

# June is Men's Health Month! Parkland providers urge men to take care of their physical mental health

SEE PAGE 2



ISSN # 0746-7303

## The Dallas Post Tribune

2726 S. Beckley Ave • Dallas, Texas 75224  
P.O. Box 570769 Dallas, Texas 75357 - 0769

CIRCULATION  
VERIFICATION  
COUNCIL



50¢

Serving Dallas More Than 65 Years — Tel. 214 946-7678 - Fax 214 946-7636 — Web Site: www.dallasposttrib.com — E-mail: production@dallasposttrib.net

VOLUME 71 NUMBER 39

SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

June 13 - 19, 2019

# “Black” or “African American?”



Hip Hop Activist and author Sean XLG Mitchell, said there's a significant difference between the labels of 'Black,' 'African American,' and 'People of Color.' (Photo: iStockphoto / NNPA)

By Stacy M. Brown, NNPA Newswire Correspondent  
@StacyBrownMedia

In a recent televised commentary, Dr. Greg Carr, chair of Howard University's Department of Afro-American Studies kick-started a stirring conversation that has mostly taken place inside the confines of Black communities around the country.

Carr tackled the sometimes-uncomfortable topic of identifying as Black versus African-American.

“Despite the dictionary definitions, there is no term that truly describes people that were taken from Africa and forced into slavery,” Carr said during commentary on Washington, D.C.'s WUSA.

NNPA Newswire followed up by reaching out to several individuals of color – Blacks, African Americans – in attempt to gain the pulse of just which way many lean.

“Many Africans who live in North America but were born and raised in Africa do not like to be labelled as Black,” said Dr. Tapo Chimbanga, the founder of Future Black Female, an organization that helps create opportunities for Black female youth to participate fully and beneficially in academic, economic and social endeavors.

“Growing up in Africa, where almost everyone is Black makes it difficult for people who grow up in that environment to understand, grasp and identify with Black as a signifier the same way that people born and raised in the West do,” Chimbanga said.

Continues on Page 4

## Dallas Elects Eric Johnson Mayor in Resounding Victory



Eric Johnson, the son of West Dallas who has served his community in the Texas House of Representatives for nearly a decade, was elected the 60th Mayor of Dallas in a sweeping double-digit victory Saturday night.

Johnson defeated Dallas City Council Member Scott Griggs, 56 percent to 44 percent, to become the second African-American Mayor in Dallas history.

Johnson will be sworn into office as Mayor on Monday, June 17. At 43, he will be one of the youngest mayors of a major American city, and he will be one of the most prominent African-American elected officials in the country.

“Every single time, without exception, that I have stood before the voters of Dallas, I have put my faith in two places: in the Good Lord above and in the voters,” Johnson told hundreds of supporters in his Saturday night victory speech at the Fairmont Hotel. “And in every case, I have not been let down.”

Continues on Page 4

## Mayor Rawlings Appoints Reginald Gray to DHA Board of Commissioners & Jorge Baldor Elected as New DHA Board of Commissioners Chairman

DALLAS-(BUSINESS WIRE)--DHA Housing Solutions for North Texas, announces that Jorge Baldor, founder of the Latino Center for Leadership Development, has been elected the new chairman of DHA's board of commissioners. Victor Vital has stepped down from his role as DHA board chairman after serving on the board of commissioners for five years.

Mayor Mike Rawlings appointed educator Reginald Gray to DHA's board of commissioners. Mr. Gray has two degrees from Southern Methodist University -- a bachelor's in advertising and a master's in economics. He's also working on his doctorate. As an economics professor for Mountain View College, Gray creates a strong enthusiasm and foundation in financial education among his students.

“Mr. Vital, having served as chairman and vice chairman, has been a strong champion of DHA families,” says Troy Broussard, president, and chief executive officer of DHA. “While we will miss Mr. Vital, we are honored to have Mr. Baldor serve as the board chair. We welcome Mr. Baldor as the incoming chairman and we welcome Reginald Gray to the DHA board of commissioners. Both leaders are outstanding additions who are actively involved in the community, lending their talent and expertise to strengthening the next generation. DHA is excited about the unique and diverse expertise they bring to DHA and we look forward to their leadership and guidance.”

Mr. Baldor was born in Havana, Cuba, and lives in Dallas, Texas. In 2018, he was nominated by The Dallas Morning News as Texan of the Year. In 2016 he was named by D CEO Magazine as Outstanding Latino Advocate. The Latino Center for Leadership Development, which he founded in 2015, has received numerous awards and recognitions, including a feature as Dallas' New Latino Leaders by D Magazine in August 2016. He most recently founded Mercado369 in the heart of Oak Cliff, a community art center and cafe reflecting the rich culture and history of Latin America from Mexico to Argentina.

“Our DHA board members are committed to advancing the mission of the organization, and as chairman I look forward to strengthening our path toward housing innovation and inclusivity for DHA, our clients, and our community,” says Mr. Baldor. “Together, Vice Chairman Jim Garner and Commissioners Theresa Flores, Deborah Culberson, and Reginald Gray are part of the solution - a solution for quality affordable housing in healthy, inclusive North Texas communities.”

DHA's five-member board of commissioners is responsible for setting policy as well as providing governance and fiduciary oversight of the agency. Dallas Mayor Mike Rawlings appoints the members of DHA's board of commissioners.



### HAPPY JUNETEENTH!

154 years ago on  
June 19, 1865

Union General Gordon Granger and over 2,000 federal troops arrived at Galveston Island in Texas to take possession of the state and enforce the two-year-old Emancipation Proclamation that President Abraham Lincoln had signed freeing the slaves.

### Walk A Little Slower, Daddy

“Walk a little slower Daddy”  
Said a child so small.  
“I’m following in your footsteps  
And I don’t want to fall.”

Sometimes your steps are very fast  
Sometimes they’re hard to see;  
So walk a little slower, Daddy,  
For you are leading me.

Someday when I’m all grown up,  
You’re what I want to be;  
Then I will have a little child  
Who’ll want to follow me.

And I would want to lead just right  
And know that I was true;  
So walk a little slower, Daddy,  
For I must follow you.”

— Author Unknown —

## Dallas crane collapse victim identified as 29-year-old woman



DALLAS (AP) — Residents in North Texas began to come to grips Monday with the widespread damage left after a sudden thunderstorm bearing near hurricane-strength winds rolled through the area and collapsed a crane onto an apartment complex, killing one person and injuring five others.

Continues on Page 4



Recognizing #BLACK EXCELLENCE for 71 years







**BOARD OF DIRECTORS**

- Dr. Mary E. Beck,**  
Chairperson
- Dr. Theronica Bond**
- Atty. Theodora Lee, Co-Chair**
- Atty. Gary Bond**
- Mrs. Mollie Belt**

**STAFF**

- Dr. Theronica Bond**  
President/CEO
- Mrs. Shirley Gray**  
Publisher/Manager  
Operations,  
Billing & Collection
- Ms. Chloe Buckley**  
Manager/ Production
- Mrs. Mattie Weatherman**  
Production
- Atty. Gary Bond, Legal**  
Counselor
- Dr. George Willis, Consulting**

**STAFF WRITERS**

- Rev. Johnny C. Smith
- Dr. Colleen White
- Dr. Joyce Teal
- Ms. Natasha Cooper

**CIRCULATION**

- Mrs. Joan Fowler
- Mr. Samuel Ferrell
- Mr. Jermain Clemon
- Mr. Rick Weatherman

**ADVERTISING**

- Mrs. Chloe Buckley
- Mrs. Shirley Gray

**PRODUCTION**

- Mrs. Chloe Buckley
- Mrs. Mattie Weatherman

Editorial Board: Vice Chairman - Mrs. Shirley Gray; Consultant

The Dallas Post Tribune is published weekly by the Tribune Publishing Incorporated, 2726 S. Beckley, Dallas, Texas, 75224, Bulk Rate [1345]. Postage is paid to the Dallas Postmaster. Send address changes to The Dallas Post Tribune, P.O. Box 570769, Dallas, Texas, 75357-0769. THE DALLAS POST TRIBUNE is not responsible for unsolicited materials. Address all correspondence to EDITOR, The Dallas Post Tribune, P.O. Box 763939, Dallas, Texas 75376-3939 or e-mail [production@dallasposttrib.net](mailto:production@dallasposttrib.net). All articles should be addressed to the appropriate staff member. Advertisements, articles, editorials, letters to the editor and cartoons appearing in the paper do not necessarily represent the philosophy or views of The Dallas Post Tribune.

**Regulations for Publication**

- 1) We reserve the right to edit articles for content and proper grammar. We also reserve the right to truncate articles for space requirements.
  - 2) We reserve the right to refuse any advertisement or cancel any advertisement contract.
  - 3) Deadline for receipt of articles is MONDAY AT NOON WITH NO EXCEPTIONS unless authorized by the publisher.
  - 4) Deadline for receipt of advertisements is MONDAY AT NOON. Advertisements will not be received after that point unless they are camera ready and have been approved by the publisher.
  - 5) All articles and advertisements must be proofed by the article placer or advertiser. We will not be held responsible for any errors if the article placer or advertiser does not proof their article or advertisement.
  - 6) Articles and advertisements received past the stated deadlines will be held over for the next publication if applicable.
  - 7) We will not be held responsible for pictures that are not claimed after two (2) weeks. Pictures held after two (2) weeks are subject to disposal.
  - 8) Advertisement positioning based on a first-come basis. Positioning can be guaranteed for 15% over total cost.
- Credo of The Black Press**  
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

## DEAR DIETITIAN

Dear Dietitian,

My daughter is on a health kick and complains that I use too many processed, convenience foods. She insists these foods are unhealthy and claims that studies prove it. Do you agree with her?

Signed,  
Overworked Mom

Dear Mom,

One day while working in the hospital, I whipped out a frozen dinner and popped it in the microwave. A co-worker snarled and said, "Ew, that's bad for you! It's processed food!" Aside from the annoyance, which I'm quite sure was intended, is it true that processed foods are bad for you?

In our very busy lives, processed, convenience foods have become popular. We often "grab and go." These foods have some benefits — longer shelf-life, lower cost, and they take less time to prepare. Along with the increase in consumption of processed foods, there has been a parallel increase in obesity rates in the US. We know that obesity

increases the risk for heart disease, diabetes, and high blood pressure. The real question is, "Is it the types of foods we are eating that cause the problem or is it the simple fact that we eat too much?"

The National Institute of Health (NIH) performed a study to see if people on an ultra-processed foods diet consumed more calories than those on an unprocessed foods diet. In this study, the NOVA (its name, not an acronym) food classification was used, which classifies foods according to the degree of processing. Ultra-processed foods include soft drinks, sweet or savory packaged snacks, reconstituted meat products and pre-prepared frozen dishes. An easy way to remember this is anything that is ready-to-cook or ready-to-eat.

There were twenty people of stable weight in the study, ten men and ten women. Participants were chosen at random to follow one of two diets for two weeks, then the diets were switched for two more weeks. One group was given a diet consisting of ultra-processed foods. The other group was given unprocessed foods. Unprocessed foods include edible parts of plants and animals, including eggs and

milk. Think whole foods. Both diets were matched in calories, protein, fat, carbohydrates, and fiber. The participants were allowed to eat as much or as little as they wanted. The group in the ultra-processed foods group ate an average of 500 calories more each day compared to the unprocessed food groups. The interesting part is that when the diets were switched, the same results were found. In other words, the group who first ate the unprocessed food consumed more calories when switched to the ultra-processed food diet.

The conclusion one might draw from this study is that someone who eats a diet high in ultra-processed foods will likely eat more calories and gain weight, which puts one at greater risk of chronic illnesses such as heart disease, diabetes, and high blood pressure. To say this has been scientifically proven would be an overreach. Many, many more studies need to be done before we can make a sound recommendation concerning ultra-processed foods.

As with any study, there are limitations. The main weakness of this study was its small size. The results of a study of only twenty people cannot be applied to the entire popula-

tion. It is a start, but only one step off the starting line. It is likely the amount of processed foods in your diet that can become a problem.

Do I believe whole, unprocessed foods are better for you? Yes, and not just for nutritious reasons. During my childhood, we would go to my Granny's home for Sunday dinner. There was an atmosphere of joy and laughter coupled with a sense of belonging as the aroma of Granny's homemade dinner filled the air. After dinner was finished and the dishes were washed, the kids would play in the backyard, while the grown-ups sat on the porch swing sipping iced tea and talking about Aunt Florence's gallstones. Those, as they say, were the good ole days.

Sincerely,  
Dear Dietitian

Leanne McCrate, aka Dear Dietitian, is an award-winning dietitian based in Missouri. Her mission is to educate the public on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at [deardietitian411@gmail.com](mailto:deardietitian411@gmail.com).

## Congresswoman Johnson, Rep. González-Colón Introduce the Vera Rubin Survey Telescope Designation Act

**WASHINGTON** — Congresswoman Eddie Bernice Johnson, Chairwoman of the House Science, Space, and Technology Committee, and Congresswoman Jennifer González-Colón today introduced H.R. 3196, the "Vera Rubin Survey Telescope Designation Act." H.R. 3196 would designate the Large Synoptic Survey Telescope (LSST), a National Science Foundation and Department of Energy funded telescope that is currently under construction on a mountaintop site in northern Chile, as the "Vera Rubin Survey Telescope."

Dr. Vera Rubin, a renowned astronomer and advocate for women in science, became the first woman to officially be granted permission to observe

at the Palomar Observatory in 1965, which housed the world's preeminent telescope of its time. She uncovered some of the first evidence of dark matter in 1970. This groundbreaking work changed the conventional view of the universe from one dominated by light to one dominated by dark matter.

While data uncovered by the Large Synoptic Survey Telescope can be used by scientists to conduct a wide range of studies, the project's primary science goals are to study the nature of dark matter and dark energy, catalogue asteroids and other objects in the solar system, study how objects in the sky vary over time, and study the structure and formation of the Milky Way galaxy.

"Motivated by her own bat-

tle to garner respect as a woman in a male-dominated field, Dr. Rubin worked tirelessly to encourage girls interested in astronomy to pursue their dreams," said Congresswoman Johnson. "Dr. Rubin has a well-deserved place in history. As a tribute to the woman whose pioneering work made this pursuit possible, this bill would ensure that the Large Synoptic Survey Telescope bears her name."

"Dr. Vera Rubin exemplifies the remarkable contributions women have long made to science," said Rep. González-Colón. "She persevered despite gender-based discrimination and challenges, and is recognized as a groundbreaking scientist in the field of astronomy. I am proud to be a cosponsor of

this bill, alongside Chairwoman Johnson. As a representative for many young girls and women who are either pursuing or interested in pursuing a career in STEM, I trust Dr. Rubin's legacy will continue to inspire and encourage academic and professional interest of women in STEM."

"We are pleased that the U.S. House of Representatives is considering legislation to rename the LSST the Vera Rubin Survey Telescope," said Allan Rubin, David Rubin, and Karl Rubin. "We believe that this is a great way to honor our mother's achievements in astronomy and her work for equal rights for women in science."

## It's Time to Renew

Re-Subscribe to **The Dallas Post Tribune**

Mail Check or Money Order to: **Dallas Post Tribune**  
P.O. Box 570769 Dallas, Texas 75357-0769

One year in-State \$65.00 One year out-of-State \$75.00

Name	_____
Address	_____
City	_____
State	_____
Zip	_____
Phone	_____
Check Number	_____
Signature	_____

## Parkland providers urge men to take care of their physical, mental health

### June is Men's Health Month

**DALLAS** — The Centers for Disease Control and Prevention (CDC) report men in the United States, on average, die five years earlier than women. Each June Parkland Health & Hospital System observes Men's Health Month to raise awareness by encouraging men to adopt healthy habits for both mind and body.

According to the CDC, the top 10 health issues experienced by men include heart disease, cancer, unintentional injuries (such as road traffic injuries, poisoning, falls, fire and burn injuries, and drowning), chronic lower respiratory diseases, stroke, diabetes, suicide, Alzheimer's disease, influenza/pneumonia and chronic liver disease. The suicide rate among American men is about four times higher than among women, according to CDC data. Women are more likely to attempt suicide but men are more likely to succeed.

"This month gives providers the opportunity to educate their patients and their loved ones about the importance of

regular health checkups and encourage men to take control of their health," said Noel O. Santini, MD, Senior Medical Director of Ambulatory Services at Parkland.

Although physical health is almost always top of mind, "We want our patients, men and women alike, to focus on their mental health, too," said Alejandro Zavala Cervantes, LPC, a mental health counselor at Parkland's Garland Health Center. "A person's mental health influences how they feel, think and behave. It also affects their ability to cope with stress, build relationships and overcome challenges and all of these affect their physical health as well as their emotional wellbeing."

According to Mental Health America (MHA, formerly known as the National Mental Health Association), every year one in five adults experiences a mental health problem and 6 million men are affected by depression. The top three major mental health problems experienced by men are:

Depression: This illness is

characterized by experiencing feelings of hopelessness, sadness, loss or frustration that cause trouble with daily life. Depression can last weeks, months or even years.

Anxiety: These disorders involve more than temporary worry or fear, affecting the ability to function day-to-day.

Bipolar disorder: This illness causes dramatic shifts in a person's mood, energy and ability to think clearly. People with bipolar disorder experience extreme high and low moods.

Despite the prevalence of mental health issues, many people still view the subject as taboo.

"Discussing mental health issues with anyone, let alone a healthcare provider, is often seen as embarrassing or even unnecessary. In my experience, this is especially true in men," Zavala Cervantes said. "Many of my male patients have expressed being hesitant about seeking help because doing so implies weakness and is cause for shame. As providers we need to erase this stigma and encourage

patients to seek help."

Getting appropriate and timely care can change lives, according to Celeste Johnson, DNP, APRN, PMH CNS, Vice President of Behavioral Health at Parkland. "The best treatments for serious mental illnesses are highly effective. Between 70 and 90% of individuals have significant reduction of symptoms and improved quality of life with the right treatments and supports."

In 2015, Parkland launched a unique Universal Suicide Screening Program to identify those at risk and help save lives by intervening immediately. "Patients who later die by suicide are often seen by non-behavioral health providers in the days, weeks and months prior to death," Dr. Johnson said. "U.S. data shows that 77% of people who die by suicide had contact with a primary care provider and 40% had contact with an emergency department provider in the year prior to death. We want to use every patient encounter at Parkland as an

opportunity to identify those at risk and provide the help they need."

Treatments for mental health issues may include therapy or counseling, medications and other treatments that can help people lead healthier lives. In addition to seeking professional help, there are many ways to take control of your mental health including:

Take care of your body: Good physical health can improve your mental health. Be sure to maintain a healthy diet and avoid drugs, tobacco and alcohol.

Exercise: Physical activity helps decrease depression and anxiety and improve moods.

Get enough sleep: Adequate sleep is a necessity, not a luxury. Skipping even a few hours here and there can take a toll on your mood, energy, mental sharpness and ability to handle stress.

Learn how to deal with stress: Stress takes a toll on physical and emotional health. While not all stressors can be avoided, management strategies can help you feel less

overwhelmed and more in control.

When to seek professional help: If efforts to improve your mental health seem to fail, it may be time to seek professional help. It's especially important if thoughts of self-harm or suicide are present.

"We want our patients to know they don't have to suffer alone and in silence," Zavala Cervantes said. "We're here to help."

If you or someone you know is in an emergency, call 911 immediately. If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273 TALK (8255) or text the Crisis Text Line at 741741.

To access MHA's online mental health screening tools please visit, <https://screening.mentalhealthamerica.net/screening-tools>. For more information about Parkland services, visit [www.parkland-hospital.com](http://www.parkland-hospital.com).

# Church Directory

## Baptist

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



**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



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

*You're Welcome to Join Us*  
GREATER CORNERSTONE BAPTIST CHURCH  
Dr. David E. Wilson, Pastor/Teacher  
8350 Forest Lane, Dallas, TX 75243  
P. 214-349-7701




Church School - 9:00 a.m.  
Sunday Worship Services - 7:30 & 10:30 a.m.  
Mid-Week Revival Services - 7:00 p.m.

Visit us @ [www.greatercornerstone.org](http://www.greatercornerstone.org)  
"A Good Understanding Wins Favor" Prov. 13:15

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](mailto:sales.ads@dallasposttrib.net) or via phone at  
214.946.7678.



Dr. Frederick Douglass Haynes, III  
Senior Pastor

**Worship Times:**  
Sundays 8:00 a.m. & 10:45 a.m. CST

**Bible Study:**  
Wednesdays Word & Wonders 12:00 p.m. (G129) & 7:00 p.m. (Sanctuary) CST

Phone: (972) 228-5200

**Mission Statement**  
"Creatively making disciples, while on the cutting edge, making a difference spiritually and socially." (Mt. 28:16-20 | Luke 4:18-19)

2020 W. Wheatland Road  
Dallas, Texas 75232  
[www.friendshipwest.org](http://www.friendshipwest.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.  
KPKY 1570 AM

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](mailto:sales.ads@dallasposttrib.net) or via phone at  
214.946.7678.

**Pilgrim Rest Missionary Baptist Church**  
1819 N. Washington Ave.  
Dallas, TX 75204  
(214) 823-7308  
[www.pilgrimrestdallas.org](http://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

**CONCORD MISSIONARY BAPTIST CHURCH**  
6808 Pastor Bailey Dr.  
Dallas, TX 75237  
P. 214-333-3597




Rev. Bryan Carter, Sen. Pastor

Sundays: 8am, 10am, & 12noon  
Wednesdays: 7pm  
[www.ConcordDallas.org](http://www.ConcordDallas.org)


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](mailto:sales.ads@dallasposttrib.net) or via phone at 214.946.7678.

## Church of Christ



2431 S. Marsalis Ave.  
Dallas, Texas 75216  
Office: 214-941-2531  
Fax: 214-942-9646  
[www.marsalisavenuecoc.org](http://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 Worthley

**Elders:**  
Harlee Glover  
Fred Green  
Raymond Hart  
David Phillips, Jr.  
Johnnie Rodgers, Sr.

**Dallas West Church of Christ**  
3510 N. Hampton Rd.  
Dallas, Texas 75212  
P. 214-631-5448  
Website: [www.dwcc.org](http://www.dwcc.org)



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

"The Congregation Where Everybody is Somebody"


**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.

**Cedar Crest Church Of Christ**  
"A Church of Christ in the Heart of Dallas with Dallas at Heart"



Jonathan W. Morrison  
Ministering Evangelist

2134 Cedar Crest Blvd., Dallas, Texas 75203-4316 • (214) 943-1340 • Fax (214) 941-3305  
"All services are interpreted for the Deaf!"

**Sunday**  
KHVN (70 AM Radio) 8:00 a.m.  
Bible Class 8:45 a.m.  
Children Worship 10:00 a.m.  
Worship Service 10:00 a.m.

**DENTAL Insurance**  
Physicians Mutual Insurance Company

A less expensive way to help get the dental care you deserve

- ✓ If you're over 50, you can get coverage for about \$1 a day\*
- ✓ Keep your own dentist! You can go to any dentist you want
- ✓ No wait for preventive care and no deductibles - you could get a checkup tomorrow
- ✓ Coverage for over 350 procedures - including cleanings, exams, fillings, crowns...even dentures
- ✓ NO annual or lifetime cap on the cash benefits you can receive

FREE Information Kit  
1-877-870-3344  
[www.dental50plus.com/dalpost](http://www.dental50plus.com/dalpost)

\*Individual plan. Product not available in MN, MT, NM, RI, VT, WA. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN) 6096E-0917 MB17-NM008EC

**Spectrum** TV + INTERNET + VOICE FROM **\$99.97** (No for 12 months when bundled)  
NO CONTRACTS  
855-561-9109

**Spectrum Internet\***  
NO DATA CAPS  
The fastest internet starting speeds at 100 Mbps.  
FREE modem  
Stream, game, download, and more with unlimited bandwidth  
FREE Security Suite

**Spectrum TV\***  
FREE HD  
Access to thousands of On Demand choices  
FREE Spectrum TV App  
FREE Primetime On Demand

**Spectrum Voice\***  
FREE 411  
Unlimited local and long distance calling in the U.S., Canada, Mexico, Puerto Rico & more  
No added taxes or fees  
Up to 28 popular calling features

## CALL NOW & SAVE ON YOUR NEXT PRESCRIPTION

Drug Name	Qty (pills)	Price*
Viagra 100mg	16	\$48.00
Cialis 5mg	84	\$150.00
Levitra 20mg	30	\$130.00
Spiriva 18mcg	90	\$190.00
Advair 250mcg/50mcg	180 ds	\$205.00
Premarin 0.625mg	84	\$95.00
Symbicort 160mcg/4.5mcg	360 ds	\$215.00
Januvia 100mg	84	\$260.00

All pricing in U.S dollars and subject to change without notice. We accept Amex, Electronic Checking, Personal Check or International Money Order. \*Prices shown are for the equivalent generic drug if available.\*

World Health Link  
**1-844-846-9412**

Mailing Address: World Health Link  
PO Box 42 Station Main  
Winnipeg, MB R3C 2G1 Canada  
CODE MC11





# CLASSIFIEDS



## PEST CONTROL



**SPECIAL ATTENTION FOR:**  
BEDBUGS / ROACHES/  
RODENTS/ ANTS/ TERMITES

**WE TREAT RESIDENTIAL AND  
COMMERCIAL PROPERTIES**

**S & B PEST CONTROL SERVICE**  
**BILLY ROBINSON**  
**214-946-5879 SINCE 1958**

## Property Management

### Attention

If you are having problems with your rental property, call us at (214) 942-3096. We will collect your rent for you. Call us today!

**MEMBER OF THE BETTER BUSINESS BUREAU OF METROPOLITAN DALLAS**

- \* We Collect
- \* We Evict
- \* We Put Reliable Tenants In Your House

Family Owned and Operated



**Mr. Don Skinner**  
Rental Property Available

**LONE STAR PROPERTY MANAGEMENT**  
Property Management Specialist  
2219 Cedar Crest Blvd. • Dallas, Texas 75203  
(214) 942-3096

NEED A COPY OF THE  
**DALLAS POST  
TRIBUNE?**  
TRY ONE OF THESE  
LOCATIONS...

- Jerco Sales Lock and Key Sales  
3200 S. Lancaster Rd. Ste. 414
- Stanley's Catfish & Chicken  
3146 Cedar Crest Blvd.  
New Orleans Seafood
- 7634 Great Trinity Forest Wy. Dallas, TX 75217
- CT's Real Deal Bar B Que  
2901 S. Lancaster Rd.  
Prosperity Bank
- 3515 W. Camp Wisdom Rd.
- 8035 E. R.L. Thornton Fwy.
- New Touch Barber & Beauty Salon  
4410 Marsalis Ave.
- Rock-N-J's Brisket & BBQ Soul Food  
1223 E Red Bird Lane
- Lott's Mortuary, Inc.  
2434 Martin Luther King Jr. Blvd.
- Jefferson Place  
3430 South Marsalis Ave.

**SUDOKU**

The support you need to find quality  
**SENIOR LIVING SOLUTIONS**  
A Place for Mom has helped over one million families find senior living solutions that meet their unique needs.

There's no cost to you!  
**CALL (855) 439-6734**  
! We're paid by our partner communities

SOLUTION NEXT WEEK 

	6	3				8	9	2
				7	9			
		4	3		8	7	5	1
		7	9	8				
9		2	1		4	6		8
				2	3	9		
1	7	6	5		2	3		
			6	4				
5	4	9				2	6	

© StatePoint Media  
Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

**Poetry-Creative Writing/Internet Privacy Discussion**  
**June 14,15 & 16. Dallas And Fort Worth (323) 960-4384**  
**www.DonaldLyles.Info.Biz.Ly**

## NNPA Observes Black Music Month, National Homeownership and Juneteenth

Continued from Page 1

"While Africans dealt with colonization and many of the same oppressive practices of white supremacy, they were a majority and once their leaders took over government, for the most part, oppression ceased to be about race and more about tribalism and ethnic rivalry," Chimbanga said.

Harvard and Yale-trained physician, Dr. Hisla Bates, said race is a social construct and shouldn't define anyone.

"I don't like to be called Black or African American because it doesn't define me and is dismissive of my heritage and ethnic makeup. I am from the Caribbean and prefer Caribbean American rather than African American," Bates said.

"There are so many ways to be 'Black' and so many mixtures and countries that when we define people by a single color, we miss multiple parts of who they are. That is true for Whites as well," she said.

Dr. Gail L. Thompson, the founder and CEO of Inspirations by Gail LLC, said "Black is a general term that includes anyone of African descent, including indigenous Africans, African Americans, Caribbean Blacks, and immigrants."

"A Black person can live anywhere in the world," she said.

Thompson defined African American as a U.S. citizen of African descent whose ancestors lived in America before and during the era of the Transatlantic Slave Trade.

"I am an African American who can trace my ancestry in the U.S. for five generations," Thompson said. "According to my DNA test results, my ancestry is 92 percent African, primarily from the Congo/Cameroon region and Benin and Togo."

Further, the term "People of Color" refers to all non-White ethnic/racial groups. It's a very general term, Thompson said.

Hip Hop Activist and author Sean XLG Mitchell, said there's a significant difference between the labels of 'Black,' 'African American,' and 'People of Color.'

"If we use the term Black, we are doing ourselves a disservice. Black only identifies with the color of our skin but it has no cultural connections to who we are as a people," said Mitchell, the author of "How Do We Build A Real Wakanda?"

"As a result of our slave experience, we don't understand the power and purpose of culture and we seem to be naive in how we regard and respect the unifying principles of culture," Mitchell said.

"Other races of people benefit from employing a language, education, religion, names and customs that are centered around their historical experience and we're the only people who fail to do so," he said.

Mitchell said it's important that all of African descent find time to read books like the "Autobiography of Malcolm X," "The Mis-Education of the Negro," "Nile Valley Contributions to Civilization," and "Chains and Images of Psychological Slavery."

"We would [then] have a better insight and understanding of culture," Mitchell said.

## Dallas Elects Eric Johnson Mayor in Resounding Victory

Continued from Page 1

Johnson was the last of nine candidates for Mayor to enter the race. He quickly put together one of the strongest, most diverse and most widely respected coalitions of supporters ever assembled in a Dallas municipal election.

Many voters found inspiration in Johnson's personal story. After he was identified as a gifted student during first grade at C.F. Carr Elementary in West Dallas, Johnson's parents enrolled him in a joint venture between the Boys Clubs and Greenhill School, which allowed him to attend Greenhill beginning in the fall of 1983. He would go on to graduate from Greenhill in 1994 and then receive an undergraduate degree with honors from Harvard University, a graduate degree from Princeton University, and a law degree from the University of Pennsylvania Law School.

Johnson returned home to Dallas, where today he is an attorney. He and his wife, Nikki, have two sons — William and George.

In his victory speech Saturday night, Johnson described his win as proof of what's possible in Dallas.

"If you work hard and you allow the people of this city to do what they naturally want to do, which is to help you, and if you will just open yourself up to receive that blessing that is the people of this city's help, the sky is the limit for anybody in this city," Johnson said Saturday night. "I'm living proof, because there's nothing special about me."

Throughout the mayoral campaign, Johnson stressed the importance of overcoming a growing sense of divisiveness on the Dallas City Council.

"I decided in this case, and I've decided so many times in the past: Why wait?" Johnson said. "Why hope somebody else will come along and solve the problem? If you're capable of solving it, step up to the plate and offer yourself as a solution. And that's how I got into this race."

## Dallas crane collapse victim identified as 29-year-old woman

Continued from Page 1

Wind gusts measuring as high as 71 mph (114 kph) blew out the windows of high-rise buildings and tore trees apart, taking power and telephone lines with them, especially in Dallas and its northern suburbs. The electric utility Oncor reported that 140,000 customers had service restored by nightfall Monday, but 210,000 still remained in the dark. In a statement, Oncor said some customers may not have service restored until Thursday.

Crews from across Texas and some other states have been brought in to help in the restoration process.

Kiersten Symone Smith, 29, was pronounced dead at a hospital, according to the Dallas County Medical Examiners' office, after the construction crane smashed into a five-story building near downtown. The crane destroyed many apartments at the Elan City Lights complex and reduced parts of an adjacent parking garage to a pile of concrete and mangled cars.

Smith was a resident of the apartment building, her sister, Toni Smith, told The Associated Press in a brief interview Monday. Toni Smith referred other questions to attorney Jonathan Cox, who said he could not immediately provide answers but that the family intends to issue a statement. The cause of her death has not been determined.

Dallas Fire-Rescue spokesman Jason Evans said Monday that the five other people were hospitalized after the collapse and all are expected to recover. Two people were discharged Sunday; a 35-year-old man and 35-year-old woman remain hospitalized but have been upgraded from "critical" to "good" condition; and a 23-year old man remains in "serious" condition, Evans said.

Meanwhile, fire-rescue crews escorted residents of the apartment building briefly into their homes Monday to retrieve pets and some essentials as city workers and Occupational Safety and Health Administration officials ponder how to remove the crane embedded in the structure's east side. As of late Monday morning, almost 500 traffic signals were inoperable across Dallas, and about 170 were flashing red lights, according to the city.

Bigge Crane and Rigging Co., which owns the downed crane, had representatives in Dallas Monday to assist and cooperate with OSHA's investigation, said Randy Smith, the California-based equipment rental company's lawyer. He said the crane was "not in service" during the storm.

The crane fell around 2 p.m. Sunday as storms ripped across parts of Oklahoma and Texas, bringing high winds, heavy rain and hail that flooded streets and caused power outages. Wind gusts up to 71 mph (114 kph) were measured at Dallas Love Field airport, said National Weather Service meteorologist Patricia Sanchez.

**AP staff writers Jamie Stengle contributed reporting from Dallas. Silber reported from Austin.**

# SPORTS PAGE

## 7 Day Weather Forecast for DFW

Thursday, June 13	Friday, June 14	Saturday, June 15	Sunday, June 16	Monday, June 17	Tuesday, June 18	Wednesday, June 19
H - 87° L - 67°	H-90° L-75°	H-95° L - 77°	H-93° L- 75°	H-88° L-75°	H- 90° L-76°	H-93° L-76°

### Dallas Cowboys owner Jerry Jones' company buying energy firm



**FRISCO, Texas (AP)** — An oil and gas company controlled by Dallas Cowboys owner Jerry Jones has reached an agreement to buy Covey Park Energy in a \$2.2 billion cash and stock deal.

Frisco-based Comstock and Covey Park, with headquarters in Dallas, announced the agreement on Monday.

A statement from both companies says Jones will provide \$475 million as part of the acquisition, bringing his total investment in Comstock to \$1.1 billion. Jones remains the largest shareholder with 75% ownership.

Comstock, according to its website, has focused on acquisition, development, production and exploration of oil and gas properties mainly in Texas, Louisiana and North Dakota. Covey Park operates mainly in northern Louisiana and East Texas.

### UFC's Macy Chiasson 'lost everything' after deadly crane collapse destroys Dallas apartment



**(AP)** - "The Ultimate Fighter 28" winner Macy Chiasson is lucky to be alive after a construction crane collapsed onto her Dallas apartment building on Sunday.

One person was killed and five were injured when the crane gave way in a sudden thunderstorm, cutting a huge gash through the building and pancaking a nearby parking garage.

Chiasson, 27, had just come home when she heard what sounded like "a little bit of construction" and then a loud boom.

"Once I heard that, I called my dog," Chiasson told TMZ Live. "I said, 'T, we've got to go.'"

Chiasson had only time to grab her phone and her dog's leash before she started running out of the building. She said the air quickly turned pitch black with debris and dust. She picked up her dog and ran into the lobby to find other tenants who'd just made it out.

**If you have sports information that you would like placed in the DALLAS POST TRIBUNE Sports Section e-mail us at: [chloe@dallasposttrib.net](mailto:chloe@dallasposttrib.net)**

## NEWS YOU OUGHT TO KNOW

### Mother says Utah officer pulled gun on her black son



Utah police officer pointed a gun at her 10-year-old son's head in what she calls a racially motivated incident.

Jerri Hrubes said at a news conference that she saw a white Woods Cross police officer pull his gun on her son, DJ Hrubes, who is black, while he was playing on his grandmother's front lawn Thursday north of Salt Lake City. She said her son didn't have any toys or objects in his hands.

The officer told DJ to put his hands in the air and get on the ground, she said. When DJ asked the officer if he did something wrong, the officer told DJ not to ask questions.

Jerri Hrubes said she raced outside of the house and screamed at the officer, "What are you doing? This is a 10-year-old child."

She says the officer didn't respond and got in his car

and left.

Woods Cross police didn't immediately return messages Friday about the events.

Police Lt. Adam Osoro told The Salt Lake Tribune Thursday that the officer mistook the boy for a potential suspect during a pursuit of two armed suspects. Osoro the officer pulled out his gun after the child ran to the side of the house. After getting closer, the officer realized Hrubes was not involved in the incident and left, Osoro said.

Osoro said the officer acted appropriately under the circumstances.

Hrubes said she called dispatch right away to complain about the officer's actions, and the officer returned to the house later in the day. She said he apologized and DJ hugged him and said it was OK. She said her son doesn't "have a mean bone in his body" and is mentally delayed and has issues with his sight.

She teared up recounting the encounter and said she's thankful she taught DJ growing up to heed the commands of officers.

### City of Dallas Storm Update - Trash Pick-up

- 3-1-1 and Code will suspend ticketing for bulk trash. Sanitation will be altering its pick-up for bulk and brush.
- Bulk and brush will continue for June.
- In July, bulk and brush trash will be limited to col-

lection of storm debris. Regular bulk and brush trash pick-up will resume on August 1.

- Residents with storm debris can set it out in their designated brush/bulk trash collection spot. Code Compliance will suspend enforcement of brush/bulk violations for storm debris set outs only (this does not include non-storm debris related material).

- We ask residents to please be patient as collections will be delayed.

- Residents can also utilize the City's transfer stations during designated days to self-haul debris. Residents can log onto [dallaszerowaste.com](http://dallaszerowaste.com) for a list of transfer station operating hours and days available to residents.

### Confederate monument near Dallas Convention Center has been given clearance to be removed

**Dallas** – the city has clearance to remove the Confederate monument that stands six stories near the convention center.

Early this week, a Dallas County district judge denied a request for a temporary injunction that would have prevented the city from removing the monument from Pioneer Park.

No date has been set for the removal, but it has been covered in black plastic.



ZAN WESLEY HOLMES, JR. COMMUNITY OUTREACH CENTER | ZWHJOC.ORG



# Juneteenth

## ECONOMIC FORUM

WEDNESDAY, JUNE 19, 2019 | 9AM - 3:30PM

Join us to hear these outstanding presenters at the 2019 Juneteenth Economic Forum, and to discuss how working together we can make a positive impact in our community.

**CREATING A NEW ECONOMY**



**9:30 AM**  
**FRANCES SMITH-DEAN**  
Executive Director for the ZWHJOC and an international economist, will discuss "Remaking the Southern Sector Economy & Organization Budgeting" Frances will outline strategies for remaking the southern sector economy. Nonprofits, neighborhood organizations, community leaders, faith-based leaders, and small business owners will best benefit from this information. She will illustrate examples on how the groups can work together to increase economic development opportunities.



**10:30 AM**  
**ROY LOPEZ**  
Assistant Vice President—Community Development for the Federal Reserve Bank of Dallas, will talk about the "Digital Economy" Roy will present strategies for bringing South Dallas into the digital workplace economy. He will provide statistics and opportunities that community organizations and small businesses can focus on to create workforce solutions for South Dallas residents in the digital economy.



**11:15 AM**  
**JUDITH COLLINS**  
Certified Business Advisor for the Dallas Metropolitan Small Business Development Center, will provide information on "Financing a Small Business" Judith will explain how she is creating an economic engine through small business entrepreneurship on how to pull funding resources to leverage business expansion.

**EDUCATION OF DISRUPTIONS**



**1:15 PM**  
**BRANDEN WILLIAMS**  
Founder & Executive Director of Seeds to STEM, will present "STEM Opportunities to Help Our Youth" Branden will present STEM opportunities that will help to train our youth. This is a wave of the future and an opportunity to escape and/or prevent poverty.



**1:35 PM**  
**CANDACE THOMPSON**  
Community Outreach Manager for Baylor Scott & White Health & Wellness Center, will discuss "Health Barriers to Economic Development" Candace will speak to the health barriers surrounding economic development because of the cost of health services. To have a healthier community, will create a more vibrant community. Candace says, "Your health is your greatest asset. Investing in your health will engender a significant return, thereby enabling us to collectively reclaim and reframe our health narrative."



**1:55 PM**  
**EZRA CHARLES JAMES**  
Operations Manager for My Academic Advisor, will present information on "The Fundamentals of Block Chain Technology and Crypto Currency" Ezra will explain the fundamentals of blockchain technology and crypto currency. He will help us explore what to look for when either investing or developing crypto currency. Ezra says, "Far too often THE Black/African American/DOSA miss economic wealth building waves because we have a lot of distrust of things we don't understand. It is okay to build a plane while you are flying it. Block chain technology and associated industries will be a tsunami."

**AWARDS CEREMONIES**  
**12:15 PM / COMMENCEMENT OF 2ND CLASS OF LOW VOLTAGE STUDENTS**  
Awarding of the Zan Wesley Holmes Jr. Champion Award to Mr. Roland Parrish, CEO/Owner of Parrish McDonald's Restaurants, Ltd.

# 31ST TEXAS BLACK INVITATIONAL

# ★ RODEO ★



**CHIEF RENEE HALL**  
GRAND MARSHAL

**SHERIFF MARIAN BROWN**  
GRAND MARSHAL

## JUNE 15, 2019 | 7PM

## STATE FAIR COLISEUM

IN HISTORIC FAIR PARK

**\$10 RESERVED ~ \$25 BOX SEATS**

**TICKETS SOLD AT**  
**THE AFRICAN AMERICAN MUSEUM**

Online Tickets sold at [www.aamdallas.org](http://www.aamdallas.org)  
For Rodeo ticket information and more contact 214-565-9026 ext. 304

### ZWHJOC Juneteenth Economic Forum Speakers Focus on the Southern Sector Economy

Several local Dallasites will provide information and discuss how to positively impact Dallas' Southern sector economy from organization budgeting and using the digital economy, to financing small businesses and looking at health barriers that impact economic development. These sessions and more are planned for the 3rd Juneteenth Economic Forum sponsored by the Zan Wesley Holmes Jr. Community Outreach Center from 9 a.m. to 3:30 p.m. Wednesday, June 19, at Frazier House, 4600 Spring Ave., Dallas.

Individuals, Religious and Community Organizations interested in Economic Development in the South Dallas area are invited to participate. Attendees will engage in discussions to help advance the economic situation of those who live in the South Dallas community.

- Two special presentations are planned—**
- The Zan Wesley Holmes Jr. Champion Award will be presented to Roland Parrish, President and CEO of Parrish McDonald's Restaurants, Ltd. This award recognizes an individual who has demonstrated perseverance and determination in his/her support of the Outreach Center and its mission to improve the lives of those in poverty by providing them education and job skills. Parrish has been the presenting sponsor for the Outreach Center's In Conversation fundraiser since that category was established three years ago.
  - Graduates of the 2nd Low Voltage job skills training class will be recognized for completion of their 4-weeks of study learning how to install home theatres, Internet service, satellite dishes and more.

This event is free and open to the public. To register, follow this link: <https://www.zwhjoc.org/juneteenth-registration-form-2019>. A light breakfast and lunch will be provided.

For more information about this event, contact Frances Smith-Dean at [frances.smith@zwhjoc.org](mailto:frances.smith@zwhjoc.org) or Jasmine Anderson at [jasmine.anderson@zwhjoc.org](mailto:jasmine.anderson@zwhjoc.org).

For more information about the Zan Wesley Holmes Jr. Community Outreach Center, follow us on Facebook or visit [www.zwhjoc.org](http://www.zwhjoc.org).

## COMMUNITY CALENDAR

### Dallas CASA Hosts African American Volunteer Recruiting Event

**What:** Dallas CASA (Court Appointed Special Advocates) needs more African American volunteers to serve our community's abused and neglected children living in foster care. More than 40 percent of the children served by Dallas CASA are African American. However, only 18 percent of our volunteer advocates are African American. A CASA volunteer is often the only constant caring adult during a frightening time in a child's life and Dallas CASA wants to provide the most effective support for all the children we serve.

**Why:** As of April 2019, Child Protective Services reports 2,588 Dallas County children were living in foster care. Dallas CASA was assigned to 2,229 children, which means 86 percent of Dallas County children in foster care last month had an advocate by their sides. Dallas CASA is working toward a day when every child who needs a volunteer advocate has one.

**When:** 6 to 8 p.m., Thursday, June 13, 2019

**Where:** Dallas CASA, 2757 Swiss Avenue, Dallas TX 75204>

**Who:** Dallas CASA is a nonprofit agency that recruits, trains and supervises community volunteers who serve as voices for children navigating a complex child welfare system. In 2018, 1,420 volunteer advocates were assigned to children. Advocates complete 30 hours of training and are sworn in by judges.

## Giant dinosaurs hatch at the Dallas Zoo this spring



**DALLAS (March 19, 2019) –** More than 24 larger-than-life animatronic dinosaurs will roar into Texas's largest zoo on FRIDAY, APRIL 5, and it's going to be epic. Dinos at the Dallas Zoo will transform ZooNorth into a prehistoric jungle until Labor Day on September 2. (MEDIA will be invited to experience the exhibit on Thursday, April 4 before it opens to the public. More details to come.)

As one of the 130-year-old park's continuing efforts to give back to the community, Dinos at the Dallas Zoo will be free with zoo admission, so guests pay no additional charge to explore this colossal adventure.

"In 2015, we brought these impressive animatronic dinosaurs into the park, and it was the first year we hit more than one million visitors," said Gregg Hudson, Dallas Zoo's President and CEO. "We are thrilled to bring the popular dinosaurs back from extinction, and this time we're debuting super-cool new feathered dinosaurs and we've built in more kid-friendly games and activities."

From the ferocious Tyrannosaurus rex to the feathered Citipati, zoo-goers can experience these massive dinosaurs that shift and blink as their tails move and they roar loudly. Made of steel with a urethane waterproof skin, the dinosaurs have electronic "brains" that control their movements and sounds.

Visitors can also stroll through a misty prehistoric cave illuminated with fossils; catch the daily "Train a Dino" demonstration; experience a dino encounter at the Lacerte Family Children's Zoo, and more. Plus, kids can hunt for fossils in the Dino Dig Zone; manipulate robotic dinosaurs; build dino puzzles with giant bones; experience "Jump like a Dino" and "Spit like a Dilophosaurus" activities; and engage throughout with an interactive timeline, educational activities, and conservation programs. Of course, the selfie opportunities will be endless, too.