



TEXAS PRIDE IN RIO DE JANEIRO

ATHLETES FROM TEXAS IN 2016 RIO OLYMPICS

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Scripture of the Week



1 Peter 2:9-10 NIV

9 But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

10 Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

Quote of the Week

"When life knocks you down, try to land on your back. Because if you can look up, you can get up."

Les Brown



2016 Rio Olympics Opening Ceremony: Team USA Makes Entrance



Michael Phelps carries the flag of the United States during the opening ceremony for the 2016 Summer Olympics in Rio de Janeiro, Brazil, Friday, Aug. 5, 2016. (AP Photo/Matt Slocum)

(AP) - For about five hours Friday night, Rio de Janeiro danced. No country needed it more.

The 2016 Summer Olympics, troubled by this city's budget

crisis and plagued by the Zika virus, officially pushed the "start" button with an opening ceremony that featured plenty of good music as well as colorful tricycles that led each

nation's delegation into Maracana Stadium.

These Games are expected to emerge billions of dollars in the red by the time they conclude in two weeks, thanks to

alleged corruption and the crash of oil prices that tanked the nation's economy. But give Brazil and Rio credit. They put on a fun and upbeat show that managed to hit a whole lot of

right notes.

The creative force behind the ceremonies, Brazilian film director Fernando Meirelles, admitted that his goal was to produce a show that would be "a drug for depression" for his countrymen.

Meirelles had to work with a bottom line that was one-twelfth of London's ceremony four years ago. The solution, it seems was to throw the limited budget at a projection system that turned the stadium floor into an ocean, then a geometric puzzle, then a samba spectacular with hundreds of performers.

"Brazilians welcome the world with open arms," said Carlos Nuzman, president of the Rio 2016 Committee. "I am the proudest man alive. I'm proud of my city, my country."

And what of the USA team? Just as promised, star swimmer Michael Phelps was the USA flag bearer, though in an unprecedented move he was permitted to leave the stadium early rather than stand around for a few hours and possibly tire out his legs for races this weekend.

Ask Alma:

My Friend Stopped Hanging Out with Me. What Happened?



By Alma Gill
(NNPA News Wire Columnist)

Dear Alma,

A couple of months ago a real friendly woman moved into the condo across the hall. She and I hit it off right away. We went shopping and to lunch together. We even went to a music concert and had a real fun time, or so I thought. All of a sudden, she just stopped calling, texting, visiting and really just being my friend. I don't know what happened. We still speak. She'll give me a big wave across the parking lot or when I see her in the hall, she seems generally glad to see me, but we just don't hang out anymore. I'm not sure what happened. I really like her and I want to be her friend. What do you think I should

do to get her to talk to me and hang out again?

Signed,
Lost My Running Buddy

Dear Lost My Running Buddy,

Well, hmmmm Sugar Plum, did you do something to piss her off or hurt her feelings? Could you possibly have said something that was a bit harsh? Maybe you gave your opinion on a particular subject that didn't sit well with her. Or, could it be, she just don't like you?

Have you ever started a new friendship and partway down the loop you think, "You know what, I don't really like this person all that much?" Usually it takes a run around the romper room to learn the true personality of a person. Most folks start out

sane and with good intentions, spoon feeding you what's whole and wholesome about them. They seem to be on the up and up, until, Lord have mercy, six months later, here she comes outta nowhere, drowning in red wine, Missy Super Rachet. You're totally blindsided like when you innocently pick up a hitch-

hiker who has an ax, or a hatchet, LOL, I couldn't resist. This woman could be Lucy Looneybird relocating from Louisiana, you don't know.

Anyhow, let it go. Evidently, ya'll ain't got the same flow! You can't make somebody like you nor should you try. If she decided you were not someone she'd like to add to her friends list, so be it, trust her judgment. She knows herself better than you and she's had time to peep your hold card. Trust me when I say you're all the better for it. It's best to find out up front who's not friend material, than to waste time cooking in a frying pan of foolishness. Great friendships that are worthwhile grow like a beautiful wisteria vine, you couldn't stop it if you tried, nor would you want to.

Alma Gill's newsroom experience spans more than 25 years, including various roles at USA Today, Newsday and the Washington Post. Email questions to: alwaysaskalma@gmail.com. Follow her on Facebook at "Ask Alma" and Twitter @almaaskalma.

From 'Crack Baby' to Mentor, Shawn Blanchard Defies the Odds



Shawn Blanchard is the CEO of Shawn Blanchard Productions, which focuses on public speaking, publishing mentorship, entrepreneurship and the image of excellence. (Shawn Blanchard Productions)

By Edward Henderson
(The San Diego Voice and Viewpoint, NNPA Member)

The term 'crack baby' emerged into the social consciousness in the 80's and 90's during the crack epidemic sweeping minority communities. It referred to children who had been exposed to the drug because of their mother's usage during pregnancy. It picked up additional stereotypical connotations that labeled people with a lack of intelligence or propensity for failure in life. Shawn Blanchard is all too familiar with this term.

His mother abused crack cocaine while she was pregnant with him. The physical side effects were minimal, however, the emotional toll was a significant barrier to overcome. Blanchard faced these challenges head-on, through hard work, faith, and passion for his purpose of mentorship. These traits lead him to success in education, business and

authorship. His book "How About that for a Crack Baby" chronicles his journey towards success and empowers others with the confidence to do the same.

Blanchard was born in Detroit, Michigan and spent his developmental years living with his grandmother because his parents couldn't decide who was going to keep him. Blanchard's mother was a professional shoplifter and didn't have much contact with his father. There wasn't much of a support system around him either. Of his 7 brothers, most ended up dead or in jail and when his Grandmother passed away when Blanchard was 12, he took most of the responsibility for his younger siblings.

"I learned some pretty interesting things about hustling," said Blanchard. "I sold weed and other drugs. I did what I thought I had to do in order to make ends meet."

TO BE CONTINUED NEXT WEEK...

In Loving Memory of
Opal W. Jones
September 8, 1923 - July 31, 2016

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Coming Soon...Our 70th Anniversary Edition!

Discover the Unexpected (DTU) Coverage: Black Owned Newspapers Matter

By

Dr. Benjamin F. Chavis, Jr.**President & CEO****National Newspaper Publishers Association (NNPA)****August 8, 2016**

2017 will mark the 190 anniversary of the Black Press in America. Since the first publication of Freedom's Journal on March 16, 1827 in New York City, Black owned newspapers have been at the forefront of being the consciousness-raising voice of Black America. Today in 2016, Black owned newspapers still matter.

Black Lives Matter. Black Votes Matter. Black Press Matters. In order to continue to overcome racial inequality and injustice, we have to emphasize the importance of nurturing and mentoring the rise of a new generation of freedom-fighting journalists, publishers and African American owners of newspapers and media companies.

There is a huge qualitative difference between media that is Black owned as compared to non-Black owned media that is targeted to Black consumers. Numerous national studies have documented that Black owned newspapers remain the "trusted and respected" source of news, empowering success stories, and cultural aspirations for more than 45 million Black Americans.

The inaugural Discover the Unexpected (DTU) NNPA Journalism Fellowship Program this summer at the Howard University School of Communications supported by Chevrolet has done remarkably well in identifying and encouraging the next generation of gifted, talented and committed young journalism scholars. The National Newspaper Publishers Association is pleased with the positive and transformative results of the DTU fellowships.

The NNPA fellows scored front page news features in selected NNPA member newspapers across the nation. In addition to attending both the Republican National Convention in Cleveland and the Democratic National Convention in Philadelphia, the NNPA fellows completed assignments that covered a wide range of news interests including news on Muhammad Ali's legacy, Black arts and culture, contemporary urban Black family life, 2016 Olympics in Rio, mass incarceration, new data on police and prosecutorial misconduct and abuse on African Americans and others, the quest to cure Sickle Cell Anemia, and the struggle to preserve Historically Black Colleges and Universities (HBCUs).

During the past months, Brandi Montgomery and Brelaun Douglas were at The Atlanta Voice; Briannah Brown and McKenzie Marshall at the Chicago Defender; Victoria Jones and Rushawn Walters at The Washington Informer; and, Tatyana Hopkins and Sidnee King were at the Michigan Chronicle.

Black owned newspapers are businesses and employers that continue to serve the economic development interests of Black communities. As the economy in the United States continues to rebound from economic stagnation and recession under the leadership of the first African American President, it should also be a national priority to ensure the advancement of the economic wellbeing of Black families, businesses, and communities.

President Barack H. Obama, in the face of his-

toric political opposition in Washington, DC since his first day in office, has achieved leadership success in restoring and revitalizing the U.S. economy. In particular the automotive industry has set new records this year in automobile sells. Thus, we note with appreciation those companies in the automotive sector that have been supportive of the NNPA during these difficult and challenging times.

General Motors brands continue advertise with the NNPA and as a consequence contributes to the sustainability of the Black Press in America. In particular, Chevrolet has been outstanding in its support of Discover the Unexpected scholarships as part of the current NNPA fellows program. Chevrolet also increased its advertising with many NNPA newspapers this year. It is our hope that this successful pilot program will be continued and even expanded in the next academic year from fall 2016 to spring 2017.

Long live Black owned newspapers and the struggle for freedom, justice and equality. Yes, Black owned newspapers surely do matter.

Learn more about the Discover the Unexpected (DTU) program at <http://www.nnpa.org/dtu/> and use the hashtag #DiscoverTheUnexpected on Twitter. Follow us on Twitter @BlackPressUSA and @NNPA_BlackPress and like our Facebook page at NNPA Black Press.



"Rapping with the Fairy"

WHAT FUN THINGS DID YOU DO THIS SUMMER?

It seems not that long ago that the school bells rang for the last time, signaling the beginning of the 2016 summer vacation that joyfully caused children to fill the streets with bicycles, games and laughter! Some kids headed off to other relatives for a brief change of scenery while others fulfilled planned excursions. I spoke with a young lady who says that although school days are approaching, she has plenty of great memories of her summer!



Sydney Miller
11 yrs. old - 6th grade

for me! I spend time with grandparents too! I love my family and I've been able to spend a lot of time with my loving parents! They taught me to be myself, to be a leader not a follower and to follow my own instincts! Even though I am enjoying my summer break, I'll be glad when school starts back. My favorite subject is Science and I want to be a physician when I complete school. Maybe even a Pediatrician!

Fairy: Sydney surely had a full summer this year and she definitely has a very smart head on her shoulders! I'm sure most kids had just as an exciting summer as Sydney did. On very hot days sometimes it's best to stay inside unless you are in a pool. Of course you always have to get permission from your parent or guardian to go to outside or leave home.. The key to a successful summer is to obey all rules!, have fun, be safe and make great memories! Most of you know my motto. To those of you that don't it's "Get the message - Just be a kid!"

"Rapping with the Fairy"

God says He will renew your strength!

Often times, we give up when things are not going the way we want or need them to but wants us to stay focused on Him! Most of us know that God will supply all that we need but in the Bible, God says that He will also renew our strength! Using your Bible, complete the following Scripture by filling in the blanks!

Read: Isaiah 40:29-31

29. "He _____ strength to the _____ and increases the _____ of the _____ , 30. Even _____ youths _____ tired and _____. And _____ men _____ And fail; 31. But those _____ hope in the _____ will renew their _____. They will _____ on _____ like _____; they will run _____ not _____ weary. They _____ walk and _____ be _____."



TEXAS PRIDE IN RIO DE JANEIRO

ATHLETES FROM TEXAS IN 2016 RIO OLYMPICS

Excitement is in the air at the 2016 Rio Olympics (the Summer Olympics). The opening ceremony took place on Friday, August 5, 2016 and was sight to see. Texas is well represented with a great number of athletes born and raised in Texas, or residing here for several years. Bottom line, there's a lot of Texas pride on display in Rio de Janeiro. Listed below are members of Team USA who are representing our great state, Texas:

Camille Adams	Swimming	Houston
Brad Adkins	Track and Field	Idalou
Simone Biles	Gymnastics	Spring
Morgan Brian	Soccer	Houston
Chris Brooks	Gymnastics	Houston
Mackenzie Brown	Archery	Flint
Jimmy Butler	Basketball	The Woodlands
Michelle Carter	Track and Field	Ovilla
Kerron Clement	Track and Field	La Porte
Kassidy Cook	Diving	The Woodlands
Logan Cunningham	Track and Field	Smithson Valley
Jimmy Feigen	Swimming	San Antonio
Phyllis Francis	Track and Field	Bryan
Jackie Galloway	Taekwondo	Wylie
Brittney Griner - Houston	Basketball	Houston
Courtney Hurley	Fencing	San Antonio
Kelley Hurley	Fencing	San Antonio
DeAndre Jordan	Basketball	Houston
Madison Kcian	Gymnastics	Dallas
Stephen Lambdin	Taekwondo	Colleyville
Jarrion Lawson	Track and Field	Texarkana
Stacey Lewis	Golf	The Woodlands
Steven Lopez	Taekwondo	Sugar Land
Simone Manuel	Swimming	Sugar Land
Inika McPherson	Track and Field	Port Arthur
Katie Melli	Swimming	Colleyville
Clark Montgomery	Equestrian	Mineral Wells
Courtney Okolo	Track and Field	Carrollton
Patrick Reed	Golf	Houston
Keith Sanderson	Shooting	San Antonio
Shelbi Vaughan	Track and Field	Weatherford
Timothy Wang	Table Tennis	Houston
Chrishuna Williams	Track and Field	Dallas

Did we miss a Texan Olympian?

Email us at posttrib@airmail.net to tell us about omissions.

**AS ONE JOURNEY ENDS,
ANOTHER BEGINS.
CONGRATULATIONS!**

CHEVROLET 



Eight Howard University students were selected to take the journey and **DISCOVER THE UNEXPECTED**—a first-ever fellowship program sponsored by the all-new 2016 **Chevrolet Malibu** in partnership with the **National Newspaper Publishers Association**. Congratulations to our brilliant fellows! Thank you for taking us on this wonderful journey. **May you continue to discover new roads that help you shatter perceptions and inspire us all.**

#discovertheunexpected

DISCOVER MORE OF THEIR STORY AT NNPA.ORG/DTU



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Articles throughout The Dallas Post Tribune reflect the views of their authors, and not necessarily those of this publication.

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EDITORIAL PAGE

Will Anything Really Change After the Deaths of Sterling, Gerald and Long?



Mourners leave stuffed animals and flowers outside of the Triple S convenience store where Alton Sterling was shot and killed by Baton Rouge police officers. (The Drum)

By Candace J. Semien
(The Drum, NNPA Member)

Leaving the city of Baker, Louisiana, I turned left onto the interstate faster than I normally would. I needed to get home before the Matadors arrived. I was the third car to merge onto the empty bridge; the third to veer into the center lane. Instinctively, I looked to my left, across the Interstate that was empty, too. I saw a large SUV on the side of the highway. The red and blue lights of a state police cruiser flashed behind it. Man, I got my first ticket in that same spot. The speed limit changed and I bet he missed the sign just like I had.

The driver was a heavy Black man, wearing a pink-colored shirt with a huge, Polo logo. I slowed down. We all did. We all were watching.

It was post-Alton Sterling Baton Rouge, and we were all watching out for our brothers. The ones in pink and the ones in blue. I was still driving the third car. We were down to 30mph, watching across six lanes of highway. At the top of the interstate was another car about 100 yards behind the officer. Maybe she was watching, too. My son asked, "Mom, what's that?" I had no answer for him nor for the ember of fear peaking inside of me.

Then, there were three cars in the row and four more. A woman stood at the front of her truck a few steps on to the empty northbound lane. She pointed south. Driving 20 mph now, it was still just the three of us in a row. Slowly. Pensive. Heading south.

As the interstate curved away from the airport, there were more police cars. Between the fifth and sixth cruiser, a father stood in a yellow shirt. The toddler on his shoulders balanced his chubby cheek at the top of Dad's head. They were looking south, waiting. We drove slowly past three cruisers to my right. Their lights flashing, but their eyes and bodies watched the bend of the Highway awaiting something. It was ominous. My heart got heavier. Something's not right. This isn't good. I felt the ember grow.

I unconsciously counted 30 cars across the highway and a dozen on my side. Just at the bottom of the hill through the larger curve nearest Southern University, the line of cars stretched for miles the length of the side rails. Drivers and passengers stood with cameras. A few held flags. I slowed and put on my blinkers.

Someone was coming. Was it the president? No, my gut ached. You know it's not him, I said to myself.

This is post-Gavin Long Baton Rouge.

Then, I remembered that the Louisiana National Cemetery was 25 miles north, and this was the procession for Baton Rouge Police Officer Matthew Gerald, who'd been killed on duty. I glided over to the median and watched about a hundred police motorcycles zoom past. A hundred. Bikers with American flags and police union flags roared by. There were hundreds of cars on the side of the road in front of me now.

The heavy ember of anxiety was now grief. More police followed. More bikers and more bystanders. Young and old. One man leaned against his cane and watched the cars. I saw the bystanders, four or so of them, sprinkled up the sideline of I-10 with their hands raised in salute. One lady held her hands to her mouth holding the tears in her throat.

My sentiments exactly, lady. Each face—including my own—bore a contortion of mourning and pride.

The enormity of the supporters who were there to see him off was breathtaking. Cars lined the streets beneath the interstate. Those drivers and passengers also stood outside their cars and watched. The 72nd St. Bridge crossed over I-10 and a

No School Lunches:
Food for Thought in the Summertime

By Congresswoman
Eddie Bernice Johnson

During the summertime, we usually envision children running through sprinklers, learning new skills in camps, playing with friends, and eating hot dogs by the pool. For many children, sadly, this picture is a stark contrast to reality. Many children from low-income backgrounds instead spend their summers alone at home while their primary caregivers are away at work, without access to food. Summer is not always as carefree as we may think.

In the Dallas community, childhood food insecurity is a serious problem. Recent data indicate that 26% of children are under-

tain about their next well-balanced meal. During the summer months, children do not have access to the school lunch and school breakfast programs that provide nutritious meals throughout the school day. Instead, they are left unsupervised and unaware of when they will be eating their next meal.

Fortunately, there are programs that help. One is the Summer Meals Program, a federally-funded but state-run program, which provides free, healthy meals to children and teens ages 18 and younger in low-income areas during the summer months when school meals are no longer available. The Summer Meals Program not only offers nutritious meals in a safe setting, it also offers engaging enrichment activities for children and teens learn and play together, creating for healthy summers.

The program also provides an opportunity for

federal government, state agencies, schools, faith-based agencies, and non-profit organizations to come together to combat hunger at the community level. Since the level of need has increased over time, the number of organizations is also rapidly increasing with 18 added sponsor organizations in 2015. And in Dallas, cooperation among these programs is working well.

While the Summer Meals Program is growing over time, only 24.5% of eligible children and teens participated in the program in 2015. Much of this low percentage is due to barriers to the accessibility of feeding sites. We must work to increase the accessibility of these sites to bring this program's success to more needy children in Dallas.

Right now, Congress is deciding the fate of Child Nutrition Reauthorization legislation. While the bill is trying to address the problem of childhood

hunger, the bill currently up for debate in the House of Representatives does not properly invest in programs like the Summer Meals Program.

Furthermore, there are several provisions that concern me in the Child Nutrition Reauthorization legislation. Instead of reducing hunger and food insecurity, this bill instead makes it harder for effective community programs to serve our most vulnerable populations. As the chair of the Dallas coalition for Hunger Solutions, I am committed to doing everything I can to eliminate hunger in the Dallas and North Texas areas. This summer, remember that these months are not as relaxing for every person out there, and get involved in ending hunger in Dallas, proving how useful these community programs are.

To locate the nearest summer meals site, call 2-1-1, text FOODTX to 877-877, or visit www.summerfood.org.

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We Cater



- Met with a contractor.
- Picked out the new cabinets.
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Free school supplies for Wilmer-Hutchins students at Dallas ISD event

What:

Free school supplies will be available for students of Wilmer-Hutchins area schools only during the annual Dallas ISD Back to School Extravaganza and PREP U Super Saturday event. Free health screenings, more than 40 resource booths and free fun activities will be available. When: 9:30 a.m. to noon, Saturday, Aug. 13

Where:

Wilmer-Hutchins High School
5520 Langdon Road
Dallas, TX 75241

More info:

Wilmer-Hutchins area schools are Wilmer-Hutchins Elementary School, J.N. Ervin Elementary School, Kennedy-Curry Middle School and Wilmer-Hutchins High School.

To receive school supplies, students must bring proof of enrollment (last year's report card or student ID). New students must show proof of address or transfer paperwork. For more information, call Sha Brewer-Greer at (972) 741-4907 or e-mail the Office of Family and Community Engagement at family@dallasisd.org.



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August 1, 2016

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Rate: Negotiable

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Years of Experience required will vary, from 6 months to 2 years (depending on position)

Physical and Drug Screen Required

Must have a Clear Background

Must be at least 18 years old (CDL Driver, 21 yrs)

Must APPLY IN PERSON at 10605 Harry Hines Blvd., Dallas, TX 75220 from 8-11am Mon-Fri.

Please visit our website: www.edbellconstruction.com/careers

Or email your resume to: careers@edbellconstruction.com

Reflections on Opal's Legacy



Opal Williams Jones, the second of four children born to Will Odell and Corine Laverne Moore Williams was born September 8, 1923 in Jefferson, Texas. She graduated from Booker T. Washington High School, Dallas, TX in May, 1940 and was one of the class speakers. Later, she graduated from Phillips Business College in Dallas, Texas.

On May 16, 1942, Opal married Johnie B. Jones, who preceded her in death. To this union, three girls were born, Sharon, Carolyn and Marilyn.

While Opal's family played the major role in her life, she had a memorable career as a secretary with Dallas Independent School

District. She became an Executive Secretary and was soon recognized as one of the most respected and knowledgeable in the district. In 1992, although Opal had previously retired from the district, Assistant Superintendent Ruben Oliveras, selected her to train new secretaries and administrative assistants. Dr. T.R. Lee and Opal took summer positions at North Texas State University (currently UNT), becoming the first African-American professionals to work at the university. Additionally, Opal's career included a position as the Society Editor for the Dallas Post Tribune, where she exhibited her many journalistic skills. Those skills were further utilized when she was

a regular contributor to her assisted living facilities' monthly newsletter.

Opal is survived by her loving daughters, Sharon (Everette) Gray of Herndon, VA; Carolyn (William) Henderson of Dallas, TX and Marilyn Foster of Houston, TX; Brothers, J.W. (Esterlyn) Williams of Los Angeles, CA; Carl (Marie) Williams of Dallas, TX and Leonard Williams of Dallas, TX; Sister Linda Hardy of Dallas, TX; six grandchildren, two adopted granddaughters, eight great-grandchildren and a host of other relatives and friends. Waiting to greet Opal in the loving arms of Jesus: husband, Johnie B. Jones, parents, Corine and Will Odell Williams and older brother, W.O. Williams.