

**“Even the smallest act of service, the simplest act of kindness, is a way to honor those we lost, a way to reclaim that spirit of unity that followed 9/11.”**  
**—President Obama in a 2011 radio address**



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# The Dallas Post Tribune

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VOLUME 71 NUMBER 52

SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

September 12 - 18, 2019

## Flying While Black: Stop the U.S. Congress from Raising Air Travel Taxes

By Dr. Benjamin F. Chavis Jr., President and CEO National Newspaper Publishers Association

Working families in the African American community and beyond have a hard-enough time keeping up with daily expenses. Every mortgage payment, car payment, trip to the grocery store, stop at the gas station, or utility bill that shows up in the mail is a reminder of how expensive it is to afford basic needs. Now, lawmakers in the U.S. Congress have introduced legislation that threatens to add one more expense to that list.

On Capitol Hill, some lawmakers are championing what is essentially a regressive tax on airline passengers that would raise the cost of flying – painfully, on working families. If successful, the tax hike would burden African American travelers with significant additional fees on top of what is already required. Lawmakers who support the increase insist that the money will be spent on infrastructure improvement projects at airports. But, if our communities can no longer afford to fly, this becomes a moot point.

The tax, known as the passenger facility charge, is a locally enforced but federally authorized fee that every passenger must pay at U.S. commercial airports. Nearly every airport in America charges it. The fee is currently set at \$4.50 per person per leg of a trip. Legislation has been introduced that would remove that cap, allowing airports to charge any amount they want.

Some have proposed raising the PFC to



\$8.50, nearly doubling the current tax. That would add a significant cost for all American families. Under that proposal, a family of four on a connecting flight would pay nearly \$150 in this tax alone – a tax that is layered on top of the price of the ticket itself. Such a substantial increase could be the deciding factor between that family taking this vacation or staying home.

Fortunately, largely due to the recent surge of low-cost flights from many airlines, air travel has become a more obtainable luxury, remaining largely affordable for working people, whether in rural America, the suburbs or the inner cities. While still a relatively expensive proposition, air travel to get away on a vacation, or to visit far-away family and friends, without the proposed new tax, is still within reach for many

individuals on tight family budgets. The near-doubling of the PFC tax will likely place air travel out of reach for many. And the reason for this hike is absurd.

The argument for the hike is that the additional money will pay for much-needed infrastructure improvement projects at airports nationwide. But here is the problem: America's airports don't need the extra money. Airport revenues are already growing strongly. Since the year 2000, airports have enjoyed revenue increases of 87 percent, without the cost of flights rising meaningfully. This growth drastically outpaces the actual cost of flying, even after factoring for inflation.

In addition, over the last decade, more than \$165 billion in federal aid has been directed to airports for improvement proj-

ects at America's largest 30 airports alone. More than that, the so-called Aviation Trust Fund is expected to reach nearly \$8 billion by the end of 2019.

And this summer alone, the Federal Aviation Administration has awarded hundreds of millions in renovation grants to airports across America earmarked for infrastructure improvements. It's also worth keeping in mind that air travel and tourism are now at or nearing all-time highs, meaning that airports are collecting more in PFC taxes than they know what to do with.

By contrast, the income of working Americans has been stagnant for years. Considering that airports are more profitable now than ever before, it is disappointing that they, with the backing of politicians in Washington, are now coming to average Americans and asking them to shoulder the cost.

America's airports are well-positioned to continue to fund infrastructure improvement projects without needlessly reaching into the pockets of America's working families and robbing them of one of the few affordable luxuries available to them. Congress must stand up for working people and refuse this tax increase.

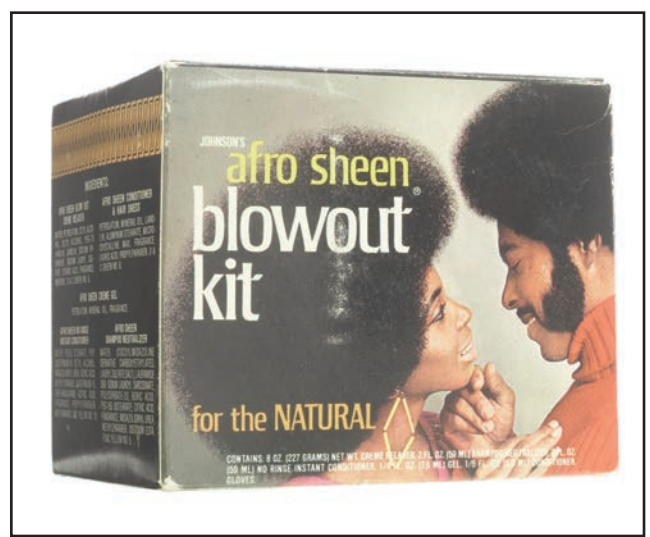
Economic progress in America should empower African Americans and others. We in the Black Press of America will not be silent on this issue.

### Joan Johnson, The Queen of Afro Sheen, Dies at 89

AP - Joan Johnson, who helped create one of the nation's largest black-owned companies, has died.

Johnson, 89, co-founded Johnson Products Company, the pioneering black hair care company which made iconic products such as Ultra Sheen and Afro Sheen. She died Friday in Chicago after a long illness.

She started Johnson Products Company in Chicago in 1954 with her husband, George Johnson. They took a \$250 investment and turned it into a multi-million dollar company which became the first black-owned company to be traded on the American Stock Exchange (now known as NYSE American).



### The Tamron Hall Show Debuts

By **Nsenga K. Burton, Ph.D., NNPA Newswire Entertainment and Culture Editor**

America's news sweetheart Tamron Hall is back with a self-titled daytime talk show The Tamron Hall Show. Following Hall's controversial yet celebrated 2017 exit from the Today Show after being curbed in favor of white supremacy Megyn Kelly, Hall returns to television as a talk show host on her terms.

In addition to Hall's professional life, a lot has also

changed in her personal life since the abrupt Today and MSNBC exit. The award-winning journalist is now married and a mother of a son, which she discussed at the "Journey to My Wildest Dreams" Toyota sponsored luncheon at the 2019 NABJ national convention held in Miami.

Hall discussed how motherhood has changed her life, the confidence required to be in the news business and the challenges faced by blacks in general and black women specifically on the often-complicated



journey to success.

Hall reiterated the importance of having a seat at the table and being ready when the opportunity presents itself. "There was a window, a sliver of opportunity and I took it," says Hall. "I knew I had to shoot my shot," says

the Texas native. Indeed, Hall shot her shot, landing on her feet with a daytime talk show in a market that is crowded but ripe for a voice like Hall's.

Continues on Page 4

### Jury to be selected for ex-cop who killed unarmed black man



DALLAS (AP) — The jury selection process is beginning in the trial of a white former Dallas police officer charged with killing an unarmed black man in his own apartment.

Amber Guyger faces a murder charge in the slaying of Botham Jean. Guyger told authorities she mistakenly entered Jean's apartment thinking it was her own and fatally shot him.

The jury selection process began Friday, which is the one-year anniversary of Jean's death. The goal is to finalize a panel by Sept. 13. Testimony is scheduled to begin Sept. 23.

Guyger's lawyers have asked that the trial be moved but a lawyer for Jean's family says the trial should be held in Dallas County.

Jean was a native of St. Lucia who worked in Dallas for an accounting and consulting firm.



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# EDITORIAL PAGE

## Is Your Child Heading Back to School?

Here Are 15 Apps All Parents Should Know About

**By Enough is Enough**

We reached out to the Sarasota County Sheriff's Office to thank them for creating the above graphic. Here's what Sarasota County Sheriff Tom Knight had to say about this helpful resource:

"What originally began as a list of nine apps parents should know about quickly grew to 15 and there are more out there. During Operation Intercept VI, 25

men utilized these specific mobile applications to contact and have sex with who they believed were 14-year-old children. We will continue to conduct these operations and add to this list so long as the internet and social media is used to lure and prey on our children."

Of course, there are more apps that are not listed here that predators are using to try to connect with and groom children. Parents, it's important to know what

apps and sites your teens are visiting and what information they are posting. Here are a few tips:

- Teach your child to:
  - Be as anonymous as possible (do not post or share additional information)
  - Use privacy settings
  - Avoid in-person meetings
  - Be honest about their age when signing up for apps
  - Remember social networking sites are public

- spaces
  - Avoid posting anything that could embarrass them later or expose them to danger (think before they post)
  - Remember that people aren't always who they say they are
  - Avoid inappropriate content and behavior, and, if encountered, report it to the social networking site

If your child or someone he/she knows is in danger, contact law enforcement immediately.

**FIFTEEN APPS PARENTS SHOULD KNOW ABOUT** Courtesy of the Sarasota County Sheriff's Office. UPDATED JULY 2019

- MEETME**: A dating social media app that allows users to connect with people based on geographic proximity. As the app's name suggests, users are encouraged to meet each other in person.
- GRINDR**: A dating app geared towards gay, bi and transgender people. The app gives users options to chat, share photos and meet based on a smart phone's GPS location.
- SKOUT**: A location-based dating app and website. While users under 17 years old are unable to share private photos, kids can easily create an account using a different age.
- WHATSAPP**: A popular messaging app that allows users to send text, photos, voice-mails, make calls and video chats worldwide. WHATSAPP uses an internet connection on smart phones and computers.
- TIKTOK**: A new mobile device app popular with kids used for creating and sharing short videos. With very limited privacy controls, users are vulnerable to cyber bullying and explicit content.
- BADOO**: A dating and social networking app where users can chat, share photos and videos and connect based on location. While the app is intended for adults only, teens are known to create profiles.
- BUMBLE**: Similar to the popular dating app " Tinder", Bumble requires women to make the first contact. Kids have been known to use BUMBLE to create fake accounts and flout these age.
- SNAPCHAT**: One of the most popular apps in recent years. While the app promises users can take a photo/video and it will disappear once it's viewed, users can save photos to their camera roll. Snapchat also allows users to see your location.
- KIK**: KIK allows anyone to contact and direct message your child. Kids can bypass traditional text messaging features. KIK gives users unlimited access to anyone, anywhere, anytime.
- LIVEME**: A live-streaming video app that uses geolocation to share videos on users can find out a broadcaster's exact location. Users can earn "points" as a way to "pay" minors for photos.
- HOLLA**: A self-proclaimed "addicting" video chat app that allows users to meet people all over the world in just seconds. Reviewers say they have been confronted with racial slurs, explicit content, and more.
- WHISPER**: An anonymous social network that promotes sharing secrets with strangers. It also reveals a user's location so people can meet up.
- ASK.FM**: ASK.FM is known for cyber bullying. The app encourages users to allow anonymous people to ask them questions.
- CALCULATOR%**: SEVERAL secret apps used to take photos, videos, files, and browser history.
- HOT OR NOT**: HOT OR NOT encourages users to rate your profile, check out people in their area, and chat with strangers. The goal of this app is to hook up.

For more information, contact Sarasota County Sheriff's Office Community Affairs at 941.861.4005

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Early Worship - 9:30 a.m.  
Morning Worship - 10:45 a.m.  
Evening Worship - 7:00 p.m.



**The Mount Moriah Missionary Baptist Church**

3611 Latimer Street  
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214-428-2990  
www.mountmoriahdallas.org

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www.pilgrimrestdallas.org

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**Sammie Berry**  
Minister

**Calendar of Events**

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9	6	7	2	3	8	4	5	1
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

## The Tamron Hall Show Debuts

Continued from Page 1

Clarkson is the season one winner of American Idol and has served as a judge on the wildly popular NBC reality show The Voice.

Hall will also be wading into territory currently occupied by Wendy Williams, Rachel Ray, and the ladies of The View and The Talk among others. Hall created this talk show to bring people together and to give them an opportunity to share their "authentic journey."

One of the ways Hall is shaping her show is by insisting the makeup of the crew reflect her audience. Despite having veteran executive pro-

ducer Bill Geddie at the helm, Hall insisted that more women be hired because she wants to empower people like her – a self-described country girl from Luling, Texas who has made it to the upper echelons of television and news.

Although creating and hosting a daytime talk show is new to Hall, working in front of and behind the camera is not. Hall hosted the Discovery ID series Deadline Crime with Tamron Hall, a weekly series which takes at deep dive into crimes, including unsolved crimes.

Motivated by the unsolved murder of her sister Renate, Hall lead an investigative team of journalists working togeth-

er to find out what happened and why, to victims throughout the country for three seasons.

Hall's talk show will differ greatly but will offer in-depth discussions about important topics in addition to traditional daytime lifestyle segments. Hall believes television has the power to help people share their "authentic journey" and wants people to talk about their lives and inspire others in the process.

The Tamron Hall Show debuted Monday, 9/9/19. Check local listings for channel and time information.

## FOOD ADDICTION

Dear Readers,

Many of us know someone who has struggled with an addiction. Perhaps they have tried to quit smoking or are addicted to drugs like heroin or methamphetamine. The American Psychiatric Association defines addiction as a complex condition, a brain disease that is manifested by compulsive substance use despite harmful consequence. (1). Does substance addiction include food? Although food addiction is not included in the DSM (Diagnostic and Statistical Manual for Mental Disorders), it is estimated that as many 20 percent of Americans struggle with some type of food compulsion. (2)

One may automatically assume that food addiction only affects those who are overweight; however, the scientific literature shows otherwise. While some individuals with obesity may display behaviors similar to individuals addicted to drugs [3], estimates suggest that only approximately 24.9% of overweight/obese individuals report clinically-significant symptoms of food addiction and 11.1% of healthy-weight individuals also report these symptoms [2].

The topic of food addiction is controversial in the medical field. One criticism is the addictive ingredient has not been identified. It has been proposed that highly processed, highly palatable foods containing large amounts of fat and sugar can be addictive for some individuals. But what exactly is in these foods that leads to

addiction? One does not typically consume sugar or butter by itself, which makes identifying the addictive agent difficult.

Studies have found parallels between food addiction and other substance abuse disorders, such as opioid addiction. Some of these include:

1. Changes in brain chemistry in response to the substance. For example, dopamine is released in response to certain foods. Dopamine is a chemical that plays a role in the reward center in our brain and allows us to feel a sense of pleasure. If we experience pleasure and reward, we are likely to repeat the behavior, maybe even to a point that it is no longer good for us.

2. Preoccupation with the substance. One may obsess about a particular food, feel deprived of happiness in the absence of this food, or may experience cravings.

3. Impaired control. Once the substance or food is taken in, it is difficult to maintain control of how much is used.

4. Social impairments. This includes changes in your social activities for the sake of the addiction. For example, a person binges on a certain food, then spends hours exercising to burn off those calories rather than spending time with family and friends.

What do you do if you have a food addiction? If you can completely abstain from the problem food, that is your best defense. It may be difficult to completely abstain from sugar since it is in so many foods. You can abstain

from sweets or avoid foods with 5 grams of sugar or more per serving.

Another solution is a 12-step program, Overeaters Anonymous, aimed at helping those with food addictions and eating disorders. There is a spiritual, not religious, program similar to that of Alcoholics Anonymous. Go to [oa.org](http://oa.org) or call (505) 891-2664 to find a meeting near you.

References  
1. <https://www.psychiatry.org/patients-families/addiction/what-is-addiction>  
2. Pursey K.M., Stanwell P., Gearhardt A.N., Collins C.E., Burrows T.L. The prevalence of food addiction as assessed by the Yale Food Addiction Scale: A systematic review. *Nutrients*. 2014;6:4552-4590. doi: 10.3390/nu6104552.

3. Volkow N.D., Wang G.J., Tomasi D., Baler R.D. The addictive dimensionality of obesity. *Biol. Psychiatry*. 2013;73:811-818. doi: 10.1016/j.biopsych.2012.12.020.

Until next time, be healthy!

Dear Dietitian

Leanne McCrate, RD, LD, CNSC, aka Dear Dietitian, is an award-winning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at [deardietitian411@gmail.com](mailto:deardietitian411@gmail.com). Dear Dietitian does not endorse any products or diet plans.

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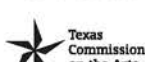
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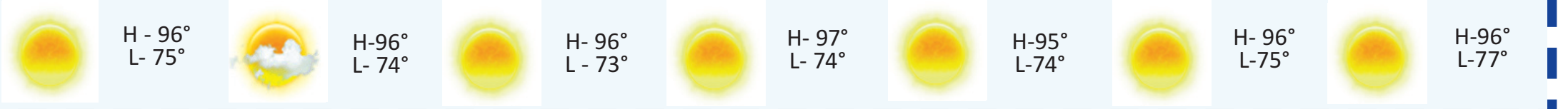
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# SPORTS PAGE

## 7 Day Weather Forecast for DFW

Thursday, September 12 Friday, September 13 Saturday, September 14 Sunday, September 15 Monday, September 16 Tuesday, September 17 Wednesday, September 18



### Jerry Jones: Prescott deal near as Cowboys top Giants 35-17

ARLINGTON, Texas (AP) — Dak Prescott still doesn't want to talk about his contract.

Dallas Cowboys owner Jerry Jones says his star quarterback might not have to dodge the questions much longer.

After Prescott helped lighten the load on Ezekiel Elliott in the running back's return from a long holdout by tying a career high with four touchdown passes in a 35-17 season-opening win over the New York Giants, Jones said a deal with the two-time Pro Bowler was "imminent."

"Oh, yes, I do know that we'll get it done," Jones said



Sunday night. "It would probably be fair to say it'll be done on an imminent basis. Imminent. Without being real clear, bright lined. It's not done. What's imminent? Well, days. Days. Or something like that."

### Dallas to receive grant of nearly \$1M to drive responsible development in Opportunity Zones

WASHINGTON, D.C. — On behalf of the City of Dallas, Mayor Eric Johnson on Friday accepted a \$920,000 grant intended to drive responsible development in Opportunity Zones.

The Opportunity Zones (OZ) program was authorized by the Tax Cut and Jobs Act of 2017. The program aims to drive capital to support new businesses and investments in targeted Census tracts by providing investors with tax benefits, including a deferral of capital gains taxes. Dallas is home to 15 OZ Census tracts — including Hensley Field, the Cedars, West Dallas, the Oak Cliff Gateway, and the Lancaster Corridor -- with a population of about 76,000 residents in these areas.

Dallas was one of four U.S. cities added Friday to the Rockefeller Foundation's Opportunity Zone Community Capacity Building Initiative. Washington, D.C., Oakland and St. Louis are the other cities to receive the grants. The foundation previously announced Atlanta and Newark, N.J., as grant recipients.

The Chief Opportunity Zones officer will work across city departments and at the community level to engage and inform residents about Opportunity Zones and how they can get involved as potential partners, project sponsors or investors.

Investment in federally designated Opportunity Zones does not require City

approval. However, with the foundation's support, the City of Dallas will execute several tactics to help to mitigate the negative effects of development-caused displacement, commonly referred to as gentrification.

Among the strategies is identifying building regulations and land-use policies that may serve as barriers to the production of affordable housing within Opportunity Zones. Increasing employment opportunities, supporting small businesses and addressing skills development for in-demand careers are important components of the City's effort to address affordable housing needs.

#### IN THE UNITED STATES DISTRICT COURT FOR THE NORTHERN DISTRICT OF TEXAS DALLAS DIVISION

**DEBRA WALKER, ET AL.**  
v.  
**U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT, ET AL.,**

\*  
\*  
\*  
\*

**Civil Action No. 3:85-cv-1210-O**  
**CLASS ACTION**

#### NOTICE OF PENDING SETTLEMENT OF CLASS ACTION

TO: All African-American persons who, in the past, currently, or in the future: (i) lived or live in public housing, or (ii) received or receive Section 8 assistance, or (iii) applied or will apply for public housing or Section 8 assistance pursuant to a program administered by the Housing Authority of the City of Dallas ("DHA"):

If the characteristics set out above describe you, then you are a member of the class of such persons in this case involving the desegregation of DHA's housing programs. Plaintiffs in the case and DHA have proposed an amendment to the Agreed Final Judgment in this case. If approved by the Court, this settlement will determine the future administration and operation of the Walker Settlement Voucher program that has been a part of the relief for the class since 2001.

The settlement, if approved by the Court, will modify the operation of the Walker Settlement Voucher program by the following changes:

A. DHA will continue to provide financial assistance to eligible Walker Settlement Voucher participants for eligible costs in obtaining housing until the \$2,850,000 in funding set out in the proposed Amended Agreed Final Judgment has been spent. These costs may include all or part of application fees, payments to landlords if necessary to obtain housing, utility deposits, security deposits, and a set moving expense. The specific eligibility requirements for this assistance are set out in the proposed Amended Agreed Final Judgment that can be obtained from the sources listed below. DHA will also use up to \$150,000 per year from these funds to reimburse its own costs for administration of the Walker Settlement Voucher program. DHA will pay up to \$250,000 in a one-time expenditure to develop a mobile application to provide all DHA voucher participants with the ability to identify and locate affordable housing in areas of high opportunity

B. The total number of Walker Settlement Vouchers either in use or available for use will be 2,646.

C. The Walker Settlement Voucher payment standard will be up to 125% of the Small Area Fair Market Rent for the Zip Code in which the voucher unit is located.

D Eligible class members living in Racially and Ethnically Concentrated Areas of Poverty will be given a priority in the issuance of Walker Settlement Vouchers.

E The definition of the census tracts eligible for the use of Walker Settlement Vouchers will change after the 2020 U.S. Census to include only census tracts with a poverty population percentage less than the poverty population percentage of the City of Dallas and in census tracts that are not minority neighborhoods. A minority neighborhood is a census tract in which the percentage of persons of a particular racial or ethnic minority is more than 20 percentage points higher than the percentage of that minority population in the City of Dallas population. In addition, an Eligible Census Tract must have a poverty rate at or below the average poverty rate for the City of Dallas as based on the most recent U.S. Census Bureau data.

F. There are other changes in the administration of the Walker Settlement Voucher program that are set out in the Amended Agreed Final Judgment. These changes involve the factors determining the number of Walker Settlement Vouchers that remain available for use, the availability of the assistance of the Inclusive Communities Project for Walker Settlement Voucher program participants, the effect of a change in a census tract from an Eligible Census Tract because of census related changes, and similar matters. The importance of these other changes may depend on your personal circumstances.

The proposed Amended Agreed Final Judgment will affect several of the previous Orders in this case and will completely replace the current Agreed Final Judgment entered in 2004 that currently applies to DHA. The extent of the effect on the obligations in those orders is specifically described in the proposed Amended Agreed Final Judgment.

You are entitled to:

A. know about the terms of the proposed Amended Agreed Final Judgment;

B give the Court your comments;

C and object to the approval of the proposed Amended Agreed Final Judgment. If the Court approves the settlement, then DHA's duties and your rights in connection with the claims in this lawsuit would be those described in the Amended Agreed Final Judgment.

You may obtain a copy of the proposed Amended Agreed Final Judgment that includes all attachments to the proposal by requesting a copy from Daniel & Beshara, P.C., the attorneys representing the Plaintiffs and the plaintiff class in this case. You may email a request to danbesh@danielbesharalawfirm.com or by mail or telephone request to Daniel & Beshara, P.C., 3301 Elm Street, Dallas, Texas 75226; (214) 939-9230.

The Court has set a hearing on the proposed settlement for October 21, 2019, at 9:00 a.m. in the U.S. District Court for the Northern District of Texas, Eldon B. Mahon Courthouse, Second Floor Courtroom, 501 W. 10th Street, Fort Worth, Texas.

THIS NOTICE DOES NOT DESCRIBE THE ENTIRE SETTLEMENT AND IS NOT AUTHORITY FOR ANY INTERPRETATION OF THE REQUIREMENTS OF ANY COURT ORDER. You are entitled to see and review the documents associated with the proposed changes.

These documents are available from the website link set out above.

If you have any objection to the settlement and want to testify or give other evidence at the hearing, you must do the following: put the objection in writing, put "Walker v. HUD, 3:85-CV- 1210-R" at the top, and at least 14 days before the hearing, send a copy to these addresses:

Plaintiffs' attorney: Michael M. Daniel or Laura B. Beshara, 3301 Elm Street, Dallas, Texas 75226.

DHA's attorney: Katie Anderson, Clark Hill Strasburger, 901 Main Street, Suite 6000, Dallas, Texas 75202.

The Court: United States District Clerk, 1100 Commerce Street, Room 14A20, Dallas, Texas 75242.

If you have questions, call Plaintiffs' attorney. Do not call the Judge or the Clerk.

SO ORDERED on this 10th day of July, 2019.

Reed O'Connor  
UNITED STATES DISTRICT JUDGE

**AGREED:**

s/ Katie Anderson  
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ATTORNEYS FOR PLAINTIFFS

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this is how empowered becomes **empowerful**

## Parkland mental health providers shine spotlight on rising rates of suicide

*National Suicide Awareness Week is Sept. 8-14*

**DALLAS** – From pre-teens to seniors, suicide rates are rising in the U.S. The latest data shows an alarming 33% rise in the rate of death by suicide between 1999 and 2017. In June the Centers for Disease Control and Prevention (CDC) warned that America's suicide rates are at the highest level since World War II, up from 10.5 to 14.0 per 100,000 people.

"The trend is very concerning and should be a red flag for everyone – parents, families, healthcare providers, mental health professionals, educators, community and church leaders and policy makers," said Rebecca Corona, PhD, lead psychologist at Parkland Health & Hospital System. "It's vital that we raise the level of awareness about the risk of suicide and educate people because suicide is preventable"

During National Suicide Awareness Week Sept. 8 – 14, mental health providers at Parkland will host a booth outside the cafeteria at Parkland Memorial Hospital providing information about suicide risk and prevention for Parkland staff, patients and visitors. The entire month of September is designated as National Suicide Awareness Month, a time to talk openly about this subject that is too often kept in the shadows.

Here are some concerning facts about suicide provided by the CDC and the American Foundation for Suicide Prevention:

- 53% increase in suicides among girls and women between 1999 and 2017, from 4 to 6.1 per 100,000
- 26% increase in suicides among boys and men between 1999 and 2017, from 17.8 to 22.4 per 100,000

- Suicide is the 10th leading cause of death in the United States, 2nd leading cause of death among people ages 10 to 34, and 4th leading cause among people ages 35 to 54

- In Texas, the suicide rate increased by almost 19% from 1999 to 2016. On average, one person dies by suicide every 2 hours in Texas; more than twice as many people died by suicide in Texas in 2017 than in alcohol-related motor vehicle accidents; suicide is the 2nd leading cause of death in Texas for ages 15-34

Adults between the ages of 45 and 54 are at highest risk of taking their own lives, followed by elderly people 85 and older. But according to a study published in JAMA, a significant increase in suicide rates occurred among 15- to 24-year-olds between 2000 and 2017.

The number one question people ask about those who attempt suicide, experts say, is 'why?' "The reasons that people attempt suicide are more understandable than people may think," Dr. Corona stated. "Although psychosis and substance abuse often play a role, severe depression is a leading cause of suicide. But many people are not aware that depression, like psychosis and substance abuse, is almost always treatable."

"Knowing the symptoms of suicide risk and taking steps to talk to a person, regardless of their age, about whether they are having thoughts of suicide can literally save someone's life," said Kimberly Roaten, PhD, Director of Quality for Safety, Education and Implementation, Department of Psychiatry at Parkland and Associate Professor of Psychiatry at UT

Southwestern Medical Center. "A suicide attempt is a cry for help that can have disastrous consequences, but should be a sign for family and friends to take action," Dr. Roaten stated. "A teenage girl may ingest a bottle of pills because she feels lonely or bullied, with tragic results. Whether it's a senior citizen who feels isolated or a school-age victim of cyber-bullying, we can watch for warning signs and intervene before it's too late."

In 2015, Parkland became the first health system in the nation to administer a universal suicide screening program to identify persons at risk and help save lives through early intervention. The program screens not only adults but also youth, ages 10 to 17, regardless of their reason for seeking care. Since initiating the program, more than 2 million suicide risk screenings have been completed with patients in Parkland's Emergency Department, Urgent Care Center, inpatient units and Community Oriented Primary Care (COPC) health centers.

Experts say everyone should be aware of potential suicide warning signs:

- Feeling like a burden
- Being isolated
- Increased anxiety
- Feeling trapped or in unbearable pain
- Increased substance or alcohol use
- Looking for a way to access lethal means such as a firearm
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide

If you are worried about someone, speak up, Dr. Roaten advised. "Let them know you're concerned. Ask if they've thought about getting help and reassure them that seeking help is a sign of strength. Let them know they're not alone, that you're there for them. Evidence shows that asking someone if they are thinking of harming themselves does not lead to increased risk of suicide. In fact, most people feel grateful that someone has expressed concern."

"Research shows that suicidal crises tend to be brief. When suicidal behaviors are detected early, lives can be saved. There are many resources, from suicide crisis hotlines to mental health providers at Parkland and throughout the community who stand ready to help," Dr. Roaten said.

Suicide crisis lines include:

- National Suicide Prevention Lifeline – Suicide prevention telephone hotline funded by the U.S. government. Provides free, 24-hour assistance. 1-800-273-TALK (8255)
- Crisis Text Line – Free 24/7 support – Text "HOME" to 741741
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline – Free, confidential 24/7 helpline information service for substance abuse and mental health treatment referral. 1-800-662-HELP (4357)
- Suicide & Crisis Center of North Texas 24/7 crisis line. 214-828-1000

For more information about Parkland, visit [www.parklandhospital.com](http://www.parklandhospital.com).

## Dallas MLK Center introduces chef cooking demos

**Dallas, Texas** – Starting Saturday, September 7, 2019, the MLK Jr. Community Center will be hosting noteworthy local chefs on the first Saturday of every month. Chefs will provide the community informational programming that compliments their experience in receiving free food from the Fresh Produce Distribution Center at the center.

After the opening of the distribution center, staff learned many residents were unfamiliar with some ingredients being given away and occasionally rejected due to lack of confidence on how to prepare meals. A member of the MLK Center Advisory Board worked to secure a rotation of chefs to provide cooking demos and healthy cooking alternatives. The demos will begin with the culinary team of Ellen's Kitchen in the Historic West End and will later include notable culinary masters from some of Dallas' most reputable restaurants like CBD Provisions, Café Momentum, Commissary and many more.

The Fresh Produce Distribution Center at the MLK Jr. Community Center opened its doors to the community on June 19, 2019, with the financial support of Leadership Dallas 2019 and in partnership with Miles of Freedom and North Texas Food Bank. Since its inception, nearly 4,000 families have received fresh produce at no cost. There are no income or zip code restrictions.

## DR. THEODORE LEE'S PREMISE TO LIVE BY

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