

"All our dreams can come true if we have the courage to pursue them"

— Walt Disney



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VOLUME 71 NUMBER 27

SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

March 28 - April 3, 2019

GROUNDBREAKING CEREMONY MARKS BEGINNING OF REDBIRD TRANSFORMATION

DALLAS — By breaking ground on Phase 1, Reimagine RedBird has launched the transformation of the former Red Bird Mall with Phase 1 of an almost \$160 million redevelopment that will include community-committed tenants like Foot Locker, Frost Bank, and Urban Air. City officials, community leaders and members of the media gathered in support for the momentous groundbreaking at the RedBird site.

"This groundbreaking is the culmination of years of work by community members, the City of Dallas and the RedBird team. Together, we crafted a vision for RedBird as a center of quality for southern Dallas residents that vision begins to turn to reality," said Peter Brodsky, majority owner of RedBird. "I could not be more excited to see the transformation of this site from an aging mall to a vibrant, mixed-use development where southern Dallas residents can live, work and play." RedBird developers have created a national model for community revitalization that is based on a shared vision for and shared benefit from the development: the design and targeted amenities were based on community input; local and minority-owned contractors will perform a substantial portion of the construction, and community members have joined the ownership group.

The City of Dallas has committed to invest over \$24 million in the RedBird redevelopment, \$22 million of which will be applied to updating the infrastructure and remaking the site, and Mayor Mike Rawlings and other elected officials joined the celebration, as they marked the beginning of Phase 1, which includes a one-acre park, a wellness trail, and new tenants, buildings and streets. "I want to thank Mayor Mike Rawlings for his visionary leadership," said Brodsky. "As part of his GrowSouth Initiative, Mayor Rawlings has consistently encouraged investors and businesses to open their eyes to the sustainable investment opportunities in southern Dallas, and that is now happening. Also, Councilmember Tennell Atkins has been a critical partner to RedBird. Without his leadership, creativity and tireless effort for his District 8 constituents, the groundbreaking would not be taking place. Finally, we would not be where we are without Mayor Pro Tem Casey Thomas, who has provided support for this project since his first day in office."

Terrence Maiden, who serves as a co-developer on Reimagine RedBird added, "RedBird is such a meaningful project for me, given that I grew up in this community. We hope that this redevelopment will be a place to be appreciated and enjoyed by the people of this community for many years to come."

Phase 1 also includes the addition of new retail buildings, tenants and space designed for hosting community events. A new building will be built in the north parking field for a 20,000-square-foot marquee Foot Locker Power Store, which will incorporate several Foot Locker-owned concept stores. "Foot Locker has been a tenant at the mall for many years and understands the demands and standards of the community. Their significant capital investment signals a clear commitment to and appreciation of the community in the RedBird area. We are also thrilled to have Frost Bank plan a brand new branch in RedBird, where it will serve the community with quality banking products for area businesses and consumers. Finally, we are excited to add a 30,000 square foot Urban Air trampoline and indoor adventure park to RedBird, a first step toward fulfilling the community's desire for family-friendly entertainment at RedBird," said Brodsky.

All 78 acres of the RedBird redevelopment will be impacted. One major enhancement will be the addition of green space throughout the campus, which includes not only a one-acre park for exercise classes, community gatherings, and events but also a wellness trail around the perimeter of the site. Reimagine RedBird expects to announce additional tenants over the 18- to a 24-month span of Phase 1 that will join the newly opened Starbucks and the recently added offices of Dallas Entrepreneurial Center and Jarvis Christian College. Demolition of 100,000 square feet of the mall, the insertion of streets and the construction of new buildings throughout the complex will round out this stage of renovation.



Additional White Supremacists Convicted for Threatening to Kill Rep. Maxine Waters

WASHINGTON — Two racist and potentially murderous men are the latest in a series of men — many of whom are white nationalists and/or supporters of Donald Trump — who have been convicted in federal courts for threatening to kill Congresswoman Maxine Waters (CA-43).

On March 21, Ceasar Sayoc — a man who reportedly once called himself a white supremacist[1] and drove a van covered in pro-Trump images — pleaded guilty in federal court for mailing potentially explosive devices to Rep. Waters' Los Angeles and Washington, DC offices, and to the offices or residences of 12 other Democratic elected officials, private citizens, and media figures. Sayoc pleaded guilty to 65 counts, which include illegal mailing of explosives with intent to kill, and using weapons of mass destruction.[2] He is being held without bail, and faces a maximum possible sentence of life in prison.

On March 20, Stephen Taubert was found guilty by a federal grand jury after calling Rep. Waters' Los Angeles office in July 2018, stating, "I'm gonna be at every event that stupid fucking nigger bitch is at and I'm gonna kill that fucking bitch and all you stupid fucking niggers that work for her." He also threatened former President Barack Obama in a separate call. Taubert was convicted for three federal charges: influencing, impeding, or retaliating against a federal official; making a threat in interstate commerce; and, making a threat against a former president of the United States. The jury also found that Taubert selected his victims because of race, which provides an enhancement under the U.S. Sentencing Guidelines for hate-crime motivation."



CONTINUES ON PAGE 3

Ms. Brandi Alexander, National Director of Constituency for Compassion & Choices, recently addresses the National Newspaper Paper Publishers Association's Mid-Winter Conference recently in Orlando, FL

Ms. Brandi Alexander, National Director of Constituency for Compassion & Choices, recently addresses the National Newspaper Paper Publishers Association's Mid-Winter Conference recently in Orlando, FL.

Brandi has worked for Constituency for Compassion & Choices for more than ten years. She is dedicated to educating people about having autonomy over all aspects of life, including at the end of life, which has been a driving force in her career.

Compassion & Choices improves care, expands options and empowers everyone to choose end-of-life care that reflects their values, priorities, and beliefs. The reality for the organization works nationwide in communities, state legislatures, Congress, courts and medical settings. The company provides resources to the public about the importance of documenting end-of-life wishes about the full range of available options and engaging with their providers.

Brandi graduated from Middlebury College with a bachelor's degree in psychology, with a minor in French and women's studies. She holds certificates in the Fundamentals in Gerontology and Health and Wellness in an Aging Society, through a joint program offered by the American Society on Aging and the USC Davis School of Gerontology. She has completed several Wellstone Advocacy Training units, including Direct Mail & Voter Guides, Endorsements & Outreach, and Direct Voter Contact. She also has completed the Management Center's People of Color & Indigenous Cohorts training.



Ms. Brandi Alexander



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Local Highlight



Pictured above is State Representative Yvonne Davis and Rev. Dr. Ouida Lee who is senior pastor of the Church of the Disciple in Desoto at the State Capitol in Austin, Texas. Dr. Lee recently served as Chaplain of the Day. Representative Davis sponsored Dr. Lee who was responsible for providing the opening prayer for that particular day of the legislative session.

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5710 East R. L. Thornton Freeway, Dallas, Texas 75223
Free & Open to the Public

For additional information:

<p>Dallas Metroplex Musicians' Association (DMMA) P.O. Box 763785 Dallas, Texas 75376-3785 (682) 587-9646 - DMMA.NANM@gmail.com DallasNANM.com</p>	<p>St. Luke "Community" United Methodist Church 5710 East R. L. Thornton Freeway Dallas, Texas 75223 (214) 821-2970 - MLogan@SLCUMC.org SLCUMC.org</p>
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Dallas Metroplex Musicians' Association is an affiliate of the National Association of Negro Musicians, Inc.

Congresswoman Johnson Co-Sponsors The Protecting Pre-Existing Conditions & Making Health Care More Affordable Act

WASHINGTON, DC – Congresswoman Eddie Bernice Johnson, Chair of the House Committee on Science, Space, and Technology, today cosponsored sweeping new health care legislation that will lower Texans health insurance premiums, strengthen protections for people with pre-existing conditions, and undo the harm the Trump Administration has caused to health care. The Protecting Pre-Existing Conditions & Making Health Care Affordable Act was introduced the day after the Trump Administration asked a federal court to strike down every part of the Affordable Care Act, including the law's protections for people with pre-existing conditions.

"After failing to repeal the ACA in Congress or at the ballot box last November, Republicans are continuing their war on affordable health care by attempting to use the courts to undo the progress achieved by Obamacare," said Congresswoman Johnson. "Since the first day of our majority, the House Democratic Caucus has been fighting for the people, focusing on new legislation that lowers health costs and prescription drug prices for all Americans. With the Protecting Pre-Existing Conditions & Making Health Care Affordable Act, Democrats are taking another step forward to meet our promise to lower health costs for the American people."

Lower health insurance premiums with strengthened and expanded affordability assistance

- Strengthening tax credits in the marketplace to lower Americans' health insurance premiums and allows more middle-class individuals and families to qualify for subsidies;
- Ensuring that families who don't have an offer of affordable coverage from an employer can still qualify for subsidies in the marketplace; and,
- Providing funding for reinsurance, to help with high cost claims, improve marketplace stability, and prevent the Trump Administration's sabotage from raising premiums.

Strengthen protections for people with pre-existing conditions

- Curtailing the Trump Administration's efforts to give states waivers to undermine protections for people with pre-existing conditions and weaken standards for essential health benefits, which would leave consumers with less comprehensive plans that do not cover needed services, such as prescription drugs, maternity care, and substance use disorder treatment.

Stop insurance companies from selling junk health insurance plans

- Stopping the Trump Administration's efforts to push Americans into junk health insurance plans that do not provide coverage for essential medical treatments and drugs, and that are allowed to discriminate against people with pre-existing medical conditions.

Reverse the GOP's health care sabotage that has needlessly driven up premiums and uninsured rates, and empower states to innovate and invest in enrolling more people in affordable health coverage

- Reversing the Trump Administration's sabotage by requiring open enrollment outreach, education, and funding for navigators;
- Investing in state efforts to conduct outreach to increase enrollment, educate consumers of their rights, and help individuals navigate the health insurance system;
- Empowering states to implement new approaches to increasing enrollment and allows states to set up their own Marketplaces; and
- Holding the Administration accountable for its use of federal dollars dedicated to increasing enrollment, outreach and running the federal exchange.

FOR IMMEDIATE RELEASE
Tuesday, March 26, 2019

Contact: Jason Embry
(512) 560-3876

Broad Coalition of Dallas Leaders Endorses Eric Johnson for Dallas Mayor

Dallas, TX – A sweeping coalition of neighborhood, business, civic, non-profit, and faith leaders announced today that they proudly support State Rep. Eric Johnson's campaign to become the next Mayor of Dallas.

Nearly 250 Dallas leaders have formally endorsed State Rep. Eric Johnson to become Dallas' next Mayor, demonstrating the broad support that his inclusive and consensus-building leadership style has garnered across the nation's ninth largest city. The coalition endorsing Johnson includes local neighborhood leaders, Fortune 500 CEOs, small business owners, current and former Dallas elected and appointed officials, non-profit CEOs, faith leaders, educators, and even a member of the Pro Football Hall of Fame.

"I'm grateful that such a diverse and respected group of Dallas leaders has come together behind our campaign," Johnson said. *"It is a profound honor that people who have done so much for Dallas believe that I am the right person to lead our city."*

Johnson grew up in Dallas and returned to his hometown immediately upon completing his formal education. He received his bachelor's degree with honors from Harvard University in 1998 as well as a law degree from the University of Pennsylvania Law School and a master's degree from Princeton University's Woodrow Wilson School of Public and International Affairs, both in 2003.

Since 2010, Johnson has represented Dallas-based District 100 in the Texas House of Representatives, where he has been a leading voice for expanding access to early childhood education, fighting public corruption, funding much-needed street repairs, and improving public safety.

The following are statements from four of the Dallas leaders who announced their endorsement of Eric Johnson for Dallas Mayor today:

"Eric will be the type of Mayor our communities need," said Edna Pemberton, who has been one of Dallas' most influential civic leaders for decades. *"He is a principled leader who genuinely cares about people. Eric will be a Mayor all of Dallas can be proud of."*

"Eric is a person of great integrity who has the experience and the leadership skills to take Dallas to new heights," said Mary Poss, former Acting Mayor of Dallas who also served eight years on the Dallas City Council. *"Eric knows how to lead by bringing different viewpoints and perspectives to the table. He is going to provide the clear and unifying vision our city needs at this crucial time."*

"Eric Johnson is a Dallas success story," said Rev. Donald R. Parish Sr., the Pastor of True Lee Missionary Baptist Church in South Dallas. *"He grew up here, worked hard, got himself a world-class education, and then returned to Dallas to make it an even better place to live. He is fully committed to helping more of our kids have the same kinds of opportunities he had."*

Brint Ryan, Chairman and CEO of Dallas-based Ryan and Ryan International, said, *"Eric is a tested, proven leader who knows where he wants to take our city. He is the right leader to help Dallas maintain its growing, vibrant economy by focusing on developing the tremendous talent that lies within the people who live here."*

A Dallas native and the son of a former Dallas police officer, Johnson has been a practicing lawyer in Dallas for the past fifteen years. He and his wife, Nikki, have two sons, William and George.

Enclosed is the complete list of Dallas leaders who announced their support for Eric Johnson's campaign today.

For more information or to schedule an interview with Representative Johnson, please contact Jason Embry at (512) 560-3876.



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The Black Press believes that America can best lead the world away from racial and national antagonisms when it accords to every person, regardless of race, color or creed, full human and legal rights. Hating no person, fearing no person, the Black Press strives to help every person in the firm belief that all are hurt as long as anyone is held back.

EDITORIAL PAGE



Rev. Johnny C. Smith
Editorial Columnist

“A SURVEY OF THE BOOK OF ROMANS”

ROMANS 12:1-2

BELIEVERS LIVING DEDICATED LIVES TO GOD

Concluding Paul’s doctrinal presentation, He is ready now to present his practical exhortation. Paul pointed to the fact that his exhortation in verse 1 related to his doctrinal presentation given in Chapters 1-11, by using the expression – “the mercies of God” (v. 1). The mercies of God included all of the acts of divine compassion Paul had expounded on in the previous chapters. All of God’s work in saving and sanctifying is part of His mercies.

Paul appealed to these believers on the basis of divine mercy when he called

upon them to consistent living and service. As an act of dedication, believers are exhorted to place their bodies at God’s disposal. When a believer presents his body, he is yielding it for God’s use. In contrast to Old Testament sacrifices, our bodies are to be used as a “living sacrifice to God.” Like Old Testament sacrifices, our bodies are to be “holy” – set apart for God’s use.

Also, our bodies are to be presented to God in an “acceptable” or pleasing manner, and should be our “reasonable” or rational service. Not only should a

believer dedicate his body to the Lord, but his mind as well, for the mind directs the body’s actions (v. 2). Christians’ minds need renewing so that we will not pattern our thinking after the world. Rather than being conformed to this world, God wants us to be transformed or changed by the renewing of the mind. As the mind is renewed through prayer, scripture and yielding to the Holy Spirit, the believer will be living the life that pleases God (II Corinthians 4:16; Ephesians 4:22-24). As our minds are renewed, we will

be able to “prove” or test ideas to ascertain whether they are in accord with God’s will.

And if these ideas are in God’s will, they will be “good” and “acceptable” or well pleasing to God. Furthermore, it will be “perfect” or complete in every aspect to God (v. 2). Let us truly ask the Lord to help us to live dedicated lives before God and the world by yielding to the Holy Spirit – and in so doing, we will be living a life that pleases God.

May God Bless!

Additional White Supremacists Convicted for Threatening to Kill Rep. Maxine Waters

CONTINUED FROM PAGE 1

He now faces up to twenty years in prison for the three convictions.

The Sayoc and Taubert convictions follow those of Anthony Scott Lloyd, a Trump supporter in California, who pleaded guilty in April 2018 to threatening Rep. Waters in a voice-mail, during which he stated “What you said at your little faggot conference, if you continue to make these threats towards the President, you’re going to wind up dead, Maxine, because we will kill you...You can call the FBI, you can call the NSA, you can call whoever the fuck you want and report this.... Bitch, you do it

again, you’re dead. You’re a fucking dead ass nigger”; Richard Mel Phillips, who pleaded guilty in November 2018 to leaving a threatening voicemail message with Rep. Waters’ office stating “there is nothing stopping me from killing your fucking ass,” and that he would travel to her home state and “stick a bullet through your fucking skull”; and, Coast Guard Lieutenant Christopher Hasson – a self-described white nationalist who advocated for “focused violence” in order to establish a white homeland – who was charged in February 2019, for plotting to kill Rep. Waters, several Members of Congress, and television anchors. Following his

arrest, federal agents found 15 firearms, including seven rifles, and over 1,000 rounds of ammunition in his home in a suburb of Washington, D.C.

Congresswoman Waters’ statement on the convictions follows:

“I am pleased by the identification, arrest, and conviction of the men who threatened me, my family, and my staff in support of their racist, white supremacist, and hate-filled agenda. Let these convictions be a lesson to all those who would threaten to kill or cause bodily harm to us: you will be identified and prosecuted to the fullest extent of the law. Unfortunately, these types of violent threats –

and other acts of hate – by ultra right-wing extremists and white nationalists are on the rise in this country and around the world. This disturbing trend is only made worse by the violent rhetoric and bullying tactics of the current President of the United States.

“Violence and all forms of hate have no place in our political discourse and our society. I applaud the efforts of the U.S. Capitol Police, FBI, Secret Service, federal prosecutors, and other law enforcement entities, as well as my colleagues in the U.S. Congress, who are united in the effort to identify and bring to justice all those responsible for violent threats and all acts of hate.”

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COMMUNITY CALENDAR



What: Mother’s Day Jazz Festival 2019
When: May 11 @ 11:00 am - May 12 @ 10:00 pm
Where: FAIR PARK BAND SHELL -- 1465 First Ave, Dallas, Texas 75210

JAZZ LOVERS EVERYWHERE! Martini Blu Jazz Cafe and Bold Entertainment presents!

The Mother’s Day Jazz Festival 2019 in DALLAS, TEXAS MAY 11th and May 12th , 2019!

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How to Make a Smoking Quit Plan

Quitting isn't easy but it's possible.

Having a plan can make quitting smoking easier. Making a quit plan helps you stay focused, confident and motivated.

Are you ready to quit? Use this plan to help you do it.

Stay Busy

Keeping busy is a great way to refrain from smoking. Being busy will help you keep your mind off smoking and distract you from cravings. Try some of these activities when you need to occupy yourself:

- Exercise.
- Take a walk outside.
- Chew gum or eat mints.
- Keep your hands busy with a pen or toothpick.
- Drink lots of water.
- Use deep breathing techniques.
- Start a hobby.
- Spend time with non-smoking friends and family.

Avoid Triggers

Triggers are the people, places, things, and situations that may make you want to smoke. Try to avoid all your triggers. Here are some common smoking triggers that you should avoid when possible:

- Throw away your cigarettes, lighters, and ash trays. Even seeing these things could increase the urge to smoke.
- Try reaching for a cup of tea next time you need a caffeine boost. Caffeine can make you feel jittery and cause you to want to smoke.
- Go to places where smoking isn’t allowed.
- Did you know that being tired can trigger you to smoke? Make sure you get plenty of rest.

Get Help

At Parkland, we firmly believe that every smoker can quit. Each person needs to find out what works for them and above all, they need to keep trying.

If you are ready to quit smoking and improve your health, our Smoking Cessation Clinic has the tools and help you need. Visit www.parklandhospital.com/quitsmoking for more information.

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!

Church Directory

Baptist

Greater New Zion Baptist Church
 2210 Pine Street, Dallas, TX 75215
 P. 214-421-4119 Email: gnz2210@sbcglobal.net



Rev. Joe S. Patterson, Pastor

Services
Bible Study
 Tuesdays @ 11:00 a.m.
 Wednesdays @ 7:00 p.m.
 Sunday School - 9:30 a.m.
 Worship Service 11:00 a.m.

Carver Heights Baptist Church

2510 E. Ledbetter, Dallas, Texas 75216
 P. 214-371-2024



Pastor, Daryl R. Carter

Sunday School - 8:30 a.m.
 Early Worship - 9:30 a.m.
 Morning Worship - 10:45 a.m.
 Evening Worship - 7:00 p.m.

Place your Church Ad in The Dallas Post Tribune's NEW Church Directory!

For more information please contact DPT staff via email at sales.ads@dallasposttrib.net or via phone at 214.946.7678.

Church Motto:
 "To Know Christ, To Grow In Christ and to Share The Gospel Of Jesus Christ with Others"



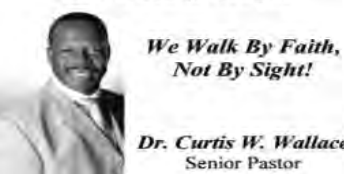
Dr. Ronald Jones, Senior Pastor

New Hope Baptist Church (Founded 1873)
 5002 S. Central Expressway
 Dallas, Texas 75215
 214.421.5296
 Fax 214.421.1531
 Website: New Hope Bapt-Dallas.org
 Email: 1newhope4all@sbcglobal.net

Pilgrim Rest Missionary Baptist Church

1819 N. Washington Ave.
 Dallas, TX 75204
 (214) 823-7308
 www.pilgrimrestdallas.org

Worship Opportunities
 Sundays: 8:00 am & 10:45 am
 5th Sunday, Combined Worship: 10:00 am
 Word Out Wednesday Bible Study 12:00 Noon & 7:00 pm



We Walk By Faith, Not By Sight!

Dr. Curtis W. Wallace Senior Pastor

Saint Phillips Missionary Baptist Church

6000 Singing Hills Drive
 Dallas, Texas 75241
 P. 214-374-6631



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

Email Address: stphillipsmbc@att.net

Schedule of Activities

Sunday

Early Morning Worship- 8AM
 Church School- 9AM
 Morning Worship- 10AM

Church of Christ



Bro. Lamont Ross, Senior Minister

2431 S. Marsalis Ave.
 Dallas, Texas 75216
 Office: 214-941-2531
 Fax: 214-942-9646
 www.marsalisavenuecoc.org

Come Worship and Study with Us!

Sundays
 Bible Study 8:45 AM
 Morning Worship 10:00 AM
 Children's Bible Hour 10:00 AM
 Evening Worship 5:30 PM
Wednesdays
 Bible Class 10:00 AM & 7:00 PM

Greenville Avenue Church of Christ

1013 S. Greenville Ave
 Richardson, Texas 75081
 P. 972-644-2335 F. 972-644-9347



Minister S.T. Gibbs, III

Associate Ministers:

John Bradshaw
 Ben Myers
 Patrick Worthey
Elders:
 Harlee Glover
 Fred Green
 Raymond Hart
 David Phillips, Jr.
 Johnnie Rodgers, Sr.

Schedule of Services

SUNDAY
 Early Morning Worship 8:00 a.m.
 Bible Class 9:45 a.m.
 Morning Worship 10:45 a.m.
 Evening Worship 6:00 p.m.
WEDNESDAY
 Prayer Service - 6:30 p.m.
 Bible Class - 7:00 p.m.
THURSDAY
 Bible Class - 11:00 a.m.

Dallas West Church of Christ

3510 N. Hampton Rd.
 Dallas, Texas 75212
 P. 214-631-5448

Website: www.dwcoc.com



Sammie Berry Minister

Calendar of Events

Sunday Bible School 8:45 a.m.
 Sunday Worship 10:00 a.m. & 6:00 p.m.
 Tuesday Song Practice 7:00 p.m.
 Wednesday Bible Class 9:30 a.m. & 7:00 p.m.
 Sunday Radio Broadcast 7:30 a.m. on 970 AM

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"A Good Understanding Wins Favor" Prov. 13:15

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 Dallas, TX 75237
 P. 214-333-3597



Rev. Bryan Carter, Sen. Pastor

Sundays: 8am, 10am, & 12noon
 Wednesdays: 7pm
 www.ConcordDallas.org

True Lee Missionary Baptist Church

3907-11 Bertrand Street
 Dallas, Texas 75210
 P. 214-421-9435
 F. 214-421-0324



Pastor Donald R. Parish, Sr.

Sunday Church School 9:00 a.m.
 Sunday Morning Worship 11:00 a.m.
 Monday Mission Meeting 7:00 p.m.
 Prayer & Bible Study Meeting 7:00 p.m.

Radio Station Broadcast Every Sunday @ 9:30 a.m. til 10:00 a.m.
 KPYP 1570 AM

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The Mount Moral
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 3111 Lullwater Street
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 The Lord's Supper 1st Sunday 5:30 P.M.

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 Bible Study 8:15 P.M.
 Prayer Club 7:00 P.M.
 Prayer Bible Fellowship 7:30 P.M.

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NEWS YOU OUGHT TO KNOW

Michael Irvin, Hall of Famer and Dallas Cowboys Legend is waiting on test results from a throat biopsy to determine if he has cancer

Dallas, Texas - Michael Irvin's physicians suggested it would be best to have a biopsy performed on his throat after losing his voice for nearly two months to rule out throat cancer. He is terrified because his father died of throat cancer at the age of 51 years old, Michael is 53. He is requesting prayers for himself and his family, that they can accept the results no matter what the biopsy indicates.

Remington College-Fort Worth Campus to participate in a walk to support National Multiple Sclerosis Society

Walk MS: Fort Worth takes place April 6

FT. WORTH, Texas (March 25, 2019) - The National Multiple Sclerosis Society knows creating a world free of MS will take everyone working together. Remington College will do its part by joining others on the journey at Walk MS: Fort Worth 2019.

Remington College-Fort Worth Campus will participate in the walk on April 6 at Trinity Park. The walk begins at 9:30 a.m.

The effort is part of Remington College's nationwide partnership with the National Multiple Sclerosis Society, which kicked off on World MS Day in May 2018. Students and employees at both campuses will be invited to participate in, raise funds for or volunteer for the walk.

Prosecutors abandon the criminal case against Jussie Smollett

By AMANDA SEITZ and MICHAEL TARM
CHICAGO (AP) — Infuriating Chicago's mayor and police chief, prosecutors abruptly

dropped all charges against Jussie Smollett on Tuesday after the "Empire" actor accused of faking a racist, anti-gay attack on himself agreed to do volunteer service and to let the city keep his \$10,000 in bail.

Authorities gave no detailed explanation for why they abandoned the case only five weeks after filing the charges and threatening to pursue Smollett for the cost of a monthlong investigation. Prosecutors said they still believe Smollett concocted the assault. Smollett insisted he told the truth all along.

The dismissal drew an immediate backlash. Mayor Rahm Emanuel called the deal "a whitewash of justice" and lashed out at Smollett for dragging the city's reputation "through the mud" in a quest to advance his career. At one point he asked, "Is there no decency in this man?"

Smollett's attorneys said his record was "wiped clean" of the 16 felony counts related to making a false report that two men assaulted him. The actor insisted that he had "been truthful and consistent on every single level since day one."

Trump says report 'a clean bill of health' as Dems seek more

WASHINGTON (AP) — An exuberant President Donald Trump took a victory lap on Capitol Hill, emboldened by the end of the special counsel's Russia probe, even as Democrats pressed insistently for Robert Mueller's full report and Justice Department officials said more information could be released in "weeks, not months."

Trump strode into a high-spirited gathering of Senate Republicans on Tuesday, flanked by party leaders, saying the attorney general's weekend summary of Mueller's report "could not have been better." GOP senators applauded his arrival, and he celebrated what he called his "clean bill of health."

But challenges are ahead for both the Republicans and the Democrats who hope to deny Trump re-election next year. Both parties are readjusting their aims and strategies in the post-probe landscape, pivoting to health care and other issues that are more important for many voters, even with Mueller's full findings still unknown.

At House Speaker Nancy Pelosi's closed-door caucus meeting Tuesday, she urged rank-and-file Democrats to "be calm" and focus on the policy promises of health care, jobs, and oversight of the administration that helped propel them to the House majority last fall.

"Let's just get the goods," Pelosi said.

Not that the Democrats are forgetting Russia and the 2016 presidential election. Many Democrats dismiss the four-page summary released by Attorney General William Barr as inadequate.

Avenatti charged with fraud as he testified in the related case

LOS ANGELES (AP) — Even before federal prosecutors unsealed charges against Michael Avenatti, the lawyer best known for representing porn actress Stormy Daniels in legal battles against President Donald Trump was facing legal scrutiny for his business practices.

Avenatti was testifying Friday in his own defense in a civil case that included allegations he pocketed \$1.6 million from a client as the feds were including that claim in their criminal case that could put him behind bars for decades.

Avenatti, 48, faces charges in California for allegedly filing bogus tax returns to secure \$4 million in loans and embezzling the client's settlement funds. He faces charges in New York of threatening to release damaging information against Nike if it didn't pay him and another lawyer up to \$25 million.

SPORTS PAGE

7 Day Weather Forecast for DFW

Thursday, March 28

Friday, March 29

Saturday, March 30

Sunday, March 31

Monday, April 1

Tuesday, April 2

Wednesday, April 3



H - 75°
L - 59°



H-74°
L-56°



H- 59°
L - 42°



H-57°
L- 42°



H-63°
L-44°

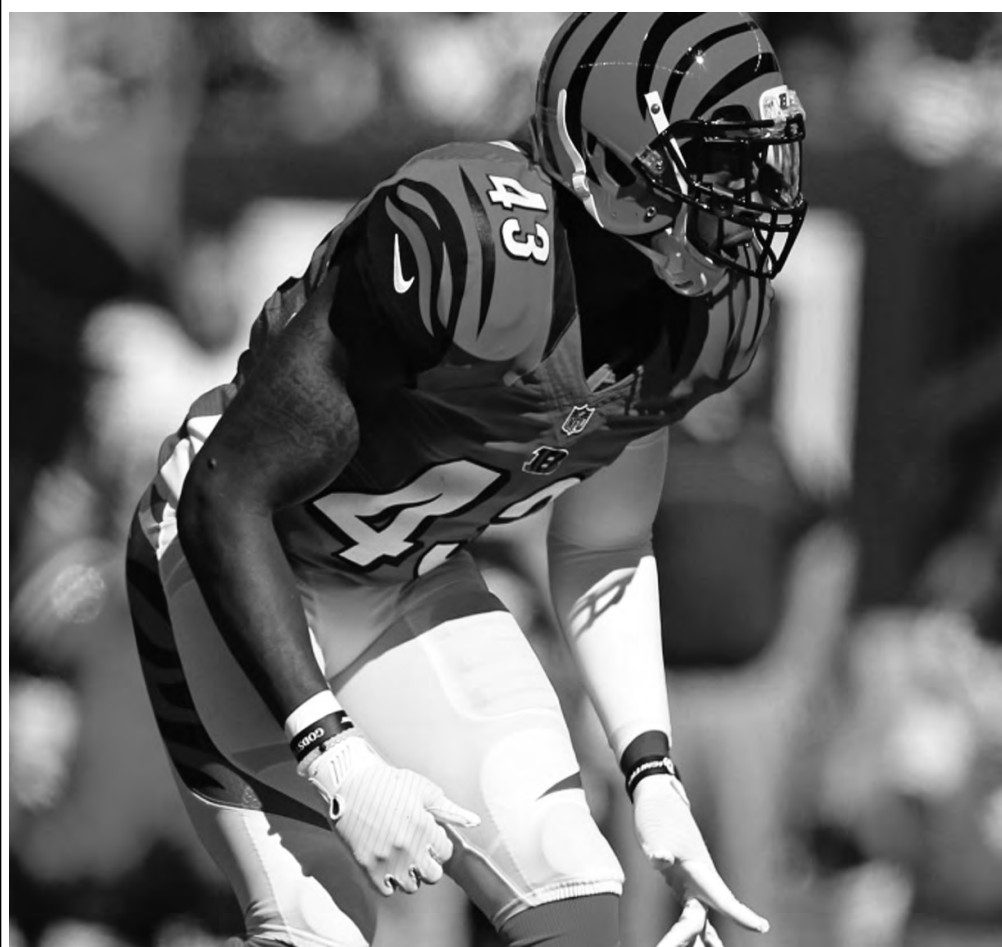


H- 71°
L-54°



H-71°
L-59°

Cowboys choose veteran George Iloka to fill need at safety



FRISCO, Texas (AP) — The Dallas Cowboys have signed safety George Iloka, adding experience at a position that was a high priority going into the offseason.

The addition of Iloka on a one-year contract came after the Cowboys decided against being serious bidders for Earl Thomas. A three-time All-Pro during nine seasons in Seattle, Thomas signed a four-year deal with Baltimore. The Texas native made overtures to the Cowboys when he was still playing for the Seahawks.

Iloka started 76 of 83 games in his first six seasons, all with Cincinnati. The Bengals cut Iloka during the preseason last year and he played all 16 games with three starts for Minnesota in 2018. Iloka turns 29 this month.

Jeff Heath and Xavier Woods are returning starters at safety for Dallas. Iloka has played both strong safety and free safety during his career.

If you have sports information that you would like placed in the DALLAS POST TRIBUNE Sports Section e-mail us at: production@dallasposttrib.net

LEGAL NOTICE

These Texas Lottery Commission scratch ticket games will be closing soon:

Game #	Game Name / Odds	\$	Official Close of Game	End Validations Date
2018	Super 7's Overall Odds are 1 in 3.45	\$10	4/18/19	10/15/19
2035	777 Overall Odds are 1 in 4.74	\$2	4/21/19	10/18/19
2094	Veterans Cash Overall Odds are 1 in 4.41	\$2	5/15/19	11/11/19
2076	Casino Action Super Ticket® Overall Odds are 1 in 3.51	\$10	5/15/19	11/11/19
2101	Holiday Cash Drop Overall Odds are 1 in 4.55	\$2	5/29/19	11/25/19
2098	Holiday Word Blast Overall Odds are 1 in 4.12	\$3	5/29/19	11/25/19
1877	Super Loteria Overall Odds are 1 in 3.77	\$5	5/29/19	11/25/19
2069	Cowboys Overall Odds are 1 in 3.99	\$5	5/29/19	11/25/19
2070	Houston Texans Overall Odds are 1 in 3.98	\$5	5/29/19	11/25/19
2092	Día de los Muertos Overall Odds are 1 in 3.52	\$5	5/29/19	11/25/19



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Txlottery.org is the official source for all pertinent game information. Game closing procedures may be initiated for documented business reasons. These games may have prizes unclaimed, including top prizes. In addition, game closing procedures will be initiated when all top prizes have been claimed. During closing, games may be sold even after all top prizes have been claimed. Must be 18 or older to purchase a ticket. For help with a gambling problem, ncpgambling.org. © 2019 Texas Lottery Commission. PLAY RESPONSIBLY.

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DEAR DIETITIAN

Dear Readers,

Food allergies are on the rise in the United States, and it is estimated that as many as 8% of children suffer from at least one food allergy. A food allergy is when your body's immune system responds to a certain food as harmful and has a reaction. These reactions can range from itchy skin, vomiting, or diarrhea to trouble breathing, wheezing, or life-threatening anaphylaxis. Although it is uncertain why food allergies have increased, one theory is the hygiene hypothesis. Our immune system's job is to fight germs and stave off infections. However, our homes have been sanitized with bleach and antibacterial soap. In our efforts to provide clean homes for our families, our immune systems have lost their job, so they are looking for something to do. It may sense a certain food as harmful, and take measures to protect the body.

Another theory is the way foods are processed. For instance, in China, peanut allergies are far less common than in

the United States. While peanuts are roasted in the US, they are boiled in China. Boiling does not alter the protein in peanuts as does roasting and typically, it is the protein in foods that act as the allergen.

Eight foods account for 90% of food allergies:

Peanuts, Cow's milk, Eggs, fish, wheat, shellfish, tree nuts, and soy

Peanuts, milk, and eggs are the most common food allergies in children. While many children outgrow these allergies, some will have them their entire lives.

In the past, physicians have advised parents not to introduce potential allergy foods to children until age 3. However, recent studies have shown that introducing these foods early may help prevent the allergy from developing. The LEAP study (Learning Early About Peanuts), which was the first randomized trial to study early allergen introduction as a preventive strategy, found that the introduction of infant-safe peanut-containing foods at 4-11 months of age significant-

ly reduced the risk of developing peanut allergy in high-risk infants. High-risk infants were defined as those who had severe eczema and/or egg allergy. Professor Gideon Lack led the LEAP study, and the results were published in the New England Journal of Medicine.

Similar studies have been conducted on the early introduction of eggs to prevent allergies, but the results have been mixed or inconclusive. More research needs to be performed in the area of food allergies to guide the path better.

If you are concerned about food allergies for your child, talk to your pediatrician. Refrain from providing any of the foods mentioned above to your child until approved by your doctor.

Sincerely,
 Dear Dietitian

Leanne McCrate, RD, LD, CNSC is an award-winning dietitian based in Missouri. Her mission is to educate the public on sound, evidence-based nutrition. Do you have a nutrition question? Email her at deardietitian411@gmail.com.

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PARKLAND Now Hiring: A Career with a Mission

If you want to make a difference in your community in a place that's mission-driven, being a police officer at Parkland Health and Hospital System might be a good fit. A position with the Dallas County Hospital District Police Department offers a career with invaluable benefits.

Here are just a few of the reasons you should consider a career with the police department at Parkland.

Opportunity to Thrive and Grow

The learning never stops in law enforcement. Because you'll be working in a diverse and dynamic environment, you'll be learning new tactics and techniques throughout your career. New learning also means opportunities for

growth and promotion in the department. Many officers at Parkland have started as public service officers and moved on to new roles.

The structure in law enforcement offers many opportunities to promote and advance through the ranks.

The police officer department at Parkland offer fairly competitive salaries. The salaries will be between \$26,000 and \$42,000 per year, depending on experience and education level.

Help Others

How you interact with the underserved population of Dallas can play a huge role in the life choices they make in the future.

One of the most satisfying aspects of working as a law

enforcement officer at Parkland is the unique opportunity to help people make positive choices. If treated kindly and respectfully, they will listen to what you have to say.

Police officers at Parkland often encounter people at their most vulnerable. Those who are sick, in pain, suffer from both mental and physical illness or who are under the influence of alcohol or drugs are just a few examples.

Be a Part of Something Great

The law enforcement family offers a unique bond with coworkers and peers that is rare with other professions. Officers from all over the country have each other's backs and offer support no

matter what city they serve in.

Police officers work to improve the community every day.

Become a Problem Solver

Police work is all about problem-solving. Officers work to improve communication, increase staff's awareness of triggers and calming strategies, and enable everyone to be proactive and prevent escalation.

Officers at Parkland will often work with individuals to come up with peaceful solutions. Contrary to popular belief, helping people solve problems to keep them out of the criminal justice system is a great deal of police work.

For example, mental health peace officers on the Law

Enforcement Intervention for Environmental/Patient Safety team at Parkland use a proactive intervention approach to calm patients before they become agitated.

Serve Your Community

Besides the tangible rewards that come from being an officer, it can also be satisfying to know that your work serves a greater good. You can leave work each day knowing that what you do will positively impact people in the long run. That is arguably the greatest reward!

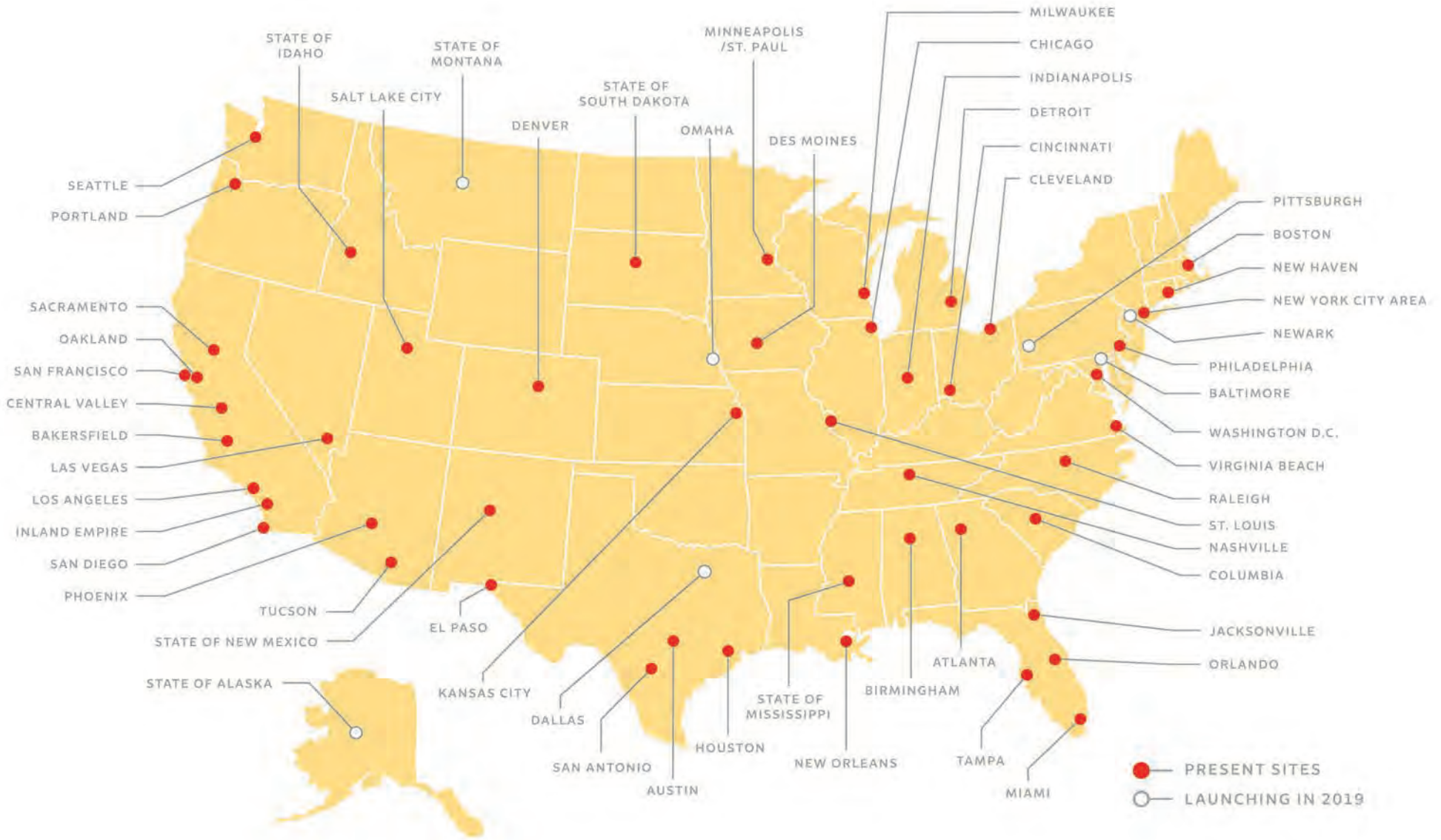
If you feel like it's in your DNA to want to help others, working as a police officer at Parkland can fulfill this desire.

Explore Opportunities to become a Police Officer at Parkland

A competitive salary, great benefits, human impact and chances for advancement. Sounds like a recipe for a great career!

It's true that working in law enforcement can be challenging at times, but there are even more opportunities to make a difference in your community. A career in law enforcement will offer an experience that is unmatched and a respect that is deserved.

If it sounds like a position with the Dallas County Hospital District could be a good fit, check out www.parklandhospital.com/PoliceDepartment for more information.



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- More than 90% of LIFT down payment assistance grant recipients are first-time home buyers.
- Nearly 70% of home buyers who receive LIFT grants are ethnically diverse, which is 250% higher diversity representation than the general market.
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For more information about upcoming LIFT events please visit wellsfargo.com/lift



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