

Breaking the Cycle: Young Mother of Seven Turns Life Around at McDonald's

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The Dallas Post Tribune

ISSN # 0746-7303

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VOLUME 69 NUMBER 1

SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

October 6 - 12, 2016

50¢

DON'T INSULT PRESIDENT OBAMA!



AP Photo

By Divine Design News Service

President Barack Obama says that he will be personally insulted if people who voted for him in the last two presidential elections do not vote for former Secretary of State Hillary Clinton in the November election. Large numbers of Obama coalition voters must put the first female president in the White House, he said recently.

"My name will not be on the ballot, but progress is on the ballot," he said to a national television audience while delivering a speech at the Congressional Black Caucus dinner in Washington. "I will consider it an insult to my legacy if people let down their guard and fail to activate themselves in this election."

Imploring voters to support Clinton, First Lady Michelle Obama, in a speech given to a college audience in Pennsylvania, said that the November election was about her husband's legacy and dignity, and that voting for "Hillary Clinton was the only thing to do." The nation's first couple has thrown its formidable influence behind Secretary Clinton's bid to lead the most

powerful nation on the face of the planet.

African American voters turned out in unprecedented numbers to support President Obama in his two successful bids to win the White House. While comprising approximately 12.4 percent of the nation's population, the African American vote is considered crucial to winning the White House. Republican presidential candidate Donald Trump has attempted to make inroads in the African American vote, but overwhelming numbers of African American voters are supporting Secretary Clinton. The question is whether or not sufficient numbers will go to the polls to ensure her election.

People of color and former slaves were granted the right to vote when the 15th Amendment to the United States Constitution was passed in 1870. While the measure was law, poll taxes, racial prejudice and rampant violence against African Americans kept large numbers of people of color from exercising the franchise.

Prior to the presidency of Harry S. Truman, who became the nation's leader in 1945 after the death of President Franklin D. Roosevelt, large numbers of African Americans were mem-

bers of the Republican Party. Democrats began to attract large numbers of African Americans when Truman proposed additional civil rights measures, including a federal ban on lynching, a practice which had been rampant in the nation's history.

The Democrat Party's appeal to African American voters was enhanced significantly in the 1960s with the ascendancy of Dr. Martin Luther King Jr., and the Civil Rights Movement.

The national political landscape changed dramatically when President Lyndon Johnson pushed civil rights legislation through the Congress, including the Civil Rights Acts of 1964 and the Voting Rights Act of 1965.

Those measures led to significant social and economic progress, and to the election of pivotal African American elected officials such as North Texas Congresswoman Eddie Bernice Johnson and President Obama, the country's first African American President.

(Next week, how to overcome unconstitutional voting restrictions passed by the Texas Legislature, and make your vote count!).

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Creating Beautiful Skin

Scripture of the Week



There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are all one in Christ Jesus.
(Galatians 3:28 KJV)

Happy 105th Birthday Mrs. Arnett Cain Miller



Arnett Cain Miller was born on September 20, 1911 in Slocum, Texas to the union of Johnny and Idell Clewis Cain. She attended school and Church at St. James Baptist in Slocum. She later married Brady Miller of Palestine and in the early 60's moved to The Fort Worth Dallas area. She is surrounded by her 8 children Lee Clewis, Joyce Arnick, Patsy Gibson, Joe Tucker, Lena Miller, and Lois Harris, 2 sons, A.W. Whitehead and John Tucker in her everyday memories 29 grandchildren, 42 great grandchildren and 26 great great grandchildren. Mrs. Miller is the mother of her church New Solomon Church of the living word where she has been a member since 1971.

What to Know About the Upcoming Flu Season

Submitted by Children's Health

At this time of year, signs for flu shots start popping up everywhere – at the corner pharmacy, at the doctor's office and perhaps in your place of work. It's easy to ignore but important not to. Between 5% and 20% of people in the U.S. come down with the flu each year, taking them out of work or school and putting others around them at risk of becoming sick.

Children's Health recommends everyone six months of age and older be vaccinated against the flu. Influenza can be very dangerous, especially for those younger than 2 and older than 65 years old, as well as for people with chronic health conditions. In fact, 85 children died of the flu in the U.S. last year. Most of the deaths were in children who were not vaccinated; therefore, all children older than six months and anyone who will be around children should be vaccinated – including pregnant women, new parents, daycare workers and other family members.



Dawn Johnson, MD

Continues on Page 2

Quotes of the Week

Voting is a Constitutional right. Absent any evidence of fraud, all Americans have a protected right to vote, be they rich or poor, black, Hispanic or white, people who live in a big city or in remote rural areas.
(Juan Williams)

Coming Soon...Our 70th Anniversary Edition!



VOTE TEXAS

Voting helps determine the future of our cities, counties, state, and nation. As the Texas Secretary of State, I am the state's chief election officer charged with ensuring all eligible Texans know what they need to do to cast their ballots.

My office has undertaken a statewide voter education campaign engaging voters and working to ensure that all qualified voters in Texas understand what they need to bring to the polls in order to vote in ongoing and upcoming elections.

If a voter possesses a form of approved photo ID, the voter must use it to vote. Currently, there are seven forms of acceptable photo ID in Texas:

- Texas driver license issued by the Texas Department of Public Safety (DPS)
- Texas personal identification card issued by DPS
- Texas License to Carry a Handgun issued by DPS
- Texas Election Identification Certificate issued by DPS
- U.S. passport
- U.S. citizenship certificate containing the person's photograph
- U.S. military identification card containing the person's photograph

With the exception of the U.S. citizenship certificate, the approved photo ID must be current or have expired no more than four years before being presented for voter qualification at the polling place. If the voter has continued access to their acceptable form of photo ID, but, for example, forgets to bring it to the polling place and/or leaves it, for example, at home or in their car, the voter still possesses the acceptable form of photo ID and must use it to vote.

If the voter does not possess and cannot reasonably obtain one of the seven forms of approved photo ID, the voter has additional options when casting their ballot in person. As provided by court order, if a voter does not possess and is not reasonably able to obtain one of the seven forms of approved photo ID, the voter may vote by (1) signing a declaration at the polls explaining why the voter is reasonably unable to obtain one of the seven forms of approved photo ID, and (2) providing one of various forms of supporting documentation.

A voter whose photo identification has been lost, stolen, suspended, revoked or expired more than four years does not possess one of the

acceptable forms of photo ID, and, if the voter cannot reasonably obtain a replacement of the identification that was lost, stolen, suspended, revoked or expired or another form of acceptable photo ID, the voter is eligible to present a supporting form of identification, execute a Reasonable Impediment Declaration, and, assuming they otherwise qualify, vote a regular ballot.

Supporting documentation can be a certified birth certificate (must be an original), a valid voter registration certificate, a copy or original of one of the following: current utility bill, bank statement, government check, or paycheck, or other government document that shows the voter's name and an address. Government documents that include a photo must be original and cannot be copies. If a voter meets these requirements and is otherwise eligible to vote, the voter will be able to cast a regular ballot in the election.

Voters with a disability may continue to apply with the county registrar for a permanent exemption to showing approved photo ID (which now may be expired no more than four years) at the polls. Also, voters who (1) have a consistent religious objections to being photographed or (2) do not present one of the seven forms of approved photo ID because of certain natural disasters as declared by the President of the United States or the Texas Governor, may continue apply for a temporary exemption to showing approved photo ID at the polls. In addition, voters age 65 or older, those with a disability, or those who will be out of the county during both early voting and Election Day may vote by mail. The deadline to request a ballot by mail is Oct. 28.

The General Election is Nov. 8. Early voting runs from Oct. 24 to Nov. 4. The last day to register for the election is Oct. 11.

I am currently traveling throughout Texas to talk as part of a non-partisan, bilingual voter education campaign called Vote Texas. This campaign seeks to ensure all voters in all communities understand when, where, and how to vote. Vote Texas is reaching, among others, voters in urban and rural communities, senior citizens, first time voters, military members, and minority groups.

My team and I are committed to reaching the voters of our great state. For more information regarding voting requirements and voter ID, please visit VoteTexas.gov or call 1-800-252-VOTE.

PROTECT OUR LEGACY

After the economy crashed, Barack Obama stood with us.

We've created over 15 million new jobs since 2010, expanded health care to 20 million Americans, and defended our right to vote.

Barack Obama accomplished a lot, but more needs to be done so we can keep moving forward.

The Republicans have fought Barack Obama since Day One and have promised to destroy his legacy and move our country backwards.

We've all fought too hard to let that happen.

The next president will either build on Barack Obama's legacy or tear it apart.

On November 8th, vote for Democrats so we can keep this country moving forward.

www.IWillVote.com

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EDITORIAL PAGE



Colleen White, Ed.D
Editorial Columnist

A Little Bit of Faith: Ask!

tion, the Bible says that you should ask. In the book of Matthew it says, "Ask, and it will be given to you; seek and you will find; knock and the door will be opened to you" (Matthew 7:7).

Our heavenly Father likes when we call on Him when we need anything. The only problem is that we do not go to Him often enough. We tend to want to solve our own problems. However, sometimes we are unable to solve our own problems. At times, we need a little help. Could

you use a little help today? If so, let your heavenly Father know what you are in need of. He wants you to pour out your heart to Him.

The book of Matthew continues by saying, "For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened" (Matthew 7:8). Because our Heavenly Father cares for us so much, He desires to help meet our needs because He knows that we are in need. However, we have to ask. Don't be shy about it, tell

Him what your needs are.

If you are in need of some divine help, open your mouth and begin to talk to our Heavenly Father in prayer. Your heart can begin to find peace because you know that you are not alone. God is on your side. Therefore, find a quiet place and begin to pray and tell God what you are in need of. Be honest with Him. He will always be honest with you. Can you do that? I know I can. Amen? Amen.

"A SURVEY OF THE BOOK OF ROMANS"

ROMANS 12:1-2

BELIEVERS LIVING DEDICATED LIVES TO GOD



Rev. Johnny C. Smith
Editorial Columnist

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!

Ask Alma: My Father Refused to Help Me Pay for College



Alma Gill
Guest Columnist, NNPA

Dear Alma,

My parents divorced when I was nine. It was cool, because I spent a lot of time with my father and I got along well with my step-father. My biological father and I had a great relationship and spent weekends and holidays together. Things changed after I graduated from high school. My father worked three jobs and was very serious about instilling in me the importance of hard work, but he didn't see the need to go to college. He did everything for me, but he wouldn't pay or contribute to my college education. I talked to him and told him how important it was to me, but he just wouldn't. He didn't even come to my college graduation. I didn't then and still don't understand. I'm now a father and will do everything to help my boys go to college. I have a great salary and have started their college fund. Here's the reason I e-mailed you. My father's health is failing.

He isn't ready for a nursing home, but he needs help, because he lives alone. I don't want to help him, because he didn't help me. How can I explain to him, he doesn't deserve my help?

Signed,
My Father's Son

Dear My Father's Son,

Hmmmm, slow your roll my darling. I sympathize with you and totally understand your side of this situation, but you know what – you're wrong. Yep, you're wrong and your Daddy was wrong and two wrongs don't make one right. Your life didn't start when you graduated high school. Sounds like the two of you maintained a wonderful relationship up until then. His teachings and example of hard work, propelled you many a night when it came to cramming, and hitting those books, I'm sure. I know you are hurt and you felt abandoned, but you know what – you did it; you

succeeded. His decision not to donate or contribute to your education didn't stop you from completing your academic goals and graduating from college. Congratulations to you. Sure, you've got student loans and other grown up bills to pay, but don't we all? It's time to let that go.

In my opinion when it comes to caring for our parents, that's a responsibility regardless of the relationship, unless there's some kind of abuse. Reason being, both of my parents have gone on to be with the Lord and you know what, I can't remember one argument. I don't recall one disagreement or a time when I just didn't want anything to do with them. Mind you, there were many LOL moments, I just choose not to recall. At this stage of my life I've realized, none of that nonsense was important anyway.

You're the creator of the life story your sons will recall and remember. You have an obligation to

rewrite this chapter when it comes to what happened between you and your father. You can blaze a new path in your family legacy, one that includes the support for education. Teach by example to your sons and be there for your father. Show your young men how you are honoring your father in his time of need, here at the end of his life. Choose to be at your best for your boys. It's not about your Dad or the cracks in the wall of your relationship. This is about what your sons will see, while they're watching you, be the best son you can to your father.

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

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!

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

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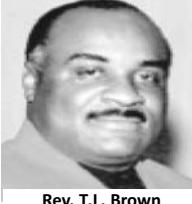
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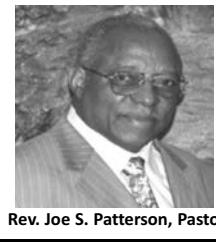
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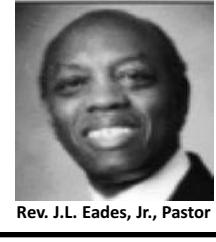
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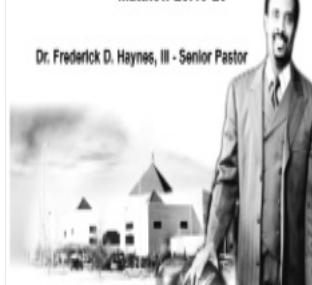
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Wednesday Prayer Meeting - 7:00 p.m.
Brotherhood (1st & 3rd Wed.) - 8:00 p.m.
Senior Mission (1st & 3rd Wed.) - 8:00 p.m.
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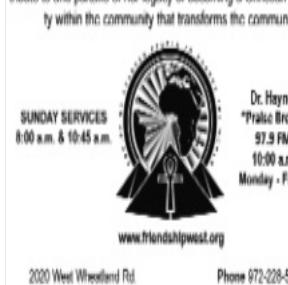
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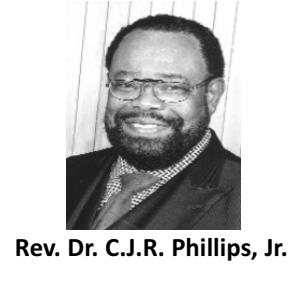
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Church School- 9AM
Morning Worship- 10AM

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Prayer Meeting Bible Study - 6:30 p.m.

Youth Bible Study/Rehearsal 7:00 p.m.



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www.mountmoriahdallas.org

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The Lord's Supper
1st Sunday 6:00 P.M.

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Awana Clubs 7:00 P.M.
Prayer/Bible
Fellowship 7:00 P.M.

"Let's Mount Up!"



Rev. Johnny Calvin Smith
Pastor

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Children's Worship
11:00 a.m.
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7:00 p.m.
Prayer & Bible Study Meeting
7:00 p.m.
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9:30 a.m.

Sunday Evening Worship

5:00 p.m.

Wednesday Bible Study

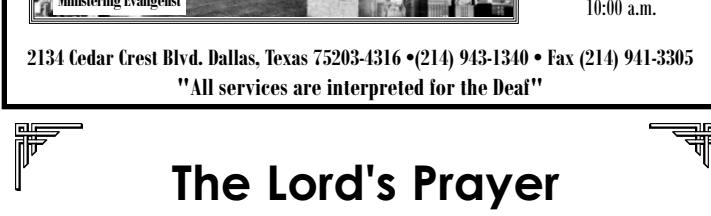
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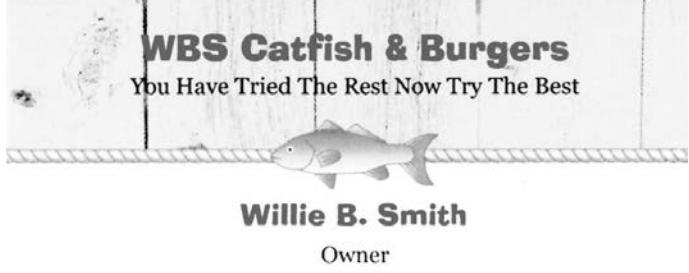
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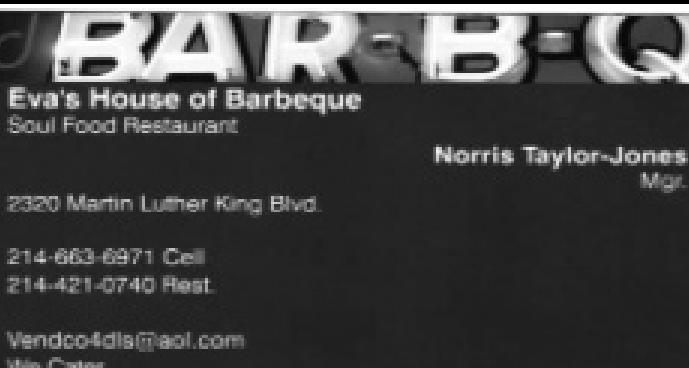
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SPORTS PAGE



7 Day Weather Forecast for DFW

Thursday, October 6



H-89°

L-70°



H-76°

L-60°

Friday, October 7



H-80°

L-58°

Saturday, October 8



H-80°

L-58°

Sunday, October 9



H-81°

L-56°

Monday, October 10



H-83°

L-58°

Tuesday, October 11



H-84°

L-61°

Wednesday, October 12



H-83°

L-60°

Cowboys overcome injuries to beat 49ers 24-17



(AP Photo/Marcio Jose Sanchez). Dallas Cowboys running back Ezekiel Elliott (21) celebrates after running for a first down against the San Francisco 49ers during the second half of an NFL football game in Santa Clara, Calif., Sunday, Oct. 2, 2016.

(AP) - The San Francisco 49ers should look to the Dallas Cowboys for an example of how to thrive while missing some star players.

With Tony Romo, Dez Bryant and two starting offensive linemen sidelined by injuries, the Cowboys still managed to beat San Francisco 24-17 Sunday for their third straight win.

Now the Niners (1-3) head into a short week following their third straight loss dealing with injuries to two key defensive players, most notably star linebacker NaVorro Bowman. Bowman was carted off the field with a lower left leg injury that appeared to be serious after he went down without contact in the third quarter.

"It is tough to see anyone go down," safety Eric Reid said. "We will see what happens and the next guy has to step in and that is what we have to do. That next guy has some big shoes to fill."

First-round defensive lineman DeForest Buckner also left with an injury and had a walking boot on his left foot after the game, leaving two potential holes in a defense with a Thursday night game upcoming against Arizona.

The Cowboys (3-1) did just fine without their key players. Rookie quarterback Dak Prescott threw for 245 yards and two scores and fellow rookie Ezekiel Elliott had his second straight 100-yard game, rushing for 138 yards and a touchdown.

Backup receiver Brice Butler caught one TD pass and Terrance Williams caught another as the Cowboys are thriving without some of their best players.

"There were a number of backups in the lineup on both sides of the ball," coach Jason Garrett said. "Guys just stepping up prepared, accountable, come to work every day, do their job."

Here are some other takeaways from the Cowboys win over the Niners:

STAGNANT OFFENSE: After scoring TDs on their first two drives of the game, the 49ers offense stalled. San Francisco had one field goal the rest of the way as Blaine Gabbert struggled for any consistency. Gabbert missed an open Torrey Smith on a deep ball midway through the fourth quarter, turning a possible go-ahead touchdown into an interception, and then completed only a 3-yard pass on fourth-and-6 to end San Francisco's final drive in Dallas territory.

"We started fast like we wanted to all week," Gabbert said. "Got the run game going. Got some passes in there. Jumped up to 14-0 and just stalled there a little bit."

POISED ROOKIE: The early



(AP Photo/Ben Margot). San Francisco 49ers linebacker NaVorro Bowman (53) is helped off the field during the second half of an NFL football game against the Dallas Cowboys in Santa Clara, Calif., Sunday, Oct. 2, 2016.



(AP Photo/Ben Margot). Dallas Cowboys cornerback Morris Claiborne (24) runs with an interception in front of San Francisco 49ers wide receiver Torrey Smith (82) during the second half of an NFL football game in Santa Clara, Calif., Sunday, Oct. 2, 2016.



(AP Photo/Ben Margot). Dallas Cowboys tight end Jason Witten (82) runs against San Francisco 49ers strong safety Antoine Bethea (41) during the second half of an NFL football game in Santa Clara, Calif., Sunday, Oct. 2, 2016.

14-point deficit didn't shake Prescott a bit. He remained calm and led the Cowboys back with another mistake-free performance. He went 23 for 32 and his 131 attempts without an interception are the most ever for a player in his first four games.

"He isn't going to blink," Butler said. "No scenario is too big for him. We expect that from him and he expects that from himself."

LONG TIME COMING: After being slowed by injuries for much of his career, Morris Claiborne is finally playing like the first-round pick he was for Dallas in 2012. He had his first interception since 2014 and also made the key tackle on Smith on the fourth-down play.

"It feels good to get an interception anytime in a



(AP Photo/Marcio Jose Sanchez). Dallas Cowboys running back Ezekiel Elliott (21) celebrates after running for a first down against the San Francisco 49ers during the second half of an NFL football game in Santa Clara, Calif., Sunday, Oct. 2, 2016.



(AP Photo/Ben Margot). Dallas Cowboys tight end Jason Witten (82) runs against San Francisco 49ers strong safety Antoine Bethea (41) during the second half of an NFL football game in Santa Clara, Calif., Sunday, Oct. 2, 2016.



(AP Photo/Ben Margot). Dallas Cowboys tight end Jason Witten (82) runs against San Francisco 49ers strong safety Antoine Bethea (41) during the second half of an NFL football game in Santa Clara, Calif., Sunday, Oct. 2, 2016.

game," Claiborne said. "It's been a long time since I had one. It feels great to finally get one and to get one in a win."

MOMENTUM TURN: Two plays in the second quarter ended up shifting the momentum in Dallas' favor. Jaquiski Tartt was called for a personal foul after the Niners appeared to get a third-down stop with a sack of Prescott. Tartt hit Prescott after he was already wrapped up on the play, leading to the penalty. Three plays later, Dallas scored its first TD on Prescott's pass to Williams.

Later in the quarter, Bradley Pinion shanked a punt for 26 yards, giving Dallas a short field. The Cowboys capitalized with the TD pass to Butler that tied the game.



2016 Dallas Cowboy Football Schedule

▼ 5	SUN OCT 09	3:25 PM CDT		BENGALS
▼ 6	SUN OCT 16	3:25 PM CDT		AT PACKERS
7 BYE WEEK				
▼ 8	SUN OCT 30	7:30 PM CDT		EAGLES
▼ 9	SUN NOV 06	12:00 PM EST		AT BROWNS
▼ 10	SUN NOV 13	3:25 PM EST		AT STEELERS
▼ 11	SUN NOV 20	12:00 PM EST		RAVENS
▼ 12	THU NOV 24	3:30 PM EST		REDSKINS
▼ 13	THU DEC 01	7:25 PM EST		AT VIKINGS
▼ 14	SUN DEC 11	7:30 PM EST		AT GIANTS
▼ 15	SUN DEC 18	12:00 PM EST		BUCCANEERS
▼ 16	MON DEC 26	7:30 PM CST		LIONS
▼ 17	SUN JAN 01	12:00 PM EST		EAGLES

LATEST TEXAS SPORTS

NBA PRESEASON RDP

Wade's Bulls debut highlights Monday NBA pre-season slate

(AP) - Dwyane Wade was in Chicago and Tim Duncan wasn't with San Antonio as players and teams around the NBA began adjusting to new circumstances Monday.

The Oklahoma City Thunder played for the first time since Kevin Durant's departure, losing to Real Madrid in Spain. Frank Vogel made his Orlando coaching debut against Memphis, which played its opener under David Fizdale.

The first full night of exhibition action featured seven games, including the first Wade played as a professional for anyone but the Miami Heat. The 14-year veteran and Chicago native signed with his hometown team in the offseason and was the first Bulls player introduced before scoring six points in their 93-91 loss to Milwaukee.

Duncan retired after last season, but the Spurs will wait at least one more game to gauge what they will look like without their longtime stalwart. They left LaMarcus Aldridge, Manu Ginobili, Tony Parker, Danny Green, Patty Mills and newcomer Pau Gasol behind when they traveled to Phoenix to face the Suns.

T25-TEXAS-OKLAHOMA COACHES

Texas' Strong, Oklahoma's Stoops need victory to calm fans

NORMAN, Okla. (AP) - There will be more at stake than usual for Texas coach Charlie Strong and Oklahoma coach Bob Stoops at this year's showdown game Saturday in Dallas. Both schools have traditionally ranked among college football's top programs, but both are off to disappointing starts by their standards.

"The bottom line is we're both 2-2 going into this game," Stoops said. "So both of us, it's critical for both of us in how we move forward."

Texas athletic director Mike Perrin told a reporter after Saturday's 49-31 loss to No.

20 Oklahoma State: "We need to evaluate what happened here."

A Longhorns spokesman, John Bianco, later said Perrin's comments were about the coaching staff needing to evaluate the game and the issues the team had on the field.

Strong has been under intense scrutiny since taking over at Texas. Strong has a 13-16 record at Texas and a 9-10 mark in Big 12 play. He said Perrin hasn't assured him that his job is safe.

TEXAS-RUNNING BACKS

Texas RB Chris Warren III out indefinitely; Foreman to play

(AP) - Texas running back Chris Warren III is out indefinitely after injuring his right knee Saturday against Oklahoma State.

Texas coach Charlie Strong made the announcement Monday.

Warren missed the second half against Oklahoma State after rushing for 106 yards on 10 carries in the first half. For the season, he has rushed for 366 yards and three touchdowns with a 5.9-yard average per carry.

Leading rusher D'Onta Foreman left the game against Oklahoma State in the third quarter with an abdominal injury after rumbling for 148 yards and two touchdowns.

Strong said he expects Foreman to play Saturday against No. 20 Oklahoma.

COWBOYS-ROMO OR DAK

Cowboys have Romo-Dak question looming if wins keep coming

DALLAS (AP) - Dak Prescott never gets tricked by the question, no matter how someone asks what happens when Tony Romo returns from his latest back injury. The answer will only get more complicated for the Cowboys if the rookie keeps playing this well in his record-setting debut.

With a victory at home against Cincinnati on Sunday, Dallas (3-1) will be guaranteed a winning record for the widely projected Romo return date.

of Oct. 30.

Then again, maybe it's not complicated if you listen to tight end Jason Witten, Romo's favorite target, close friend and teammate for all of their 14 seasons since they came into the NFL together with the Cowboys in 2003.

"I think it's really simple," Witten said Monday. "I said how I feel about Tony, and I think there's only a few people that are on this planet that can do the things at that position what he's done in his career. He'll continue to come back and play at a high level."

And Witten isn't trying to downgrade the performance of Prescott, who has an NFL rookie record of 131 pass attempts without an interception to start in his career. Prescott has led the Cowboys to three straight wins after a loss in the opener dropped them to 1-14 without Romo since the 2013 finale.

MLB-PLAYOFFS ROUNDUP

Giants, Blue Jays, Orioles grab playoff spots on final day

(AP) - The San Francisco Giants, Toronto Blue Jays and Baltimore Orioles grabbed the last three playoff spots Sunday, and the October matchups are set.

Neat and clean, and no need for all sorts of tiebreakers. It opens Tuesday night when the Orioles visit Toronto in the AL wild-card game.

"All we asked for is an opportunity, and right now, we have an opportunity," Baltimore center fielder Adam Jones said after a 5-2 win over the New York Yankees.

On Wednesday night, aces duel as Madison Bumgarner starts for the Giants vs. Noah Syndergaard and the New York Mets at Citi Field in the NL wild-card game. On Thursday, the best-of-five AL Division Series begins: David Ortiz and Boston at Cleveland, and the wild-card winner at Texas. And on Friday night, Clayton Kershaw starts Game 1 for the Los Angeles Dodgers at Washington, and the NL wild-card winner plays the best-in-the-majors Chicago Cubs at Wrigley Field.

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You, your family and friends are invited to attend the 60th year anniversary celebration of Glen Oaks United Methodist Church. The anniversary theme is:

"Remembering Our Past--Shaping Our Future"

Thursday evening, October 20, 2016
7:00pm – 8:30pm
Refreshments after the program

In addition to extending invitations to former members, several former pastors are expected to attend as well. Contact the church if you have questions. Your presence will be most appreciated.

The Anniversary Committee

Rev. James I. Minor, Pastor

Dallas ISD celebrates Joe May with a dedication of its new elementary school

Dallas ISD celebrates Joe May with a dedication of its new elementary school

Student performances and remarks by Dallas ISD and city officials, community leaders, and family members of the late Dallas ISD trustee José "Joe" May marked the Sept. 29 dedication of the school named in his honor. The celebration took place in the multipurpose room of the new Jose "Joe" May Elementary School located in northwest Dallas at 9818 Brockbank Dr.

Welcoming guests to the

district's newest school, Principal Israel Rivera expressed the excitement experienced by students and staff learning their way around the 100,000-square-ft. building that features 47 classrooms and serves students in grades pre-K through five. The new building is the last of 14 new schools constructed with funds from the district's \$1.35 billion 2008 Bond Program.

District 8 Dallas ISD Trustee Miguel Solis, who represents the northwest Dallas community where

the school is located, welcomed the family members of the late Jose "Joe" May for whom the school is named and joined Dallas city officials Monica Alonso and Adam Medrano in extolling the important contributions of the late Joe May who they praised as a tireless advocate for voting and civil rights.

Elected officials from the U.S. Senate to the Texas Legislature and Dallas City Council presented proclamations and resolutions praising May for his work promoting voting and civil

rights. Superintendent Michael Hinojosa shared personal stories of working alongside Joe May. He said May was a fearless warrior who fought for the rights of the less fortunate with courage, fortitude and well-researched and convincing data.

The project team for the new school, built at a cost of \$20.8 million with the capacity to serve 824 students, included architect, CaCo Architecture, LLC, and general contractor, Ratcliff Constructors.

What to Know About the Upcoming Flu Season

Continued from Page 1

"The best protection is the flu vaccine," said Dawn Johnson, M.D., an associate medical director at Children's Health Pediatric Group. "Flu season has started and runs through June. It is best to get vaccinated now so that your body has enough time to react to the vaccine and give you maximum protection from getting the flu."

Flu shots are available in clinics throughout the Metroplex and in other venues such as pharmacies. Free flu vaccines are also available through Dallas County Health and Human Services for children and adults

who are Medicaid enrollees, unemployed or uninsured, while supplies last.

Parents should keep in mind that the nasal mist vaccination will not be offered this year as it has in years past. In August, the Centers for Disease Control and Prevention announced that the nasal flu vaccine was not as effective as the shot, and as a result, physicians will not be offering it.

"Nasal mist or no nasal mist, the flu season is still coming as it does every year," Dr. Johnson said. "Families should make a plan to get their flu shots today. Protecting your child is a very important part of making

sure your family stays healthy over the next several months."

In addition to the vaccine, it is also important to practice other common-sense behaviors to prevent contagious illnesses – including washing your hands often, covering your nose and mouth when coughing and sneezing, avoiding close contact with sick people, and disinfecting surfaces at home, work and school, especially when someone you know is sick.

For more information on the flu prevention, treatment and other resources, visit www.childrens.com/flu.

2017 Auto Lineup Unveiled at the State Fair of Texas

Buckle up for the State Fair of Texas Auto Show! Today's Auto Show Media Day included big announcements from a long list of top manufacturers, ranging from unveilings of all-new models to upgrades and new features being added to the current lineup. Home to the largest new car auto show in the Southwest, the State Fair of Texas plays host to some of the latest and greatest in the auto world every year. Whether you're a diehard car fanatic or you just like to look around at the newest models, this event is the ultimate destination for all things auto. Highlights from each manufacturer featured at today's press conference can be found below:

Chevrolet

Among all the brand-new vehicles on display at the State Fair of Texas today, Chevrolet unveiled a 16-year-old Silverado with more than 375,000 miles on the odometer. Its owner, Lonzo Anderson of Arlington, Texas, has been named the Official Chevy Truck Legend of Texas. Displayed in a place of honor for the duration of the 2016 State Fair, Anderson's Silverado is a testament to the most dependable, longest-lasting trucks on the road. Anderson's Silverado has traveled the equivalent of 15 trips around the globe, all on the original engine. Anderson's experience is exactly why Chevrolet developed the Chevy Truck Legends customer appreciation program. It is free to join and open to all Texas residents who have more than 100,000 miles on the odometer of their Chevy truck, or have purchased or leased more than one new Chevy truck in their lifetime.

Fairgoers hailing from the Lone Star State who fit these qualifications can sign up for the program during their visit to the State Fair of Texas.

Fiat

The Fiat brand display at the State Fair of Texas features the latest addition to the Fiat lineup, the all-new 2017 Fiat 124 Spider. The 2017 Fiat 124 Spider revives the storied nameplate, bringing its classic Italian styling and performance to a new generation. Paying homage to the original 124 Spider nearly 50 years after its introduction, the 2017 Fiat 124 Spider delivers the ultimate Italian roadster experience with driving excitement, technology and safety combined with iconic design. Car enthusiasts can check out this unique retro-inspired model at the Fiat display in the State Fair's Auto Show.

Ford

Ford Motor Company, America's truck leader, debuted the all-new 2017 F-150 Raptor at today's Auto Show press conference. The 2017 F-150 Raptor will continue to position the ultimate high-performance off-road pickup in a class by itself. Equipped with the all-new 3.5-liter twin-turbo high-output EcoBoost® engine, the Raptor churns out 510 lb.-ft. of torque and 450 horsepower across a wide power band. Mated to an all-new Ford-built 10-speed transmission and exclusive transfer case – and managed by a six-mode Terrain Management System™. Using the same high-strength, military-grade aluminum alloy body and a fully boxed high-strength steel frame as the current F-150 trucks, the 2017 Raptor is up to 500

pounds lighter than the 2014 model.

GMC

When it comes to horsepower from a diesel engine, the 2017 GMC Sierra Denali HD tops the segment with an SAE-certified 445 horsepower (332 kW) from an all-new Duramax 6.6L V-8 turbo-diesel. And when it comes to the torque that enables effortless trailering and hauling, it also delivers more than ever: an SAE-certified net 910 lb.-ft. of torque (1,234 Nm) to make easier work of the heaviest loads. The 2017 Sierra Denali HD was introduced today at the State Fair of Texas Auto Show Media Day. More heavy-duty pickups are sold in Texas than in any other state, so the State Fair is the perfect place to showcase this high-powered vehicle. Along with a 19 percent increase in max torque over the current Duramax 6.6L and segment-best horsepower, the redesigned turbo-diesel's performance is quieter and smoother, for greater refinement and more confidence when trailering or hauling.

Honda

Fairgoers can check out the latest models from Honda at the 2016 State Fair of Texas Auto Show, which features the all-new 2017 Honda Ridgeline. The 2017 Honda Ridgeline is the second generation of Honda's innovative midsize pickup truck, redesigned from the ground up to offer both recreational and work users a higher degree of utility and versatility in a modern, rugged and sophisticated midsize pickup with the largest and most flexible cabin in its class; a higher level of confident and refined dynamic performance

and robust cargo-hauling and towing capabilities, including a class-leading maximum 1,584 pound (718.5 kg) payload capacity (varies by trim) and up to 5,000-pound (2,268 kg) towing (RT AWD). The 2017 Ridgeline sports a sleek, sophisticated and rugged exterior design, incorporating new premium features including standard LED tail-lights, and available features such as LED projector headlights and LED daytime running lights.

Jeep

The Jeep brand returns to the State Fair of Texas with a full lineup of new and award-winning SUVs. To celebrate the unparalleled history of the legendary Jeep brand, this year's display features the luxurious 2017 Jeep Grand

Cherokee Summit and the ultimate in capability with the 2017 Jeep Grand Cherokee Trailhawk. The display also features a 75th anniversary special-edition 2017 Jeep Wrangler with Jeep-exclusive green exterior paint, Low Gloss Bronze wheels, bronze and orange exterior accents and unique interiors, including exclusive seats with an embossed 75th anniversary logo and a 75th anniversary exterior badge. The latest Jeep lineup will be featured throughout the Fair's 24-day run.

Nissan

Nissan is returning to the State Fair of Texas to celebrate America's truck country with free parking for pickup trucks and an opportunity for attendees to take home the "TITAN of Texas" title by competing for the best time on a rugged, TITAN-inspired obstacle

course. Nissan will be offering free parking for all pickup truck drivers, regardless of make, every day of the Fair at the parking lot located at the corner of 2nd Avenue and Ash Lane, just two blocks west of the Front Gate entrance on Parry Avenue. The tough and rugged parking lot is complete with bigger spaces designed for pickup truck drivers, and will be fully staffed with security and product specialists. Guests will be directed to the "TITAN Off-Road Experience" to ride inside

Nissan's new 2017 TITAN and TITAN XD as they climb hills and overcome obstacles off-road. Every Wednesday through Sunday during the 2016 State Fair, Nissan will be putting the best-of-the-best athletes to the test against past contestants of the TV hit show "American Ninja Warrior" to compete for the "TITAN of Texas" title, as well as a grand prize of \$15,000.

Ram

Ram, America's off-road truck leader, introduced the Ram Rebel TRX concept today at the State Fair's Auto Show Media Day. Rebel TRX is a 100-mph off-road machine with 575 horsepower – the most powerful half-ton truck the company has ever built. Ripping over pavement at speeds greater than 100 mph is an experience, but the Ram Rebel TRX concept hits triple digits in an off-road environment with the help of a supercharged 6.2-liter HEMI® V-8. In addition to the Rebel TRX concept, Ram unveiled new updates to three of its most popular models – Lone Star, Laramie Longhorn and Limited models will now offer truck buyers an even wider selection of exterior appointments

and content. The Ram 1500 Lone Star – the brand's top-selling truck in Texas – now has a new Silver Edition option. Truck lovers can check out all of these vehicles at Ram's display in the State Fair of Texas Auto Show.

Toyota

State Fair of Texas visitors will have a wide range of experiences from Toyota at this year's event. An added bonus for fairgoers, the all-new 2017 Tacoma TRD Pro is making its Texas debut at the 2016 State Fair, allowing attendees to see the world's most rugged and capable mid-size truck up-close and personal. The Tacoma TRD Pro is joined by two new 2017 RAV4 grades – Platinum and SE Hybrid, which were both showcased during today's press conference. The RAV4 Platinum is the premium grade for active couples with an adventurous lifestyle who want the ultimate in design, tech and luxury from a compact SUV.

The RAV4 Platinum is the premium grade for active couples with an adventurous lifestyle who want the ultimate in design, tech and luxury from a compact SUV. The RAV4 Hybrid now has a more aggressive attitude by adopting the SE grade, which features a sport-tuned suspension like the gas model.

Ideal for fairgoers looking to purchase a new car, or simply learn more about today's available options, the State Fair of Texas Auto Show is full of experts from each of the manufacturing companies, ready to help you with any questions you may have. In addition to checking out the hottest new rides, visitors can enjoy fun interactives and live entertainment throughout the various auto displays at the Fair.



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October 3, 2016

Ed Bell Construction is a Dallas based heavy highway contractor doing business in the North Texas market since 1963. With clients such as TxDOT, Dallas County Public Works, and the Cities of Dallas, Fort Worth, Richardson and Mansfield (plus many others), we have a strong backlog of work in the highway market locally.

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- Finishers (Paving)
- Form Setters (Paving, Structures, Underground)
- Laborer (Earthworks, Paving, Structures, Underground)
- Loader Operator
- Paving Machine Operator
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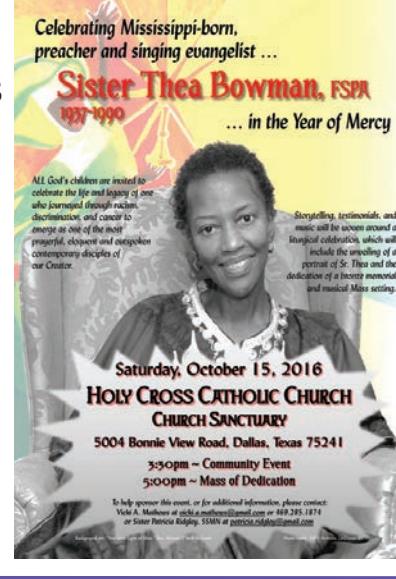
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Orator, singer, preacher, evangelist

to be honored at Holy Cross in Dallas

Holy Cross Catholic Church in Dallas will celebrate the life of Sister Thea Bowman with storytelling, testimonials, music, a portrait unveiling, and the dedication of a bronze memorial plaque in honor of the African-American nun who left a lasting mark on the congregation.

The celebration will take place at Holy Cross, 5004 Bonnie View Rd., Dallas, TX 75241, on Saturday, October 15 at 3:30 p.m., followed by Mass at 5:00 p.m.



My Day: How to Self Destruct Without Being Rich

by Dr. J. Ester Davis



In the late 90's, Earl Graves, founder publisher of the Black Enterprise Magazine came to Dallas with his new book "How to Succeed in Business Without Being White". I found my autographed copy and refreshed myself on some poignant points. I remember what he said to me in a later television interview. So many people wondered about his choice for the title, which he answered straightforwardly with candor. However, reading the book for the second time, bought today's time fully into view.

My attention was drawn to the diverse statements made a part of the book. The main forward was penned by Robert Crandall, then Chairman & CEO, American Airlines. Maxine Waters, U. S. Congresswoman said "... this book is from a man who clearly loves American business..." The first eight pages have comments from noted names such as the CEO of AT&T, Robert E. Allen; George Fisher, CEO, Eastman Kodak Company; Quincy Jones, CEO, Quincy Jones Productions; the CEO of Chrysler, Motorola and a former chief judge of the U. S. Courts of Appeals.

This book, from a black

millionaire*, represented the diversity and makeup of the country despite the title. The point here is that most credible American CEO's, close the gap, act the part, set the tone, and enlighten the future for all Americans.

The 2016 election is less than 40 days and 40 nights away. The loud message here . . . is to take seven "magnificent souls to the polls". If we do not do this, we will all self destruct without our ambitions.

This presidential election is a nightmare on every Main Street and back alley in America. The image, the fussing, the language, ah, the name calling (however, I do admit that referring to Mr. Trump as an 'socially untrained Rottweiler who whenever off his leash' . . . is a clear and present danger of the Republican candidate who could be President. How sad is that. Most damaging is the nation's look at the building of tension, the 20-year old nonsense we care nothing about, the gutting and omission of public education, twilight tweets, the built-in obvious biases. . . all in the name of America's future and America direction. Please be informed that you are so very

wrong. We do not want this in our country.

In President Obama's message at the Congressional Black Caucus Dinner last week, his last speech as Commander-in-Chief, the President of the United States for the last eight years, a rousing standing ovation on the progress that we have made as a nation, the President said "there is no such thing as a vote that does not matter. It all matters".

Further he said, if you believe that your vote does not matter, read up on your history. The President energetically pronounced that "if you want to give me a good sendoff . . . if you care about my legacy which is your legacy . . . go vote!".

And finally, go vote. For the last time. Go vote. Take souls to the polls. Early voting starts October 24.

Join . . . Ester Davis Show on the red carpet at the NAACP Banquet, Saturday, October 8, 2016 and as speaker at "Women-on-Top" Luncheon, in Friendswood, Texas.

Also online at www.esterdavis.com, for Must see videos on-line.

Creating Beautiful Skin

By Divine Design News Service

A North Texas businesswoman and her husband, an internationally known physician, have created a skincare line designed to enhance the beauty of women with sensitive skin. The company that they have established, Yangu Beauty, has a line of patented products that contain natural ingredients from Southern Africa which have historically been used to enhance the radiance and loveliness of royalty, and others who aspire for a look of regal elegance.

"The products that we have developed contain natural ingredients, have not been tested on animals, and are free of parabens, sulfates, titanium dioxide and other artificial colorants," said Sipho Gumbo, who holds an MBA from Baldwin Wallace College in Ohio, a bachelors from the University of Zimbabwe and a certificate in healthcare from Cleveland State University.

"I have always had sensitive skin," she Gumbo, who serves as president of the company. "I know other women who have similar problems. Yangu Beauty was started to help them with their skincare needs. We have a full range of products, including two types of cleaners, two types of moisturizers, an eye cream and an even-tone serum for blemishes."

At a recent convention of the LINKS organization in Las Vegas, Yangu products were well received by women who received skincare treatments. The company had a similar experience at the Drifters convention held this summer in Dallas.



Sipho Gumbo serves as president of Yangu Beauty. Equipped with an MBA, an exceptional product line and a set of sacred principles she plans to revolutionize the skincare industry.

"Many women have ceased using skincare products because of the reaction that they have had to them," Gumbo said. "Our products were designed by a team of experienced chemists to address issues that many women have had, including acne."

Gumbo said that Yangu Beauty is based on the African principle of Ubuntu that embodies trust, respect, fairness, integrity and belief. "Our company exists to enhance and enrich the mind, the

body and the spirit through the experience of outstanding beauty and healthcare products. She said that she and her husband, Dr. Tawanda Gumbo, embraced the principles of Ubuntu while growing up in Zimbabwe.

"The initial target audience for Yangu is North Texas, and eventually the entire United States," she said. "I encourage women to take a serious look at our products by visiting us at www.yangubeauty.com," she added.

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