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August 30 - September 5, 2018

THE NATION MOURNS THE PASSING OF SENATOR JOHN MCCAIN

August 29, 1936 - August 25, 2018

Senator McCain's Farwell Letter to **Americans**

My fellow Americans, whom I have gratefully served for sixty years, and especially my fellow Arizonans, Thank you for the privilege of serving you and for the rewarding life that service in uniform and in public office has allowed me to lead. I have tried to serve our country honorably. I have made mistakes, but I hope my love for America will be weighed favorably against them.

I have often observed that I am the luckiest person on earth. I feel that way even now as I prepare for the end of my life. I have loved my life, all of it. I have had experiences, adventures and friendships enough for ten satisfying lives, and I am so thankful. Like most people, I have regrets. But I would not trade a day of my life, in good or bad times, for the best day of anyone else's.

I owe that satisfaction to the love of my family. No man ever had a more loving wife or children he was prouder of than I am of mine. And I owe it to America. To be connected to America's causes — liberty, equal justice, respect for the dignity of all people — brings happiness more sublime than life's fleeting pleasures. Our identities and sense of worth are not circumscribed but enlarged by serving good causes bigger than ourselves.

Fellow Americans' — that association has meant more to me than any other. I lived and died a proud American. We are citizens of the world's greatest republic, a nation of ideals, not blood and soil. We are blessed and are a blessing to humanity when we uphold and advance those ideals at home and in the



world. We have helped liberate more people from tyranny and poverty than ever before in history. We have acquired great wealth and power in the process.

We weaken our greatness when we confuse our patriotism with tribal rivalries that have sown resentment and hatred and violence in all the corners of the globe. We weaken it when we hide behind walls, rather than tear them down, when we doubt the power of our ideals, rather than trust them to be the great force for change they have always been.

We are three-hundred-and-twenty-five million opinionated, vociferous individuals. We argue and compete and sometimes even vilify each other in our raucous public debates. But we have always had so much more in common with each other than in disagreement. If only we remember that and give each other the benefit of the presumption that we all love our country we will get through these challenging times. We will come through them stronger than before. We always do.

Ten years ago, I had the privilege to concede defeat in the election for president. I want to end my farewell to you with the heartfelt faith in Americans that I felt so powerfully that evening.

I feel it powerfully still.

Do not despair of our present difficulties but believe always in the promise and greatness of America, because nothing is inevitable here. Americans never quit. We never surrender. We never hide from history. We make history.

Farewell, fellow Americans. God bless you, and God bless America.

Presidents George W. Bush and Barack Obama are expected to speak at Sen. John McCain's service and he will lie in state in both the nation's capital and Arizona part of a cross-country funeral procession ending with his burial at the U.S. Naval Academy, according to plans taking shape Sunday.

McCain had long feuded with President Donald Trump, and two White House officials said McCain's family had asked, before the senator's death, that Trump not attend the funeral services. Vice President Mike Pence is likely to attend, said the officials, who spoke on condition of anonymity to describe private discussions.

Democrat Beto O'Rourke meets with the Texas Publishers **Association Black Press in Dallas**

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*AUGUST 28' FROM WRITER/DIRECTOR AVA DUVERNAY TO MAKE ITS TELEVISION DEBUT ON OWN AUGUST 28

Democrat candidate Beto O'Rourke takes time to meet with the members of the Texas Publishers Association (TPA) which is the Black Press, the meeting was held in Dallas, Texas on Sunday, August 26. The Dallas Post Tribune Editor, Mrs. Shirley Gray was in attendance (not pictured). Community growth and support for the black press was discussed.



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SCRIPTURE OF THE WEEK









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EDITORIAL PAGE

Ex-Texas Cop Guilty of Murder for Killing Unarmed Black Teen

DALLAS (AP) — A white expolice officer was convicted of murder Tuesday for fatally shooting a black, unarmed 15year-old boy while firing into a car packed with teenagers in suburban Dallas, marking a rare guilty verdict in a police shooting case.

Dallas County jurors were not swayed by Roy Oliver's claim that he feared for his partner's life when he fired into the vehicle as it drove away from a large house party in Balch Springs in April 2017. The gunfire killed Jordan Edwards, who was sitting in the front passenger seat.

Gasps echoed around the courtroom as the verdict was read. Edwards' relatives sobbed and hugged prosecutors, and waved their hands in the air and proclaimed "Thank you, Jesus!" after the jury left.

His father, Odell Edwards, briefly spoke outside the courtroom before heading back in to begin listening to the sentencing phase of the trial. He said he was thankful for the jury's decision and felt like jumping

"I just want to say I'm happy, very happy," he said, adding that it's "been a long time" since he felt that way.

Oliver and his partner were responding to a report of underage drinking at a house party when the April 2017 shooting occurred in Balch

Police initially said the vehicle backed up toward officers "in an aggressive manner," but police later said that bodycam video showed the vehicle was moving forward as officers approached. Oliver was fired just days after the shooting.

Oliver testified during the trial that he opened fire after seeing the car move toward his partner. But his partner told jurors he didn't fear for his life.

It's extremely rare for police

officers to be tried and convicted of murder for shootings that occurred while they were on duty. Only six non-federal police officers have now been convicted of murder in such cases — and four of those were overturned — since 2005, according to data compiled by criminologist and Bowling Green State University professor Phil Stinson.

Stinson, who tracks such cases nationwide, told The Associated Press on Tuesday that to secure a murder conviction against an officer, the facts of a case have to be "so over the top and bizarre" that the officer's actions cannot be rationally explained.

Experts also say that securing a conviction against an officer is often a challenge because jurors are inclined to believe police testimony and criminal culpability in such cases is subjective.

Oliver was found not guilty on two lesser charges of aggravated assault stemming from the shooting. Jurors deliberated for two days before reaching the verdicts. The sentencing

"This was a long fought battle," said Daryl Washington, an attorney representing Odell Edwards in a civil lawsuit filed in the death. "We are just happy ... that Roy Oliver is gonna have to do his time for taking Jordan's life. What he did on that night should have never happened."

Washington said black children and teenagers across the country can now walk around a little safer because officers know they will be held accountable.

closing arguments, In defense attorneys told the jury they needed to evaluate the circumstances from Oliver's viewpoint and from what the former officer knew at the time. But prosecutors described Oliver as out of control and looking for a reason to kill. They argued that his firing into the car wasn't reasonable.

The shooting came after Oliver and his partner, Tyler Gross, had broken up a large cle.

house party following the report of underage drinking. Both officers were inside the residence when they heard gunfire outside and responded. Authorities later determined the shots were fired near a nursing home in the area.

Oliver retrieved his rifle and went toward Gross, who was ordering the car carrying Edwards to stop. Oliver testified that he saw the car back up and stop for a second before moving forward and going toward Gross.

Testifying in his own defense, Oliver told the jury the car was about to hit his partner. Oliver said he felt he had no other option but to fire.

Gross, however, testified that he did not fear for his life and never felt the need to fire his weapon. He also said he didn't feel like the vehicle was trying to hit him.

Prosecutors said Oliver fired after the vehicle passed Gross. Investigators also said no guns were found in the teens' vehi-

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BE KIND! Never speak harsh words. ■Be kind and gentle with your tongue. For it has been said that ■the tongue can be like a sword. Think long before you criticize your neighbor. Your tongue can be nasty. Living is one of the most beautiful things in the world. But the tongue can kill!

A Message from

The Dallas Post Tribune Editor

We welcome letters to the editor. Submissions must be signed, addressed and must include a daytime and an evening phone number. Please limit submissions to 350 words. We reserve the right to edit and correct all submissions although; every effort will be made to retain the intended meaning of the submission. Send your submissions via email to production@dallasposttrib.net or by mail to P.O. Box 570769, Dallas, Texas 75357-0769.

August 28 Marks the Death of **Emmett Till and the Anniversary of** the I Have A Dream Speech

August 28 is a day when we commemorate both triumph

On this day in 1955, a 14-year-old Emmett Till was ripped away from his family's home, beaten, and lynched based on a story that proved to be false. His mother Mamie's decision to leave his casket open at his funeral forced many Americans to see the absolute brutality of the Jim Crow south for the first time.

On this day in 1963, Dr. Martin Luther King, Jr., shared his dream of an America that valued all of its people and where equal talent received equal pay.



August 28 marks the 55th Anniversary of Dr. Martin Luther King, Jr. delivering his "I Have a Dream" speech in front of the Lincoln Memorial in Washington, D.C., during the "March on Washington for Jobs and Freedom" on August 28, 1963.



The March on Washington for Jobs and Freedom was the largest demonstration for human rights in United States history. Its purpose was to advocate for the civil and economic rights of African Americans.

At the march, Dr. King delivered his iconic "I Have a Dream" speech, in which he called for an end to racism. It still stands as one of the most famous speeches in history and a signature moment of the civil rights movement.

Who are Black Women Voters?

My Day by Dr. J. Ester Davis

Fifty-seven (57%) of black women attended college, but did not attain a four year degree. Black women are particularly active on Twitter especially around political issues. Facebook Business has more black women business-owners in all categories. In 2014, 13.5% of black women were union members active in their unions and/or started their own unions, i.e., Black Women Mechanics, Black Women in Construction.

We must never forget that black women voters in Birmingham, Alabama, voted and supported Doug Jones for Senate over the forever seated 'self entitled' Roy Moore, the Republican rival. It is important that we remember that the voter turnout was 98%. An unmistakable message indeed! The overwhelming reason was a simple one: they did not want the clock turned back.

The reason explaining the changes in African Americans is apathy. Apathy is endless. Apathy is a strong word, but I am considering the lack of emotion, indifference and interest to name a few

Some say integration has unraveled a once cohesive Black community, thus robbing it of a talented middle class that once supported thriving businesses, churches, schools and neighborhood organizations. Some argue that racism still hinders Blacks from economic and educational opportunities needed to support families and communities. Some point to society's overall emphasis on self and material gain. Now there is the disruptive influence of drugs saturated on certain street corners and the subsequent mass incarceration of black men. And a 'shrug' of it all. . . with a simple explanation of changing times. Whatever the causes, my polling agree that the work of restoration must begin at home.

Who are black women voters? Black women are the vast majority of the student population at HBCU's earning more higher degrees. Black women online has surged 30% over the past three(3)years, with 60% using the internet. Black women are among the most engaged users of social media. Afterall social media is all about conversation, communication and contact. Which today equals influence. Social media is a powerful tool and the majority of users are using it for its original intent with massive audiences. The sister team "Diamond & Silk", the FOX loyal supporters is a direct testimony of the black woman vote and the recognized influence of numbers. My growing concern is the false narratives that exist on black women's leadership. Meaning it is time to support the black women running for office. Meaning further, loud and clear, that it is time for black men to support black women. These false narratives do not exist when you example the qualifications of other women or men running for office. Let me cite one of many articles on black women's leadership. "Progressives need to pay attention, because these imbalanced judgments are not only unfair, but also defeating in an age when black women are an indispensable and perhaps the most critical factor in Democrats prevailing come November." Glynda C. Carr and Kimberly Peeler-Allen.

Who are black women voters? Highly qualified and beautiful

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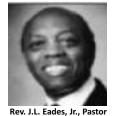
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Rev. Dr. C.J.R. Phillips, Jr. **Email Address:**

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How to eat healthier with diabetes (and a recipe!)



You have diabetes; now what? It can be difficult to know what to eat when you first get diagnosed. Learning how to eat healthy can help you control your blood sugar. Following a few basic guidelines will take some of the guesswork out of eating.

Plan your meals

Making a plan for your meals ahead of time can help you put together balanced meals without stressing about last-minute decision. Here are some guidelines to follow for meal planning:

 Make sure your meals are balanced. This means eating breakfast, lunch, dinner and two snacks.

•Include fruits and vegetables. Your meals should have about eight servings of fruits and vegetables per day.

•Count your calories. How many calories you need to eat will vary based on your age, gender, activity level and weight goals. Work with your healthcare provider to set goals for your daily calorie intake.

•Pay attention to carbohydrates. Most people should eat three to four servings of carbohydrate (45-60 grams of carbohydrate) at each meal.

•Limit "bad fats." Bad fats are saturated fats such as butter and lard. People with diabetes are at a higher risk of having a heart attack or

stroke so it's important to eat healthy fats such as olive oil and avocadoes in small portions.

•Watch your cholesterol. People with diabetes should have 300 milligrams (mg) of cholesterol or less per day. Look for foods that can help lower your cholesterol such as oats, beans and nuts.

•Get more fiber. The best fiber for your body comes from plant-based foods like whole grains, fruit, vegetables, nuts, seeds and beans.

•Eat less salt. Eating less salt is important for blood pressure control. People with diabetes should have 2,300 mg of sodium or less per day.

One of the best ways to eat better is to find healthy recipes that you like and use them to put together a meal plan for the week (or the next few days). Below is a cool treat to get you started.

Real Fruit Frozen Treat (Two Ways)

Cool off with this sorbet recipe, made with some of earth's sweetest ingredients.

Serving size: ½ cup

Ingredients

Strawberry-Banana (makes four servings)

2 bananas

1 cup sliced strawberries 1/2 cup sugar-free lemonade

Pineapple Peach (makes two servings)

½ cup frozen peaches

½ cup frozen pineapple chunks

1/2 cup sugar-free lemonade

Preparatio

Freeze all fruits. Combine frozen fruits in food processor or blender. If desired, garnish with fresh fruits.

Looking for more tasty and diabetes-friendly recipes? Check out our recipe videos at www.ParklandDiabetes.com/Recipes.



Dallas Co. Sheriff Blocks Faith In Texas from Posting Bail, Sparking Standoff

DALLAS - Today, advocates are calling foul after the Dallas County jail clerk refused to accept bail payments to help free residents stuck in jail because they can't afford bail.

This comes as Faith in Texas (FIT) continues a month-long effort to release community members being held in jail due to the inability to pay bail, highlight the broken bail system in Dallas Co., and expose elected officials advocates say are profiting off of it. FIT is a client of the Civil Rights Corps, an organization that filed litigation against Dallas County for their bail practices.

FIT today attempted to bail out 16 people -- one of whom is barely 17 years old and had already been held in jail for four days -- to reunite them with their families, keep their jobs and continue contributing to their communities. FIT arrived at the jail with checks for the amount of assigned bail for each individual, as they have used to successfully bail folks out for the entire month of August. But due to a bizarre stall tactic by the clerk, organizers were forced to leave the facility, locate a bank, and return to the jail with the money—a total of over \$21,000— in cash. Had the banks closed before the organizers arrived, the presumptively innocent individuals would have remained caged until Monday at the earliest.

"Our mission toward equity in our local justice system is clear – to continue to invite elected officials in Dallas County to adopt pro-immigration and criminal justice reform policies that center on the most vulnerable and under-prioritized members of our community," said Faith in Texas LIVE FREE Organizer Brittany White. "No member of our community should be held in prison simply because they cannot afford to buy their release."

In January, Civil Rights Corps, the Texas Fair Defense Project, the American Civil Liberties Union, and the ACLU of Texas filed a federal class action lawsuit against Dallas County, Texas, the Sheriff, and the County's Judges and Magistrates for violating the constitutional rights of people arrested for misdemeanors and felonies by keeping them in jail just because they cannot afford to pay money bail, and for conducting bail hearings in secret.

For More Information

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HOTEL

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7 Day Weather Forecast for DFW

Thursday, August 30

Friday, August 31

Saturday, September 1

Sunday, September 2

Monday, September 3

Tuesday, September 4 Wednesday, September 5

H - 96° L- 78°

H-98° L-78°

H-97° L - 77°

H-95° L-75°

H-92° L-74°

H-93° L-74°

H-93° L-75°

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Game #	Game Name / Odds	\$	Official Close of Game	End Validations Date
1847	\$250,000 Cash Winfall Overall Odds are 1 in 3.68	\$10	9/2/18	3/1/19
1626	Did I Win? Overall Odds are 1 in 3.51	\$1	9/6/18	3/5/19
1857	Weekly Half Grand Overall Odds are 1 in 4.62	\$1	9/8/18	3/7/19
2044	The Cash Wheel Overall Odds are 1 in 5.05	\$3	9/29/18	3/28/19
2037	Some Like It Hot Overall Odds are 1 in 4.70	\$1	10/24/18	4/22/19
1861	Instant Bingo Overall Odds are 1 in 4.24	\$2	10/24/18	4/22/19
2009	Bling Overall Odds are 1 in 4.65	\$2	10/24/18	4/22/19
2033	High Roller Overall Odds are 1 in 3.89	\$5	10/24/18	4/22/19
2036	Power 5's Overall Odds are 1 in 3.97	\$5	10/24/18	4/22/19
2026	Super Hit Super Ticket™ Overall Odds are 1 in 3.45	\$10	10/24/18	4/22/19
1845	\$100 Million Golden Treasures Overall Odds are 1 in 3.16	\$20	10/24/18	4/22/19



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The odds listed here are the executi odds of winning any price in a game, including break-even prices. Lettery retailers are authorized to redeen prises of up to and including \$559. Prizes of \$500 or more must be claimed in person at a lottery daim center or by mail, with a completed Texas Lottery" claim form, however, annuity prizes or prizes over \$2,500,000 must be claimed in person at the Commission Headquarters in Austin. Call Guistomer Service at 800-375-6666 or visit the lottery website at talettery.org for more information and location of nearest claim center. The Texas Lettery is not responsible for lest or stolen tickets, or for tickets lest in the mail. Tickets, transactions, players and winners are subject to, and players and winners agree to abide by, all applicable laws, Commission rules, regulations, policies, directives, instructions, conditions, procedures and final decisions of the Essourive Director. A scratch ticket game may continue to be said even when all the top prizes have been claimed. Must be 18 years of age or older to purchase a Texas Lottery ticket. The Toxas Lottery supports Texas education and vetorors. PLAY RESPONSIBLY, For help with a gembling problem, **neggambling.org**, © 2018 Texas Lottery Commission. All rights reserved.



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Democrat Beto O'Rourke, in viral video, defends NFL protests

"I can think of nothing more American than to peacefully stand up, or take a knee, for your rights, anytime, anywhere, in any place, O'Rourke said.

Democrat from El Paso, Texas, who is waging a credible challenge to Republican Sen. Ted Cruz for his seat this November, defended NFL players' right to protest in a video that has gone viral since it was posted on Tuesday.

O'Rourke was asked at a campaign town hall if he thought NFL players' kneeling during the national anthem was disrespectful. The person asking the question said he found it "incredibly frustrating" that people supported such protests.

"My short answer is: No, I don't think it's disrespectful," O'Rourke responded, which drew applause from the audience.

"Reasonable people can disagree on this issue. Let's begin there. And it makes them no less American to come down on a different conclusion on this issue,

Rep. Beto O'Rourke, the right?" he added.

O'Rourke then connected the issue to the nonviolent protests during the Civil Rights Movement spurred by the 1963 Birmingham, Alabama, church bombing, which killed four young black girls, and the Freedom Riders who were terrorized while challenging segregation laws, among other events.

"Peaceful, nonviolent protests, including taking a knee at a football game to point out that black men, unarmed, black teenagers, unarmed, and black children, unarmed, are being killed at a frightening level right now, including by members of law enforcement, without accountability, and without justice," O'Rourke said. "And this problem — as grave as it is is not going to fix itself, and they're frustrated, frankly, with people like me and those in positions of

public trust and power, who have been unable to resolve this or bring justice for what has been done and to stop it from continuing to happen in this coun-

He added: "And so nonviolently, peacefully, while the eyes of this country are watching these games, they take a knee to bring our attention and our focus to this problem to ensure that we fix it. That is why they are doing it. And I can think of nothing more American than to peacefully stand up, or take a knee, for your rights, anytime, anywhere, in any place."

The video of his response, posted by the news site NowThis, has since garnered 11 million views and more than 300,000 shares Facebook as of Thursday morning.



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