Nelson Mandela International Day - July 18

It takes a lot of people working together to conduct a Mass for a congregation the size of Holy Cross. You need ushers, altar servers, announcers, readers, not to mention a full choir. For the past few years, the Squires’ Circle at Holy Cross has taken on all of these roles for one Mass.

The parish has affectionately christened the gathering as the Squires Mass. For over twenty-five years Father Tim and Charles Watson have overseen Circle 3649 of the Columbian Squires, the parish’s youth organization for the Knights of Columbus Fraternal Order. Charles Watson has been the Chief Counselor of a Squires Circle for about as long as anyone else in the State of Texas. Watson has seen many of “his boys” move on to become successful men who remain followers of Christ.

Continues on page 8A
Theodore [Ted] Lawe was born on August 29, 1936 in Jefferson, Texas. He was the only child of Theodore M. Lawe, Sr. and Avery Lawe. He attended Emory High School, where he graduated in 1954. He attended the historically black college Texas College, where he received a Bachelor of Science degree in Biology in 1958. After graduation, he entered the U.S. Army for two years before returning to Texas College to complete his education. He then went on to earn a Master of Education degree from the University of North Texas in 1972. Lawe held a variety of positions throughout his career, including as an assistant professor at Texas College in the 1970s, as a member of the Board of Education for the Emory Independent School District in the 1980s, and as a security guard at the North Texas State Fair Grounds in the 1990s. He was a member of the African American Museum in Dallas, where he served on the Board of Directors. Lawe was also a member of the Dallas Black Educators Council and the National Association for the Advancement of Colored People. He was a long-time member of the East Texas Historical Association and was a past president of the Texas State Teachers Association. Lawe was a beloved community leader who was dedicated to improving the lives of those around him. He was known for his kindness, his generosity, and his unwavering commitment to education. He passed away on January 31, 2015, leaving behind a legacy of service and dedication that will be remembered for generations to come. 

In Loving Memory of Mr. Theodore Lawe

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**The Affordable Care Act Beats Another U.S. Supreme Court Challenge**

In a major victory for the Obama administration, the Supreme Court upheld by 7-2 the legality of subsidies under the Affordable Care Act (ACA) in states that have not set up their own health insurance exchanges.

President Barack Obama, speaking from the Oval Office, termed the decision a “victory for middle-class Americans.”

The majority of the justices upheld the constitutionality of the subsidies, which are available to those whose income places them in the “affordable” range and who purchase coverage through the federal government’s website, Healthcare.gov.

Justice Samuel Alito, dissenting, wrote that the law grants subsidies to states that have either created or declined to create their own exchanges and that those subsidies have the potential to be used in states that are currently not operating an exchange.

Chief Justice John Roberts, writing for the majority, said that the subsidies were available only through the state exchanges and not through Healthcare.gov.

Justice Antonin Scalia, with whom Roberts is often aligned, said he would have voted to strike down the subsidies entirely.

Justice Elena Kagan, writing for the majority, said the subsidies were available only through the state exchanges and not through Healthcare.gov.

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Parkland Dietitian Offers Tips For Cool and Healthy Summer Snacks

“Fruit is a very affordable, nutritious and delicious snack that is perfect for the heat of summer,” Cox said. “Fruit can be mixed with yogurt for a healthy treat, or you can make a banana-waffle fruit pizza using a fresh fruit and a graham cracker crust.”

You and your family can enjoy a variety of snacks this summer. Try some of these healthy and delicious options:

- Banana-peanut butter wrap in a tortilla or whole-grain bread
- Chocolate covered strawberries and a cream cracker crust with cream cheese and strawberry jam
- Frozen watermelon grapes and grapes drizzled with a little bit of honey
- Frozen yogurt sandwich with yogurt and diced fruit spread between two graham crackers
- A coconut cookie, or a fun banana split on a pop and top with fresh fruit

“Say you can see, there are all kinds of fun and delicious desserts that are available with your family, and one of the best foods that you can enjoy for your summer for years to come is fruit,” Cox said. “This is something that is they are healthy, but that is also something that is good for you as well.”

You can find recipes for these tasty and healthy summer treats on our website, parklandhospital.com/Patients. For more information about the events provided at Parkland, visit www.parklandhospital.com.

Local Children’s Theater Presents African Inspired Play

Roots for Youth African Children’s Theater is back in town! DALLAS, Texas, July 13, 2015 – Dallas youth will have the opportunity to experience the world-renowned musical as they see it performed live and right here in their city. The African Inspired Play debuted in 2015 with a 7:30 PM performance at the Act of Change, Inc., Institute of Greater New Zion Baptist Church, 4105 Junius St., Dallas, TX 75204.

Previous productions have carried audiences to Senegal, Ghana, Haiti, and even South Africa. The theater incorporates the culture and language of each country into its productions, allowing the audience to experience the rich tapestry of traditions and languages from the African continent.

The production will run from August 1st to 4th. The show is highly recommended for all ages and is sure to provide hours of entertainment. For more information, visit www.yorubaculturalfestival.com.

The Dallas Post Tribune welcomes your comments about published information or its representations that may require correction and clarification. You can submit your comments by emailing our production staff at post@theal.com or faxing the correction/clarification to 214.946.7636.

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Carver Heights Baptist Church
2100 S. Mixon
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(214) 628-6199
Fax: 214-422-7765

Services
Bible Study
Services
Wed. 7:00 p.m.
Sund. 9:00 a.m.
Sund. 10:30 a.m.
Sund. 1:00 p.m.
Church School
Visiting Pastor
Pastor's Birthday
Youth Sunday
Young Adult Sunday
Senior Sunday
Women’s Fellowship
Men’s Fellowship
Sund. 8:15 a.m.
Sund. 6:00 p.m.
Sund. 11:00 a.m.
Sund. 10:30 a.m.
Sund. 6:00 p.m.
Sund. 9:30 a.m.
Sund. 11:00 a.m.
Sund. 11:00 a.m.
Sund. 1:00 p.m.
Sund. 6:00 p.m.

New Zion Church of God
2218 Post Oak Street Dallas, TX 75223
(214) 628-6199
Fax: 214-422-7765

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Bible Study
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Wed. 7:00 p.m.
Sund. 9:00 a.m.
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Sund. 9:30 a.m.
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R. L. Brown

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COWBOYS, BRYANT AGREE TO 5-YEAR, $70M DEAL

The Cowboys believed they could let Murray walk because they’ve already sold one of the NFL’s best offensive lines, bolstered by three-first-round picks in the past five drafts. The last of those, Zack Martin, was the first rookie All-Pro for Dallas since Calvin Hill in 1969. But the prospect of playing without Bryant was more daunting for Dallas. He was more catches (188), yards (5,424) and touchdowns (56) through five years than any receiver in franchise history - a list that includes Hall of Famers Michael Irvin and Bob Hayes.

The most accomplished receiver behind Bryant is Terrance Williams, who has 853 grabs for 3,357 yards and 51 TDs in two seasons.

Bryant would occasionally use Twitter to express frustration over not having what he thought was a suitable offer. The most pointed threat came Monday, when he tweeted he would “not be there if no deal,” clearly a reference to training camp kicking off in two weeks. Bryant had already said he would consider missing games, at a cost of about $750,000 each time he did.

Before the long-term deal fell through, Dallas couldn’t fine Bryant three off-season workouts and camp practices. He had already signed the guaranteed $12.8 million bonus Bryant didn’t practice all spring, but did show up from time to time. That ensured the final mandatory minicamp work-

age, and let the NFL rush agency, and let the NFL rush-
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2901 S. Lancaster Rd.
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3335 W. Camp Wisdom Rd.
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3200 S. Lancaster Rd. Ste. 414
Jerco Sales Lock and Key Sales
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1410 Marsalis Ave.
Quiny’s African Hair Braiding
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Mitchell’s Barbeque
2320 Martin Luther King Blvd.
BBaarrbbeerr && BBeeaauuttyy SShhooppss
2901 S. Lancaster Rd.
Eva’s House of Barbeque
3146 Cedar Crest Blvd.
Lott’s Mortuary, Inc.
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The Dallas Post Tribune
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Family and Friends Weekend Celebration
Community United Methodist Church
at 4501 So. Marsalis Ave., Dallas, TX.

Will have a weekend celebration of Family and Friends, beginning Saturday, July 18th with a community breakfast. The public is invited from 10:00 A.M. to 2:00 P.M. Food, games, and activities for all ages. We will end with our Family and Friends Worship Celebration on Sunday, July 19th, at 10:30 A.M. Inviting all former members or Crest Moore king and Lambuth United Methodist.

For additional info please call the church at 214.372.4699 Pastor, Rev. Harold G. Dangerfield, Jr. or 214.372.9649

O Divine Master,
Great is Thy work, not too much work to be completed, but infinite. It may be understood, as to be understood. To be loved as to love. Fear It is in giving that we receive: It is in giving that we receive. It is in giving that we receive. And it is in dying that we learn to immortal life. Amen.
Holy Cross Annual Squires Mass

Established by the Festival International de Jazz de Montreal, the Ella Fitzgerald Award celebrates the range, sensuality and improvisational originality as well as the experimen- tation of a jazz singer. It is an international award being received by such giants as Diana Ross, Louis Armstrong, Diana Krall, Al Jarreau, Tony Bennett, Aretha Franklin and Diana Ross.

Erykah Badu is the recipient of the 17th Annual Ella Fitzgerald Award and still con- sider herself ‘little girl from South Dallas’. Her credits have already earned her interna- tional status, but this presti- gious award is certainly ‘icing-on-the-cake’.

The Montréal Jazz Festival, held in Montreal, Québec, Canada, is the oldest and the largest music festival in the world boasting about 2.5 million visitors per year; it is definitely the place for jazz lovers. There are some 1,000 concerts, 15,000 artists and 100 disciplines. The award largest is the Montreal Jazz Festival in Switzerland, also with record attendance.

Ella Fitzgerald first appeared at the Apollo Theatre in 1934. In 1958, Ella Fitzgerald became the first African American woman to win a Grammy Award. She returned to the Apollo and was billed as ‘Ella Fitzgerald and her Famous Orchestra’. Erykah Badu is a native, a beloved star and a Booker T. Washington alum. She has a great sense of style. Audiences are fascinated with her on-stage boisterous personality. I personally enjoy her array of head dress costumes, beautifully just so, and her range and ability to relate to her audiences. I have to note here that not everybody can arrange, navigate and per- form with a towering head dress on board. Over the years, Erykah has dazzles us with many things to write about. Her appearance at the Essence Festival was the talk-of-the-town. She apparently gave the audience exactly what they ordered. So, what can I say. Erykah Badu is a ‘gem’ of many facets. It’s been a good year. Congratulations!!! to our celebrity Ambassador Dallas, truly great.

Erykah Badu is a ‘gem’ of many facets. It’s been a good year. Congratulations!!! to our celebrity Ambassador Dallas, truly great.