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Absence of SNAP Benefits to Harm National and Local Economies

By Lori Lee
NDG Contributing Writer

After 25 states sued over the government’s failure to pay SNAP benefits, two federal judges gave the Administration a choice—either pay full benefits or exhaust Agricultural Contingency funds. Monday, the Trump Administration agreed to pay the lesser amount, or \$4.65 of the \$5.5 billion fund, falling short of full benefits by about 50% and claiming full funding isn’t available due to the shutdown. The decision faces challenges that argue the government has access to other nutrition reserves, NPR reported, this as Trump warns of weeks- or months-long delays in getting people the funds. The move means 40 million Americans and 3.5 million Texans will receive only 50% of benefits, and the money will be late.

An interruption in benefits has not happened since the program’s inception in 1939, when it was set up to relieve farming surpluses and



During a government shutdown, the Trump Administration chose to pay only half of SNAP benefits despite available contingency funds, prompting lawsuits from 25 states and warnings that the cuts will severely impact low-income families, veterans, and children while harming local economies. (DWG Studio)

help displaced people during the Great Depression.

In the midst of the chaos, a CBS poll indicates 61% of Americans are dissatisfied with Trump’s handling of the economy. Many people are on SNAP because they’ve lost their jobs, noted Gina Plata-Nino of the

Food Research and Action Center at an October American Community Briefing.

“When there’s a strong economy, when there’s strong employment, when people are getting paid livable

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People In The News ...



Rep. Gregory W. Meeks



Becky Pringle

NDG Quote of the Week:

"Wherever there is a human being, I see God-given rights inherent in that being, whatever may be the sex or complexion."

- William Lloyd Garrison

Rep. Gregory W. Meeks

By April Ryan

“A complex reality” is being overlooked by President Donald Trump, with his Friday proposal to send the U.S. military into Nigeria over alleged anti-Christian behaviors, believes Congressman Greg Meeks of the House Foreign Affairs Committee.

The president said last week in a post to social media that if Nigeria does not halt the persecution of Christians, he may send U.S. troops “guns-a-blazing” to “completely wipe out the Islamic Terrorists who are committing these horrible atrocities.”



Trump has directed the Department of War “to prepare for possible action,” he wrote “If we attack, it will be fast, vicious, and sweet, just like the terrorist thugs attack our CHERISHED Christians!”

Congressman Meeks responded in a written state-

ment with, “I know President Tinubu recognizes the importance of interfaith harmony and is working to address this challenge.”

While chastising the president’s plans, Meeks said, “Providing security support is one thing; Trump’s threatening military intervention to ‘defend Christians’ is a reckless distortion of the facts. And Trump’s aid cuts have blocked much-needed emergency nutrition and livelihoods programs—the very tools essential to preventing the spread of insurgency.”

“The Trump Administration’s designation of Nigeria as a Country of Particular Concern ignores the complex reality of violence

there. Clashes between Christian farmers and Muslim herders are driven by resource scarcity and competition for land, not religion alone,” adds the New York federal lawmaker who went on to say, “Terrorist groups have devastated communities, especially in the predominantly Muslim north, and all Nigerians deserve protection.”

According to a 2019 Pew Research study, Nigeria ranked fifth among the world’s Christian populations and third among the world’s largest Muslim populations.

Meeks also makes the distinction that Nigeria’s President Tinubu is Muslim

while his wife is Christian.

The last time President Trump met with a Nigerian president was in April 2018, when he hosted then-President Muhammadu Buhari of Nigeria at the White House.

The bilateral meeting focused on enhancing partnerships between the two countries, promoting economic growth, and fighting terrorism, including Boko Haram and ISIS in West

Africa.

There is no chance of ironing out this issue at the end of the month at the G-20 Summit in South Africa, as President Trump has declined to attend the world leaders’ event on the African continent.

Although not a formal member of the G20, Nigerian officials plan to participate in the summit and make presentations.



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Becky Pringle

Becky Pringle, President of the largest labor union, the National Education Association (NEA), appeared on Make It Plain with Reverend Mark Thompson to demand Trump comply with the Court and provide SNAP Benefits. She also encouraged every American to get out to vote.

“SNAP benefits impact directly on schools because we, through SNAP benefits, we provide school lunches and breakfasts. So that’s being directly impacted, but also the SNAP benefits go directly to families,” Pringle said in the interview.

Pringle emphasized how hunger and other distractions impact a student in the classroom. “Our kids can’t learn if they are hungry. They can’t learn if they, if they’re, if their, their, their teeth hurt or they can’t, they, they don’t have the glasses they need,” she



said.

However, she said, teachers are providing for students and families in the absence of SNAP.

“Educators are stepping up in ways that we never imagined, sometimes setting up food pantries in schools to ensure their students have enough to eat,” Pringle said, and encouraged all to join the NEA in stepping up for students.

“Go to nea.org/protect to find resources and actions you can take to stand up for public education and protect our students,” she said.

She chided the Trump

Administration for not complying with two federal judges’ orders that the Administration immediately disburse SNAP funds.

“It is chaos, it is confusion, and ultimately, what is it, cruelty,” she said, adding, “There are families right now that are being impacted and the judge’s ruling is not changing that [yet].”

Pringle also stressed the importance of civic engagement and getting out to vote.

“We have to commit to doing an action word every day. We have power in our vote, and we need to use it to bring about the change our communities need,” Pringle said.

“I tell my seven verbs: Educate, Communicate. Organize, Mobilize, Litigate, Legislate and Elect. All of those words, those are action words. Everyone remembers, right, from third grade, action words,” she added.

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Minority Opportunity News, Inc.

Editorial Assistant / Writer

De'Shane Frye

Contributing Writers

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

Religious Editor Emeritus

Shirley Demus Tarpley
("Sister Tarpley")
1941-2024

**Special Projects to
the Publisher**

Clinique Hill

Production

David Wilfong



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

California's Proposition 50: A Quiet Rebellion Against the Rigged Game

By Stacy M. Brown
NNPA Senior National
Correspondent

In a political season defined by distrust, Californians did something rare on Tuesday night. They stood up for democracy.

Proposition 50, approved by a wide margin, was more than a ballot measure. It was a statement of intent. Voters sent a message that when the system begins to fracture, citizens still have the power to restore it.

The initiative gives California's Democratic-controlled legislature the authority to draw new congressional maps, replacing those crafted by the state's independent redistricting commission.

The goal is to counterbalance Republican gerrymanders in states such as Texas, Florida, and North Carolina. Analysts say the move could deliver as many as five additional Democratic seats in the U.S. House next year, a shift that could alter control of Congress. Gov. Gavin Newsom saw the fight over Proposition 50 as both political and moral.

He warned that while one side manipulates the system, the other cannot simply play by old rules.

"Donald Trump is trying to rig the midterm elections before one single vote is even cast," Newsom said. He called on Democrats in other states to "meet this moment head on."

Former President Barack Obama added his voice to the debate.

"Republicans want to



Photo via NNPA

steal enough seats in Congress to rig the next election and wield unchecked power for two more years," he said.

The message landed with voters who have watched Trump's party gain influence despite repeated national defeats. Opponents framed Proposition 50 as an overreach.

Arnold Schwarzenegger, the former Republican governor who championed California's original independent redistricting system, accused Newsom of taking power away from voters. Republicans warned that Democrats were undermining the very process they once defended. Yet many Californians viewed the measure differently. They saw it as a necessary countermeasure in a political landscape where fair play had already been abandoned.

Siddhartha Deb, a newly registered voter, captured that sentiment.

"I don't like the way the Republican Party is basically trying to rig elections by gerrymandering," he said. "And this is the only way, to fight fire with fire."

For Democrats, the stakes

could not be higher. Proposition 50 represents both a practical and symbolic stand against the erosion of representative government.

"When Donald Trump started ordering his Republican lackeys to save his fading power by rigging the midterms, he didn't realize he'd be up against a new Democratic Party," Democratic National Committee Chair Ken Martin said. "We don't roll over when one team refuses to play by the rules. We fight back. Trump got his showdown, and tonight, we met him in the arena. Californians stood up, rallied together, and passed Proposition 50 to make sure voters, not Donald Trump, decide who represents them in Congress."

Martin called the victory "a testament to the leadership of Governor Newsom and Democrats across California who refused to back down." He said, "When we fight, we win, and from Day One, the DNC has been proud to stand right there alongside Californians to defend democracy and deliver a message that echoes nationwide."

EMILY's List President

Jessica Mackler praised the initiative and the women who helped lead it.

"California voters sent a clear message. Republicans will not get away with manipulating the midterms in order to maintain their grip on power," she said. "Strong women leaders will be key to flipping the House districts drawn by Proposition 50. EMILY's List is already working with the women best equipped to win these districts, take back the majority, and put a stop to Republicans' barage of attacks on Americans' lives."

For Newsom and his allies, the passage of Proposition 50 represents a reassertion of democratic will in a time of democratic decay.

It is not the work of idealists, but of pragmatists who believe the only way to preserve fairness is to confront those who manipulate it. It is also a reflection of how deeply voters have grown weary of the gamesmanship that dominates national politics. Californians voted not just to redraw maps, but to redraw the moral boundaries of the fight for democracy. The initiative may shift a few seats in Congress, but its real meaning lies in its message. It declares that the will of the people cannot be quietly rewritten by power.

In the end, Proposition 50 was less about partisanship than about preservation. Democracy, Californians decided, is still worth the fight.

Keep up with the news

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Tips for Fighting the Winter Blues

(Newswise) — As the clocks fall back for the end of daylight saving time and the season moves closer to winter, many people are often struck with seasonal affective disorder (SAD), better known as seasonal depression. The physical and mental effects can make getting through the winter months difficult, but having the right tools can make all the difference, says Stephanie Marcello, chief psychologist at Rutgers University Behavioral Health Care. Marcello talked to Rutgers Today about the condition and what you can do to help yourself feel better.

What is SAD and what are some common symptoms?

When daylight decreases



and the temperature drops, some people may experience symptoms that go beyond the common “winter blues” and resemble more of a seasonal depression.

Seasonal Affective Disorder (SAD) is a type of depression that follows a seasonal pattern, most commonly occurring in the winter, though some people

experience it in the summer, known as Summer Seasonal Affective Disorder (SSAD). It is a type of depression that occurs seasonally, typically the winter months, and subsides during the rest of the year. Symptoms of SAD are the same as those seen in depression, varying in severity and intensity. Some

symptoms include fatigue, feeling sad most of the day for most days, trouble with sleep including excessive sleeping, eating too much or too little, weight gain or loss, feeling hopeless, losing interest in friends and activities the person typically enjoyed.

These symptoms can interfere with personal relationships and, for some, be quite disabling. Sometimes people can experience thoughts of suicide. An individual might notice they feel very different than how they feel in other seasons. Professionals differentiate between depression and SAD by evaluating if you have remission of these symptoms in the spring and summer months. If you

have had these symptoms for more than two winters, you might want to be evaluated for SAD.

Could spending more time outdoors during the day help reduce the symptoms of SAD?

Lack of sun exposure is part of what causes SAD, so getting as much sunlight as possible may lessen symptoms. Whenever possible, try to get outside during daylight hours and expose yourself to sun. Sunlight, even in small doses, can help boost serotonin and improve your mood. Taking a short walk or even sitting near natural sunlight in your home and workplace can be helpful.

There are products on the market, like bright

light therapy, that claim to alleviate SAD symptoms. Are these worth the money?

Bright light therapy (LT) has a long history of supportive research. Light therapy works through alterations in the circadian rhythms. These bright lights stimulate cells in the retina that connect to the hypothalamus, a part of the brain that helps control circadian rhythms. Some research shows it being effective for up to 85 percent of individuals. We recommend starting light therapy in the fall before the onset of the symptoms.

Cognitive behavioral therapy for SAD has re-

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SNAP, from Page 1

wages, people are not on SNAP,” she said.

The SNAP shut down and future cuts to the program will hurt local grocery stores, corner stores, and farmers’ markets in low-income regions, including rural areas, which have a tendency to have lower wages. This includes Texas, the second greatest recipient of SNAP, they reported.

The cuts will fall squarely on the backs of the disabled, seniors and U.S. veterans, while about half of SNAP recipients in Texas are children, according to FeedingTexas.org. The partial funds will fall short for those least able to weather the storm, especially those with serious illnesses, as Affordable Care Act credits expire and as inflation continues to climb after falling to 2.9% last year.

Sending out SNAP funds is a complex process, added Jamie Bussel, Senior Program Officer of the Robert Wood Johnson Foundation, also at the briefing. The government must divvy up the partial funds, send case files to EBT contractors, then to the USDA for processing so recipients can then swipe cards and buy groceries.

Yet, funds were already set aside by Congress for the emergency, said Joseph Liobrera, Senior Director of Research for Food and Assistance Policy at the Center on Budget and Policy Priorities. This is why 25 states sued. The law is very clear, said Liobrera. SNAP contingency funds can be used for all necessary program activities, including paying for benefits. The litigation was unnecessary, the disruption a political

choice, he said. The delay will only hurt the economy as the court costs are passed onto taxpayers.

People have already paid into the safety net, which should free up money for their needs, like automobiles, housing, and clothes, all of which work to fuel the economy. For every dollar spent in SNAP benefits, \$1.50 to \$1.80 is generated in local economic activity, the Food Research and Access Center reported.

The Big Beautiful Bill signed into law on July 4 this year made large-scale cuts to the program, said Liobrera. New rules will cut SNAP by \$187 billion, or 20%, through 2034, the cuts affecting 4 million people, CBPP estimates. Through tax and social changes, the bill shifts major cost burdens to states. The radical shift will make SNAP programs unaffordable for most states, and

some states may lose their programs altogether.

The new rules will deny food assistance to many immigrants living lawfully in the U.S., including refugees, those granted asylum, and certain survivors of domestic violence and trafficking. It’s important to remember that people who lack documentation were always ineligible for SNAP, said Liobrera.

The law reduces benefits by adding paperwork and work requirements, eliminating exemptions for people experiencing homelessness, veterans, and those aging out of foster care, he said.

Some states already make the paperwork incredibly burdensome, added Gina Plata-Nino, an interim director for SNAP at the Food Research and Action Center. Almost 40% of people on SNAP are children, their caretakers

making less than \$1,100 a month, making covering basic expenses very difficult, explained Plata-Nino. Plus, communication to recipients has been absent, meaning many will be unprepared when the changes hit.

The shifts in the system follow Project 2025 guidelines, thus creating chaos and panic, she said. The Office of Management and Budget (OMB) is the one with the authority to request funding from the Secretary. OMB is changing the way the shutdown goes forward, and it is making state compliance very difficult, she said.

Eric Valladeras, Executive Director at Family Connections, who spoke at the briefing, said:

“We’re seeing caregivers under financial strain are experiencing an increase in chronic stress and anxiety.” Where the cost of living

is high, the gap between earnings and expenses is incredibly vast, he said. Childcare alone costs between \$20,000 and \$30,000 a year, a 2022 county survey showing 80% of parents say finding affordable childcare is somewhat or very difficult.

Some families also need case workers or mental health support to survive and thrive, said Valladeras. Yet, without basic housing or food, parents cannot ensure their children’s healthy development or well-being.

Bussel encourages everyone to support local food banks, partner with local farms or create new ways of supporting nutrition in their communities. They can be a grocery buddy, cover food for a neighbor, or work with parent-teacher organizations to help kids take food home. Visit find-help.org or localharvest.org to get started.

BlackOut Report on the Cost Of Distorting, Erasing and Suppressing African American Progress Released

Onyx Impact has released its eye-opening BlackOut Report which reveals that the efforts to derail Black progress are not merely historical footnotes but present-day threats. In just the past eight months, there have been 15,723 distinct impact points, each representing a direct attack on Black opportunities, lives, or histories.

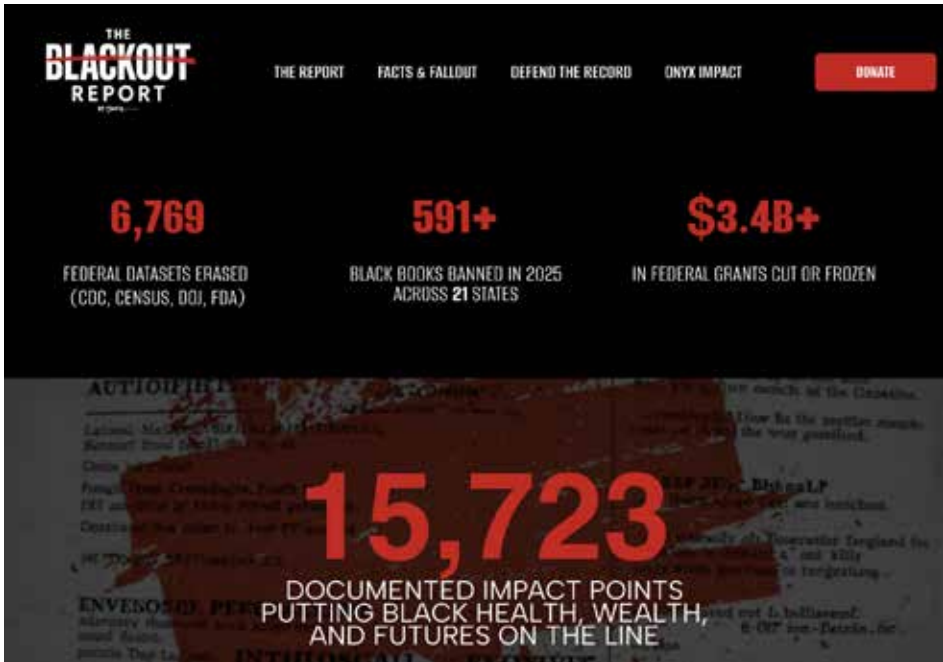
Over this period, the report identifies 14,072 instances of distortion. On Make It Plain with Rev. Mark Thompson, Onyx Impact Executive Director Esosa Osa said:

“Distortion is by far the largest component of our database, with over 14,000 examples of swapping out evidence for ideology. This is fundamentally rewriting, grants, rewriting, all types of evidence distorting data sets. You are erasing that data, you’re hiding the proof of discrimination, you’re hiding the proof of inequality and, therefore, you’re preventing any type of remedy.”

The BlackOut Report highlights 1,362 examples of erasure during the eight month period.

“When we talk about erasure, we’re talking about the erasure of Black heroes from government websites. We’re talking about the statues of Black history not just being removed, but being replaced by Confederacy statues [and] the banning of nearly 600 books by Black authors,” said Osa.

The BlackOut Report also exposes 289 efforts to suppress African American



influence.

“Suppression is the active silencing of voices that could challenge the narrative. We’ve documented 63 government threats and investigations—strategies specifically designed to ensure institutions and individuals think twice before speaking up, effectively muting calls for accountability and justice,” Osa said.

“We are seeing \$3.4 billion, what ended up being \$3.4 billion at least in investment slashed to Black communities, right under this guise, this smoke screen, this Trojan horse of DEI,” Osa said.

The BlackOut Report also identifies cuts including:

- \$9.4M in sickle cell disease research
- \$68.5M for projects that prevent flooding in predominantly African American neighborhoods
- \$31M to address high asthma rates for African American children and reduce air pollution in African American communities
- 16 NIH grants totaling \$37M for research into disproportionate colon and prostate cancer in African American men
- \$23.7M to fix unsafe drinking water and reduce childhood lead exposure in African American communities
- \$210M in grant funding to HBCUs, \$11M to Howard University, more than \$2.9M of funding for a center at Morehouse College focusing on improving the health of Black pregnant women, as was \$1.2M of funding to increase Black enrollment in the marine sciences at Hampton University

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Dallas College Selected to Participate in US-UK Community College and Technical Education Student Exchange Program

Dallas College was selected by the Association of Community College Trustees (ACCT) to participate in the US-UK Community College and Technical Education Exchange project. The selection was officially announced at ACCT's Leadership Congress, held in New Orleans, Oct. 22-25.

A collaboration between ACCT and the United Kingdom's Association of Colleges (AoC), Dallas College has been paired with AoC member Inspire Education Group to plan and implement student exchange programs. The goal is to focus on technical



DWG Studio

skills and global competencies that students need to succeed in today's interconnected workforce.

This Fall/Winter leader-

ship and faculty from the two institutions will hold virtual partnerships and topical webinars. Then, a delegation from Dallas

College will visit Inspire Education in the UK for in-person meetings next Spring. The colleges will determine an exchange schedule that best suits their programs, and between Summer 2026 and Spring 2027, they will execute their first student exchange.

The Dallas College delegation will be led by Dr. Shawnda Floyd, provost

and vice chancellor of workforce education.

"By exchanging knowledge with our UK counterparts at Inspire Education Group, we're not simply creating an exchange program—we are equipping our students with essential technical skills and global competencies they need to lead and succeed in our increasingly interconnected workforce and world," said

Floyd. "This is the start of a program that will forge lasting connections that allow us to learn from each other and help our students to succeed globally."

Dallas College will receive a stipend of \$12,000 to defray costs of program development and delegation travel to the UK. An additional grant is allocated to scholarships for participating students.

SAD, from Page 4

ceived support in the literature also and includes behavioral activation aimed at decreasing avoidance and increasing engagement in pleasurable activities during the winter and therapy aimed at restructuring depressive thoughts.

What are simple ways to fight the effects of SAD?

Get outside, reach out to friends and family, join a support group, eat the right diet (symptoms can make you crave sugary food and simple carbohydrates), eat foods rich in omega-3 fats, learn relaxation techniques,

do things you love and enjoy, even when you don't feel like it.

It is very important to talk to friends and family if you are experiencing any of these symptoms and seek professional help when needed.

Besides light therapy what are some other ways to motivate ourselves or trick the brain into overcoming these symptoms?

Antidepressants, particularly SSRI's, can be helpful in reducing symptoms, but it's important to talk to your doctor to determine if they

are right for you. Engaging in enjoyable or meaningful activities, even when energy is low, can "trick" the brain into releasing mood-boosting chemicals like dopamine and serotonin.

Mind-body practices such as yoga, mindfulness, and meditation also reduce stress and improve emotional balance. Getting outside, staying active, maintaining good sleep, and eating nutrient-rich foods can also help regulate mood. Please don't suffer in silence, reach out for help. SAD has very effective treatments available.





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Flavor Flav: Why the People's Timekeeper Should Get *TIME* Magazine's Biggest Honor

By Stacy M. Brown
NNPA Senior National
Correspondent

There comes a time when a nation needs reminding that joy is not the enemy of justice, that laughter and love can exist alongside the deepest wounds of history. In this fractured America, this cold, suspicious place where one man's color still shapes another man's fear, there walks a small man with a giant clock. Flavor Flav, the timekeeper of hip-hop, the eternal hype man of Public Enemy, is now the hype man of the world.

He's not Roosevelt, nor Eisenhower, nor Clinton, Bush, or Obama. He's not Churchill or Gandhi or Malcolm or Martin. But perhaps that's the point. In a world oversaturated with icons and polished politicians, the truest reflection



Image via NNPA

of our times might just be a man whose greatest weapon is joy. Public Enemy's "The Hits Just Keep on Comin'" dropped recently, a rhythmic reminder that history, like that beat, never really stops. But Flavor Flav doesn't just echo history; he bends it toward light. In 2025, while much of the world wrestles with hatred, division, and the ugly decay of empathy, Flav stands as a bridge linking people not by politics but by pulse, by laughter, by love.

He helped raise funds for Black families devastated

by the Los Angeles fires, working with GoFundMe and the Black Music Action Coalition to bring relief to Pasadena and Altadena. He reminded a weary world that the struggle of one community belongs to us all. Then, he turned around and rescued Red Lobster, not for fame or fortune, but because it's a place where Black folks have celebrated birthdays, graduations, and Sunday dinners for generations. "You gotta get to Red Lobster and give it a try," he said, "because this signature meal is hype, boy!"

'Back in the Day,' Black Childhood Was Real, Raw, and Outside

By Stacy M. Brown
NNPA Senior National
Correspondent

The term "back in the day" is often used as nothing more than a throwaway line. But for Black children growing up in the 1970s, 1980s, and even the 1990s, it was real life. It meant freedom, friendship, and community. It meant the smell of barbecue in the summer air, the sound of jump ropes hitting concrete, and the laughter of children echoing through the neighborhood.

"Back in the day" was



Image via NNPA

not just a time. It was a feeling. The Root recently explored what Black kids once did for fun before the world went digital, but we've gone a little further.

From the East Coast to the West, the streets belonged to the children. They rode bikes in groups,

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It's easy to laugh, but that's precisely the miracle of Flavor Flav. He gives the world permission to smile again. He doesn't greet you with a handshake. He embraces you. He doesn't perform joy; he lives it.

When others hoard wealth, Flav gives himself. He became the official hype man for the U.S. women's water polo team, then extended that love to the bobsleigh and skeleton teams ahead of the 2026 Winter Olympics. There he was in Utah, stars-and-stripes helmet gleaming, hurling down the track at sixty-seven miles per hour, shouting, "I did it! This was so awesome!" Athletes who

had nothing in common but the ice beneath them left that track with high-fives and hugs, all because of his spirit. He's funded athletes, cheered for them, and even helped connect Taylor Swift fans and Olympians through kindness and curiosity. He calls himself "King Swiftie," insisting that Taylor Swift "causes earthquakes" with her music. And who can deny it? If there's a natural phenomenon to describe the magnitude of unity, perhaps it is an earthquake—shaking, breaking, reshaping the ground beneath us.

When most of America scrolls through hate, Flav's Twitter timeline is an oa-

sis of kindness. Trolls call him names, and his answer is simple: "I'm just a nice guy." It's that humility, that quiet insistence on decency, that makes him not just relevant but revolutionary. He's served pretzels on a plane, lifted strangers in airports, reminded us to turn our clocks back, and proved that celebrity doesn't have to mean separation. The world Flav inhabits isn't divided by race or class or creed. It's stitched together by rhythm and generosity. He's the unlikely statesman of this broken union, uniting Black and white, young and old,

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Dallas Drops to 3-5-1 After Loss to Cardinals, Bolsters Defense with Quinnen Williams and Logan Wilson Additions

By Jamal Baker
NDG Contributing Writer

The Dallas Cowboys continue to have an up-and-down season after a 27-17 loss to the Arizona Cardinals on Monday night at AT&T Stadium.

Quarterback Dak Prescott and the offense failed to find a consistent rhythm the entire game and played well below their standard.

“Disappointing,” said Prescott. “It’s very frustrating — knowing that you’re better than that, and going out there, not putting on a performance that’s close to your standard, or even the expectations, or what you thought you could do and expected to do.”

The Arizona defensive line was disruptive all night—recording five sacks and pressuring Prescott 19 times on 39 drop backs



Joe Glorioso / All-Pro Reels (CC BY SA 4.0)

(48% pressure rate). The Cardinals also forced three turnovers to put their offense in favorable positions.

On the other hand, the Cowboys defense struggled to stop the connection between quarterback Jacoby Brissett and former Ohio State wide receiver Marvin Harrison Jr. Brissett finished the game with 261 passing yards and two touchdowns, while Harrison Jr. tallied seven recep-

tions for 96 yards and a touchdown.

“Every game is a must-win going forward,” said Prescott. “I know you say that, and you feel that in the NFL, and you should feel that, but when you put yourself in a position or behind like we have, it’s even more so that case. We’re fortunate right now that, in the league, there’s a lot of teams with multiple losses. ... You can catch a hot

streak and be right there in the mix.

“That’s great, but you gotta get a streak going. And if you don’t get a streak going, you’re just putting yourself more and more behind the eight ball. It’s now or never.”

Dallas now has a record of 3-5-1 on the season and made significant moves before Tuesday’s 1 p.m. (PT) trade deadline in an effort to salvage the season.

The Cowboys swung deals with both the Cincinnati Bengals and New York Jets for linebacker Logan Wilson and All-Pro defensive tackle Quinnen Williams.

“It’s exciting,” Cowboys head coach Brian Schottenheimer said of Dallas’ trades. “Kudos to Jerry and Stephen, Will, being aggressive but then smart. A couple of moves we made,

you’re getting guys not just for this year but beyond, which I think is great... I think it’s two terrific players, but also terrific young men.”

Wilson, 29, was selected in the third-round of the 2020 draft by the Bengals and will serve as an upgrade to a depleted Dallas linebacker room. He has 76 career games and 65 NFL starts—producing 541 combined tackles and 11 interceptions.

Ascending linebacker DeMarvion Overshown is anticipated to make his return against the Las Vegas Raiders and figures to bring his dynamic playmaking back to the Dallas defense.

A pairing of Wilson and Overshown could very quickly turn a weakness into a strength.

Williams, 27, is a perennial Pro Bowl player and

will reunite with his former defensive line coach Aaron Whitecotton, who is now in the same role with the Cowboys.

With Williams joining Kenny Clark and Osa Odighizuwa, Dallas will have a formidable rotation along the interior defensive line.

“I think it’s just going to add more playmaking ability to the d-line,” Odighizuwa said. “Another bullet in the gun. Another bullet in the gun, another very strong and talented guy, so I think we’ll be able to use him...”

“I’m excited, another guy that’s going to help us win.”

As the Cowboys prepare for their bye week, both Wilson and Williams will have time to get up to speed on the playbook and showcase their skills against the Raiders on Nov. 17.

REAL, from Page 7

jumped double-dutch for hours, and raced each other down the block until the streetlights came on. There was no rush to get home to scroll through a phone or play on a console. The fun was right outside the front door.

“We didn’t stay inside unless it rained,” said Denise Porter, a D.C. restaurant hostess. “You’d eat breakfast, grab your bike or a jump rope, and you were gone all day. Everybody knew who you were and looked out for you. The whole neighborhood raised you.”

Before smartphones and streaming, imagination was

the most powerful thing a kid could have. Children created their own games like “Red Light, Green Light,” “Mother May I,” and “Hide and Go Seek.” They clapped their hands to rhymes like “Miss Mary Mack” and “Down Down Baby,” singing in unison, laughing, and learning rhythm without even realizing it.

Anthony “Tone” Rivers, who lived on Fordham Road in the Bronx all his 59 years, remembered how simple life was.

“We didn’t need gadgets to have fun,” he said. “A stick was a bat, a crate was a hoop, and the sidewalk

was our playground. We made the best of what we had. That’s how we learned to be creative.”

Every neighborhood had a corner store that was a rite of passage. A single dollar could buy enough candy for the day. Kids walked there in groups, joking, playing, and feeling independent.

“You’d walk to the store laughing with your friends,” said Arlette Richardson, 54, whose father, Rodney Worthington, owned a bodega in Queens. “It wasn’t about the candy. It was about the freedom, the trust, and the fun of being with your people. You felt grown even when you weren’t.”

Saturday mornings were for cartoons like Fat Albert, Super Friends, and The Smurfs. But once noon hit, televisions across America tuned into Soul Train. Don Cornelius’s smooth voice, the dancers, and the music gave Black kids something no other show did at the time—a reflection of themselves.

“You didn’t miss Soul Train,” said Marcus Hill, 61, who works for the MTA in New York. “You’d sit with your cousins trying to copy the dancers. It made you proud to see us shining like that. It was style, pride, and confidence all in one.”

Community was everything. Family cookouts, block parties, and rec-

reation centers brought people together. DJs set up turntables and filled milk crates with hit records while parents grilled ribs and chicken. Kids danced in the street barefoot while elders clapped and cheered. These were not just weekend events. They were celebrations of life.

“Those cookouts brought everyone together,” said Aja Sledge, 53. “You could smell the barbecue halfway down the block. Somebody started the music, and everybody came out. You didn’t need an invitation. You just showed up and belonged.”

And when the sun went down, kids found new ways to keep the fun go-

ing. They played school, house, or store, creating entire worlds from cardboard boxes and old notebooks.

It was creativity that built character and connection. Sledge said those days shaped the way people grew up.

“We learned how to lead, how to care, and how to look out for one another,” she said. “That’s what ‘back in the day’ meant. We didn’t need Wi-Fi to be connected. We had pay phones and some of us had pagers, but we weren’t distracted by them like kids are today with cell phones. Most importantly, we had love, we had community, and we had each other.”

By Dwight Brown
NNPA Film Critic

That's the thesis that drives The Allies who'd beaten Germany. The reason they form an International Military Tribunal and create the world's first global trial, a reckoning that sought to hold the highest officers in the Nazi regime accountable for their atrocities. In mid 1945, Nuremberg, Bavaria, Germany became the site of the Nuremberg Trials. France, the Soviet Union, UK and USA collaborated. Nazi party leaders like Hermann Göring, who was also the Supreme Commander of the Air Force, were captured or surrendered and imprisoned while awaiting trial. The history is deep.



Parallels to Nazi behavior are rampant around the world today. Dictators and wannabe dictators didn't learn much from WWII, that fascistic period or the outcome of the trial. The timing couldn't be better for a refresher course. The

source material for this history/drama/thriller is the 2013 nonfiction book *The Nazi and the Psychiatrist*, by Jack El-Hai. A tome that captures the real-life tête-à-tête between Göring and U.S. Army psychiatrist Dr. Douglas Kelley. They became frenemies. Writer/director James Vanderbilt takes the reigns. His filmography is light as a filmmaker and more credible as a writer (*Zodiac*. The

Opening sequences are heavy on the production elements. At first, the flashy cinematography (Dariusz Wolski, *Martian*), rich production design (Eve Stewart, *Les Misérables*), brand-

new clothes (Bartholomew Cariss, RocknRolla), pronounced art direction (Julianna Cristescu and Tibor Lázár) and pushy musical score (Brian Tyler, Fast and Furious) are overwhelming. Like you're watching a made-for-TV-movie on steroids. Too perfect, too

decorated and over dramatic. Off putting in ways that may make audiences keep their emotional distance. But if they disregard the glossy ornamentation, the heart of the story is a fight against an evil snake

See FILM. Page 10

Courtesy Toronto Film Fest

[illegible]

SILVERLINE

For the 411 in the community, go to www.northdallasgazette.com

Kaleidoscope Park Announces 2025 Holiday Event Lineup

FRISCO – The holidays are quickly approaching, and Kaleidoscope Park's event calendar is brimming with cheerful community celebrations. As the Park enters its second winter season, visitors can enjoy a special holiday edition of its popular weekly program, SaturYAY, in addition to seven one-day events: the Holly Jolly Stroll and Roll, Christmas Tree Lighting Ceremony, Shop Local Holiday Market, How the Grinch Stole Christmas,



Kaleidoscope Park

Kaleidoscope Live Holiday Concert, Fireside with Friends, and Chanukah Menorah Lighting.

The festivities will kick off with the Holly Jolly Stroll and Roll, a joyful, on-foot parade through the

Park on Friday, November 21, beginning at 6 p.m. Participants are encouraged to decorate strollers, wagons, or wheelchairs, and join their neighbors in spreading holiday cheer. The stroll is accessible for all ages and

abilities, and even pets are welcome to join in the fun. Participation is free, and those interested in taking part can sign up at kaleidoscopepark.org/event/holly-jolly-stroll-and-roll.

Immediately following the parade, North Texas Performing Arts will take the stage for a holiday show at 6:30 p.m. The Park's second annual Christmas Tree Lighting Ceremony will follow at 7 p.m., when visitors can watch the Park's 45-foot Enchanted Christmas Tree

come to life with more than 42,000 synchronized lights dancing to music. From 7:30 p.m. to 9 p.m., the full Plano Symphony Orchestra will perform, with the concert sponsored by Capital One. Until 9 p.m., visitors can also enjoy complimentary cocoa and cookies sponsored by Plug and Play, children's crafts and activities sponsored by Cook Children's, and a mini train and sleigh sponsored by Bank of Texas. Santa Claus and two live reindeer will make spe-

cial appearances, and families can capture memories with themed photo opportunities, including a snow globe display and a holiday wall. During this event, visitors are invited to participate in an Angel Tree adoption, selecting a wish list from local nonprofit City House to help bring light and hope to youth experiencing crisis or homelessness.

The next morning marks the return of SaturYAY

See PARK, Page 13

FILM, from Page 9

who pedaled hate, derision and intimidation and almost got away with it. Once Kelley meets Göring, intense psychological dynamics add nicely to the buildup to a courtroom drama of very high standards.

US Supreme Court justice Robert H. Jackson (Michael Shannon, *The Shape of Water*) gets the call. He's been asked to be the lead prosecutor and assemble a team for a trial like no other. Hermann Göring (Russell Crowe, *Gladiator*) has been caught and sits in a cell—along with other Nazi relics. He's impervious, emboldened and his opiate addiction adds to his steely demeanor. To prosecute him, they have to get him to talk. He doesn't, or lies to appease. Only admitting that Germany was sending Jews to "work camps," not "death camps." That's his alibi. Breaking him is the task. Jackson: "I'm gonna to put Hermann Göring on the stand and make him tell the world what he did."

Army psychiatrist Douglas Kelley (Rami Malek, *Queen*) is called in to analyze the infamous prisoner. To look for a crack in his façade. Initially, the Nazi officer only speaks Ger-

man, acting like he doesn't understand English. Eventually that charade drops, and the two cautiously, skeptically talk to each other, looking for weaknesses. It's an increasingly fascinating head game between a shrink and a mastermind. Accusations are hurled and tension grows to the point of shouting matches. "I am a prisoner because you won, and we lost. Not because you're morally superior!" screams Göring. As the trial comes, a conviction is not a certainty. All involved are determined but unsure as Göring, now on a worldwide stage, manipulates the courtroom to his benefit.

The footage has four elements that become stronger with each frame. The cat/mouse relationship between the two lead characters. The performances they give, which are matched by a stellar supporting cast. A ground-breaking event that became an archetype. And evidence of the heartless killing, discarding and incineration of Jewish people.

When the probing dialogue becomes outward hostility, the dynamics of the relationship between doctor and non-patient

become fiery. The overweight, obstinate commander is intimidating and stubborn. Like a lion. The very slight, nervous and unimposing psychiatrist is his antithesis. Like a mouse who nudges a beast. Both eventually inflicting emotional and psychological abuse in traumatizing ways. This drama is so thick and self-contained it could be a fascinating Broadway play. Russell is blustery, imposing and vile. Malek has the more obvious character arc. Hard to appreciate his performance fully, until he lashes out at Göring in a pivotal, confrontational cell room scene where he blasts his adversary. It's an Oscar®-worthy moment. Shannon is equally great as the judge turned stoic prosecutor. Leo Woodall (*White Lotus*), as Sgt. Howie Triest, commands his showy and emotional role as Kelley's translator and conscience. Richard E. Grant as Britain's lead prosecutor shines too.

The probable audience for this courtroom drama is older and likely only vaguely remembers its history. They, and others, may have forgotten the trial's final outcome. Hence this project's importance. When the film blends in black

and white vintage footage of piles of emaciated Jewish bodies being plowed away like snow, it's shocking. A stunning visual that corroborates the horror of the Holocaust in ways that 1000 courtroom recollections, accusations and denials could ever do. The gravity of "The Final Solution,"

what Göring is brushing aside, becomes blatant and indelible.

Sit through the first slow-paced, overproduced part and the reward for not giving up is a supreme history lesson. One that reminds us that those who do ungodly deeds today, can be held accountable tomorrow.

Forced to explain themselves and face justice. A soothing notion for these times.

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

Visit Film Critic Dwight Brown at DwightBrownInk.com.



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Kelley Futurecast: AI, Energy Infrastructure May Buoy U.S. Economy in 2026

(Newswise) — INDIANAPOLIS — The U.S. economy is expected to see continued growth, although at a lower level than in recent years at 1.8%. But it could be buoyed by continued investments in artificial intelligence and the corresponding energy infrastructure supplying it, according to an economic forecast from the Indiana University Kelley School of Business.

“Investment in AI will likely be the dominant economic story of 2026,” said Kyle Anderson, clinical assistant professor of business economics, faculty chair of the Evening MBA Program and assistant dean for academic programs at Kelley Indianapolis. “While investment will continue,



DWG Studio

there are concerns about over-investment, reminiscent of the early 2000s dot-com bubble.

“Uncertainty will remain high around U.S. trade policy. Legal challenges and constantly changing tariff rates and policies from the administration make

it difficult for businesses to make investment decisions.”

Nationally, job creation will not be strong enough to keep the unemployment rate from rising to 4.8% in 2026. Companies will hope to use AI to drive productivity gains and increase

output without increasing labor.

The IU Kelley School of Business presented its annual economic outlook today at the first stop in its statewide Futurecast tour, which includes projections for Indiana, financial and global markets, and local economies. The event took place at the Indianapolis Artsgarden.

Carol Rogers, director of the Kelley School’s Indiana Business Research Center, noted the strength of the Indiana economy between the second half of 2024 through the first half of this year. Real GDP grew 2.6%

statewide, compared to 2.1% in the nation. While Indiana maintained its economic momentum, growth among its neighbors was “lackluster” — hovering just below or just above 1% in Michigan (0.4%), Kentucky (0.9%), Illinois (1.3%) and Ohio (1.4%).

“This contrast with our neighbors in terms of real GDP expansion has persisted since 2019, just before the pandemic,” Rogers said. “Indiana is an economic outlier in the Midwest, with its surge in nondurable goods manufacturing explaining Indiana’s comparative

strength.”

Rogers pointed to the importance of chemical manufacturing in Indiana, which represents nearly two-thirds of the state’s non-durable goods manufacturing. Not surprisingly, she said, much of this involves the production of pharmaceuticals.

But growth in durable goods manufacturing — industries where Indiana has a legacy in automotive and machinery — has lagged the nation. Rogers said that GDP growth in Indiana’s durable goods production

See KELLEY, Page 13



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Millions Suffer as Trump's Economy Crumbles

By Stacy M. Brown
NNPA Senior National
Correspondent

America's economy is not collapsing by accident. Under President Donald Trump, Russell Vought, and Stephen Miller, a deliberate plan has taken hold, a plan that weakens the labor market, starves families of food and health care, and rewards the wealthy with power and profit.

What was once called "economic populism" has become an organized campaign of cruelty that has left the country broken and millions of Americans in despair.

The labor market is in free fall. UPS cut 48,000 workers, the largest reduction in its 117-year history. Amazon is firing up to 30,000 corporate employees. Intel eliminated 24,000 positions.

Nestlé slashed 16,000 jobs. Ford and Accenture each let go of 11,000 workers. Novo Nordisk terminated 9,000 employees. Microsoft cut 7,000. PwC laid off 5,600. Salesforce dismissed 4,000. Paramount reduced 2,000.

Target eliminated 1,800. Kroger cut 1,000. Applied Materials reduced 1,444, and Meta let go of 600.

According to Intellizence data, more than 4,200 companies have announced mass layoffs since January. The Associated Press reported that executives cite Trump's tariffs, erratic trade actions, and federal instability as the leading causes of widespread job losses and frozen hiring.

More than 42 million Americans, many of whom supported Trump, will lose access to food assistance through SNAP and WIC.

Another 25 million peo-

ple will lose their health care. Trump also canceled nearly 94 million pounds of food aid, including meat, eggs, and dairy, that were supposed to reach food banks across the country.

For those working on the front lines of hunger relief, it was an invisible theft—food promised but never delivered. The U.S. Department of Agriculture confirmed it will not release \$6 billion in contingency funds, claiming the money can only be used for "unforeseen events" such as natural disasters.

Yet Trump approved \$40 billion for Argentina, spent \$1 billion for a private jet stationed in Qatar, and at least \$300 million to destroy historic White House property and construct a new ballroom for himself.

Taxpayers have been forced to pay an estimated

\$30 million for his golf trips, \$520 million for unnecessary National Guard deployments, and \$172 million for jets requested by Homeland Security Secretary Kristi Noem. None of those expenditures has lowered health care costs or provided relief to struggling families.

While ordinary Americans lose jobs, food, and medical care, Trump's personal income has skyrocketed. The Trump Organization reported \$864 million in revenue in the first half of 2025, a 17-fold increase

from the previous year. Most of that money came from cryptocurrency ventures.

Financial filings show \$463 million from sales of World Liberty Financial tokens and another \$336 million from TRUMP meme coins. The investigation revealed that foreign investors were heavily involved.

Hong Kong-based billionaire Justin Sun, who reportedly was charged with fraud by the SEC in 2023, bought \$75 million worth of Trump tokens. Abu Dhabi's state-controlled MGX used

Trump's stablecoin to fund a \$2 billion investment in Binance. Chinese businessman Guren "Bobby" Zhou, reportedly under investigation for money laundering in Britain, purchased \$100 million in tokens. Trump, meanwhile, eliminated federal crypto enforcement teams, withdrew regulatory warnings, and pardoned Binance founder Changpeng Zhao after his conviction for anti-money-laundering failures. Ethics experts have called it the most blatant conflict of interest in U.S. history.

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KELLEY, from Page 11

has not kept pace with the nation.

Hoosiers in manufacturing earned only 84.8% of the national average for an hour of work in August 2025. Average hourly earnings in manufacturing grew 2.6% in Indiana compared to 3.8% nationwide between August 2024 and August 2025.

“The headwinds in manufacturing will likely make it hard for growth in Indiana to beat the 1.8% GDP growth forecasted for the national economy,” she said.

The news will be better

for the city of Indianapolis and surrounding counties, said Phil Powell, executive director of the Indiana Business Research Center and clinical professor of business economics and public policy at the Kelley School. The Indianapolis metropolitan area should enjoy 1.5% to 2% real GDP growth next year. Unemployment is expected to increase from 3.6% to just over 4%.

Powell highlighted the impact that capital projects will have, including the revitalization of Circle Center, expansion of conven-

tion facilities that includes addition of a 40-story hotel, and completion of the new IU Health campus. Other expected boosts will come from investment by IU and Purdue in new research facilities, the completion of the Elanco headquarters and its One Health District, and the evolution of 16 Tech as an entrepreneurial hub. Other development is happening in suburban counties.

“While capital projects will fuel economic expansion, slowdowns in logistics and manufacturing — two important contributors to the Indianapolis economy — will keep the econo-

my from growing at its full potential,” Powell said.

Russell Rhoads, clinical associate professor of financial management at Kelley Indianapolis, said 2025 is shaping up to be the third consecutive year of double-digit performance for the S&P 500.

“With the Fed set to continue cutting rates in 2026, a positive year may be on tap for stocks once again,” he said. “But repeating the strong performance of the past three years could be difficult due to elevated valuations, along with slower economic activity expected in 2026.”

Other key points from

the Futurecast:

- The world economy suffered less from ongoing trade conflicts than expected, but the level of uncertainty remains high. It is expected to grow by 3.2% in 2025, and slightly slow down to 3.1% in 2026.

- S. inflation will remain elevated around 3%, because tariff pricing pressures will offset the disinflationary benefits of weakening demand.

Kelley faculty will present their forecast in 10 other cities around the state. They will be joined by local panelists from other IU campuses and other universities, offering perspectives

on the global, national, state and local economies, as well as the financial markets. The tour is sponsored by the Kelley School of Business and its Indiana Business Research Center, the IU Alumni Association, IU campuses, and numerous community organizations.

A detailed report on the outlook for 2026 will be published in the winter issue of the Indiana Business Review, available online in December. In addition to predictions about the nation, state and Indianapolis, it also will include forecasts for other Indiana cities and key economic sectors.

PARK, from Page 10

Holiday Edition, beginning Saturday, November 22, and running weekly through December 20 from 10 a.m. to 12 p.m. This special version of the Park’s popular weekly program will feature a lineup of festive family fun.

On Saturday, November 29, visitors can browse the Shop Local Holiday Market, sponsored by Comerica Bank, from 10 a.m. to 4 p.m. More than 15 vendors will line the Park’s Performance Lawn

Vendor applications are available at kaleidoscopepark.org/support/vendor-opportunities.

In December, Kaleidoscope Park will host Altair Global’s How the Grinch Fights Hunger on Saturday, December 6, from 9 a.m. to 1 p.m. This Grinch-themed food drive and vendor market benefits the North Texas Food Bank and Move for Hunger and has already provided more than 137,000 meals to local families in need.

Donations can also be

made online at donate.moveforhunger.org/campaign/726480/donate.

Later that evening, the Park’s Kaleidoscope Live concert series returns on the first Saturday of the month, December 6, from 7 p.m. to 9 p.m. Local school groups will perform from 7 p.m. to 7:30 p.m., followed by a performance from the Plano Symphony Orchestra Brass Quintet from 7:30 p.m. to 9 p.m. V

On Thursday, December 12, from 7 p.m. to 9 p.m., Kaleidoscope Park will host Fireside with Friends, an exclusive Friends of the Park donor event. Friends can cozy up by the fire for a magical evening with fellow supporters, featuring gooey s’mores roasted over the fire, warm cocoa, cider, and other seasonal treats, light jazz and holiday tunes, and campfire stories for kids and adults alike.

If you’d like to become a Friend, visit kaleidoscopepark.org/support/friends-of-the-park/ to join and take

part in this special evening.

Lastly, Kaleidoscope Park will partner with Chabad of Frisco to host a community Chanukah Menorah Lighting on Sunday, December 21, at 3 p.m.

Throughout the entire season, visitors will notice the Park beautifully illumi-

nated with twinkling holiday lights.

If you’ve enjoyed visiting Kaleidoscope Park, consider sponsoring one of the upcoming holiday events, or making a year-end contribution. To learn more, visit kaleidoscopepark.org/support/.



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It's My Pain I'll Use It If I Want To

By Dr. James L. Snyder

When I think I've turned a page to a new chapter in my life, I realize there is nothing new in life. I'm referring to pain. I cannot remember a time in my life when I didn't have some pain.

In the years of my nativity, I never imagined that when I got older, I would experience more pain. Nevertheless, pain has become my daily friend.

I thought I had gotten through all my pain and was beginning to relax for an entire week. The only pain I had was being a pain in the neck to someone around me.

It was on a Monday night, I was in bed sleeping, and just after midnight, I awoke, and my right wrist was in a lot of pain. I couldn't move it for fear of pain. I got up, took some Tylenol, and went back to bed. When I woke up in the morning, the pain was worse than before the Tylenol.

I really didn't know what happened because I couldn't remember hitting my wrist on anything during the night. The pain was real, but the source of the pain was unknown.

When I got up in the morning, I went into the kitchen and informed The Gracious Mistress of the Parsonage about the pain in my hand. She took great interest and wanted to do

whatever she could to help me get rid of all that pain. Of course, the first thing she did was to give me Tylenol.

That did not work, and by late afternoon, the pain was worse than before.

It was then that she decided I needed to go to the Urgent Care for some medical help.

Throughout the long years of our marital bliss, I have learned one great lesson: "Don't argue with The Gracious Mistress of the Parsonage." So, she drove me down to the Urgent Care for treatment around 7:30 PM.

I went in, signed up, and then we waited only 90 minutes in the waiting room. During that time, the wrist was getting worse, and the pain was not letting up.

I always take The Gracious Mistress of the Parsonage with me to any doctor visits I have, because she takes the doctor's words very literally. I, on the other hand, paraphrase what the doctor says, which, when I get home, doesn't make any sense at all.

Finally, we were ushered in to see the doctor. They did X-rays on my arm and some other surgical things that I was not quite sure of. Then, the doctor pulled out her needle and prepped my arm for a shot.

While preparing that shot, I noticed she was grinning. That made me realize that the shot was going to

hurt like crazy. And boy, did it hurt, and I almost shouted in pain, which made her smile more.

The doctor diagnosed my situation and prescribed some medication, and then gave me an arm bracelet to help ease the pain in my arm.

We finally left Urgent Care about 10:30 and headed for home.

Before I went to bed, I had to take off the bracelet, and the Gracious Mistress of the Parsonage had to put some medication the doctor recommended to deal with the pain. I didn't have much sleep that night.

In the morning, I got up, and the Gracious Mistress of the Parsonage had to examine my arm to see how it was. She then gave me more Tylenol to deal with the pain and helped put on my arm bracelet.

It was a busy day for The Gracious Mistress of the Parsonage. She had her regular duties and had little time to sit down and rest. But, she took time to stop what she was going and examine my arm. She would always ask, "How is your arm doing now?"

My constant reply was, "It's doing fine." Of course, she never believed me.

Since this was my pain, I decided to take advantage of it. I would get The Gracious Mistress of the Parsonage to bring me some coffee when I needed it, maybe a snack,

and she would jump to the service.

But then a crazy thought entered my mind. Believe me, my mind is well accustomed to crazy thoughts.

Before she came in to give me the next Tylenol, I switched the arm bracelet from my right arm to my left arm to see if she would notice. I know, it's a very crazy thing to do, but then that is my MO.

She came in and said, "Let me see your arm."

I lifted up my left arm so

she could look at it, and she examined it very carefully and then said, "It's starting to look better. I hope the pain is also going away." And then she went back to the kitchen to her work.

I chuckled quite a bit as I put the bracelet back on my right arm where it belongs. If I'm going to have pain, I'm going to use it for some pleasure on my part. I just hope I don't get caught.

As I was reading my Bible, I came across an interesting verse.

"For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us" (Romans 8:18).

My physical pain is nothing compared to God's grace in me each day.

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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Looking Backward



Sister Tarpley
NDG
Religion
Editor

"O LORD, when you favored me, you made my mountain stand firm; but when you hid your face, I was dismayed."

Psalm 30:7.

It is often difficult to recognize the hand of God when we are in the midst of adversity. We often feel God has hidden His face from us. When the Lord takes us through deep valleys, there will be fruit from the deep valley that we cannot see. You must press into Him with all you have during this time.

God uses the deep valley

to frame our lives to create a change in our nature, not just a change in habits. The depth and width of our valley is often an indicator of the level of calling and influence we will have on others in the future.

Our adversity is not just for us, but others who will be in our future path of influence. This is not very comforting when you are in the middle of the valley, but know this is a truth in the Kingdom.

It is often years later when we discover the wisdom of God and why He intentionally led us through the dark valley. Life is often lived forward, but understood backward.

It is not until we are down the road and we stand on the mountain looking back

at our life through valley that we can appreciate the terrain God has allowed us to scale and the spiritual deposits He has made in our life while we were there.

It will help you if you ask God to help you to take one day at a time.

Let His Word reminds



you, *"Do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."*

Matthew 6:34.

I give Him your worries and concerns. God is the all-knowing, all-powerful, ever-present, Almighty God and you can ask Him for His peace, grace, and wisdom in your valley.

"He reveals the deep things of darkness and brings deep shadows into the light." **Job 12:22.**

When you begin to realize this, you sit back and breathe a sigh of relief because you know that God was in control all along. It didn't seem like it at the time, but He was.

Do you find yourself in the valley at this time in your life? Now is the time to fully trust God to guide

you to higher ground in your spiritual life.

Remember, it takes two mountains to make a valley; and I love to add this fact that I learned long ago; and it blesses me when God leads me through a valley, think about this fact, God will have blessed you at least twice before He leads you into a valley in order to help you grow spiritually.

(Editor's Note: This column originally ran in November 2013. Sister Tarpley passed away on May 10, 2024. At the North Dallas Gazette, we keep her words alive in our print edition every week.)

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For more information or to register, please visit dallascasa.org

NDG Bookshelf: 'How I Know White People Are Crazy and Other Stories'

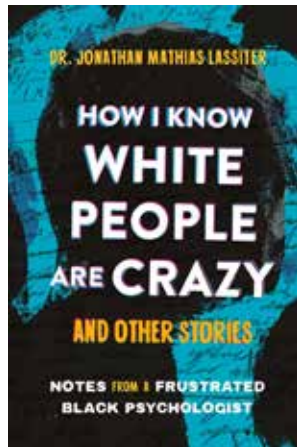
By Terri Schlichenmeyer

It's enough to make you lose your mind.

You see your goal, but there's a barrier in front of it, a barrier that makes no sense. Other people don't have to jump through hoops or over walls to succeed, feel safe, or get help so why do you? In "How I Know White People are Crazy and Other Stories" by Dr. Jonathan Mathias Lassiter, you'll see that an old nemesis has a new name.

He says he is not angry.

Dr. Lassiter is just really, really frustrated and for good reason: throughout



most of his life, his father's life and his grandfather's, through his college years and his career, Dr. Lassiter says that "whiteness mindset" – defined as a condition that causes people of

any race (but most often white people) to assume that their lives are more important than others, which allows them to justify oppressing those who are different - has never been far away.

Sadly, Lassiter says, anyone can be on the receiving end of whiteness mindset, but it happens most often to the majority-minority including Black people, Asians, woman, and to gay people like him.

He says that his grandfather lived under racism and it showed: he loved his children, but didn't feel that he could demonstrate it. Lassiter's father parent-

ed similarly because that's all he knew. Living low-income also affected Lassiter's mental health, as did the barriers he was forced to overcome in college due to racism and the oppression he felt because of his sexuality. Seeing what could be, if there were no such things as racism and oppression, didn't help.

Through his work as a licensed clinical psychologist and the patients he's treated, he knows his experiences are not unique. He also knows that whiteness mindset is not limited to higher education or the workplace and to combat it, we first have to admit

that whiteness is not the concern. The mindset itself and what it does to mental health are bigger issues, and becoming educated is a great way to combat them.

Don't be surprised if you're a little confused at the outset of "How I Know White People are Crazy and Other Stories." It is confusing; Dr. Jonathan Mathias Lassiter writes quickly with a whirlwind of ideas that circle back to one another like ripples in a pond on a windy day. It might make you want to just back away.

Instead, stick around and trust that the meat of the book is coming through

stories of real-life counseling and of Lassiter's own life, experiences, and family history. These tales eventually settle the chaos down, offering the clarity missing in the opening pages and allowing readers to see "whiteness mindset" in action and to understand the conflicts within it. You'll be able to cleanly see where Lassiter's frustration lies, and what can be done about it.

Just know that to get there will take some doing and patience with "How I Know White People Are Crazy and Other Stories." Try it, though. Persevere, and you might not mind.



Mesquite Residents Receive Assistance Amid Federal Government Shutdown from Local Nonprofits

MESQUITE — The federal government shutdown continues to affect many Mesquite residents.

Consequently, those relying on federal programs, including SNAP and WIC, are facing suspended benefits for the second consecutive month.

Local nonprofits, such as Sharing Life Community Outreach, are stepping in to assist residents during this difficult period.

Although this support does not replace federal programs, it helps families access essential resources.

The City of Mesquite partners with Sharing Life

to provide help with water bills. This effort prevents service disruptions for residents experiencing financial hardship.

Mesquite Mayor Dan Alemán Jr. encouraged residents to donate food or money to local nonprofits. He explained, "Executive Director Teresa Jackson

and her team can make a dollar go far, especially with the holidays approaching."

For more information or to support Sharing Life, visit www.cityofmesquite.com. Together, the community can help neighbors weather the ongoing federal shutdown.

DART Extends Discount GoPass Tap Card for SNAP Recipients Through December

Dallas Area Rapid Transit (DART) announced that recipients of the Supplemental Nutrition Assistance Program (SNAP) who qualify for the Discount GoPass Tap Card will have their passes valid through December 31, 2025.

Jeamy Molina, DART's EVP and Chief Communications Officer, emphasized



the importance of supporting riders: "We understand the financial squeeze many of our riders are feeling,

and as our core mission at DART is to facilitate mobility around North Texas, we have the unique oppor-

tunity to provide some relief. Public transit is more than just about getting from Point A to Point B. Our role is also education and economic mobility, and we are proud to have a part in that journey."

Automatic Renewal and Access Information
SNAP recipients eligible for program renewal in No-

vember or December will automatically see their pass extended through Dec. 31, 2025. No new proof of benefits card is required to continue using the Discount GoPass Tap Card.

For additional assistance or questions, riders can:

- Visit DART.org/Tap-ForHalf
- Call 972-482-4052

• Visit DARTmart at 1400 Pacific Avenue, Dallas, TX 75202 (Akard Station on the Orange, Green, Red, or Blue line)

This extension ensures affordable transit access for North Texas SNAP recipients through the end of the year, helping them maintain mobility for work, school, and essential activities.

FLAV, from Page 7

the fans of Chuck D and the disciples of Taylor Swift.

So when *TIME* Magazine

sits to decide who among us defines this year, and selects their Person of the

Year, they would do well to remember that power doesn't always wear a tie. Sometimes, it wears a clock. Sometimes, it walks

with a bounce, speaks in exclamation points, and loves with no preconditions. Flavor Flav isn't just the ultimate hype man.

He's the people's timekeeper, a man reminding us that joy, in times like these, is an act of resistance. As one fan wrote, "Flavor Flav

is a national treasure." And maybe, just maybe, the treasure we've been waiting for has been keeping time all along.