

*"I have a dream that one day this nation will rise up and live out the true meaning of its creed — we hold these truths to be self-evident: that all men are created equal." - Dr. Martin Luther King, Jr.*



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# The Dallas Post Tribune

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SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

January 23 - 29, 2020

## Inspiring speech earns Starks student first place in annual MLK Jr. Oratory Competition



By The Hub

An inspiring speech from fifth-grader Colin Harris earned him first place in the annual Martin Luther King Jr. Oratory Competition.

Harris, who attends J.P. Starks Math, Science and Technology Vanguard, competed alongside seven

other outstanding fourth- and fifth-grade students at the Jan. 17 competition. The students shared their original speeches addressing a question: "What would Dr. King's vision be for America in 2020?"

The law firm Foley and Lardner designed the annual oratory competition to recognize and encourage the writing and oratory skills of elementary students. Established in Dallas in 1993 and Houston in 1997, the competition serves as a celebration of cultural diversity and opportunity to spotlight talented Dallas ISD students as they learn about and share Dr. King's legacy.

Alongside first-place winner Harris, these students topped the competition:

Second Place - Dominic Patermo, fourth-grade Harry C. Withers Elementary School

Third Place - Jasira King, fifth-grade William Brown Miller Elementary School

The Barack Obama Male Leadership Academy Jazz Band and David W. Carter High School choir wowed the audience with performances before and after the speeches.



## Prince Harry hopes for calmer future, but not much chance



By DANICA KIRKA

LONDON (AP) — Prince Harry says he's taking a "leap of faith" as he steps back from royal duties in an attempt to build a more peaceful life — one free of the journalists who have filmed, photographed and written about him since the day he was born.

Fat chance.

As Harry reportedly flew out of Britain on Monday to be reunited with his wife Meghan in Canada, many predicted the prince and the former TV star

would struggle to escape global fame and its pressures.

"They believe that if they are not representing the monarchy any longer, the tabloid press will eventually go away because it will be so expensive for them — that there won't be the same savage approach. They feel they will be able to control it more from Canada," said Pauline Maclaran, a business professor at Royal Holloway University of London and author of "Royal Fever: The British Monarchy in

Consumer Culture."

"I don't think they are being very realistic."

Harry has long had a frosty relationship with the media, and on Sunday he made it clear that the press was a major reason for the couple's decision to step back from royal life. In a personal speech that referenced his mother, Princess Diana, who died in a car accident in 1997 while being pursued by paparazzi, he said he had "no other option" but to step away.

Continues on Page 5

## Trump's trial opens on fast track, Dems arguing for removal



By LISA MASCARO, ERIC TUCKER and ZEKE MILLER

WASHINGTON (AP) — The U.S. Senate began hearing opening arguments Wednesday in President Donald Trump's impeachment trial with proceedings now on a fast track. First up: Democratic House managers making their case that Trump abused his presidential power and should be removed from office.

Chief Justice John Roberts gavelled open the session as senators settled in for a several long days of proceedings.

The trial marks just the third time the Senate has weighed whether an American president should be removed from office.

Rep. Adam Schiff of California, chairman of the House Intelligence Committee and leader of the prosecution team, launched into opening arguments referring to Alexander Hamilton and the country's other Founding Fathers who wrote impeachment into the Constitution.

"We are here today in this hallowed chamber, undertaking this solemn action for only the third time in history because Donald J. Trump, the 45th president of the United States, has acted precisely as Hamilton and his contemporaries feared," Schiff said.



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## INCREASING ACCESSIBILITY TO SPECIALITY PROGRAMS DALLAS ISD RACIAL EQUITY OFFICE



Dallas ISD is rapidly becoming a district of choice where every child can find a school that best fits their unique interests, needs, and aspirations. The academic options offered are as diverse as the learners themselves. The district is proud to offer specialty school choice programs and models for students in all grades. The options include programs such as Montessori, International Baccalaureate, Talented and Gifted, Single Gender, Two-Way Dual Language, STEM/STEAM, Visual and Performing Arts, P-Tech/Early College High Schools, Career Institutes, Collegiate Academies, and much more. While the number of program offerings has increased, there is still a segment of the community that is not taking advantage of these amazing opportunities.

The Dallas ISD Racial Equity Office and

Centralized Enrollment worked in collaboration to identify communities where students meet the magnet school application requirements but are underrepresented in the applicant pool. To help families learn more about the many options available at the district's magnet and other application-based programs, the departments have scheduled a series of community-based workshops at area libraries. In addition to receiving on-site assistance in completing applications, families are assigned a mentor who will serve as a point of contact for questions and assistance throughout the application and selection process.

"We worked to identify communities where fewer families were applying to and enrolling in our magnet schools," said Lesley Williams, Deputy Chief of Racial Equity. "Our goal is to level the playing field for

families by providing support as they navigate through the application and enrollment process to find the best-fit school for their child."

The first workshop was held at the Dallas West Library. Additional workshops are scheduled from 6 p.m. to 8 p.m. January 21 at Highland Hills Branch Library, 6200 Bonnie View Road, Dallas, 75241, and 6 p.m. to 8 p.m. January 28 at Paul Laurence Dunbar Lancaster-Kiest Branch Library, 2008 E. Kiest Blvd., Dallas, 75216. Learn more at [Dallas ISD Specialty Schools at www.dallasisd.org/your-choices](http://www.dallasisd.org/your-choices).

### Mark Your Calendars

Don't miss your chance to apply to a specialty school in Dallas ISD! Join us on Saturday, January 25, from 9 a.m. to 1 p.m. at Kathlyn Joy Gilliam Collegiate Academy, 1700 E. Camp Wisdom Road. Learn more at [www.dallasisd.org/your-choices](http://www.dallasisd.org/your-choices). Families will be able to visit with school representatives to learn more about specialty programs and apply on-site for the school that best fits their child's needs.

## Mayor Johnson issues proclamation declaring 2020 A Year of Nonviolence in honor of MLK Day

**DALLAS** — Mayor Eric Johnson on Friday issued a proclamation declaring 2020 "A Year of Nonviolence" in the city.

Mayor Johnson made the proclamation in honor of Martin Luther King, Jr. Day, Monday, Jan. 20, 2020.

"Dr. King dedicated himself to the principles of nonviolence in his pursuit of a more just world, and this weekend serves as a reminder of how much people can accomplish while armed only with resolve, determination, faith, and reason," Mayor Johnson said. "Our great city had too much violence in the past year, and the victims were predominantly people of color. This has to change, and all of us in Dallas must work together to solve the challenges our communities face."

"We obviously cannot wish crime away or eradicate it through a proclamation. But we should use this weekend, and

the rest of this year, to ask ourselves what we can do to rededicate ourselves to the principles Dr. King espoused."

Here is the language of the proclamation:

**WHEREAS**, Martin Luther King, Jr. Day is recognized this year on January 20, 2020; and

**WHEREAS**, Martin Luther King, Jr. Day is the only federal holiday designated as a National Day of Service. The holiday celebrates the life and achievements of Dr. King as well as encourages all Americans to volunteer in their communities to honor his legacy; and

**WHEREAS**, service is a powerful tool for empowering individuals, strengthening communities, and addressing social problems; and

**WHEREAS**, this year, the City of Dallas is hosting its 38th annual celebration to honor Dr. King. The theme for the celebration is "Linking Many Cultures Together for

One Dream"; and

**WHEREAS**, Dr. King devoted his life to advancing social justice, equality, and opportunities for all. He is known around the world for his brave leadership, powerful speeches, and nonviolent activism as a leader of the Civil Rights Movement. He led many peaceful protests, bringing together people of diverse ages, races, and faiths, and successfully advocated for positive social change in the United States; and

**WHEREAS**, Dr. King remained dedicated to the principles of nonviolence throughout his life that was tragically cut short; and

**WHEREAS**, Dallas can honor Dr. King's legacy by rededicating itself to principles of nonviolence.

**NOW, THEREFORE, I, ERIC JOHNSON**, Mayor of the City of Dallas, Texas, do hereby proclaim 2020 in Dallas, TX.

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# EDITORIAL PAGE

## COMMENTARY: Renewing Martin Luther King's Dream by Renewing Our Minds

By Dr. Kelvin "Kelly" Wright

*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind," a scripture reading from Romans 12:2.*

Transformation is something the Reverend Doctor Martin Luther King, Junior was in pursuit of. He was seeking to fulfill his God given dream to help lead all people to the promise land of true brotherhood. On this national holiday we observe the birthday of Martin Luther King Jr., a drum major who followed the drumbeat of a different drum. He did not follow the world's cadence of anger, discord and violence but chose to operate in the unforced rhythm of God's grace to take a stand against racism, militarism, injustice and poverty. He sought to serve others in his quest to achieve equality in civil and economic rights for Black Americans, along with a demand for criminal justice reforms.

In 1963, I remember as a child sitting at home in Hagerstown, Maryland with my mother and grandmother in our living room watching a network news report on the March on Washington for Jobs and Justice. The report showed Dr. King delivering what would become a speech literally heard around the world and echoed throughout history, "I Have A Dream."

It was a dream that set into motion the transformation of race relations in America. Dr. King's leadership in the non-violent struggle for civil rights earned him the distinction of being called a "drum major for justice, a drum major for peace."

But to his four children, he was simply known as "daddy."

Dr. King was mindful of his children when he delivered his famous address, "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

Dr. King's youngest child, Bernice King, has followed in her father's footsteps, becoming an ordained minister and continues his legacy. She believes that her dad's dream for his children to be judged by the content of their character has, in many ways, become a reality. She says, "new



generations of people have benefited greatly because of the dream but we still have more work to do."

King recently talked to me about her reflections of her father. Her dad's incredible contribution to the world, she explained, is a result of his extraordinary faith in God. As I talked with her, she told me that everything her daddy did, came out of his personal commitment to Jesus Christ.

She adds; "Daddy talked about this in 1967. He forewarned that if we're not careful, we will become a "thing" oriented society and not "people centered" and all of these different crises are going to emerge. And that's what's been happening."

With that, King's daughter acknowledged how the world has shattered her daddy's dream. She points out how we are still confronted with poverty, crippling illiteracy, poor education, and senseless violence. "You think about what happened in Newtown, Connecticut. I mean that should have jolted us like nothing else. We saw 6-year-olds losing their life so senselessly. I'm thinking about Chicago and all of those young people who are killing each other. What has happened to a society that has turned away from that kind of situation and not realize this speaks to who "we are." as a nation and a cancer in our society. The situation with Trayvon Martin, everyday there are several Trayvon Martins; not in the black community but in the Hispanic/Latino communities and other communities.

Were he living today, Dr. King would listen to politicians, civil rights and faith leaders agitate bloviate, instigate and aggravate. Then he would seek to elevate, motivate and demonstrate God's

view for healing the painful wounds of the past and bridge the deep divide with the bonds of reconciliation.

In 1963, as he sat in a Birmingham jail, he wrote about becoming an extremist to deal with the extreme issues of hate and division.

He advised Americans to become more like Jesus as an extremist in love — "your enemies, bless them that curse you, pray for them who despitely use you."

His daughter says, "One of the most important traits in unconditional love is the capacity to forgive. It's very easy to become bitter. It's very easy to become angry. It's very easy to want to take revenge or retaliation. We must have the capacity to have the mentality that says by destroying them; part of me is being destroyed because they're part of my humanity.

"My dad lost his life but look at what the world has gained. Even though he didn't make it to see that Promised Land he talked about and everybody hasn't made it to this Promised Land he talked about but there are people that are benefiting from the life and ultimate sacrifice that he made."

Reflecting on King's legacy, we would serve ourselves well if we could follow his example of spiritual depth, courageous leadership and unselfish service. Like King, we must seek transformation by the renewing of our minds. Let us remember that Dr. King did not conform to the culture of hate but followed the pattern of love. He said; "I have decided to stick with love. Hate is too great a burden to bear." Let's continue the King dream and legacy by boldly and courageously spreading God's love, freedom and peace.

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 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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**Rev. Dr. C.J.R Phillips Jr.**

**Email address**  
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**Sammie Berry**  
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 Support Groups 6:30 p.m.

**A JOURNEY THROUGH THE GOSPEL OF ST. JOHN**

*St. John 2:12-25*

**THE CLEANSING OF THE TEMPLE BY CHRIST**

In our previous article, it was discussed that the presence of the Lord brings joy, and that joy in one's life is gained through obeying the Lord's command. Through simple obedience to the Lord's command, Christ changed water to wine, for wine in the bible is symbolical of joy; thus, Christ changed a potentially embarrassing situation where there was no wine to one of oasis of joy; moreover, the presence of Christ in our lives will accomplish the same! Now, as we approach this passage, we find Christ cleansing the temple because the money-changers and cattle dealers had made the Father's house a house that was profaned, and not a house of honor. In this scene, the righteous anger of the Lord is seen against a backdrop of profanation on the part of the cattle-dealers and money-changers. Our blessed Lord addresses the issue at hand and affirms His deity by saying - "Take these things

hence; make not my Father's house an house of merchandise" (St. John 2:16). The profanation of the money - changers brings out the fact that the holiness of the Lord's house should be guarded at all times. There is a grave lesson for us - "The objects that have been set aside for the Lord's use in the church should be honored because they have been consecrated for use in the things of the Lord. We should take caution that we would never dishonor the Lord's house nor the things dedicated in the worship of the Lord. Of course, Christ's righteous anger and authority in cleansing the temple was challenged by the Jews when they said - "What sign shewest thou unto us, seeing that thou doest these things?" In verse 19, Christ replied - "Destroy this temple and in three days I will raise it up." The Jews misunderstood Christ's statement (v.20) but it was explained in verse 21. This statement (v. 19) by

Christ will be used against Him at His trial before the high priest, Caiaphas (Matthew 26:61). The statement by Christ was not only affirmed by Him, but it was fulfilled because Christ did rise from the grave. And on the basis of Christ's finished work on Calvary, God's righteous anger (wrath) against any unbeliever is definitely atoned for when that person places his or her faith in Jesus Christ. In support of the above statement, Romans 8:1 says - "There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit."

**May God truly bless!**

by

**Dr. Johnny Calvin Smith**

*Pastor, Mount Moriah Missionary Baptist Church*



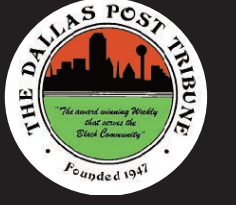
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## Prince Harry hopes for calmer future, but not much chance

Continued from Page 1



The comments were Harry's first since Saturday night, when his grandmother, Queen Elizabeth II, announced the terms under which the prince and his wife will walk away from most royal duties, give up public funding and try to become financially independent.

Meghan has already returned to Canada, where the

couple spent

a Christmas break

with their 8-month-old son, Archie. Harry continued in his royal role Monday, attending a U.K.-Africa investment summit in London alongside British Prime Minister Boris Johnson.

Experts on branding and the royals believe the golden couple will, if anything, get even more attention than they do now.

And if they want to be financially independent, they won't be able to avoid the media altogether, because clients who pay for their services will want the publicity that comes with a connection to them, Shalit said as he predicted the couple could become a billion-dollar brand. They can expect lucrative deals, such as multimillion-dollar book packages and speaking fees, he said.

Shalit said the Sussexes would outstrip former President Barack Obama and his wife, Michelle, in earning power.

"They are 100% more valuable than the Obamas," he said. "The Obamas aren't royal. They are."

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# SPORTS PAGE

## 7 Day Weather Forecast for DFW

Thursday, January 23	Friday, January 24	Saturday, January 25	Sunday, January 26	Monday, January 27	Tuesday, January 28	Wednesday, January 29
H - 55° L - 39°	H - 62° L - 40°	H - 64° L - 49°	H - 62° L - 44°	H - 64° L - 49°	H - 66° L - 48°	H - 64° L - 44°



### SIX DALLAS HIGH SCHOOL BASKETBALL STARS NOMINATED TO PLAY IN 2020 McDONALD'S ALL AMERICAN GAMES



**DALLAS, TX (January 14, 2020)** – Today, McDonald's unveiled that students in the greater Dallas area are among the top basketball talent nominated to take part in the 2020 McDonald's All American Games. The list of more than 900 top girls and boys high school seniors from across the country recognizes 18 players from Texas, including 6 from Dallas. The local Dallas players nominated for the 2020 Games are:

- JaKobe Coles, Guyer High School, Denton
- Donte Houston, Lakeview Centennial High School, Garland
- David Peavy, Dallas High School, Dallas
- Micah Peavy, Duncanville High School, Duncanville
- David Robinson, Seagoville High School, Dallas

- Jalen Williams, Dallas Carter High School, Dallas

Alumni of the nation's premier high school basketball all-star event include Michael Jordan, LeBron James, James Harden, Maya Moore and Candace Parker. A complete list of 2020 McDonald's All American Games Nominees is available at [mcdaa.com](http://mcdaa.com).

The 19th annual McDonald's All American Girls Game will tip off on ESPN2 at 5 p.m. ET Wednesday, April 1. The 43rd annual Boys Game immediately follows at 7 p.m. ET on ESPN.

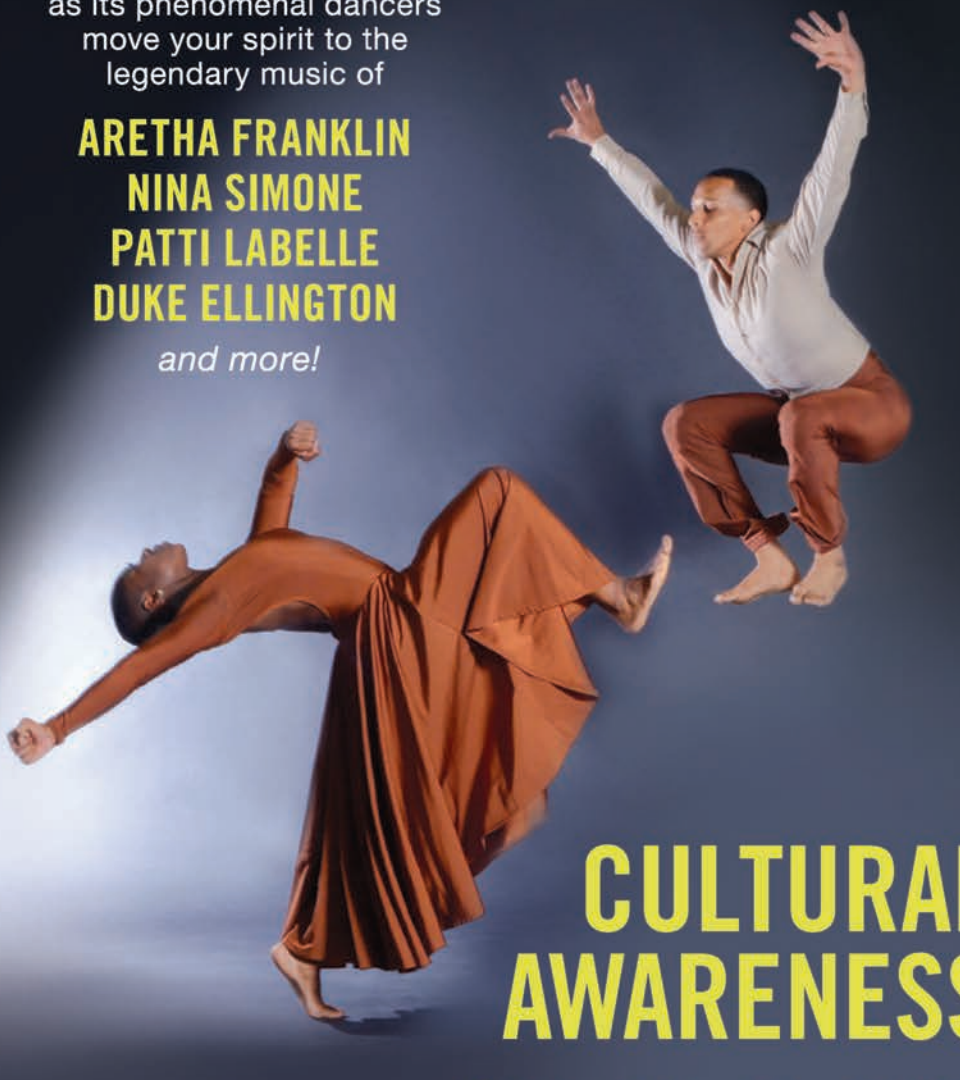
*McDonald's All American Games continues to invest in local communities across the country through support of Ronald McDonald House Charities and its network of local Chapters. At RMHC, programs like the Ronald McDonald House®, Ronald McDonald Family Room® and Ronald McDonald Care Mobile® provide comfort and compassion to families with ill or injured children so they are fully supported and able to be a part of their child's care.*

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# BEST DIETS

**Dear Readers,**

Now that we are getting settled into the new year, many of us are working on getting healthier. There is so much information about diets, sometimes it's hard to know what is really good for you. U.S. News rated 35 diets, and coming in first for overall health (not just weight loss) was the Mediterranean Diet; the Flexitarian and DASH Diets tied for second place. A panel of nutrition experts ranked the diets based on seven categories: how easy it is to follow, its ability to produce short-term and long-term weight loss, its nutritional completeness, its safety and its potential for preventing and managing diabetes and heart disease (1).

Most of us have heard of the Mediterranean diet, but it was American scientist Ancel Keys who first correlated the diet with health benefits (2). It is a plant-based diet rich in fruits, vegetables, whole grains, nuts, and olive oil. Moderate amounts of fish, poultry, and dairy serve as protein sources, but red meat is eaten no more than once a week. Red wine is allowed in moderation, as well as caffeine (3).

DASH is an acronym for Dietary Approaches to Stop Hypertension. This diet emphasizes whole grains, fruits, and vegetables. It is low to moderate in fat and allows 6 oz meat per day. The DASH diet reduces salt to one teaspoon per day, or 2,300 mg. Keep in mind this includes the amount of salt already in the food before using the salt shaker. Studies have shown that it improves high blood pressure in as little as two weeks. Caffeine and alcohol are permitted in moderate amounts (4).

Flexitarian combines the words flexible and vegetarian. The term was coined by dietitian Dawn Jackson Blatner, who published the first book on flexitarianism. It is basically a plant-based diet that allows limited amounts of fish and meat. Alcohol and caffeine are not restricted, but it's wise to use them in moderation (5). This diet is easy to follow and as the name implies, its ease lies in its flexibility.

The common thread throughout these diets is to eat more plant foods and less meat. Try to plan your meals around fruits, vegetables, and whole grains. For example, a whole wheat pasta with sun-dried tomatoes, olive oil, herbs and seasonings, more veggies, and sprinkled with fresh parmesan cheese makes a delicious entrée. Fresh fruit with a touch of whipped cream will satisfy your sweet tooth.

It takes conscious effort and planning to change your eating habits. When making a lifestyle change, give yourself at least 4-6 weeks to get accustomed to it. If you "fall off the horse," get back in the saddle. That's the only way you'll learn to ride.

Until, next time, be healthy!

**Dear Dietitian**

*Leanne McCrate, RDN, LD, CNSC 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 at [deardietitian411@gmail.com](mailto:deardietitian411@gmail.com). Dear Dietitian does not endorse any products, health programs, or diet plans.*