominent Black officials have been pushed out, including the Librarian of Congress Carla Hayden, who was fired in May, and General Charles Q. Brown

Jr., who was removed in February.

Republicans have also moved to defund the Corporation for Public Broadcasting (CPB) and the Federal Communications Commission (FCC) — moving to less regulation. The departure of Attiah for *The Post* is yet another sign that a rightward shift is underway in legacy media.

“The Washington Post Guild condemns the unjust firing of columnist Karen

Attiah. *The Washington Post* wrongly fired Opinions columnist Karen Attiah over her social media posts. The Post not only flagrantly disregarded standard disciplinary processes, it also undermined its own mandate to be a champion of free speech. The right to speak freely is the ultimate personal liberty and the foundation of Karen’s 11-year career at The Post,” wrote The Washington Post Guild on social media.

Dr. Roger Phanord

(Black PR Wire) MIAMI, Fla. —Everyone deserves a healthy smile, and for Dr. Roger Phanord of Phanord & Associates, P.A., borders are no barrier. Recently, he along with a group of dental students traveled to Las Matas de Farfan in the Dominican Republic to provide dental care and education to underserved residents, continuing a decade-long tradition of service.

This missionary trip is not new for Dr. Roger, who has been traveling for more than a decade to Las Matas de Farfan, a city in the western side of the Dominican Republic, to provide screenings, cleanings, and more to those with limited access to dental services. In previous years, Dr. Phanord was accompanied by his twin sons, Drs. Kevin and Kyle Phanord, highlighting



the family’s deep commitment to changing lives one smile at a time.

“Dental care is often overlooked in developing countries, or people may not understand its purpose,” said Dr. Roger. “It’s an honor to serve families with limited access to dental services and help improve their oral health while raising awareness of its importance.”

Phanord & Associates, P.A. is a leading black-

owned family dental practice that has been serving the community for over 30 years. The leading dental practitioner, Dr. Roger Phanord, is a University of Florida College of Dentistry doctoral graduate. In recent years, the addition of the twin sons, Drs. Kyle and Kevin Phanord, to the dental team, have brought a new level of energy and expertise to the practice.

With multilingual staff fluent in Spanish, Creole, and French, they strive to meet and exceed all dental needs.

To connect with Drs. Kevin and Kyle Phanord, be sure to follow them on their TikTok @DentistDuo. In addition, to stay connected with news and information about their dental practice, follow Phanord & Associates, P.A. on Facebook, Twitter and Instagram @Phanorddental.



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Special Projects to the Publisher

Clinique Hill

Published by

Minority Opportunity News, Inc.

Production

David Wilfong

Editorial Assistant

Antonice Johnson

Contributing Writers

Jamal Baker
Katherine M. Brown
Allen Gray
Jackie Hardy
Lori Lee
Terri Schlichenmeyer



Publisher's Office:

publisher@northdallasgazette.com

Sales Department:

marketing@northdallasgazette.com

Editorial Department:

editor@northdallasgazette.com



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P.O. Box 763866 - Dallas, Texas 75736-3866

Phone: 972-432-5219 - Fax: 972-509-9058

Remembering the Four Little Girls

By April Ryan

It is 62 years later after the death of the four little girls in the bombing of the 16th Street Baptist Church in Birmingham, Alabama, just weeks after the August 28, 1963, March on Washington for Jobs and Freedom.

Democratic, Alabama Congresswoman Terri Sewell said this anniversary reminds us to reflect on issues our forefathers fought for during the most powerful movement in this nation: civil rights, voting rights, and civil liberties.

Twelve years ago, the four little girls received the Congressional Gold Medal posthumously: Addie Mae Collins, Dennis McNair,



Photo via NNPA

Cynthia Wesley, and Carol Robertson.

Shavon Arline-Bradley of the National Council of Negro Women says we are commemorating one of the most gruesome acts of violence in our country's history, where 4 Black Girls from Birmingham, AL lost their lives at the hands of White Supremacists."

Dr. Amos Brown, pastor

of the Third Baptist Church of San Francisco, says of the heinous, deadly bombing that there was "no respect for our humanity," feeling the crime emphasizes "they don't see us as being human."

Bradley also articulated, "Their sacrifice sparked the nation to come to grips with the harsh realities of what it meant to be Black

in America."

The children were in church during the Sunday School hour when, "These innocent young girls sought to learn more about their faith and how to love thy neighbor as themselves," when the deadly explosion occurred, adds Arline Bradley.

She also said, "Today, as we celebrate their contribution to the freedoms we enjoy today, let us be reminded that we shall overcome and victory belongs to those of us that fight for liberty and justice for all." Meanwhile, there is a fifth survivor, Sara Collins Rudolph, Addie Mae's sister, who lost her eyes and carries scars from the bombing.

Congress should do a discharge petition on RFK, Jr.



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

If the House of Representatives can use the Discharge Petition as a legislative matter to bring the matter of the Epstein papers to the Floor of the House for a recorded vote, then certainly Congress should be able to introduce legislation calling for the removal of RFK, Jr. without the President's permission, for the safety of the country.

As in the Epstein case, such a vote would require 218 signatures, meaning all the Democrats and some cross-over Republicans. This would force Speaker Mike Johnson to bring the

matter before the full House for a vote.

It would put every member on record in terms of whether they will finally do their duty as elected representatives of the American people and not just the President, whose only allegiance appears, as we witness the destruction of the Centers for Disease Control (CDC), where we are reminded of the more than 1.2 million deaths we suffered in this country under COVID-19.

We also know how effective the vaccines have been in saving lives.

If we, the people, can see the harm that Health and Human Services Secretary Robert F. Kennedy, Jr. is doing, both here and abroad, surely the members of Congress can see the

clear and present danger he has become to healthcare. Even the Kennedy family is calling for his resignation.

Again, it is our job as the Black Press and Trusted Messenger to keep the American people not only aware of our options, but to shine a spotlight on the failure of elected representatives to uphold their oath of office.

For every action taken by Donald Trump against the Constitution of the United States, there should be legislation introduced in the Congress by the Democrats calling for the use of the Discharge Petition to force every member to either sign it and bring the matters before the whole House for a vote, or their failure to do so, signaling support for Donald Trump's agenda

over their sworn oath of office as members of the Congress.

The voting people living in the congressional districts of those who don't sign, should be looking for new people to replace the ones who chose Trump over the people who elected them to serve.

All of this while we still pray according to **2 Chronicles 7:14**, "If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."

If we are going to survive this attack from within on our Democracy and our way of life, let's pray and act on our prayers.

Keep up with the news

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Mayo Study reveals the hidden causes of heart attacks in younger adults, especially in women

(Newsweek) — ROCHESTER, Minn. — A new Mayo Clinic study finds that many heart attacks in people under 65 — especially women — are caused by factors other than clogged arteries, challenging long-standing assumptions about how heart attacks occur in younger populations.

Study findings published in the Journal of the American College of Cardiology examined over 15 years of data from the Rochester Epidemiology Project, providing the most comprehensive population evaluation of heart attack causes in people aged 65 and younger.

More than half of heart



attacks in women under age 65 were caused by nontraditional factors, such as spontaneous coronary artery dissection (SCAD), embolism and other conditions unrelated to artery-clog-

ging plaque. Heart attack incidence was significantly lower in women than in men — but when women did have heart attacks, the underlying causes were often misdiagnosed.

SCAD, which typically affects younger, otherwise healthy women, was frequently missed and misclassified as a typical heart attack due to plaque buildup. The most common cause of heart attack in both sexes was atherosclerosis, or artery-clogging plaque, but this accounted for only 47% of heart attacks in women, compared to 75% in men. Five-year mortality rates were highest in people who had heart attacks triggered by stressors such as anemia or infection, even though these patients had lower heart injury levels.

“This research shines a spotlight on heart attack causes that have historically been under-

recognized, particularly in women,” says Claire Raphael, M.B.B.S., Ph.D., an interventional cardiologist at Mayo Clinic and first author of the study. “When the root cause of a heart attack is misunderstood, it can lead to treatments that are less effective — or even harmful.”

This new understanding could save lives. A misdiagnosed SCAD, for example, may be treated with a stent unnecessarily, increasing the risk of complications. Recognizing and correctly diagnosing these nontraditional heart attacks allows for more appropriate care and better long-term outcomes.

Key findings from the

study:

- Out of 1,474 heart attacks, 68% were from typical plaque buildup (traditional heart disease), but nontraditional causes made up a majority of heart attacks in women.

- SCAD was nearly 6 times more common in women than men.

- Heart attacks caused by stressors such as anemia or an infection were the second-most common cause overall, and the deadliest, with a five-year mortality rate of 33%.

- Truly unexplained heart attacks were rare, making up less than 3% of cases after expert review.

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Plant-based nutrient improves immune cells' ability to fight cancer

(Newsweek) — In a new study, researchers from the University of Chicago discovered that zeaxanthin, a plant-derived carotenoid best known for protecting vision, may also act as an immune-boosting compound by strengthening the cancer-fighting activity of immune cells.

The findings, which were published in Cell Reports Medicine, highlight the potential of zeaxanthin as a widely available supplement to improve the effectiveness of cancer immunotherapies.

“We were surprised to find that zeaxanthin, already known for its role in eye health, has a completely new function in boosting anti-tumor immunity,” said Jing Chen, PhD, Janet

Davison Rowley Distinguished Service Professor of Medicine and senior author of the study. “Our study shows that a simple dietary nutrient could complement and strengthen advanced cancer treatments like immunotherapy.”

The study builds on years of work by Chen’s lab to better understand how nutrients influence the immune system. By screening a large blood nutrient library, the team identified zeaxanthin as a compound that directly enhances the activity of CD8+ T cells, a crucial type of immune cell that kills tumor cells. These cells rely on a molecular structure called the T-cell receptor (TCR) to recognize and destroy abnormal cells.

The researchers found that zeaxanthin stabilizes and strengthens the formation of TCR complex on CD8+ T cells upon interacting with the cancer cells.

This, in turn, triggers more robust intracellular signaling that boosts T-cell activation, cytokine production, and tumor-killing capacity.

In mouse models, dietary supplementation with zeaxanthin slowed tumor growth. Importantly, when combined with immune checkpoint inhibitors — a type of immunotherapy that has transformed cancer treatment in recent years — zeaxanthin significantly enhanced anti-tumor effects compared to immunotherapy alone.

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Federal cuts strip \$350 million from HBCUs and minority-serving institutions

By Stacy M. Brown
NNPA Senior National
Correspondent

The U.S. Department of Education has announced the cancellation of \$350 million in federal grants that had been designated for historically Black colleges and universities and other minority-serving institutions.

Education Secretary Linda McMahon stated that the department will “no longer award Minority-Serving Institution grants that discriminate by restricting eligibility to institutions that meet government-mandated racial quotas.” She added that the administration intends to redirect the money toward programs “that advance



Greggory DiSalvo via NNPA

Administration priorities.” The funding has supported initiatives including laboratory equipment purchases, classroom improvements, student tutoring services, and endowment growth. The cuts immediately drew criticism from leaders of colleges and universities who said the loss would harm students and damage institutions that depend on the resources.

“Without this funding,

students will lose the critical support they need to succeed in the classroom, complete their degrees on time, and achieve social mobility for themselves and their families,” said Mildred García, chancellor of the California State University system.

“These funds strengthen entire campuses, creating opportunities and resources that benefit all students, especially those pursuing

STEM fields, as well as enhancing the communities where these colleges and universities are located,” said David Mendez, interim CEO of the Hispanic Association of Colleges and Universities.

University of Hawai‘i president Wendy Hensel added that the cuts will affect “all of our students, the programs that support them, and the dedicated staff who carry out this work.” The department’s announcement follows a lawsuit filed in June by the state of Tennessee and Students for Fair Admissions, which argued the programs were discriminatory because of enrollment eligi-

bility requirements. In July, the Department of Justice said it would not defend the grants, with Solicitor General D. John Sauer writing that they violated the constitutional right to equal protection.

According to HBCU Buzz, the decision has sent shockwaves across campuses, with advocates warning that programs supporting mentorship, STEM pipelines, and scholarships are at risk.

Lawmakers, including Senator Patty Murray, have said the Education Department acted unilaterally without consulting Congress. The debate over funding arrives as HB-

CUs continue to face historic underfunding. CNN fact-checkers reported that while the Biden-Harris administration had directed \$16 billion to HBCUs from 2021 to 2024,

Trump previously proposed more than \$100 million in cuts to HBCU programs during his term, despite later claiming he had been uniquely responsible for funding the schools. The Education Department confirmed that roughly \$132 million in mandatory congressional allocations for fiscal 2025 will still be distributed, though officials said they are continuing to review the legal questions surrounding those funds.

Trump intensifies campaign to rewrite American history

By Stacy M. Brown
NNPA Senior National
Correspondent

The Trump administration has intensified its campaign to rewrite how America tells its history, ordering federal agencies to remove exhibits and materials that emphasize slavery and racial injustice by September 17. The directive, issued by Interior Secretary Doug Burgum, has set off a wave of protests, most promi-

nently in Philadelphia, where activists gathered this weekend to defend the President’s House site. That outdoor memorial, located steps from Independence Hall, documents the reality that George Washington enslaved nine people while serving as the nation’s first president.

The President’s House exhibit, formally titled “Freedom and Slavery in the Making of a New Nation,” includes multimedia

displays and detailed accounts of individuals such as Ona Judge, who escaped to freedom. Panels such as “The Dirty Business of Slavery,” which describe the economics and human cost of bondage, are now targeted for removal under the administration’s order. Community leaders warn that the directive is designed to sanitize history rather than confront it.

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Celebrating progress, building community



Joyce Foreman
Dallas ISD
District 6

As another school year begins, we place our hopes and expectations for success in the hands of our students, teachers, and staff. But we cannot achieve this without your invaluable input.

Your ongoing support is crucial in guiding and motivating our learning process.

Let us remember that it truly takes a village for our students to fulfill their potential. As we step into this new school year, I want to

encourage District 6 with a simple but profound reminder from the novel, "Beloved" by Toni Morrison: "You are your best thing." Every success you achieve, every obstacle you overcome, every award you receive, and each relationship you build is part of the legacy we are creating in District 6. Each of our efforts as individuals shapes the community that supports our students.

Let's have a great school year!

Adelle Turner Elementary School celebrates back-to-school with the Dallas Mavericks: A key part of our success in Dallas ISD comes from strong

partnerships that ensure our students are prepared for the future. On the first day of school, students at Adelle Turner Elementary School were welcomed by leaders and team members from the Dallas Mavericks. Students received school supplies and words of encouragement to begin the year strong. It was a pleasure to be part of this, and I want to thank the Mavericks for supporting our schools.

District 6 STAAR results: Dallas ISD received a B rating from the Texas Education Agency and students throughout showed remarkable improvements. I am proud to share that four

of our campuses earned an A rating: Umphrey Lee Elementary, Kathlyn Joy Giliham Collegiate Academy, Clinton P. Russell Elementary, and Martin Weiss Elementary School. Adelle Turner Elementary School and Zan Wesley Holmes Jr. Middle School are now both B-rated schools.

These turnarounds reflect the dedication of our principals, teachers, students, and families, and I am excited to celebrate their achievements.

Dallas Education Foundation Heart of Teaching Grant Recipients: We know that strong schools begin with strong teachers. Each year, the Dallas Edu-

cation Foundation's Heart of Teaching Grants honor outstanding and innovative educators. Congratulations to each recipient for making a lasting difference: Netallia Rush, Ronald Erwin McNair Elementary School, six years in the district, 2024-2025 Elementary Teacher of the Year; Dakecia Hall, Umphrey Lee Elementary School, three years in the district; Youngsun Choi, Zan Wesley Holmes Jr. Middle School, 10 years in the district; Pamela Jenkins, Martin Weiss Elementary School, 29 in the district; Adriana Perez, Leslie A. Stemmons Elementary School, six years in the district; Anali

Vidana, Barbara Jordan Elementary School, 10 years in the district; and Jonathon Salguero, Thomas Tolbert Elementary School, six years in the district.

Football season kicks off at Justin F. Kimball High School: The Kimball High School football team was featured by Fox 4 News on their first day of practice. We wish them a school year filled with success.

Mission accomplished: With a personal goal to let the students, principals, teachers and support staff know that I am here as support, I was able to visit all 25 schools in District 6 before the end of August.

Three Dallas College administrators selected for prestigious leadership academy

Dallas College is proud to announce that three of its leaders have been selected for the seventh cohort of the Hispanic Association of College and Universities (HACU) Leadership Academy. Dr. Maria Boccalandro, Dr. Susana Pérez and Gabriella Zúñiga-Jairala will participate in the fellowship that strives to advance the careers of leaders in a wide range of higher education institutions.

Boccalandro is dean of special academic programs at Dallas College, where she leads initiatives to promote academic excellence, innovation, undergraduate



Dr. Maria Boccalandro
(Dallas College)

research and community engagement. She oversees interdisciplinary academic programs that align with community and workforce



Dr. Susana Pérez
(Dallas College)

needs. Boccalandro obtained her bachelor's, master's and doctorate degrees from Universidad Simón Bolívar and has more than



Gabriella Zúñiga-Jairala
(Dallas College)

30 years' experience in education. She joined Dallas College in 2011 as the sustainability coordinator at Mountain View Campus

and later served as sustainability director at Cedar Valley Campus for eight years.

"Participating in HACU's Leadership Academy is a transformative opportunity that will deepen my leadership capacity and expand my network of visionary educators," said Boccalandro. "This experience will empower me to better serve our diverse student population and improve quality of life for the communities we serve."

An alumna of Dallas College Brookhaven Campus, Pérez worked for Dallas College throughout her

undergraduate education, later serving in roles at the Administrative Office and Mountain View Campus after earning a bachelor's degree in business administration from the University of Texas at Arlington. She left Dallas College for about 15 years to pursue other opportunities in her field and returned three years ago as campus administrator for Mountain View. In that role, she works alongside the campus president to foster a strong culture and ensure seamless operations for students, faculty, staff

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DART Silver Line to launch Saturday, Oct. 25, with major events, free rides

Dallas Area Rapid Transit (DART) President & CEO Nadine Lee announced today the official Grand Opening of the Silver Line, the region's most anticipated rail expansion in decades, will be Saturday, October 25, 2025. To commemorate the opening, riders, families, and community partners are invited to join in a day of festivities that showcase the future of mobility in North Texas.

The 26-mile Silver Line links Plano, Richardson, Dallas, Addison, Carrollton, Coppell, and Grapevine with DFW International Airport, transforming the way residents travel for work, school, and entertainment. With state-of-the-art Stadler trains, new stations, and seamless transfers, the Silver Line delivers convenience and opportunity to one of the fastest growing regions in the nation.

To mark the milestone, DART is offering free rides across the entire system all day on Saturday, October 25. In addition, the Silver Line will be free to ride from October 25 through November 8, giving everyone the chance to experience the service firsthand.

"The Silver Line opening is a realization of a promise kept to our riders and our region," said Lee. "This state-of-the-art train will improve connections, create new access to jobs, and drive economic growth across North Texas, with a fitting theme to 'Discover New Horizons.' Most importantly, this line shows our riders that we heard them, and we delivered."

The Silver Line opening date announcement was



David Wilfong / NDG

made at the conclusion of the third annual State of the Agency briefing from Lee today. The briefing included an update on agency priorities and progress from Lee and DART Board of Directors Chair Gary Slagel.

Slagel added, "The Silver Line is a major step forward in building a stronger, more connected region. It is an investment in both today's riders and future generations. We are proud to open its doors and welcome the community aboard."

The event also included a panel conversation on how transit ties to "Live, Work, and Play" in the North Texas region. Lee was joined by Dallas Stars President and CEO Brad Alberts and Inspire Dallas CEO Carlos F. Aguilar, in conversation with D Magazine Partners President Gillea Allison.

The Silver Line Grand Opening Celebration on October 25 will feature festivities at select stations, including live music, cultural performances, family programming, and recognition of the sponsors and partners who made the

project possible. DART extends its deepest appreciation to its sponsors: Platinum Sponsor Stadler; Gold Sponsors WSP and Ardurra; Bronze Sponsors Cypress Waters – Billingsley and NTX Partners; and General Sponsors AECOM and Archer Western. Their support reflects a shared commitment to connecting communities and advancing North Texas into the future.

Event Details

- Saturday, October 25: Free rides on the entire

DART System

- Saturday, October 25: Grand Opening festivities at 10 Silver Line stations with live music, family activities, and community programming. More details to come.

- October 25 through November 8: Complimentary Silver Line service

DART will release more information about all Silver Line celebratory events in the coming weeks.

Visit www.dart.org/SilverLine for more information.



Schottenheimer gets first win as head coach in overtime thriller

By Jamal Baker
NDG Contributing Writer

The Dallas Cowboys edged out the New York Giants 40-37 in overtime Sunday afternoon at AT&T Stadium.

A combination of kicker Brandon Aubrey's otherworldly leg, quarterback Dak Prescott's poise under pressure and Dallas' defensive line collectively stopping the run allowed head coach Brian Schottenheimer to get his first win as a head coach in the NFL.

"Told [Schottenheimer] how much we all appreciate him, told him that game was the epitome of him and his coaching style, just the resiliency he has and the way that he carries himself, the way he coaches, the



DWG Studio

standard is the standard," Prescott said.

"At the end of the day, that's winning and that's what this game was. He deserved that first win, a tough one to get and a very fun one to get. I know he'll never forget it. I won't forget it and I'm sure every guy in that locker room won't forget this one."

Aubrey nailed a 64-yard field goal at the end of regu-

lation to tie the score 37-37 and drilled a 46-yard field goal as time expired in overtime to end the game.

"I just talk to myself, go through some breathing exercises and just remind myself that I'm made for this moment, that I believe I'm the best kicker in the league," Aubrey said. "There's no better spot to be and it's an opportunity, so go have fun."

Prescott had a phenomenal day through the air and showed why he is a captain on this football team—completing 38 of 52 passes for 361 yards and two touchdowns. He also showcased his mobility on a crucial 14-yard scramble in overtime to setup Aubrey's game-winning field goal.

"I told you I can run. Rehab went well man. I think it's from the way that I rehabbed," Prescott said. "Last year not running took a toll and honestly why I got hurt. I wasn't running and then in one game, I decided to start running, and my body wasn't ready for it. That's where that injury came from."

"From this whole offseason recovery process, it was about getting back to who

I am, my game, and understanding how much my legs are a part of my game. In a moment like that being able to bring them out and use them to seal the win was awesome. I feel great, I feel healthy and just thank God that I am."

Although the Cowboys walked away with a victory, there are still critical areas where they can improve—particularly the defensive secondary.

Giants quarterback Russell Wilson threw for 450 yards and three touchdowns in what looked like a vintage performance from the former Super Bowl champion.

"That was not the standard. I think there's a lot of things we can clean up. I think that's what I'm ex-

cited about is that this is not a multiple week thing. This is something that we think we can correct," Schottenheimer said.

"I felt like it was a lot of different pieces, a lot of different parts that did those. It wasn't one person, it wasn't one type of coverage. When you're going to be multiple the way that we are, we have to communicate better. I didn't think our communication was to the standard that it needs to be... there's a lot of things to tighten up any time you give up seven explosive passes."

The Cowboys know that if they want to make a deep postseason run, tightening up their secondary and maintaining consistent execution will be key moving forward.

HEART, from Page 4

Overall, the study provides insights that could reshape how heart attacks are diagnosed and managed in

younger adults.

"Our research highlights the larger need to rethink how we approach heart at-

tacks in this patient population, and for younger adult women, in particular. Clinicians must sharpen their awareness of conditions like SCAD, embolism and

stress-related triggers, and patients should advocate for answers when something doesn't feel right," says Rajiv Gulati, M.D., Ph.D., chair of the Divi-

sion of Interventional Cardiology and Ischemic Heart Disease at Mayo Clinic. Dr. Gulati is senior author of the study.

"Understanding why a

heart attack happened is just as important as treating it," says Dr. Raphael. "It can mean the difference between recovery and recurrence."

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'Seen & Heard' traces the struggles of Black television

By Stacy M. Brown
NNPA Senior National
Correspondent

Issa Rae is once again betting on Black, this time by turning the lens on the complicated history of African American representation on television. Her new two-part HBO documentary, "Seen and Heard: The History of Black Television," debuts September 9 on HBO and HBO Max, and it doesn't shy away from exposing both the breakthroughs and the betrayals that have defined Black TV.

The project, which began development in 2019, features powerhouse voices including Oprah Winfrey, Tyler Perry, Tracee Ellis Ross, Shonda Rhimes, Ava DuVernay, and Norman



Lear. Together, they recount the triumphs of Black storytelling and the persistent roadblocks that have too often stripped creators of the rewards their work built.

"We wanted to make a comprehensive history and showcase, with evidence, that this is how they built the success of their networks on our backs, and we almost don't have anything

to show for it as a result.

It's tragic, and history repeats itself," Rae said during a keynote conversation at South by Southwest. She explained that she was inspired early by sitcoms like *Moesha*, *Girlfriends*, and *Martin*, but grew disillusioned in the 2000s when those shows vanished and reality television, often humiliating and exploitative in its portrayal of Black women, dominated screens.

Rae recalled an infamous moment on *Flavor of Love* where a contestant was denied a restroom break and degraded on camera. "This is humiliating, and this is all Black women have on television right now," she said, adding that the disappearance of scripted Black shows pushed her to start creating her own work.

"It makes such a difference when you're thinking about something as small as set design," Rae told CBS Mornings, stressing how details like a Black character's bedroom or hairstyle can determine whether a story feels authentic.

"Watching it myself and hearing some of these stories for the first time inspires me. The end of that documentary inspires me to do more and get my shit together," she said. "Seen and Heard" is hailed as both a celebration of resilience and

a reckoning with exploitation, reminding audiences that visibility is not enough if ownership and respect remain out of reach.

"It makes such a difference when Black creators control their own stories," Rae stated.



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Black films help 2025 Toronto International Film Festival celebrate its 50th anniversary

By Dwight Brown
NNPA Film Critic

As TIFF turned 50 it rolled out the red carpet for 291 films from around the world. Over 11 festive days, features, documentaries and shorts were screened and enjoyed by hundreds of thousands of film lovers. Black directors, actors and their films left lasting impressions in unique ways. These are just a few.

Hedda (***)

Writer-director Nia DaCosta (Candyman) ambitiously interprets the classic 1891 Henrik Ibsen play Hedda Gabler. Her version sets the main character Hedda (Tessa Thompson, Creed) in 1950ish England on a grand estate, in a mansion living with her new husband George (Tom Bateman). They throw a party to impress the upper crust, but really they've run out of money and are desperate for him to land a job as a professor. His duty at the party is to impress a guest who might become a possible boss at a university. Her's is to sabotage his competition for the position, the author Eileen Lovborg (Nina Hoss). The venom flows as freely as the champagne. Says the professor and potential boss, "I'm gonna shoot whoever slept with my wife." Hedda warns, "You're going to run out of bullets!"

DaCosta steers the wicked tale in the right directions. Greatly aided by Thompson, whose performance is sharp as a razor blade. Terse, witty dialogue propels the storyline as well



Toronto Int'l Film Festival

as sneaky tricks, embarrassing incidents, drunken debauchery and outlandish behavior. Unkind words are said. Drinks are thrown. The antics are beautifully shot (cinematographer Sean Bobbitt, 12 Years a Slave), especially a fireworks scene. The settings (production design from Cara Brower) are as sumptuous as the costumes (Lindsay Pugh). There are some lulls in the pacing, and some may wish that all the scenes were consistently tight and venomous.

Otherwise, devilish fun is rarely this beautiful. FYI, it looks like the driveway to the mansion goes both ways. So does Hedda.

Laundry (**1/2)

In 1968 South Africa, the horror of apartheid reigns, and this Black family is living through it. Their anchor is a laundry owned by the family patriarch Enoch (Si-yabonga Shibe). It's a business he wants to pass on to his 16-year-old son Khuthala (Ntobeko Sishi). That's the plan. Except, the heir wants to be a musician. Regardless, both their lives are made difficult by operating a black-owned business in a white racist neighborhood.

Affiliations with racist town officials are tentative on a good day. Degrading on a normal one.

Filmmaker Zamo Mkhwanazi recreates the period well. But most of the sets look sterile. Too clean. Not lived in. A lot of the performances are never as deep-rooted and emotional as they should be to reflect the harrowing times. Mkhwanazi based the story on her grandfather's laundry business, which was taken from him by the apartheid government. Her fervent desire to tell a story about middle class people who were robbed of their businesses and dignity is evident in every frame. Nicely shot by Gabriel Lobos, though the lighting could have been more intimate and editing tighter (Christine Hoffet).

Reminds viewers how far South Africa has come and may make some wonder how that country, after all it went through, chose truth and reconciliation over vengeance.

My Father's Shadow (****)

"May the four colors of the earth bless me. I will see you in my dreams." Writer/

director Akinola Davies has a way with words that's poetic. Also, a feel for sensitive and compelling storytelling, which pervades all that's delicately drawn in this father/son allegory.

Two young brothers, Remi (Chibuike Marvelous Egbo) the outspoken one and Aki (Godwin Chiemerie Egbo) the introvert, live in a rural town. They love each other even when they're bickering. The day they reunite with their estranged dad Folarin (Şopé Dirisù, Gangs of London), there is a monumental shift in the father/son relationship. Especially when he takes them to the big city of Lagos in 1993 and they experience the perils of a very

volatile election, military rule and big city dangers. It's a humanizing experience for all. Folarin: "My own father had many wives. Before he died he told me the only job a man has is to take care of his family."

Davies weaves this fable with the help of his cowriter and brother Wale Davies. They establish the bond between the brothers in ways that are universal. Then they pair them with an absentee, philandering and yet loving dad. That's when their true genius kicks in. Folarin says all the things a dad who hasn't done his job thoroughly would say if he was honest about his feelings. And Remi asks him all the questions a son would

ask a father who wasn't there. As forgiveness takes center stage, the narrative captures your heart and doesn't let go. Scenes of the three on a beach are reminiscent of sequences from the Oscar® winning film Moonlight.

Gorgeously filmed by cinematographer Jermain Canute Edwards, from the quiet moments to scary ones when soldiers dressed in olive green uniforms patrol on a truck and sneer. Entire cast is perfectly clothed by costume designer PC Williams in western and African garb. Footage is edited by Omar Guzmán

See FILM, Page 11

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HISTORY, from Page 5

“Black history is American history, and we won’t be silenced,” said Rev. Carolyn C. Cavaness of Mother Bethel A.M.E. Church, speaking to supporters at Saturday’s rally.

Attorney Michael Coard, representing the Avenging the Ancestors Coalition,

told attendees that federal officials set the deadline after months of pressure from Trump and congressional allies. “This place could be shut down,” he warned, while outlining legal, political, and activist strategies to keep the memorial intact. The fight

over the Philadelphia site has become a flashpoint in a larger national battle over who controls the narrative of American history.

In March, Trump signed an executive order claiming the Smithsonian Institution was being influenced by a “divisive, race-centered ideology.” The order specifically named

the National Museum of African American History and Culture, once praised by Trump early in his first term, as “oppressive.” It also empowered Vice President JD Vance to review Smithsonian programming and remove what the president has called “improper ideology.” Historians and curators say the move rep-

resents a direct attempt to censor scholarship and erase evidence of systemic racism.

Other federal agencies have already scrambled to comply. Earlier this year, the National Park Service briefly altered its Underground Railroad webpage to minimize the role of Harriet Tubman before

restoring it under public pressure. The Department of Defense removed, then reinstated, information about baseball legend Jackie Robinson’s military service and the Medal of Honor earned by Maj. Gen. Charles C. Rogers, one of the highest-ranking Black servicemembers in Vietnam.

FILM, from Page 10

with certain precision. The music by CJ Mirra and Duval Timothy is wondrous. A meditation on fatherhood, political strife and the frailty of life that’s touching beyond words.

Youngblood (**1/2)

His soul is on ice. Dean Youngblood (Ashton James) is a young celebrated Canadian hockey player who needs a second chance. He’s given that the day he

becomes a rookie on the Hamilton Mustangs team. Unfortunately for him, his coldhearted coach Murray (Shawn Doyle) is aloof, and his new team hazes him. In the back of his mind, the teachings of his stern dad (Blair Underwood) guide and propel him forward. Those missives also set him up to be suspicious of all and assume that the world is stacked against him.

Filmmaker Hubert Davis knows the subject matter well. He won TIFF’s People’s Choice Award for Best Documentary for his stirring documentary Black Ice back in 2022. That perceptive filmmaking revealed the tribulations of Black hockey players in Canada. It was a project that familiarized him with the challenges of a talented minority players who struggle to get treated fairly. This project is a twist on the

1986 Rob Lowe movie of the same name and with a similar subject matter.

Davis works well with James and Alexandra McDonald, who plays his love interest. Underwood is consistently tough as the taskmaster father. Everyone loves a sports movie. But

it’s harder when the narrative seems so focused on the trials of the protagonist and not enough on the triumphs. That’s the flaw in a script credited to Josh Epstein, Kyle Rideout, Seneca Aaron and Charles Officer. A flaw that nulls some of the good work the director,

cast and production crew do. But not enough to entirely block the film’s goals.

For more information about the Toronto International Film Festival go to <https://tiff.net/>.

Visit Film Critic Dwight Brown at DwightBrownInk.com.

COLLEGE, from Page 6

and community partners. Perez holds a master’s degree from Amberton University and a doctorate in education from Southern Methodist University.

“Participation in HACU’s Leadership Academy will allow me to expand my leadership capacity, strengthen networks with higher education leaders across the nation and bring back strategies that will directly benefit Dallas College students and our community,” said Pérez.

Zúñiga-Jairala worked for Dallas College as a program manager for six years after obtaining her undergraduate degree. After pursuing other opportunities and completing a Master of Business Administration from University of Essex, she returned to Dallas Col-

lege in 2023 as managing director, workforce development. In that role, she leads efforts to strengthen the connection between Dallas College and the community by fostering partnerships, advocating for community needs and ensuring access to resources and educational opportunities. She collaborates with external partners to address barriers, while connecting them to enrollment pathways, support services and workforce programs. Zúñiga-Jairala is pursuing a doctorate in education at Southern Methodist University.

“As a HACU fellow, I look forward to learning strategies that will allow me to further elevate Dallas College’s visibility, responsiveness and ability to

create transformative educational experiences for all students,” Zúñiga-Jairala said.

HACU Leadership Academy faculty consists of current and former presidents, chancellors and senior administrators who bring over 100 years of combined experience in serving in various higher education sectors. During the yearlong program, fellows participate in a range of development activities to prepare them for leadership roles. The first seminar is scheduled for November 2025, in conjunction with HACU’s 39th annual conference in Aurora, Colorado. The second will be in Washington, D.C., April 2026 during HACU’s National Capitol Forum. The third seminar will be held at an international location yet to be determined.



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VOTING, from Page 1

can Community Media (ACoM) briefing.

"In Texas, there are no state laws governing redistricting whatsoever, said Wu. It is truly the Wild West." The only recourse available to Texas Democratic legislators is to deny quorum with the leverage of creating a spectacle that's highly visible, helping lawmakers get out their message, said Wu.

Redistricting is supposed to happen after the decennial census to account for population changes so the added people can be equitably represented. Yet, the Texas GOP jumped ahead, repeating a move they made back in 2003 and redrawing the map ahead of turn. After the parties had failed to come to an agreement following the 2000 census,

the district court stepped in to draw the Congressional districts. The court-ordered map, which allowed democrats to take control of the House in 2002, would have remained in effect until 2010 had the state not redrawn the map, Pew Research reported.

What started as a special session, Wu recalled, ended with Texas lawmakers traveling to Illinois, to New York, to Massachusetts, and then to California, remaining in the media spotlight for two weeks.

"We showed everyone exactly what these people are like," he said.

Realizing their policies are causing massive price increases, coffee and grain doubling over the last two months, Republicans have chosen to stack the deck, which according

to Wu, is most likely their only path to victory. Tourism is down by 50% in many areas, and people will soon lose their jobs, he said. We're headed straight into one of the worst recessions in a long time, he warned.

If states continue to battle it out, if every state, whether red or blue, set up their districts so they'd never lose, political leaders wouldn't care enough to listen to the people, he explained. There would be no more democracy, and no representation of small or minority communities.

Yet, communities of color in Texas are growing to be too much of a threat, explained Wu, this in Houston, South Texas, and Dallas. These communities have built up power over time, he said, so Republicans are hacking them apart.

"It's a real threat to our area and to our community," Wu warned.

Congressional Districts 9 and 18 are large African American communities that have built up power over time. In District 18, you have famous voices like Barbara Jordan, Mickey Leland, Sheila Jackson Lee, and Sylvester Turner. In Congressman Al Green's District 9, 40% are African American, and that's enough to sway elections, he said.

To oppose these powerful Black districts, Republicans have responded with a thing called "packing,"

he said. This is where two large communities are effectively pushed into one. After the August redistricting, they will have 80% Black voters concentrated in one community. In essence, Black voters in Texas will be able to elect one representative rather than two, he said. This is remarkable considering Texas has the 20th highest percentage of Black people in all of the states.

In Latino communities, like South Texas and Dallas, what they're doing is the inverse of packing, called "fracking." Since Latino growth has been

more spread out, the strategy is to take a chunk here and there and pull them into a majority White district, effectively thinning out the Latino vote, said Wu. They can vote all they want, he said, and they will never be able to change the outcome of an election.

You might imagine that in a rational world, governed by laws, there would be a national standard for partisan gerrymandering and for racial fairness applied evenly across the states. Not in this case, he

See DISTRICTS, Page 13

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DISTRICTS, from Page 12

said. In Texas, we now have a system with about one White representative for every 400,000 Anglo voters, one Latino representing 1.5 million Hispanics and one Black Congressional member for every 2.5 million Black voters, he said.

Texas will now have 5 to 7 more Republican seats than would have come up in a neutral process, he added. Already a gerrymander, the August redistricting adds 3 to 5 seats to the Republican deck. "This gives Texas the dubious honor of having basically the most extreme congressional gerrymander in the history of voting rights," Wu said. And while the Supreme Court has said partisan redistricting is unconstitutional, they have declined to do anything about it.

Sarah Rohani of the NAACP Legal Defense Fund also spoke at the briefing.

Consistently, Supreme Court precedent has remedied discrimination against Black voters, she said. Yet, 2020 census results have shown key districts with strong increases in Black and decreasing White populations, this as some states have failed their post-census, constitutional and statutory duties to reflect this.

In recent history, we've had a number of cases involving voting rights, including Shelby County v. Holder in 2013, which weakened the Voting Rights Act, said Rohani.

Now, litigation is still in the courts concerning maps in Alabama and Louisiana, she explained. Af-

ter Allen v. Milligan found Alabama's map diluted the Black vote, and the state refused to draw a reflective map, their 2024 elections proceeded under a court-ordered map, which finally lined up with the Voting Rights Act. Yet this year, a federal court ruled Alabama's 2023 map had been racially discriminatory, violating Section 2 of the Voting Rights Act and requiring two Black districts. The State of Alabama is now directly challenging Congress' very power to enact Section 2 under the constitution, this, after rejection by multiple lower courts, she said.

Yet, this provision was passed specifically to root out racial discrimination and to actively enforce equal protections for disenfranchised groups, especially Black voters. So does the Voting Rights Act, Rohani argued.

Though the Louisiana case will be heard on October 15th, the state has indicated they will probably follow Texas's example as they plan to hold a special session to pass a new map.

There are three ways redistricting can be made more fair, added Wu. One is through the courts. Another and possibly the most effective, is by citizens consulting and advocating with local representatives. Yet, every state is different, and so understanding state law and state policy is going to be critical in protecting representational rights, added Rohani.

Finally, there are redistricting commissions, explained Wu. According to Common Cause, seven

states use commissions rather than their state legislatures to draw Congressional maps. These include Montana, Washington, Idaho, Arizona, California, Colorado and Michigan.

Over time, state legislation, voter initiatives, and state court rulings have helped improve district competition, Wu explained.

Thomas Saenz, President and General Counsel of the Mexican American Legal Defense Fund (MALDEF) also contributed to the discussion. The state of Texas legislature and governor have been in Republican hands for decades, said Saenz, as the state attempts to maximize GOP advantage.

The state has been challenged repeatedly for failing to create new representative seats or overly considering race in redistricting. Since 2021, Latino and other communities of color have dominated in terms of growth, he said, while the Texas map does not reflect this fact.

Currently, the state is seeking to comply with the Voting Rights Act based on a letter sent by Attorney General Pam Bondi to the Texas government, in which she misstated the law in a number of respects, he said. Unfortunately, the Department of Justice has lost most of its lawyers experienced in voting rights. This may be intentional as a means of providing a fig leaf or justification for calling a special session to redraw the map. The effort is clearly orchestrated with one objective—to result in a massive

loss of seats in the House. The Texas map is already being challenged, he added, while other states assert they will redraw their lines following Texas' example.

As we get closer and closer to the 2026 elections, and as filing deadlines for candidacies approach, it will become harder and harder to sustain a map that does not present opportunity for review by the courts. It's very late in the Texas calendar, said Saenz, and this is already a potential issue in Texas.

"This is all happening because Americans have chosen not to pay attention to politics and to what's happening in their country," concluded Saenz. America is headed toward true authoritarian rule. If people do not stand up, if communities around this country do not start getting ready to fight and to stand up to this at every opportunity, our country is gone."

"Fair representation is an option in this country, added Rohani. It's the right of all Americans to equal voting power. It's a central pillar of our democracy, and throughout history, and clearly to this day, voters of color have been excluded from the democratic process."

Even if the redistricting process can't be stopped legally, she explained, it can be overcome if everyone eligible to vote does so in November 2026, particularly in communities of color. Maximizing turnout can overcome all of the manipulation of the Democratic redistricting process, she concluded.



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How Much Fun Is Too Much?

By Dr. James L. Snyder

If you don't have any fun in life, what is the purpose? I know life is more than just having fun, but there is a place for fun in our daily lives.

Everyone has their idea of what fun is, and we don't always agree on that. Take, for example, The Gracious Mistress of the Parsonage has an entirely different idea of fun than her husband.

What I consider to be fun, she doesn't like at all. What she considers fun, I don't understand at all. But there are quite a few times that we have had fun together. I should really write them down so that I don't forget them. The next time we have fun together, I'm going to make a note.

As for me, I get things confused, and sometimes I say the wrong word. Everybody is guilty of that at some time. But when I do it, I get into some really deep trouble.

Last week, for instance, we went to the mall together. We don't often do that because I really don't like the mall. When I go to the mall, I like to go to the coffee shop, get some coffee and let The Gracious Mistress of the Parsonage do all the shopping.

This week we went together, and just as we got into the mall, we encountered some friends of ours that we haven't seen for a while. I always enjoy catching up with friends and having a little fun together.

He and I drifted away from my wife and his wife. I'm not quite sure what the ladies were talking about, but then I wouldn't under-



DWG Studio

stand it anyway, even if I had heard it.

My friend was a little obsessed with his wife buying purses all the time. He never called them purses; he called them bags.

"I don't understand," he said to me, "why women need so many of these bags. Why can't they be satisfied with just one?"

Then he went on describing all of those "bags" his wife had at home.

"I can bet that she's going to buy another bag today here at the mall," he said with a little bit of sarcasm. We laughed together because we both knew what he was talking about.

I then pointed over to my wife and said, "Look at that lovely bag over there."

I didn't realize that I used the wrong word. My friend always called a purse a bag, and so I followed along with him. I wanted him to see the nice purse my wife had. But, when I said, "Look at that lovely bag over there," I got into so much trouble that I don't know if I'm out of it today. As usual, my wife heard every word that I said, and she looked at me with one of her looks and both hands on her hips.

That alone convinced me I was in for some trouble. My fun time had evolved

into "I'm in trouble time". I didn't say what she heard me say but what she heard me say is what I said. How I'm going to get out of this is beyond my pay scale.

Sometimes when we're having fun, people hear us say something, but they interpret it in the opposite direction. There's something about words that can really get you into trouble.

I like to have fun and enjoy pulling friends into the experience, but I need to know where to draw the line. And after all of these years of matrimonial bliss, I don't know where to draw the line.

I stared at my friend for a moment, and he began to smile because he knew that I was in trouble.

"Well," he said to me, "my wife and I need to get going." And they walked away, leaving me with The Gracious Mistress of the Parsonage and the trouble I was in.

The way she looked at me, I knew I had come to the end of having fun that day. Nothing I could say or do could ever undo what I said.

As we walked out of the mall to our vehicle, I tried to think of something to say that would make up for my blunder. Even though I work with words all the

time I could not come up with the right words to use at this time.

As we drove home in the Sissy Van, she was very quiet and focused solely on driving. I, on the other hand, was focused on being quiet. There's a time to speak and a time to be quiet. As a veteran husband, I am still learning when it's time to be quiet.

I'm not going to give up on having fun, I'm just going to try to be more delicate in the fun I choose at the time. That will not be easy, but sometimes you have to pay for the fund that you have.

As I was thinking through this I couldn't help but think of a special Bible verse.

"Even a fool, when he holdeth his peace, is counted wise: and he that

shutteth his lips is esteemed a man of understanding" (Proverbs 17:28).

When I open my mouth people can see what a fool I am. If I keep my mouth shut I hide all that foolishness. My new goal is to show a smile with my mouth and

keep my mouth shut.

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, website www.jamesnsnyderministries.com..

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Learning to Stand



Sister Tarpley
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Editor

When the story of Joseph's life is read in the Bible, you will read how God can turn what man means for evil (doubt, confusion, oppression, unfair treatment, any trial or tribulation) into something good for those that love the Lord and have faith in Him.

The Israelites had just left 400 years of slavery in Egypt. They had fled to the desert, but they had come to a dead end at the Red Sea.

Word reached them that Pharaoh had changed

his mind. He was sending his troops to recapture the Israelites. They cried out to their leader Moses, complaining that he had brought them that far only to die in the desert.

Learning when to move and when to stand is the greatest challenge for a believer. Christians are trained for action. They are not trained to sit idly and wait. They are trained to solve problems, not wait for them to resolve themselves.

However, God says there are times to patiently wait. Believers are to wait until He says go. If they go before He says go, they probably will make the situation worse.

God cannot work on our behalf if we continually try to solve our problem (this

is called being horizontal) when He has instructed us to stand still (this is looking to God for answers, it is being vertical.)

Learn to stand when He says stand and see God deliver you.

When you stand still and wait on God, you will remain vertical with Him. *"When they hurled their insults at Him, He did not retaliate; when He suffered, He made no threats. Instead, He entrusted Himself to Him who judges justly."*

1 Peter 2:23

When you are wrongfully accused, the need to defend and justify becomes so great. Some Christians will think, "What will people think if they believe these things are true?"

Imagine what Jesus thought as they hurled in-

sults and threats upon Him. The God of the universe had visited planet earth only to be slandered and accused of blasphemy.

He chose to "entrust Himself to Him who judges justly." He chose to trust God the Father in the midst of His assaults.

Believers will discover a freedom in God that they never knew before. Whenever believers suffer for righteousness without seeking to protect their reputation and rights, they are placing their total faith in the one who can redeem them.

God sees the big picture. He loves you and knows what He has in mind for

you.

Moses saw the pain of his people. He saw the bondage and the injustice. His heart was enraged, and he decided he would do something. He would take matters into his own hands, horizontal. The result was murder.

The motive was right, but the action was wrong. Moses went horizontal (self) instead of vertical (standing with God.) Moses fled to the desert, where God prepared the man who would ultimately be the deliverer of a nation.

But it took 40 years of preparation before God determined Moses was ready. He was a professional busi-

nessman - a shepherd. It was during the mundane activity of work that God called on him to be a deliverer.

Moses was like a lot of enthusiastic Christians who seek to solve a spiritual problem with a fleshly answer. The greatest danger to the Christian believer is his greatest strength - his desire and expertise to get things done quickly.

But, like Moses, if their enthusiasm and passion are not harnessed by the power of the Holy Spirit, they will fail miserably.

(Editor's Note: This column originally ran in September 2014. It has been edited for space.)

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NDG Bookshelf: Kids books to bring in the Fall season

By Terri Schlichenmeyer

School's in session and you like that a lot.

You have a nice teacher and you're making new friends, doing things you've never tried before, and you're learning, which is your job now. But sometimes, you just want something fun to read, so try these great books...

Think about your grandma or grandpa. Are they quiet and calm? Or are they more like the grandparents inside "My Grandma and Grandpa ROCK!" by Pat Benatar & Neil Giraldo, illustrated by Tiffany Everett (Sourcebooks Jabberworky, \$18.99)?

Everybody's grandparents are different. Some "wear funny clothes and



Terri Schlichenmeyer

have funny hair." Most like music and they can sing a lot of songs. Ask them about Led Zeppelin or Garth Brooks. Ask them about Tupac. If you're 4-to-8-years old, ask them to read this book to you.

It may be hard for a kid to believe, but we are all made of stars and in "Together, United" by Tami Charles, illustrated by Bryan Collier (Scholastic, \$18.99), will see that we are not as different as we may seem.

Even kids ages 4 to 8 can make change. They can be a part of a team because they are talented and capable of making dreams come true. This book helps them understand that and it's quite empowering, even for grown-ups.

If there's a pet in the house, it's natural to want to know what they want and in "My Dog Smudge" by Sujean Rim (Atheneum, \$18.99), a little girl asks around.

What is Smudge trying to say? For smaller kids, ages 3-to-5, this interactive book will be a hit, with its open-the-door flaps and nonsense words that you'll want to sound out, for extra giggles. And the ending...? Sweet as can be.

New parents will abso-

lutely want to see "Love Stays Strong" by Paula Schneider, illustrated by Nicole Wong (Philomel, \$18.99) among the shower gifts this fall. It's a soft, quiet book about love, how it stays, how it grows, and how a child can count on love being around forever. For the littlest reader ages 1-to-3, this book is like wrapping up in a cozy blanket.

And finally, if you remember how much fun those "Choose Your Own Adventure" books were back when, look for "The Curiosity Chronicles: Time Machine Trouble" by Chris Ferrie, Byrne Laginestra, and Wade David Fairclough (Sourcebooks Explore, \$14.99).

Uh-oh. The possibly-evil

Norvax Corporation may be planning to use their secret time machine for nefarious purposes. Can your 8-to-12-year-old and their friends stop them? This book is part of a series, an update on those choose-your-own books of your childhood, and your pre-teen will find them just as much fun as they always were.

And if these books aren't enough for your young reader, head to your favorite bookstore or library. The staff at both places will be able to figure out what book is perfect for even the most reluctant reader. They'll find the next book in a series, or a whole new series to enjoy. They can help make reading something your kid likes a lot.



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