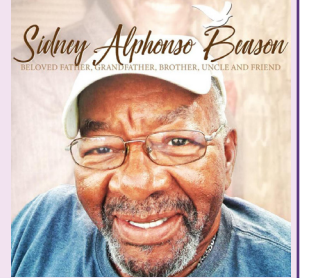


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33147



MY TRUTH
By Cheryl Smith
PUBLISHER

RAINBOW PUSH honors legacy of founder, introduces new CEO

Engaging discussions about political and criminal justice reform kicked off the 24th Annual Creating Opportunity Conference in Atlanta on Thursday, October 19, 2023.

The two-day conference, Honoring the Legacy & Pivot, focuses on “preserving the legacy through the introduction of the new Rainbow PUSH Coalition President/CEO Dr. Frederick D. Haynes, III,” while in the spirit of founder Rev. Jesse L. Jackson’s life works, called for action from participants.

As Haynes opened the conference, the first since the announcement of the leadership change, this summer, he prayed for Rev. Jackson and praised his mentor, whose shoulders he stands on.

Haynes touted Jackson’s record of providing visionary leadership and advocacy.

Haynes, who was hand-



Pastor Frederick D. Haynes III



Dr. Frederick D. Haynes III and Georgia State Rep. Schofield discuss funding for HBCUs.

picked by Jackson hails from San Francisco, CA. The graduate of Bishop College is Senior Pastor of one of the most progressive churches, Friendship-West Baptist Church, in Dallas, TX.

Day 1 featured speakers included: Atty. Barbara Arnwine, founder and president of the Transformative Justice Coalition; Latosha Brown, co-founder of Black Voters Matter; Judge Terrinee L. Gundy, Municipal Court of Atlanta - DUI Division; Atty. Tricia “CK” Hoffler, CEO of the CK Hoffler Firm and Chair of the Rainbow PUSH Coalition, Rep. Billy Mitchell (D-88th District); Atty. Keith Lamar Jr, Law Office of Keith Lamar Jr.; and Solicitor General Keith Gammage, Fulton County Judicial Circuit.

In impassioned presentations, speakers identified key issues, discussed the gaps and

See RAINBOW PUSH HONORS, page 16

Rev. Jesse Jackson released from hospital



Rev. Jesse Jackson

By Cheryl Smith

After a short stay in the hospital, the Rev. Jesse Jackson, Sr. is home and in good spirits, a source close to the Jackson family has confirmed.

Jackson, who was expected to appear at a birthday cele-

See REV. JESSE JACKSON, page 2

Texas Rep. Honored

Rep. Rhetta Andrews Bowers accepted the Joseph R. Biden Lifetime Achievement Award for her leadership and contributions. This is a rare honor, and it is a recognition of her career giving back to North Texas families.



Here's how:

1. She authored and passed the CROWN (Create a Respectful and Open World for Natural Hair) ACT to end race-based hairstyle discrimination in schools and in the workplace.
2. She stood up for voting rights in Texas to ensure voting is fair, accessible and safe for all.
3. She advocated for gun safety as Vice Chair of the Homeland Security and Public Safety Committee.

Dear... Homecoming attendees:

Welcome home.

I want to take a minute to say it is good to have you back, I hope you have a great time and I hope we are victorious in the game.

If you are attending the Florida A&M University (FAMU) Homecoming, I also want to say that I hope you feel the same pride as I do when you see the best band in the land, The Marching 100!

My Homecoming 2023 Experience has started out on a high note. In addition to making it to the airport earlier, we were bumped up to first class and then, although the Ugliers Snacks were not supposed to be for breakfast, the beautiful American Airlines flight attendant gifted me a bag of the Sweet Potato Chips as I exited the plane.

Now it was nice being on a plane with a bunch of Rattlers!

Note: People when you are out and about and you see another Rattler in paraphernalia, SPEAK!

First you are going to Homecoming because you probably want to be with FAMULY. Well, the love doesn't start flowing once you hit the campus!

Nod, smile, do something that shows that you walked these hills, faced those challenges and made it through.

Then too you don't know what someone sacrificed to make the journey. Some left behind ailing loved ones or borrowed money they may have a challenge paying back. Others need a pick-me-up from a bad relationship or work experience, and still others may be celebrating a re-

See MY TRUTH, page 11

Glenn Heights promotes from within naming new City Manager & Deputy City Manager

GLENN HEIGHTS – The City of Glenn Heights promoted from within this week officially naming its new City Manager and Deputy City Manager to lead the city.

Clifford Blackwell was named the new City Manager in Glenn Heights effective October 18, 2023.

Blackwell has worked in local government for the past 27 years in a wide range of government positions including municipal finance and city management, to name a few. His career began in the City of Fort Worth. He has also held a variety of positions with the cities of Kennedale, Forest Hill, and Bedford. He joined the City of Glenn Heights in 2022 as the Deputy City Manager.

Blackwell has also served as president of the Government Finance Officers Association of Texas (GFOAT) and recently served on the GFOAT board of directors as well as serving on the Texas Municipal League's board of

directors. Blackwell earned his bachelor's degree in business administration in Accounting from Prairie View A&M University, a master's degree in public administration from the University of North Texas and has been a Certified Government Finance Officer since 2003.

Blackwell said of his new position, "I am extremely grateful for this opportunity to serve the City of Glenn Heights and I look forward to working with the City Council in carrying out the desired vision for this wonderful community."

Also elevated from his Director of Public Safety position was Keith Moore who has been moved into the role of Deputy City Manager, also effective October 18, 2023.

Moore began his career in 1999 with the Glenn Heights Fire Department as a Volunteer Firefighter/EMT - Basic. In 2000, the City of Glenn Heights hired Moore as one of its



Clifford Blackwell

first ever full time Firefighters. He has also served as EMT - Paramedic, police dispatcher, patrol officer, and Ellis County Fire Marshal while moving up the ranks in the city's Fire Department. He was named Fire Chief in 2017 and Director of Public Safety in 2021



Keith Moore

overseeing the operations of Glenn Heights' Police and Fire Departments.

Moore has been awarded several awards for his career in Public Safety including life-saving awards, police commendation awards and one Medal of Valor by the City of Glenn

Heights, being one of only three recipients to ever receive this award by the city. He also received the State of Texas Law Enforcement Medal of Valor at that same time.

"My family and I have built a life full of memories with the City of Glenn Heights," Moore said. "I am honored to be selected by Mr. Blackwell to serve in the position of Deputy City Manager, which will allow me to continue to serve the citizens of Glenn Heights and our Glenn Heights City Staff."

With these changes in the organizational structure of Glenn Heights, Nick Bristow has now been named the official Chief of Police, Nick Williams as the official Fire Chief and Sherry Roberts as the city's Finance Director. The positions of Director of Public Safety, Deputy Police Chief and Senior Financial Analyst have been removed from the City's organizational chart, the Deputy Fire Chief position will remain as part of the organizational structure.

Message from the Dallas Mayor



OUR VOICES

By Mayor Eric Johnson

Back in June, the Dallas City Council voted to expand its portfolio of parks by acquiring a nearly 300-acre property in Southwestern Dallas known as Big Cedar Wilderness. Located north of Cedar Ridge Preserve, Big Cedar Wilderness had been privately owned by Liberty Bankers Insurance Group and their CEO Brad Phillips. Recently, Brad Phillips made

the decision to preserve the property by donating it to Trust for Public Land to ensure it would remain protected as public parkland.

This is a major step toward achieving the goal of becoming the city with the best park system in Texas. Big Cedar Wilderness is a critical amenity, and Dallas' commitment to preserving and enhancing it will ensure more Dallas residents have the opportunity to enjoy this exceptional green haven.

Thanks to the generosity and vision of Liberty Bankers Insurance Group and Brad Phillips, and through partnership with Trust for Public Land, this once privately owned land is now a City of Dallas park that will be open for the benefit and enjoyment of residents, visi-

tors, and generations of Dallasites to come.

Dallas-Mexico

As an international city that drives the nation's fourth-largest metropolitan area, Dallas prioritizes strengthening relations with our top trading partners.

On Thursday, Esteban Motezuma Barragán, Ambassador of Mexico to the United States, visited City Hall. We met to discuss Dallas-Mexico relations and public safety efforts.

Mexico and Dallas have a balanced trade relationship and a steady tourist connection. Mexico is Texas' largest trading partner and 35% of all Mexican investments in the U.S. are headquartered in Dallas' metro area.

In addition, there are more than 100 daily flights between Dallas and Mexico.

The tie between Dallas and Mexico is strong and Dallas intends to continue to maintain this important partnership.

Corona Plaza at the Cotton Bowl

Dallas is committed to building and expanding parks. Last week, that commitment was further proven when former Texas State Senator and longtime Dallas residents, John and Helen Carona, committed \$5 million to restore and renovate Cotton Bowl Plaza. The space will now be named in their honor as "Corona Plaza at Cotton Bowl Stadium".

Fair Park both serves Dallas' residents and

puts Dallas on the world stage. Every year, Fair Park hosts special events, concerts, musicals, and festivals. Every summer, more than 10,000 Dallas residents visit Fair Park to pick up school supplies during the Back to School Fair. And every fall, the great State Fair of Texas, draws millions of people to Fair Park from all over the city, from across this region, and from around the world.

Dallas is grateful for this generous gift from John and Helen Carona, which will be the first symbolic step in transforming this signature venue into something that will make Dallas proud.

Now, let's go Rangers!
Until next time.

Ferris EDC offers \$25,000 matching funds to qualified local businesses

FERRIS – The City of Ferris' Economic Development Corporation (EDC) announced a grant opportunity this week that adds up to \$25,000-plus in matching funds for qualified local businesses.

As the city continues to grow Ferris' downtown square has been earmarked to become an incredible destination for not only Ferris residents to shop and dine, but also Ellis County residents overall and visitors to the area.

Ferris City Manager Brooks Williams said the grant will be a matching fund grant not to exceed \$25,000 per entity.

However, there will be an additional \$10,000 bonus incentive in additional funding for businesses that will remain open during evening hours at least two night per week.

Williams said too, funding from the EDC grant program can also be used for fixed site improvements to new businesses locating on the Ferris Downtown Square. Currently the square has a variety of shops including restaurants, a photography studio, health and wellness shops and more.

"This particular grant will be limited to specialty retail, new and unique dining concepts,

breweries, wineries and entertainment uses," Williams concluded. "Ferris is a growing city with ongoing new development and it is the perfect location off busy Interstate 45 for visitors who are looking for distinct shopping found nowhere else in Ellis County. We believe these new concept idea will be lucrative for new business owners looking for a healthy start for their business in a city that supports groundbreaking, innovative ideas and retail opportunities."

For interested business owners visit edc@ferrisedc.org for more information.

Rev. Jesse Jackson Released cont. from page 1

bration in Atlanta last weekend, also did not appear at the two-day Rainbow PUSH conference, which was the inaugural conference under the leadership of new President and CEO Dr. Frederick D. Haynes III.

This summer, the longtime civil rights leader, who turned 82 on October 8, named Haynes as his successor, to assume the leadership of the organization he founded more than 50 years ago.

In what Rainbow PUSH Board Chair Tricia "CK" Hoffer referred to as a very successful conference, with attendees from across the country, as well as globally; at most sessions prayers were expressed for Jackson.

However, it wasn't until the evening gala that Atty. Hoffer informed guests that as much as Jackson wanted to attend the conference and celebration, unfortunately he had to be admitted into the hospital

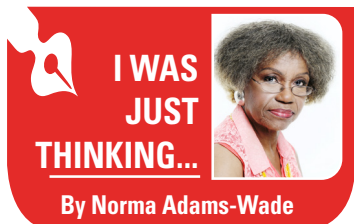
and would not be in attendance.

Since the announcement of his ascension to Rainbow PUSH leadership, Haynes has focused on the legacy of Jackson's reign while also assuring supporters that the organization would remain vigilant, relevant and effective, just as it was under his predecessor.

Expressing that he could not fill Jackson's shoes, Haynes said he stands "on his shoulders."

To advertise, call: 214-941-0110

Cussin': What the Sam Hill for?



"I'll kick your #*!!*@#*!!%+#!#!..."

There. Feel better now? You sure told them off!

The question is, why does one feel better after cussin', swearing, using profanity-laced sentences, uttering taboo expletives and oaths, calling someone out of their name, using foul, smutty, filthy, abusive, dirty, strong, shocking language, and being naughty, offensive and blasphemous?

I was just thinking...does foul language indeed show that the user has a limited vocabulary or, instead, is honest, sharp-witted, and imaginative?

I remember my first close-encounter with a girl in high school who cursed like a sailor but was as sharp as a tack and got straight As. I remember her name to this day but won't call it. Let's just name her Ann. I liked Ann as a person but knew not to cross her. I did not

want to be embarrassed by obscene, vulgar, blue-streak, potty-mouth name-calling.

If I had tried, I would have lost any battle playing the dozen. So, I never played - even though one could play without being nasty. Ann had a rapid-fire way of expressing her opinion that fit right in with her foul-mouthed but entertaining tongue.



Snoopy cursing Red Baron. Photo: Pinterest.

By the way, want to know who Sam Hill was? Researchers say no one has fully confirmed who Hill was and how the idiom started that uses his name as a euphemism -- substitute curse word - for "h - l" or "the devil." One reasonable-sounding theory, from about a half-dozen others, sounds believable.

The story goes that people in the mining area respected Samuel W. Hill, a particularly foul-mouthed but heroic mid-1800s mining company surveyor. Because he was so well-known for dirty language, people in the mining area started substituting his name for some curse words, realizing that people in the community would understand that his name meant an obscenity. Thus, we have, "What the Sam Hill is that!?" I'll take that theory above the others.

So, exactly where does cussin' fit in society and what purpose does it serve? Pundits and researchers say there can be multiple answers and some resulting arguments about answers that are viewed more as opinions than facts. Here's some research:

A. Dumb or smart: Limited vocabulary vs honest, sharp intelligence

CNN reporter Sandee LaMotte reports that her studies show "...swearing may be a sign of verbal superiority" and that college professor emeritus Timothy Jay says "the advantages of swearing are many (including a sign of intelligence, honesty, creativity.)"

B. Swearing helps increase pain tolerance

LaMotte also relates studies that she said show "It you pinch your finger in the car door, you may well feel less pain if you say 'sh_t' instead of 'shoot,'" releasing a helpful dose of adrenaline.

C. Cussin' is a substitute for physical confrontation



Foul-mouth cursing. Photo: Pinterest.

LaMotte further reports that Professor Timothy Jay, of Massachusetts College of Liberal Arts, says, "Swearing allows us to express our emotions symbolically without doing it tooth and nail...I can give somebody the finger...(and) I don't have to get up in their face."

D. Profanity is a sign of creativity.

LaMotte cites author Emma

Byrne who wrote the book Swearing Is Good for You: The Amazing Science of Bad Language. In the book, Byrne states that physicians often call the brain's right side its creative side. The author cites physicians as saying that if a person has a stroke on the right side, they often become less emotional and less able to joke. Additionally, the author states that physicians say the stroke patient stop swearing, even if they swore often before. The CNN reporter LaMotte also reports that Victorian physicians discovered that stroke patients who lost their ability to speak still "swore incredibly fluently."

All in all, it seems that cussin' and swearing have their own place in our society. And if you know anyone like my high school associate, Ann, you will steer clear when they are irritated and firing foul-word missiles at the nearest targets.

Norma Adams-Wade, is a proud Dallas native, University of Texas at Austin journalism graduate and retired Dallas Morning News senior staff writer. She is a founder of the National Association of Black Journalists and was its first southwest regional director. She became The News' first Black full-time reporter in 1974. norma_adams_wade@yahoo.com

COVID-19 Was 'Bloody Sunday' for America's Racial Health Disparities, Yet, There is Little Progress

By Hazel Trice Edney

(TriceEdneyWire.com [1]) - Thousands of Black people had protested and many had died at the hands of police, White supremacists and racists as they engaged in non-violent campaigns to win the right to vote.

Still, America did not fully sit up and hear their cries until "Bloody Sunday", March 7, 1965. On that day TV cameras showed protestors being brutally attacked and beaten by the Alabama State Police as they marched peacefully from Selma to Montgomery across the Edmund Pettus Bridge.

It was only then that the United States government took decisive action. President Lyndon B. Johnson, a week after

"Bloody Sunday", adopted the words of the civil rights leaders and declared before the nation in a televised speech to Congress, "We shall overcome."

Within a few months, the United States Congress adopted the Voting Rights Act (VRA) of 1965 and it was signed into law by President Johnson on August 6 that year. In a nutshell, the VRA prohibited any activities by anyone to abridge the right to vote.

More than 58 years later, Black doctors on the front lines against racism in medicine across the U. S. had hoped that the revelation of racially disparate suffering and death amidst the Coronavirus pandemic (COVID 19) would become the "Bloody Sunday" for revealing

the truth about health disparities in America and escalate the long struggle to end them. But that has apparently not happened.

"I compare this now to the civil rights movement. We were really burdened with discrimination and brutality etcetera for many years," says Dr. Louis Sullivan, founder of the Morehouse School of Medicine, and pioneer of the 15-year-old government agency now known as the National Institute of Minority Health and Health Disparities. "But, the incidents such as the Birmingham police treatment of Blacks on the Edmund Pettus Bridge revealed to the nation

Read more at www.texasmetronews.com

Richard Roundtree, Star of 'Shaft,' Dies at 81



While indelibly tied to the role that made him famous in 1971, the actor remained active for more than four decades afterward. Mr. Roundtree died after a short bout with pan-creatic cancer.

Photo Credit: Richard Roundtree in the 1971 film 'Shaft.'

Photo: IMDB.COM

A Marcus Garvey Bet!



Marcus Mosiah Garvey would be 146 years old today, but his message needs to be heard and internalized.

As we watch the state-sponsored erasing of African American history, freedom fighters like Garvey mustn't be forgotten. You can't describe it in 147 characters. His likeness rarely graces the pages of Instagram and TikTok. But you need to know his name and the impact he had on the psyche of Black people.

There has never been a large following among Africans in America for Garvey. It's the price you pay for being an avowed Black Nationalist.

If you wanna scare Negroes, just say you are planning a "back to Africa" movement, and we scurry like insects.

And God, please don't make such a statement in the same room where White folks may be within earshot.

But Garvey was so much more

Use every spare minute you have in reading. If you are going on a journey that will take you an hour, carry something with you to read for that hour until you have reached the place. If you are sitting down waiting for somebody, have something in your pocket to read until the person comes. Don't waste time. Any time you think you have to waste, put it in reading something.

than a nationalist. My readings reveal him as a prophet, teacher, orator, self-esteem guru, philosopher, and more.

Marcus Garvey studied the issue of power on a national and international scale and had a word for the oppressed who ter-

quickly diagnosed America's racial disease and prescribed a cure.

According to a BBC documentary, "To facilitate the return to Africa that he advocated, in 1919 Garvey founded the Black Star Line, to provide

Garvey would not confine himself or his movement to the belief that people of a darker hue were doomed to second-class citizenship and dependency on the U.S. Government.

Listen to what he penned on the subject; "How to Read."

traveling, or a small pocket volume on some particular subject.

Read a chapter from the Bible every day, Old and New Testaments. The greatest wisdom of the age is to be found in the Scriptures. You can always quote from the Scriptures. It is the quickest way of winning approval."

That singular admonishment to read daily is worth more than gold. But Garvey went on to pen one of my favorite quotes: one that spoke then and speaks now.

"If 400,000,000 Negroes can only get to know themselves, to know that in them is a sovereign power, is an authority that is absolute, then in the next twenty-four hours we would have a new race, we would have a nation, an empire, - resurrected, not from the will of others to see us rise, - but from our own determination to rise, irrespective of what the world thinks."

Most Africans in America are about as likely to move to Africa as their great-grandparents were in the early 1900s. That part of Garvey's message is too far-fetched even to imagine. However, the real thrust of his message was and is self-determination.

I don't expect you to go "back" to Africa for any more than the trivial two-week excursion that White folks enjoy. But can you at least cast a vote in the upcoming elections?

There are almost 2,500,000 voting age African Americans in Texas. My bet is Marcus Garvey would be thrilled to know that they all showed up to the polls!

Vincent L. Hall is an author, activist, and an award-winning columnist.

Pol. adv. paid by John Wiley Price Campaign

COMMISSIONER
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VOTE!

CONSTITUTIONAL AMENDMENT
ELECTION RECOMMENDATIONS

<p>PROP 1: AGAINST</p> <p>PROP 2: FOR</p> <p>PROP 3: AGAINST</p> <p>PROP 4: AGAINST</p> <p>PROP 5: FOR</p> <p>PROP 6: FOR</p> <p>PROP 7: AGAINST</p>	<p>PROP 8: FOR</p> <p>PROP 9: FOR</p> <p>PROP 10: AGAINST</p> <p>PROP 11: FOR</p> <p style="background-color: red; color: white; padding: 2px;">PROP 12: AGAINST</p> <p>PROP 13: FOR</p> <p>PROP 14: FOR</p>
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VOTE EARLY: October 23 to November 3
ELECTION DAY: Tuesday, November 7

rorized their oppressors.

I'll let you Google him for a bio, but the short version is enough to prick your interest. Or better yet, go by and visit the Pan-African Connection in Dallas.

The beloved owner and procurer of all things African is Akwete Tyehimba. She is as steeped in history as she is beautiful in spirit and stature.

Garvey was born in Jamaica in 1887 and although he didn't arrive in Harlem until 1916, he

transportation to Africa, and the Negro Factories Corporation to encourage Black economic independence.

Garvey also unsuccessfully tried to persuade the government of Liberia in West Africa to grant land on which Black people from America could settle."

But in the movement, Garvey amassed a litany of liberating literature that would encourage Africans in America to do everything from avid reading to entrepreneurship.

"Use every spare minute you have in reading. If you are going on a journey that will take you an hour, carry something with you to read for that hour until you have reached the place. If you are sitting down waiting for somebody, have something in your pocket to read until the person comes. Don't waste time. Any time you think you have to waste, put it in reading something. Carry with you a small pocket dictionary and study words whilst waiting or

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CREDO OF THE BLACK PRESS

The Black Press believes that America can best lead the world away from racial and national antagonisms when it accords to every person, regardless of race, color or creed, full human and legal rights. Hating no person, fearing no person, the Black Press strives to help every person in the firm belief that all are hurt as long as anyone is held back.

The Days of Deception



FAITHFUL UTTERANCES

By Dr. Froswa' Booker-Drew

One of the biggest mistakes many of us make is listening to too many voices. There are over 300 million entries on Google for life coaches and 1,140,000,000 results for relationship experts.

We live in a world that makes it so accessible to find someone online or on social media espousing advice. It's not just about degrees and certifications. If that's solely what you are basing your decision on, that's not enough.

Some of us are listening to people who do not have the skills, experience or wisdom. These individuals are seeking notoriety, money or even acknowledgment.

Truthfully, much of the advice many of these people are offering does not even work for them. They are telling others how to live and

yet, their lives are in shambles.

It's important to use discretion when you choose to listen to the guidance of others. "The righteous choose their friends carefully, but the way of the wicked leads them astray." (Proverbs 12:26)

Those you surround yourself with make a difference. "Walk with the wise and become wise; associate with fools and get in trouble." (Proverbs 13:20 NLT).

Those we spend time with can change our destiny--- "You were doing so well! Who made you stop obeying the truth? How did he persuade you? It was not done by God, who calls you." (Galatians 5:7-8)

We need to be careful about those that we call our friends that offer advice. It's not what they say but pay attention to their actions and how they live.

"Even so every good tree bringeth forth good fruits; but a corrupt tree bringeth forth evil fruit. A good tree cannot bring forth evil fruit; neither can a corrupt tree bring forth good fruit. Wherefore by their fruits ye shall know them."

(Matt. 7:15-20.) Evaluate their results.

Even our well-meaning friends can impact our lives with bad guidance. A recent example is Tyrese Gibson's ex-wife, Samantha Lee.

She was recently on *Hardly Initiated*, a podcast on YouTube

not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; But his delight is in the law of the Lord, and in His law he meditates day and night" (Psalm 1:1-2 NKJV).

There are friends and then there are frenemies. Jeremiah

not endure sound doctrine; but wanting to have their ears tickled, they will accumulate for themselves teachers in accordance to their own desires, and will turn away their ears from the truth and will turn aside to myths." (2 Timothy 4:3) This short-term satisfaction is a set up for long-term suffering.

Want life-giving truth? "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths." (Proverbs 3:5-6).

It doesn't mean that you won't have challenges but Psalms 37:23-24 states, "Though they stumble, they will never fall, for the LORD holds them by the hand."

Despite the significant number of deceptive practices and people, you can't go wrong when you go to God for guidance.

Despite the significant number of deceptive practices and people, you can't go wrong when you go to God for guidance.

where she shared about her divorce and the cost of listening to others: "The truth about the matter is that if I had different people in my ear at that time, I would not have made that decision...And that's the truth."

She's not alone. Her friends really wanted what was best for her but it wasn't the best advice in retrospect. Many find themselves in bad situations because of listening to those whose counsel is not rooted in Godly wisdom.

"Blessed is the man who walks

9:5-9 reminds us that there are people that are close to us that we must be careful of trusting: "Their tongue is a deadly arrow; it speaks deceitfully. With their mouths they all speak to their neighbors, but in their hearts, they set traps for them."

There are others who are seeking advice to affirm their bad behavior. They seek out individuals who say what they want even if it is wrong.

The Bible warns us of this: "For the time will come when they will

Dr. Froswa' Booker-Drew is the President of Soulstice Consultancy and the Founder of the Reconciliation and Restoration Foundation. She is also the author of four books and the host of the Tapestry podcast.

Balancing Power Dynamics and Conflict Resolution for Black Women in Corporate Environments



OUR VOICES

By Dr. Stacia' Alexander

Introduction:

In the corporate world, conflict is an inevitable part of professional relationships. As Black women in corporate settings, understanding the distribution of power and adopting effective conflict resolution strategies becomes crucial. By recognizing the different approaches to power dynamics and embracing assertiveness, we can navigate toxic work environments, protect our mental health, and pave the way to success. In this blog post, we will explore the significance of power distribution in relationships, the three types of help in conflict resolution, and the importance of ap-

proaching conflicts with empathy and understanding.

Assessing Power Distribution:

When faced with conflict, it is essential to analyze the distribution of power in our relationships. Are others seeking domination over us or approaching us out of desperation? By recognizing power dynamics, we gain valuable insights into the motives behind the conflict and can tailor our responses accordingly. Understanding the distribution of power empowers us to assert our own voices while acknowledging and respecting the power of others.

The Three Approaches to Conflict Resolution:

In relationships, individuals tend to adopt one of three approaches to conflict resolution: passive, aggressive, or assertive. A passive person relinquishes power, allowing others to dom-

inate the conversation and decision-making processes. On the other end of the spectrum, an aggressive person forcefully asserts their power, often at the expense of others. The ideal approach lies in the middle, where assertiveness prevails. An assertive person maintains their own power while recognizing and respecting the power of others. Striving for assertiveness fosters open dialogue, empathy, and collaborative problem-solving.

The Importance of Assertiveness:

Embracing assertiveness is vital for successful conflict resolution. When conflicts arise, it is crucial to empower ourselves while remaining receptive to diverse viewpoints. By being assertive, we create an environment that encourages active listening, mutual respect, and the exploration of varied perspectives. This balanced approach allows for

a more comprehensive understanding of the conflict and increases the likelihood of finding a mutually beneficial solution.

Empathy and Understanding:

In conflict resolution, empathy plays a pivotal role. By considering the underlying motivations of others and recognizing whether they are driven by desperation or domination, we can approach conflicts with a deeper understanding. Practicing empathy allows us to engage in meaningful dialogue, bridge gaps, and find common ground. By fostering a culture of empathy, we can create inclusive and supportive work environments that promote collaboration and personal growth.

As Black women in corporate environments, navigating power dynamics and conflict resolution is essential for our professional and personal development. By assessing the dis-

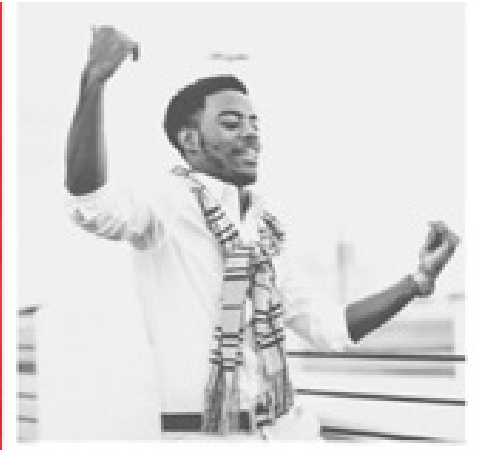
tribution of power, adopting an assertive approach, and cultivating empathy, we can effectively address conflicts and create a positive impact in our workplaces. Recognizing the importance of power dynamics and conflict resolution contributes to our mental health and overall well-being, allowing us to thrive as leaders and achieve success on our journey. Embrace assertiveness, foster understanding, and empower yourself to navigate toxic work environments with resilience and grace. Together, we can reshape corporate cultures, promote inclusivity, and lead the way to a brighter future for all black women in the professional world.

Dr. Stacia Alexander is a Licensed Practicing Psychotherapist and Clinical Supervisor, Mental Health Media Contributor, Professional Speaker, Corporate Trainer and author of 10 + Things I Wish I Knew About Mental Health in College.

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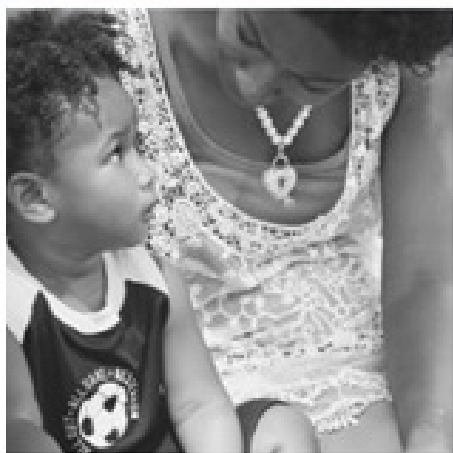
AFRICAN AMERICAN MUSEUM
3536 Grand Ave. Dallas, TX



KING DAY

1/15/24

10A.M.-5P.M.



Join us for a day of celebration and community featuring health & wellness workshops, vendor marketplace, performances, and more!

Building Strong Families & Communities

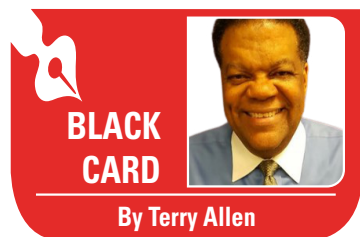
VENDORS:

email healthylivingex1@gmail.com or call 214-941-0110



When You Have Your Moses Moment, You will Grow

Silence as a Tool for Coping and Growth



Have you ever experienced a moment when words seem to lose their power, and silence becomes the most eloquent response? There are times when silence can speak volumes, and mastering the art of silent communication is an important life skill that can shape our relationships, our decision-making process, and even our self-perception. Sometimes, not re-

sponding with words but just being silent or listening can diffuse tension. In those moments, silence isn't about winning or losing an argument; it's about understanding and respect.

Just recently I was moved to silence when close ally(used) and colleagues only reach out to me when there was a need yet I never got any other responses or engagement on any other issues sacred to me. I was only engaged when my 'gifts' were needed. It can fuel great disappointment in others. I am experiencing health matters in my family BUT they can fully share their dilemmas and seek my help without hesitation.

My grandmother, Lucille "Big Mama" Allen, was the source of wisdom and faith in our family. She often said, "When you have your Moses Moment, you will grow." She knew this truth well, drawing inspiration from the biblical story of Moses spending 40 days and nights in silence with God to find strength.

The silence experience demonstrates how choosing not to retaliate with words can transform a hostile situation. It's a clear reminder that we have the option to pause before we speak or react, allowing us to navigate difficult conversations more effectively. In these moments, silence isn't about

winning or losing an argument; it's about understanding and respect.

Sometimes, you stumble upon perspectives fueled by ignorance more than knowledge. Just check the current political landscape and you will see multiple examples. Rather than throwing yourself against a brick wall, silence can be your ladder over it. In the face of ignorance, silence can be a strategic choice, preserving your energy and mental well-being for a better victory.

Silence is a potent tool to navigate challenging conversations, exercising control, maintaining respect, encouraging

understanding, and fostering healing. In the spirit of Big Mama's wisdom, I encourage you to share your own "Moses Moments" when silence led to personal growth and understanding. Let us learn from one another, for in the silence, we find strength and wisdom to face life's challenges with grace and resilience. Share your story with me at Terryallenpr@gmail.com - Thanks Big Mama.

Terry Allen is an NABJ award-winning Journalist, DEI expert, PR professional and founder of the charity - Vice President at FocusPR, Founder of City Men Cook and Dallas Chapter President of NBPRS.org

Weekly African American History Classes

provide balanced authentic education



Every Thursday, Dr. W. Marvin Dulaney and Robert E. Edison of the Museum will lead engaging courses on a variety of topics, from African history, colonial and antebellum African American history and the Civil War to the Civil Rights Movement, Black power and Black nationalism

The African American Museum, Dallas, is hosting an eight-week series, "Community African American History Class," Thursdays from 7-9 p.m. Oct. 26-Dec. 21 (except for Nov. 23).

Covering a wealth of topics - from the Civil War to the Black Arts Movement to civil rights - the weekly classes will be taught by Dr. W. Marvin Dulaney, museum deputy director and COO and national president of the Association for the Study of African American Life and History (ASALH), along with Robert E. Edison, museum curator of education. With limited enrollment, registration is \$50, \$25 for members of the Museum and ASALH, and free for high school students and public school teachers.

"This is particularly important as African American books and studies in schools and libraries are becoming increasingly threatened in Texas," said Dr. Dulaney. "We hope these courses will provide African Americans and people

from every part of our community with a comprehensive look into the often forgotten, complex history and contributions of African Americans. This is such an important time to shed light and keep these stories alive."

Each week, instructors will lead engaging discussions on a variety of subjects including the African past, historiography, arts, colonial America, antebellum, Civil War, Civil Rights Movement, Black power and Black nationalism.

Courses are also designed as a supplement to educators, offering materials, resources and pedagogy to apply in the classroom.

The Community African American History Classes will be held at the African American Museum, Dallas, in historic Fair Park on the following Thursdays: Oct. 26, Nov. 2, 9, 16 and 30, and Dec. 7, 14 and 21. The Museum is located at 3536 Grand Ave, Dallas, TX 75210. For more information and to register, go to aamdallas.org.

Oldest African American Church



Mount Pisgah Missionary Baptist Church recognized at Dallas County Commissioner's Court as the oldest African American Church in Dallas County, Texas (6/19/1864).

Educating, Encouraging & Enlightening the Alzheimer's Caregiver

CEUs Pending

2023 12TH ANNIVERSARY

Hopeful SYMPOSIUM

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SATURDAY, NOVEMBER 18, 2023
9 AM - 3 PM
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Associate State Director of Advocacy and Outreach for AARP Texas

Dr. Monica W. Parker
Co-Director, Alzheimer's Disease Research Center Emory University

Ms. Kamika King, MA, MFT, BC
King Center for Empowerment, LLC
Board Certified Music Therapist

Dr. Ihab Hajjar, MD
UT Southwestern Medical Center
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Hopeful2023.eventbrite.com

Platinum Sponsors: The Girl Friends, Inc., St. Paul A.M.E. Church, BARBARA JORDAN CIVIC CIRCLE, Community Arts, UTSouthwestern Medical Center

Deltas Gather at UNT



The answer is simple: Delta Sigma Theta Sorority (Zeta Eta Chapter) alums sent out a memo cross-country three weeks in advance asking for RSVP's for a September 29, 2023 GIRLS DAY TRIP!

The significance of September 29? Delta Sigma Theta Sorority was chartered on the UNT campus in 1968 as the first Black greek-letter organization.

Among the alums in attendance were four of the 19 charter members: Sheila Wheatley Clark, Charter President; Sandra Williams Stephens, Ruth A. Baker and Helen Cooper Hicks. Of particular interest was a larger representation from early pledge classes

(1969-1975), some of which had not returned to the UNT campus since graduation. Sixty-two answered the clarion call to agree that it is our just due in moving forward that we must never forget the past.

Wooten Hall where Charter President Clark participated in an oral history taping for UNT archival collection.

They also left a sizable donation toward the UNT/BAN endowed scholarship fund.

What do UNT alums do when they are looking for something to do pre-UNT homecoming week?

With special assistance from Dr. Daniel Suda, UNT Alumni Association and a student tour guide, alums were afforded the opportunity to experience Eagles Landing, visit to the Welcome Center, the new Library and

According to Ella Goode Johnson, organizer, the highlight of the trip was interfacing with the current UNT students who joined in for dialogue, photos and a bit of singing and strutting!

Elect

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- * Georgetown Law Center, LL.M. Securities and Financial Regulation
- * Thurgood Marshall School of Law, J.D.
- * University of Arkansas at Little Rock, B.A. Political Science and International Studies

Experience

- * 24 years of Legal Experience
- * Experienced as a Trial Attorney
- * Experienced in Real Estate Private Equity
- * Law Clerk, Honorable Petrese B. Tucker and Honorable Clifford Scott Green, United States District Court for the Eastern District of Pennsylvania, Philadelphia

Professional Involvement

- * Delta Sigma Theta Sorority, Inc.
- * Dallas Bar Association
- * J.L. Turner Legal Association
- * John C. Ford American Inn of Court
- * League of Women Voters

www.tracieshelbyforjudge.com

Learn More

VOTE for TRACIE SHELBY in the Democratic Primary March 5, 2024

Comerica Bank presents Women's Business Symposium



Check presentation



The Girtalk was real!



Actress Marlee Matlin shared a strong message



Sharing experiences



Gaby

It was a morning of empowerment, information, sharing and building relationships at the 5th Annual Comerica Bank Women's Business Symposium.

The event featured two amazing speakers: Marlee Matlin, Academy Award-winning actress

and activist and Gaby Natale, a three-time Day-time Emmy Award winning journalist, author, and entrepreneur; both having testimonies that were inspiring and emotional.

A panel featuring successful local business leaders was moderated by NBC 5's Laura Harris

and Comerica Bank contributed \$80,000 to Viola's House, a local non-profit benefiting women and girls in the community, whose mission is to provide maternity housing and support services to mothers who are faced with an unplanned pregnancy.

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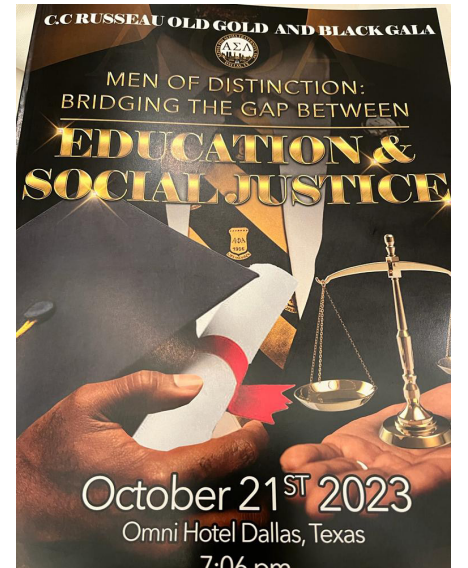
DBDT.com BUY TICKETS

Presenting Sponsor: TEXAS INSTRUMENTS, Media Sponsor: T

Dallas African American Museum Disco Gala featuring the Dennis Edwards' Temptations Review and honoring Revs. Bryan Carter and Frederick D. Haynes III



C.C Russeau Old Gold & Black Gala



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NATIONAL SOCIETY OF BLACK SPORTS PROFESSIONALS NORTH TEXAS

BSPNTX is awarding 10 scholarships during the 2023-24 academic year to deserving college students with ties to the Dallas-Fort Worth area

Applications open now until November 1, 2022

GO TO BSPNTX.COM/SCHOLARSHIPS FOR MORE INFORMATION



OCTOBER

26

R&B/HIP HOP

Night Sounds at Legacy Hall, 7800 Windrose Avenue, Plano -- TURN IT UP A NOTCH, VEGAN STYLE! Vegan Vibratonz and Vegans After Dark presents R&B/Hip Hop Night Sounds at Legacy Hall! What goes better than cocktails and crunchwraps? Cocktails, Crunchwraps and great music! Join us as DJ Twin 1 brings a whole new VIBE to Legacy Hall!

THE ELEPHANT IN THE ROOM
Queens of R&B "No Boundaries" Tour

- Health & Wellness
- Breast Cancer
- Domestic Violence

26 OCT 5:00pm

Michael's of Las Colinas
605 W. John Carpenter Frey
Irving, TX 75039

Hosts: Dr. Cynthia Rice, Sherita Hester, Sherita Hester, Lady Q, Mimi Combs

The Elephant in the Room, Queens of R&B "No Boundaries Tour" at 5p.m. featuring Dr. Lynne Haze, Sylvia Dunnavant and more at Michaels of Las Colinas.

28

The battle of the A&Ms!

FAMU Homecoming



Mirrorball Black Tie Dinner, Inc. Sheraton Dallas Hotel at 7pm

The Southwest Dallas County Alumnae Chapter of Delta Sigma Theta Sorority presents BIZ KIDZ - Summit & Expo, 10a.m.-1p.m. at Lancaster High School, 200 E. Wintergreen Road, Lancaster Register for FREE at <https://bit.ly/DeltaBiz-Kidz> Sell your product/service and promote your business!



Irving Black Arts Council presents Driving Miss Sadie, at 333 N. MacArthur at 7:30pm



THE THIRD EYE & EGBE EGUM FE WA PRESENTS:

THE 28TH ANNUAL FREEDMAN'S CEMETERY TRIBUTE

To The Ancestors

JOIN US FOR TRADITIONAL AFRICAN SONG, DRUMMING & FESTIVAL AFTERPARTY

October 28, 2023

MEMORIAL 12-4 PM FESTIVAL 4-8 PM

FREEDMAN'S AFRICAN MEMORIAL PARK & CEMETERY
2700 Lemmon Ave, Dallas, TX 75204

SPONSORED BY: SIERRA CLUB & DOWNWINDERS AT RISK

NOVEMBER 1

Chris Tucker: The Legend Tour 2023 at The Pavilion at Toyota Music Factory, 300 W. Las Colinas Blvd. in Irving at 8p.m. ticketmaster.evy.com

MarCon Texas 2023 - Digital Market-

ing, Media & Advertising Conference 9:00 am at The Westin Dallas Downtown Hotel • Dallas

6

Wilmer will be hosting a public open house from 6 p.m. to 8 p.m. at the Wilmer Community Center, 101 Davidson Plaza in Wilmer and city leaders and staff encourage all residents and future residents to attend.

9

North Dallas Suburban Alumnae Chapter of Delta Sigma Theta Sorority, Inc. presents the return of Crimson Sunset, presented by Safe Harbor Marinas, at 6:30pm at Brookhaven Country Club in Farmers Branch

Chris Howell Foundation's (CHF) "Building Up Fundraising Event" Time: 5:30 -7:30pm, Doors open at 5:00 pm at Amy Holly, 111 North Bishop Avenue Suite B Dallas, TX 75208

11

Big Black Tie Ball

BIG BROTHERS BIG SISTERS

BIG BLACK TIE BALL

Frontiers of Flight Museum, 6:30 pm -Cocktails and Heavy Hors d'oeuvres 8:00 pm - Program & Dinner with Entertainment to Follow. Sponsorships are available at WWW.BIGBLACK-TIEBALL.COM

Southwest Dallas County Alumnae Chapter of Delta Sigma Theta Sorority presents Winter Weather Safety "There's No Time to Chill When it Comes to Safety" ZOOM Symposium at 1p.m.



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THE BLACK ACADEMY OF ARTS AND LETTERS
SEASON FORTY SEVEN

NEW DATE TO BE ANNOUNCED

RESCHEDULED

Real Truth
THE LIFE OF CONGRESSWOMAN
EDDIE CLAYTON JOHNSON

Congresswoman Johnson shares stories and firsthand accounts about her personal relationship with near 20 presidents, Heads of States, and political luminaries worldwide.

SAT, OCT 28, 2023 @ 10am | Room T-203
\$15-includes Dialogue and Breakfast
PLUS APPLICABLE FEES

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GET TICKETS AT TBAAL 214.743.2400 OR VISIT WWW.TBAAL.ORG

VISIT DALLAS

Dear Homecoming attendees

cont. from page 1



union or trying to get over a bout of depression.

Some say common courtesy, like common sense is not so common anymore. They want to blame it on younger generations.

I'm not going to get into blaming. I'm going to smile and keep it moving because I am so happy to be alive and able to attend anybody's Homecoming

Game over a Homegoing Service!

For me, it is coming back to a place where so much good in my life actually began. I will see people I only see once a year and we will pick up where we left off last year.

Now as I write this piece, it is still day 1.

I didn't have a rental car reserved and I took a

chance and lo and behold when everyone was saying "NO" Hertz said YES!

So it was off to see Eulinda. I met Eulinda at a National Association of Black Journalists (NABJ) Convention in Las Vegas. She was a vendor and provided beauty services. It was a pleasure meeting her and finding out she was not only a Rattler but



a fellow Divine 9er (member of Alpha Kappa Alpha Sorority).

Eulinda styled my hair for my induction into the NABJ Hall of Fame and I received rave reviews.

When I called her salon, HALO, for an appointment, she immediately took care of me.

I am just winning all around!

Homecoming is good!

So next it was off to FAMU's campus where one of the brightest and warmest welcomes I received came from Athletic Director Tiffani-Dawn Sykes. She has the distinction of being in the 3 percentile of Black female athletic directors at Division I universities.

Note: Three percent of 350!

And she is more than qualified.

Which brings me to my truth.

If the rest of FAMU's Homecoming is anything like the first day, I'm going to be full of joy. And to top it off, I will be celebrating my 45th Del-taversary with the Elusive Ladies of the Beta Alpha Chapter of Delta Sigma Theta Sorority (BADST).

But there's so much more.

We must go back and enjoy the fun and festivities, the fashion and step shows, the walks down memory lane; and of course the game!

But we also have a responsibility to give something, to leave FAMU (substitute and put your school's name in the spot) better than when you arrived.

Think of it like tithing — whatever you spent to get here; at least leave another 10% for scholarships. Take a student out for a meal and share

some knowledge with them.

Walk up to the President, a Dean, a Coach or AD Sykes and while you're sharing your finite wisdom; when you shake their hands, put a check into it!

You see, everyone has all the answers when actually some of the solutions require finances. So if you really want to round out the Homecoming experience, make sure the school benefits as much as the hotels, airlines, restaurants, malls and car rental places.

Oh, yeah, FAMU is playing Prairie View A&M University. It will be the first time in my lifetime these two teams will meet and I would love to see the two bands compete.

Go RATTTLERS!
And until next time, safe travels and best wishes.



Lifestyle Metro Calendar powered by



October

28

CEMETERY CLEAN UP

JOIN THE NAACP-DFW METRO BRANCH to assist in cleaning the Champion-Macedonia historic African American cemetery in Lewisville. 9am-12pm, 1450 S. Stemmons Fwy

the North Dallas Suburban Alumnae Chapter!

Crimson Sunset will feature live music, heavy hors d'oeuvres, and a cigar patio. Brookhaven Country Club. Get tickets: <https://tinyurl.com/ykskshpty>



charitable event benefiting the JV McRae Foundation and the Bowtie Boys. The keynote speaker will be author Travis Wortham.



Hopeful Alzheimer's & Caregivers' Symposium, 9am - 3pm UT Southwestern Medical Center 5323 Harry Hines Blvd., Dallas, TX

Doug E. Fresh and Reverend Run of Run-D.M.C., who will at the same time throw their own celebration of hip-hop's 50th anniversary as a genre during the festivities.

DECEMBER 9

NATIONAL SOCIETY OF BLACK SPORTS PROFESSIONALS NORTH TEXAS Presents Its SECOND ANNUAL HOLIDAY + SNEAKERS SOCIAL Fly Attire, Fresh Sneakers

16



The 25th annual Christmas in the Park at 8:30am in the Fair Park Automobile Building

Send your calendar items to editor@texasmetronews.com

RON BIVINS THE PEOPLE'S SERVANT MINISTRY 6TH ANNUAL

Living Legends AND SCHOLARSHIP Gala

FEBRUARY 9, 2024 | 7PM

DOORS OPEN AT 6:30P | POST EVENT SOCIAL 'TIL 10:30P

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GUEST SPEAKER DALLAS COUNTY SHERIFF MARIAN BROWN

PLUS 10 SCHOLARSHIP RECIPIENTS TBD

CONSTABLE TRACEY GULLEY, LIBBIE LEE, ALLEN MADISON, BARBARA BROWN MCCOY, DR. KELLE MURRELL, KEITH SOLIS

29



InTouch Gospel presents A Conversation with Women of Faith at the African American Museum-Dallas at 4p.m. with moderator Jacqueline Vaughn.

11

IVY & PEARL FOUNDATION OF DALLAS

The Ivy & Pearl Foundation of Dallas is hosting their 27th Annual Bowl-a-Thon Fundraiser to fund scholarships for graduating seniors at Bowlero Bowl in Garland, TX 75041. For more info, contact jmvaughn@aol.com



BIG BROTHERS BIG SISTERS

BIG BLACK TIE BALL

November 11, 2023

Frontiers of Flight Museum

NOVEMBER

4

HOLIDAY JUMPOFF

SATURDAY, NOVEMBER 4TH 2023 @THE CURTIS CULWELL CENTER 4999 NAAMAN FOREST BLVD DALLAS, TX (GARLAND, TX)

TREY SONGZ • TANK • JAGGED EDGE

GINUVINE • CASE • YUNG JOC • YUNG YANG TWINS • 69 BOYS • LAH PAT

HOLIDAY JUMPOFF AT CURTIS CULWELL CENTER 4999 Naaman Forest Blvd, featuring Trey SONGZ, Tank, Jagged Edge and more



The C.V. Roman Medical Society Scholarship Gala - Dr. Brian Williams, trauma surgeon and Congressional Candidate, will be the keynote speaker. 6:30 pm | The Statler Hotel, Dallas

Central Market REALLY INTO FOOD

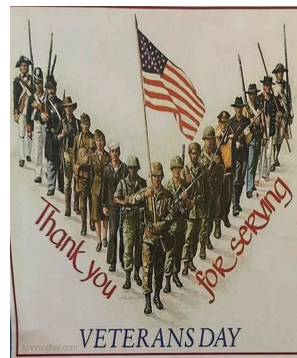
FEAST OF SHARING

Saturday, November 11th

Fun for the Family!

11am-3pm

1010 1st Ave, Dallas, TX, 75210 www.CentralMarket.com



First Christian Church, 115 So. Glenbrook Dr., Garland, TX and the Heritage Brass Band present: A Veteran's Day Concert at 7p.m.

NATIONAL SOCIETY OF BLACK SPORTS PROFESSIONALS NORTH TEXAS

SUMMIT

"150 Years of Culture. 50 Years of Hip Hop. 1 Deep Ellum Day." Deep Ellum Music Festival. The festival will be free and family-friendly as it celebrates the culture and talent that has come from the entertainment district. That includes rock band Bowling For Soup, who will be headlining the event. That North Texas-sprung band will perform at this event alongside

5

BUILDING THE BRIDGE EMPOWERMENT BRUNCH 12 PM

Adventure & Victory is excited to host this year's "Annual Building the Bridge Empowerment Brunch." Purchase tickets at AdventureVictory.org

9

Come party with the Sorors of

18



BANDS OF HOPE 10th annual charity gala at the Hilton Hotel Richardson, 701 E. Campbell Road. A

Free adult education that prepares you for high-paying careers in Logistics.

Enroll Now

WorkReadyU DALLAS COLLEGE

Gray is rising tennis star

By Ayesha Hana Shaji
 Texas Metro News Team

DeMatha Catholic high school freshman Cody Gray is making a name for himself as a tennis player. He recently led his school's tennis team to win the championship, with his first-place finish in singles play.

In a tense match against Gonzaga's Jack Sherner at Braden Courts in Greenbelt, Maryland, Gray's lead disappeared, but he remained focused on being aggressive and pumping himself up. He arrived at the baseline with renewed energy, returning several challenging slices from his opponent, and won the match 8-6.

Gray has quickly risen to the top of DeMatha's line-up during his first season and has been a key player in their success.



Cody Gray with family members.



BLACK AMERICAN FIREFIGHTERS ACTIVITY SHEET



Hi Everybody!
 October is Fire Prevention Month! I tip my fire hat to all those brave firemen who risk their lives daily fighting all kinds of fires! It takes a special kind of person to do that kind of work.

NEW FIRE CHIEF OF OAKLAND, CA



After serving as the Fire Chief for five years for the City of Hartford, Connecticut, Reginald D. Freeman became the Fire Chief for the City of Oakland in 2021. Prior to the City of Hartford, Chief Freeman served as the Fire Chief for Lockheed Martin and served as a civilian Fire Chief in Iraq for the U.S. Department of Defense from 2004-2008. He was also instrumental in putting Hartford, CT on the map for creating their own Firefighter comic book and mascot!

THE MANY HATS OF A FIREMAN!

There are a number of types of jobs within the fireman's career to choose from. Listed below are just a few descriptions of some of the positions...

Firefighter!
 They fight fires in buildings, they rescue people and animals from all kinds of places!

Inspector!
 Inspects buildings to make sure they are safe and meet the fire code standards.

Fire Investigator!
 After a fire, it's their job to determine if the fire was an accident or set on purpose, which is called arson.

Engineer!
 The person you see driving the fire engine or truck and sounding the alarm! The engines pump the water and the trucks carry the equipment.

HazMat!
 This fireman deals with dangerous materials or chemicals.

Captain!
 Responsible for the fire station and the firefighters at that station.

Fire Chief!
 This person is responsible for managing several fire stations.

Airport Rescue FireFighter (ARFF)
 Fights fires on planes and at airports, which requires specialized training.

TELL THE TRUTH!

Print the letter T on the line if the statement is True or F if the statement is False.

____ The first documented use of Black Americans as firefighters happened in the 1800s in Richmond, VA.

____ The City of Savannah appointed firefighters who were free men of color, free negroes of color and hired slaves.

____ Firemen who were "free men of color and free negroes of color" were fined or jailed if they failed to answer a call of a fire alarm.

____ The difference between a fire engine and a fire truck is that the fire engine pumps water.

____ If a house is filled with smoke you should walk out of it.

____ Stop, Drop and Roll is a handy tip if your clothes are on fire.



SCAN ME

BLACK AMERICAN FIREMEN OF THE 1800S

I traveled back in time to the early 1800's to take a look at Black American Firefighters. It's recorded that there was a huge fire in New Orleans, LA in the 1800s that caused the white Fire Commissioner at the time to demand that "free men of color or slaves" had to fight the fires for the people of the town. It's also recorded that "free men of color, free negroes and hired slaves" were also responsible for fighting the fires in the city of Savannah, GA. The city of Savannah passed a law to ensure that "men of color, negroes and slaves" would continue to fight the fires for the city or be subject to a fine or prison for several days.

FIRST BLACK FIRE CHIEF



Chief Patrick H. Raymond is believed to be the first Black American Fire Chief in the United States. In 1871, he was appointed Chief Engineer of the Cambridge Fire Department in Massachusetts. He was also a member of the National Association of Fire Engineers.

The comic book and Mascot Hartford Henry, were both created and developed by CT cartoonist, producer, Joe Young! The project was to promote fire safety by providing the local schools with copies of the comic book and personal appearances by Mascot Hartford Henry at area schools.



ANSWER KEY

TELL THE TRUTH

F
T
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WEEK OF OCTOBER 22, 2023 #121 WWW.JOEYOUNG.ORG KEMET ACTIVITY SHEETS © 2023 BY JOE YOUNG

YOU'RE INVITED TO THE

Bands of Hope 10th Annual Charity Gala

November 18, 2023
 DINNER AT 7 PM
 SEMI-FORMAL ATTIRE (BLACK TIE OPTIONAL)

Hilton Hotel Richardson
 701 E CAMPBELL RD, RICHARDSON, TX

A CHARITABLE EVENT BENEFITTING
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KEYNOTE SPEAKER - TRAVIS WORTHAM JR.
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AFRICAN AMERICAN MUSEUM, DALLAS DEDICATES NEWLY REFURBISHED COURTYARD

The Harry Robison Jr. Courtyard was funded thanks to generous gifts from Lowe's Hometowns and Mary McDermott Cook; refurbishments – from new plantings and irrigation, to beautiful sliding glass doors and power washing – bring sparkle to 30-year-old outdoor space

The 30-year-old courtyard at the African American Museum, Dallas, has a fresh, sparkling look and a new name, thanks to a generous grant from the Lowe's Hometowns initiative along with additional funding from philanthropist Mary McDermott Cook.

The courtyard has been named the "Harry Robison Jr. Courtyard" in honor of the beloved founder and president/CEO of the mu-

seum, which began 49 years ago at Bishop College and has called historic Fair Park its home since 1993.

"Harry Robison has been the heart and soul – and the driving force – behind the African American Museum, Dallas, since the beginning, and there is no one more deserving," said Vonciel Jones Hill, chairman of the African American Museum board of directors.

Community leaders and museum officials were on hand today for the ribbon-cutting ceremonies. They celebrated a variety of improvements that included the demolition of the yard, replacement of soil, installation of the flatwork for the new sliding glass door, cleaning of the existing tile floor, power washing of the exterior walls and pathways surrounding the building, new irrigation for the plantings, weeding and trimming of existing greenery, and concrete replacement.



Autry Warren, Mary McDermott Cook, Dr. Harry Robison Jr., Helen Giddings, Vonciel Jones Hill, Billy Allen

In-kind support for the courtyard was provided by Fair Park First, Rise360, IFR-TX and Outdoor Aesthetics.

"I'm very grateful for this honor, but the credit truly must be shared with the thousands of tireless leaders, volunteers, staff members and donors who have

given their time, expertise and resources to support the African American Museum, Dallas here at Fair Park," said Robison.

Robison noted that the courtyard has been a popular gather-

Read more at www.texasmetronews.com

DeSoto ISD Students Participate in STEM Fest at Perot Museum

DeSoto, TX —United Way of Metropolitan Dallas, along with presenting sponsors Texas Instruments and Mr. Cooper Group and supporting sponsor Vistra, hosted STEM Fest today, Tuesday, Oct. 24, at the Perot Museum of Nature and Science.

With the help of more than 150 volunteers, 400 fifth through eighth grade DeSoto Independent School District students engaged in interactive science, technology, engineering, and math (STEM) activities to challenge their minds and inspire their imaginations.

Activities during STEM Fest included:

- Robot Coding
- Musical Coding
- AI-Vengers
- AI Facial Recognition

Learn more about DeSoto ISD Schools and programs for scholars approaching pre-kindergarten through 12th grade by visiting the district's Choice Showcase event from 9 a.m. to noon on Sat., Nov. 4 at DeSoto High School located at 600 Eagle Drive in DeSoto.



2023 HBCU HOMECOMINGS

As usual, October is HBCU homecoming month. Thirty-nine (39) of the 47 homecoming dates are in the month. October 21 leads the way with 14 homecoming dates. October 14 is next with 13. Both MEAC champions N. C. Central (vs. Norfolk State) and new Colonial Athletic Association member N. C. A&T with its GHOE – Greatest Homecoming on Earth (vs. Towson) – have homecoming dates on November 4.

SATURDAY, OCTOBER 28 (5)

- ALLEN vs. Edward Waters
- FLORIDA A&M vs. Prairie View A&M
- HAMPTON vs. North Carolina A&T
- MOREHOUSE vs. Kentucky State
- NORFOLK STATE vs. Morgan State

NOVEMBER

SATURDAY, NOVEMBER 4 (4)


- NORTH CAROLINA A&T vs. Towson
- NORTH CAROLINA CENTRAL vs. Norfolk State
- PRAIRIE VIEW A&M vs. Arkansas-Pine Bluff
- SOUTH CAROLINA STATE vs. Howard




- HBCU Game Day



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DAILY REMEMBRANCE

The Strong One

By La Juana Barton

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RAINBOW PUSH honors legacy of founder cont. from page 1

offered solutions for moving forward an agenda that will only come with reform, which will be the result of advocacy.

No one got a pass when it came to addressing the issues ranging from voter suppression, prison reform, economic influence, paid-off preachers, and more.

Rev. Haynes said, "Sometimes you have to feel the heat to see the light.... If we don't have communal wealth, we don't have political power."

There was a common theme of organizing and collaborating, emphasized by speakers.

Atty. Arnwine, who stressed the importance of acknowledging and encouraging the use of Black power.

"You don't have to be a millionaire to have economic influence," she said. "You've got to tell Black folks that they have power — use whatever money you have... but still think about how you are going to use it."



Rainbow PUSH Chair Tricia "CK" Hoffler addresses panel

Citing then-Sen. Barack Obama's campaign where the small dollar donations made the difference, Arnwine applauded a contributor who donated all she had, "10 dollars and some change."

As Ms. Brown recounted that story of the woman who said it was all the money she had as she scraped together change in her car, she pointed out that it was important to have a stron-

ger, positive message. Arnwine agreed, adding, "We've got to do everything we can to tell people they matter. We must tell them that they are powerful, their vote is amazing, their one vote is so powerful. Teach our people the things they can do with the power in their hands. Tell them they are wonderful."

Panelists referenced hearing that the National Newspaper

Publishers Association (NNPA), under the leadership of President Dr. Ben Chavis and Chair Bobby R. Henry, Sr., would be focusing on those and other issues as they encouraged attendees to use the Black Press, the Black-owned media which is deserving of support.

Haynes, who encouraged working with NNPA, is also expected to begin a regular column which will be dissem-

inated to its more than 200 Black-owned media outlets.

Friday will be a full day also beginning with an Executive Breakfast at Friendship Baptist Church, focusing on The Cost of Business - Inflation's impact and the Role of Finance, followed by "Promoting Inclusive Economic Growth- Africa and the Diaspora." The Ministers Luncheon, featuring a panel of clergy members will focus on engaging, educating and empowering the masses.

The evening culminates with the Legacy Celebration honoring Rev. Jackson and introducing Dr. Haynes; with special guest Media pioneer Xernona Clayton.

Jackson founded Operation PUSH (People United to Save — later Serve— Humanity) in 1971 and the National Rainbow Coalition in 1984. The two non profit organizations were merged in 1996. The organization is headquartered in Chicago, Ill.

International and financial focus at Rainbow Push Conference in Atlanta



Panelists



Panel discusses international affairs



Rattlers were in the house



Dr. Frederick D. Haynes and Xernona Clayton



Omega Psi Phi cake in honor of Rev. Jackson



Long-time retired Dallas educator Shirley Ison Newsome



SVE's April Taylor and Rainbow PUSH's Board Chair CK Hoffler with student interns



Texas Metro News Publisher Cheryl Smith and Rev. F.D. Haynes III



Attendees listen intently during Africa discussion