



# HAVE A HAPPY AND SAFE 4TH OF JULY!



## The Dallas Post Tribune

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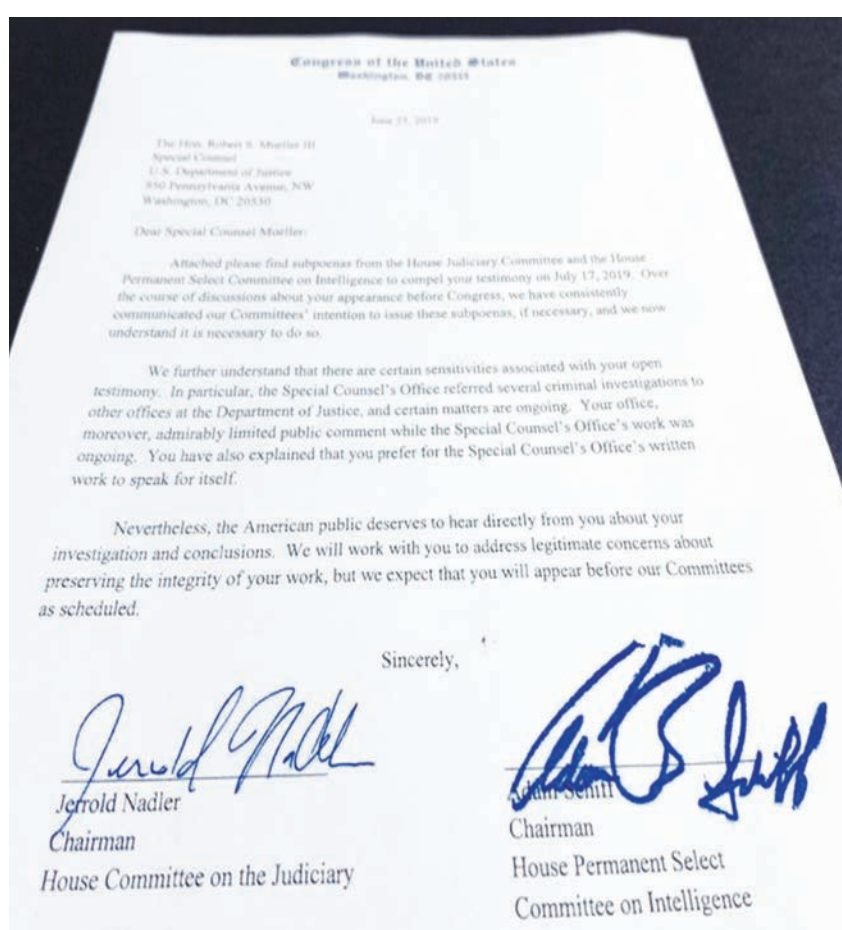
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VOLUME 71 NUMBER 41

SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

June 27 - July 3, 2019

# Robert Mueller to testify publicly before 2 House committees



## Editor, Joshua C. Johnson of Focus Daily News Succumbs



Joshua C. Johnson Editor of the Focus Daily News passed away unexpectedly Saturday, June 21 at his home in DeSoto, Texas.

Johnson was well known and respected in southwest Dallas County, and Ellis County communities, where he served as Chief Executive Editor of Focus Daily News from 2007 until his demise.

Johnson graduated from Lincoln High School and received his BA in Communications from Paul Quinn College in Lancaster. He was currently working towards a Master's Degree in Business from Grand Canyon University.

Continues on Page 6

**WASHINGTON (AP)** — Former special counsel Robert Mueller has agreed to testify publicly before Congress on July 17 after Democrats issued subpoenas to compel him to appear, the chairmen of two House committees announced.

Mueller's unusual back-to-back testimony in front of the House Judiciary and Intelligence committees is likely to be the most highly anticipated congressional hearing in years, particularly given Mueller's resolute silence throughout his two-year investigation into Russian contacts with President Donald Trump's campaign. Mueller never responded to angry, public attacks from Trump, nor did he ever personally join his prosecutors in court or make announcements of criminal charges from the team.

His sole public statement came from the Justice Department podium last month as he announced his departure, when he sought to explain his decision to not indict Trump or to accuse him of criminal conduct. He also put lawmakers on notice that he did not ever intend to say more than what he put in the 448-page report.

"We chose those words carefully, and the work speaks for itself," Mueller said May 29. "I would not provide information beyond what is already public in any appearance before Congress."

Those remarks did little to settle the demands for his testimony. The two committees continued negotiations that had already been going on for weeks, saying they still wanted to hear from Mueller no matter how reluctant he was.

"When you accept the role of special counsel in one of the most significant investigations in modern history you're going to have to expect that you're going to be asked to come and testify before Congress," House Intelligence Committee Chairman Adam Schiff, D-Calif., told reporters shortly after the announcement.

Trump himself simply tweeted, "Presidential Harassment!"

**The letter from House Judiciary Chairman Jerrold Nadler and House Intelligence Committee Chairman Adam Schiff to special counsel Robert Mueller that was sent with subpoenas to compel Mueller's testimony to the committees on July 17, is photographed in Washington, Tuesday, June 25, 2019. Mueller has agreed to testify publicly before the House Judiciary and Intelligence Committees after both panels issued subpoenas to him Tuesday evening. (AP Photo/Jon Elswick)**

# CRIME STOPPERS

Any loss of life as a result of violence in our city is too many. We alone as the Dallas Police Department cannot control crime or solve all of the homicides without assistance from the community. Listed below are all of the homicides that have occurred this year in our city that we need your help solving. If you have ANY information regarding either of these murders please contact the Homicide Unit at (214) 671-3661. Callers who wish to remain anonymous may call Crime Stoppers.

### Crime Stoppers Reward Information

Crime Stoppers will pay up to \$5,000 for information called into Crime Stoppers that leads to the arrest and indictment for this felony offense and other felony offenses. Call Crime Stoppers at: (214) 373-TIPS, 24 hours a day, 7 days a week.

**Victim:** Whitley, Frederick  
**Date of Death:** March 17, 2019  
**Address:** 900 N. Marsalis Ave  
**Beat:** 411

On March 17, 2019, at approximately 5:46 a.m., Dallas police responded to a call regarding the deceased victim. The victim, Frederick Whitley, a Black male 62-years-old was found inside his apartment deceased from homicidal violence. No suspects have been identified.

**Victim:** Aleman, Daniel  
**Date of Death:** March 17, 2019  
**Address:** 1200 Empire Central  
**Beat:** 522

On March 17, 2019, at approximately 2:56 a.m., Dallas police responded to a

shooting at 1200 Empire Central. The victim, Daniel Aleman, a White male 28-years-old, was involved in an altercation and subsequently shot. He was transported to an area hospital where he died from his injuries.

**Victim:** Anzuldua, Manuel  
**Date of Death:** March 14, 2019  
**Address:** 12111 Audelia Road  
**Beat:** 255

On March 14, 2019, at approximately 2:04 p.m., Dallas police responded to a shooting call at 12111 Audelia Road. The victim, manuel Anzuldua, a Latin male 55-years-old, was shot during an apparent robbery. He was transported to an area hospital where he died from his injuries.

**Victim:** Browning Jr., James  
**Date of Death:** March 13, 2019  
**Address:** 3752 Dixon Avenue  
**Beat:** 313

On March 13, 2019, at approximately 11:36 p.m., Dallas police responded to a shooting call at 3752 Dixon Avenue. They discovered the victim, James Browning Jr., a Black male 20-years-old shot multiple times. Two Black male suspects were seen getting into a white colored SUV, possibly a Dodge Durango.

**Victim:** Vaughn-Cruz, Miguel  
**Date of Death:** March 7, 2019  
**Address:** 2051 Oates Drive  
**Beat:** 225

On March 7, 2019, at

approximately 11:32 a.m., Dallas police responded to 2125 Oates Drive regarding armed males shooting guns. They found the victim, JUVENILE, Latin male 14-years-old deceased in an alley from a gunshot wound. No suspect(s) have been identified.

**Victim:** Hernandez, Juan  
**Date of Death:** Feb. 27, 2019  
**Address:** 720 W. Canty Street  
**Beat:** 412

On February 27, 2019, at approximately 10:36 p.m., Dallas police responded to a shooting call at 720 W. Canty involving the victim Juan Hernandez, a Latin male 70-years-old. The victim died as a result of his injuries. No suspects have been identified.

**Victim:** Southerland, Ricky  
**Date of Death:** Feb. 26, 2019  
**Address:** 1631 S. Haskell Ave  
**Beat:** 115

On February 26, 2019, at approximately 10:08 p.m., Dallas police responded to a cutting call at 1631 S. Haskell Avenue. The victim, Ricky Southerland a White male 62-years-old, was stabbed multiple times and died as a result of his injuries.

**Victim:** Babers, James  
**Date of Death:** Feb. 20, 2019  
**Address:** 11740 Ferguson Road  
**Beat:** 228

On February 20, 2019, at approximately 2:40 p.m., Dallas police responded to a

shooting at 11740 Ferguson Road. The victim, James Babers B/M/37 was involved in a physical altercation. This altercation escalated and the victim was shot. He was transported to an area hospital where he died from his injuries.

**Victim:** Jelinek, Donald  
**Date of Death:** January 9, 2019  
**Address:** 6260 Melody Lane  
**Beat:** 215

On January 9, 2019, at approximately 10:00 a.m., Dallas police responded to a call for police at 6260 Melody Lane. The victim, Donald Jelinek W/M/57 was found inside his apartment deceased from homicidal violence. He died at the scene.



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

# EDITORIAL PAGE

## DEAR DIETITIAN

**Dear Dietitian,**

I read your last column on calcium where you recommended that we get the mineral in our diet rather than pills. Is it better to get calcium from plant foods or dairy products?

**Just wondering**

**Dear Wondering,**

Calcium is the most abundant mineral in the body, accounting for 39% total body minerals. Most of us know that calcium is needed for strong bones and teeth, but did you know it is also needed for blood clotting? Calcium initiates the release of blood-clotting agents from your platelets. Other functions include regulation of heartbeat and nerve function.

While there are many calcium-rich foods including tofu,

navy beans, and fortified juices and plant milks, this column will focus on dairy and green vegetables. For adults, the Recommended Daily Allowance (RDA) for calcium is 1,000 mg up to age 50. That amount increases to 1,200 mg per day for women over 50 and men older than 70.

Dairy sources of calcium include milk, yogurt, and cheese. The calcium in these foods has a high bioavailability, meaning it is easily absorbed by the body. There are many delicious-tasting yogurts on the market today, some of which are in my refrigerator. I was surprised to learn that a 5.3 oz portion (about ½ cup) only provides 15% (150 mg) of the Daily Value (DV) for calcium. In comparison, 1 cup of plain, non-fat yogurt contains 45% DV (450 mg). In order to maximize your calcium intake, start with a plain, fat-free yogurt, then

sweeten it with your favorite fruit. Or simply eat two cartons of the smaller, pre-packaged yogurts.

Dark, green leafy vegetables, such as kale, collards, turnip greens, mustard greens, and broccoli are good sources of calcium. The calcium in these foods is just as good as the calcium in dairy products, but you will need to consume larger portions of these vegetables compared to dairy. This is a good thing since these veggies are also rich in folic acid and fiber. For example, 2 cups cooked broccoli provides 360 mg calcium, or 36% DV. It is important to note that the presence of oxalic acid limits the availability of calcium in rhubarb, spinach, chard, and beet greens. This simply means your body doesn't absorb as much of the calcium in these foods as it does in the aforementioned group of vegeta-

bles.

The bottom line is to keep it simple. Choose calcium-rich foods that you like. Be sure to get these products in your diet every single day. And don't forget about vitamin D because it is needed for calcium absorption. This mighty vitamin can be made from sunlight exposure, and it is also found in fortified milk, juice, and some cereals.

**Good health to you!**  
**Dear Dietitian**

*Leanne McCrate, RD, LD, CNSC, is an award-winning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at [DearDietitian411@gmail.com](mailto:DearDietitian411@gmail.com).*

## Camp encourages young students to become fully bilingual and biliterate

**DALLAS** — About 100 first- and second-grade students are enrolled in a Spanish Immersion Camp helping them become bilingual and biliterate.

The camp gives students enrolled in the Two-Way Dual Language program an opportunity to keep practicing their Spanish during the summer break. This is the first year Dallas ISD has organized the camp taking place at two schools.

Throughout the day, the teachers solely speak in Spanish. They organize activities that not only teach the students about the language, but also about the different cul-

tures where Spanish is spoken. One of the instructors taught her students how to sing traditional children's songs in Spanish such as Pin-Pon or La Víbora de la Mar. Another group learned about sarapes (traditional Mexican colorful blankets) and painted their own patterns.

By constantly reading, writing and listening to Spanish—and providing students with opportunities to connect their two languages through effective strategies for bridging content and language—get students closer to becoming fully literate in both languages, said Iris Ramirez-

Lugo, dual language specialist for Dallas ISD and one of the camp's supervisors.

"It's outside the yearly curriculum, so the students feel relaxed. They feel secure and confident to speak the language," Ramirez-Lugo said. "If they see other students that are speaking it, they want to mimic them."

Juan Carlos Moreno, a fourth- and fifth-grade teacher at Personalized Learning Preparatory at Sam Houston, read his group a book about the quetzal, a bird that was considered sacred to Central and Southern American pre-hispanic civilizations. He pointed to

the illustrations in the book and asked his students to name them.

"If the student can relate to things in English and Spanish, he or she is likely to think faster and reason in both languages," Moreno said. "The most important thing is that they're able to relate to the lessons with things that they see every day. For example, they might not know the quetzal, but they know about birds. Then you can teach them about the colors, about how they fly and all other features."

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## COMMUNITY CALENDAR

You can Donate a book in the name of your loved one. Hamilton Park UMC Serenity Garden 99 year old honoree, Mrs. Roberta A. Johnson. In her memory, the R.A.J. Library has been established for Caring Heart Residential facility in Garland, Texas. The facility serves adults in a loving private care residential home. The library will provide new and used books for adult residents age 30-85 as a library will be accumulated at this neighborhood residential facility in Garland, Texas. The library is sponsored by the Valder Beebe Show "A New Kind of Spiritual Talk Show". Contact Valder Beebe 214-274-0719.

The Community United Methodist women of Community UMC cordially invite the public to our Prayer Breakfast on Saturday, July 6th at 8:30 AM. The church is located at 4501 S. Marsalis Ave. Dallas, TX 75216. For more information contact Betty Ervin at 214.372.9649

**FAIR PARK FOURTH ON THE MIDWAY**

Join us in celebration of Independence Day at Fair Park Fourth. The State Fair of Texas Midway will be open for guests to enjoy live music, rides, games, fireworks and your favorite Fair foods! All proceeds from the Midway during this event go to the Big Tex Scholarship Program. More details coming soon!

**OLD FASHIONED FOURTH AT DALLAS HERITAGE VILLAGE**

Deck your family out in red, white and blue, grab your picnic basket and celebrate our nation's past. Explore the Village and chat with costumed characters.

A live reading of the Declaration of Independence will top the day off.

Standard Admission is \$6 - \$10. Free admission to the Dallas Police Department, the Dallas Fire Department, and all veterans and current service-people.

## Line Dance Marathon Supports Hygiene Drive

**Pleasant Grove Line Dance Class Collects Hygiene Products for Underprivileged Youth**

Dallas, TX-May 22, 2019 – A study surveyed in 2018 through the Metro Dallas Homeless Alliance's "State of the Homeless" revealed that the overall homelessness in North Texas increased by nine percent. The number showed about 4,140 homeless people in Dallas and Collin counties. Homeless youth make up a large percent of that population who are sent to school daily however, many suffer from poor hygiene and low self-esteem. Those same students are typically bullied, and they have difficulty focusing in school because of their home-life or the lack thereof.

Shanda Brown sees the need to help underprivileged youth in Dallas schools and she has called on her line dance class participants to dance for hygiene with a Line Dance Marathon scheduled August 3, 2019 from 12 noon – 3:30pm at

the Janie C. Turner Recreation Center, 6424 Elam Rd, Dallas, TX 75217. She is also asking for the support of people in the community to donate hygiene products. The goal is to have people come out and dance in hopes of them bringing hygiene items to donate. Shanda will like to collect 1,000 or more items.

"Collecting these hygiene products will be a great start to help our underserved students begin the upcoming school year with confidence," said Brown.

Ms. Brown is looking for Business Vendors to be an active part of this event, by donating a generous amount of hygiene items in the place of vendor space fee.

If you would like to donate items and/or will like more information, please call (214) 288-2079.

Let's Groove Production presents  
**LINE DANCE MARATHON**  
**Saturday, August 3rd, 2019**  
**Time: Noon-3:30 p.m.**  
Location: Janie C Turner Recreation  
6424 Elam Rd Dallas, Texas 75217 (214) 670-8277  
**Become a Community Vendor**  
**Cost: Donate \$50 worth of Hygiene Items**  
(Items are collected at the door)  
Vendors are responsible for their own set-up (table and chairs)  
**Items Needed: Deodorant, Toothbrush, Toothpaste, Feminine Products, etc)**  
Hygiene Items will be Donated to both Middle and High Schools

\*Our Goal is to Donate 1000 Hygiene Kits

Great Door Prizes!

**Vendors contact Shanda @ 214-288-2079**

## CITY OF DALLAS

### New Voting Options, Process coming in November

**Dallas, TX** – Dallas County is holding a series of community meetings to discuss changes coming to the voting process in November 2019. Registered voters in the city of Dallas will be affected by these changes. Beginning this November, Dallas voters will be able to vote at any Dallas polling location and cast their vote on new election equipment. Public input and feedback about the about the new Vote Centers and voting equipment can be giving at an upcoming community meeting.

**6 to 8 p.m. on Thursday, June 27**  
**West Dallas Multipurpose Center**  
**2828 Fish Trap Rd.**  
**Dallas, TX 75212**

**6 to 8 p.m. on Tuesday, July 9**  
**Dallas County Administration Building**  
**Allen Clemson Courtroom**  
**411 Elm St.**  
**Dallas, TX 75202**

# Church Directory

## Baptist

**Carver Heights Baptist Church**  
2510 E. Ledbetter, Dallas, Texas 75216  
P. 214-371-2024



**Pastor Daryl R. Carter**

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



The **Mount Moriah**  
Missionary Baptist Church

3611 Latimer Street  
Dallas, Texas 75215  
214-428-2990  
www.mountmoriahdallas.org

**Sunday**  
Morning Worship 11:00 a.m.  
Evening Worship 5:30 p.m.

**Wednesday**  
Prayer Bible Fellowship 7:00 p.m.

**"Let's All Mount Up"**



Rev. J. Calvin Smith  
Pastor



**Pilgrim Rest Missionary Baptist Church**

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

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



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Dr. Curtis W. Wallace  
Senior Pastor

## Church of Christ



**Church of Christ Marsalis Avenue**

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

**Come Worship and Study with Us!**

**Sundays**  
Bible Study 8:45 am  
Morning Worship 10:00 am  
Children's Bible Hour 10:00 am  
Evening Worship 5:30 pm

**Wednesdays**  
Bible Class 10:00 am & 7:00 pm

**Bro. Lamont Ross, Senior Minister**

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Dr. David E. Wilson, Pastor/Teacher  
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Sunday Worship Services - 7:30 & 10:30 a.m.  
Mid-Week Revival Services - 7:00 p.m.

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

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**True Lee Missionary Baptist Church**  
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P. 214-421-9435  
F. 214-421-0324



**Pastor Donald R. Parish, Sr.**

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9:00 a.m.

**Sunday Morning Worship**  
11:00 a.m.

**Monday Morning Worship**  
7:00 p.m.

**Prayer & Bible Study Meeting**  
7:00 p.m.

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Dallas, TX 75237  
P. 214-333-3597




**Rev. Bryan Carter**  
Sen. Pastor

**Sundays**  
8am, 10am, 12noon

**Wednesdays**  
7:00 p.m.

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KHVN (970 AM Radio)  
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Bible Class 8:45 a.m.  
Children Worship 10:00 a.m.  
Worship Service 10:00 a.m.

**Johnathan W. Morrison, Ministering Evangelist**

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3907-11 Bertrand Street  
Dallas, Texas 75210  
P. 214-421-9435  
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**Pastor Donald R. Parish, Sr.**

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11:00 a.m.

**Monday Morning Worship**  
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Dallas Texas 75212  
P. 214-631-5448  
website: [www.dwcoc.com](http://www.dwcoc.com)



**Sammie Berry**  
Minister

**Calendar of Events**

**Sunday Bible School**  
8:45 a.m.

**Sunday Worship**  
10:00 a.m. & 6:00 p.m.


**Tuesday Song Practice**  
7:00 p.m.

**Wednesday Bible Class**  
9:30 a.m. & 7:00 p.m.

**Sunday Radio Broadcast**  
7:30 a.m. on 970 AM

**"The Congregation Where Everybody is Somebody"**

**Greenville Avenue Church of Christ**  
1013 S. Greenville Ave.  
Richardson, Texas 75081  
P. 972-644-2335 F. 972-644-9347



**Minister S.T. Gibbs, III**

**Associate Ministers:**  
John Bradshaw  
Ben Myers  
Patrick Worthey

**Elders:**  
Frederick Green  
Raymond Hart  
Otis Idlebird, Jr.  
Jason Moseley  
David Phillips, Jr.

Call: 214-946-7678  
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**Schedule of Services**

**SUNDAY**  
Early Worship 8:00 a.m.  
Bible Classes 9:45 a.m.  
Morning Worship 10:45 a.m.  
Bible Classes 5:00 p.m.  
Evening Worship 6:00 p.m.

**WEDNESDAY**  
Devotional Service 6:30 p.m.  
Bible Classes 7:00 p.m.

**THURSDAY**  
Bible Class 11:00 a.m.  
Support Groups 6:30 p.m.

**"A SURVEY OF THE BOOK OF ROMANS"**  
ROMANS 13:1-14  
THE BELIEVERS' RESPONSIBILITY TO BE GOOD CITIZENS

Although the grand Apostle Paul had urged the Roman believers that they are not to be conformed to the world (Romans 12:2), this verse does not exempt believers from being in subjection to the authorities of civil government, nor the rulers of the state (Romans 13:1-2). Christians should always be good citizens of the countries in which they live. God's command of obedience to civil authority is for "every soul." This command is issued to the saved and unsaved. They are commanded to be subordinate (be subject) to the authorities placed in government.

We are to be subject to civil authorities because God has appointed them by His good providence (see Daniel 2:21; 4:17). These governmental authorities have a grave responsibility to God to make sure that the authority God has granted be administered properly. Because God has granted them with authority, rebellion against governmental authority is rebellion against God (v. 2). Those who rebel will receive punishment or damnation. The government can inflict penal punishment upon violators of the laws of the state.

We must obey all governmental leaders as long as their commands do not conflict with the commands of God (Acts 5:28-29). In verses 3-4, rulers are not a terror to those who conduct themselves properly, but to those who break the law. Governmental leaders are ministers who serve God, even though they may not even believe in God's existence (v. 4). They have been appointed by God to execute His good purposes. Those who do evil deeds bring the ruler's wrath upon themselves.

Paul cites two reasons why we are obligated to the government under which we live (v. 5). The first reason is the "fear of the wrath of the government." There will be a fear of the power to inflict punishment on those who disobey the law of the land.

A second reason is that Christians should fear out of "conscience sake." Having an enlightened conscience, a Christian has a sense of obligation to God (I Timothy 1:5; I Peter 2:13). In verses 6-7, we are obligated as citizens to pay taxes to God's appointed rulers. Rulers collect taxes in order to fund the government. We pay taxes because it is God's command to do so! Believers are to give whatever is due to the proper people (v. 7). Personal and property taxes should be paid to whom the tax is due. Again, the tax (custom) is used in support of the civil government.

Not only should we pay taxes, but we should respect (fear) our leaders due to their positions, and honor them because of their task (v. 7).

Not only should believers be in submission to civil authorities of the state, but believers have an obligation to love their fellowmen. When believers love one another, they will be fulfilling the last part of the Ten Commandments dealing with a believer's relation to his fellowman (vs. 9-10). Thus, when believers love one another, they are fulfilling the law. Selfless love always seeks the highest good of others.

Having discussed that believers have an obligation to obey civil authorities and love one another, Paul now impresses upon us that the culmination of our salvation is near (Romans 13:11). Knowing that Christ will be appearing soon, believers should have an attitude of watchfulness. Knowing this, believers should be casting off the deeds of darkness and putting on the armor of light (v. 12). Also, believers should not conduct themselves after the behavior pattern of the unsaved, but to clothe themselves with Christ (vs. 13-14). In summary, as believers, we are obligated to obey civil authorities, to love one another, and to deport ourselves properly in view of the Lord's return.

May God Bless!

*Rev. Johnny Calvin Smith*



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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.

## LEGAL NOTICE

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

Game #	Game Name / Odds	\$	Official Close of Game	End Validations Date
2100	<b>Million Dollar Loteria</b> Overall Odds are 1 in 3.31	\$20	7/5/19	1/1/20
2059	<b>777</b> Overall Odds are 1 in 3.94	\$10	7/20/19	1/16/20
2130	<b>Find The 9s</b> Overall Odds are 1 in 4.68	\$1	8/28/19	2/24/20
2121	<b>Lady Luck</b> Overall Odds are 1 in 4.10	\$5	8/28/19	2/24/20
2017	<b>Bonus Break The Bank</b> Overall Odds are 1 in 3.53	\$5	8/28/19	2/24/20
2103	<b>Cash Blast</b> Overall Odds are 1 in 6.39	\$10	8/28/19	2/24/20



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TEXAS EDUCATION  
AND VETERANS**

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

## Real Men Take Care of Their Health

Men are 24 percent less likely than women to have visited a doctor within the past year, according to the Agency for Healthcare Research and Quality.

The most common health issues experienced by men include heart disease, cancer, unintentional injuries, chronic lower respiratory diseases, stroke and diabetes, according to the Centers for Disease Control and Prevention (CDC).

Some of the symptoms men should not ignore include:

- Chest pain – a symptom of a heart attack that can also indicate other problems.
  - Shortness of breath – could signal heart disease or lung disease.
  - Fatigue – can result from physical exertion, lack of sleep or stress, or more serious physical health conditions.
  - Blood in urine – may be a sign of bladder, prostate or kidney problems.
  - Excessive thirst – can be a prominent symptom of diabetes.
  - Vision problems – can indicate glaucoma, cataracts, diabetic retinopathy or macular degeneration.
- Prevention is a very important aspect of care. Here are a few of the ways you can live a healthier life and avoid life-threatening complications.

### Get enough sleep

Adults need between 7-9 hours of sleep. Lack of sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Also, poor sleep is responsible for motor vehicle and machinery-related accidents.

### Toss out the tobacco

It's never too late to quit. Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Also avoid secondhand smoke. Inhaling other people's smoke causes health problems similar to those that smokers have. Babies and kids are still growing, so the poisons in secondhand smoke hurt them more than adults.

### Move more

Adults need at least 2 ½ hours of moderate aerobic activity every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week. You don't have to do it all at once. Spread your activity out during the week, and break it into smaller amounts of time during the day.

### Eat healthy

Eat a variety of fruits and vegetables every day. Fruits and vegetables have many vitamins and minerals that help protect you from chronic disease. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.

### See your doctor

Men should establish a relationship with a primary care provider and visit them regularly, even if they feel healthy. Those visits should include risk assessments for future medical problems, screenings for cancer, and conversations about healthy diet and lifestyle choices. In addition, you should "know your numbers", this includes your blood pressure, body mass index (BMI), cholesterol and blood glucose and have them checked regularly.

It is important to get regular check-ups every year or when your doctor tells you. Visit [www.parklandhospital.com](http://www.parklandhospital.com) to find a Parkland clinic close to you.

## Coach Michael Taylor To Launch Empowerment Webinar For Men Of Color

Entrepreneur, Author, Radio and TV Host, Coach Michael Taylor, will host an online empowerment webinar titled Shatter The Stereotypes on July 11th. There is no cost to anyone registering for the webinar. Shatter The Stereotypes will be hosted by an impressive line-up of leading experts in the personal growth and development field including: Addiction Expert, Ernest Patterson, Peak Performance Strategist, Jewel Love, and men's coach and workshop facilitator Brandon Alexander.

In the webinar participants will learn:

- The primary reason all black men should be optimistic about the future.
- The 5 most destructive media generated illusions that keep black men from succeeding.
- The importance of a positive support network and why it is so important to have one.
- Why the key to your success depends on taking 100% responsibility for your life turning out the way you want it to.

• All this and much more... Although black men are the primary focus, Shatter The Stereotypes is an enlightening resource that every race needs to participate in. At a time when it appears race relations are getting worse, this webinar will provide a sense of optimism and unity for people of all races.

**For more information, or to register for the webinar, please visit: <https://shatterblackmalestereotypes.com/>.**



# SPORTS PAGE



## 7 Day Weather Forecast for DFW

Thursday, June 27

Friday, June 28

Saturday, June 29

Sunday, June 30

Monday, July 1

Tuesday, July 2

Wednesday, July 3



H - 91°  
L - 73°



H-94°  
L-72°



H-93°  
L - 71°



H-91°  
L- 72°



H-89°  
L-72°



H- 89°  
L-72°



H-87°  
L-73°

### Dallas Mavericks get forward Roby after trade with Pistons



**DALLAS (AP) —** The Dallas Mavericks kicked off their first season of the post-Dirk Nowitzki era Thursday night with a draft day trade that netted them Nebraska forward Isaiah Roby at No. 45 overall.

Dallas initially selected Deividas Sirvydis of Lithuania with their scheduled 37th pick, but agreed to trade his rights

to the Detroit Pistons for Roby and two future second-round picks, according to a person with knowledge of the deal. The person spoke on condition of anonymity to The Associated Press because the trade was not yet official. The new league year starts July 6.

Dallas, which traded its first round pick to Atlanta as a result of last year's draft-day trade for Luka Doncic, now brings in Roby, who averaged 12 points and seven rebounds per game for the Cornhuskers.

The 6-foot-8 Roby will join a young Mavericks team led by 20-year-old Doncic, likely to the NBA's Rookie of the Year, and 23-year-old Kristaps Porzingis, acquired during the season from the Knicks and coming off a knee injury.

Roby played 97 games over three years at Nebraska before forgoing his final year of eligibility to enter the draft. He started 35 games last season for the Huskers, who finished 19-17 and made a run to the quarterfinals of the Big Ten Tournament.

After the draft, Mavericks general manager Donnie Nelson said he couldn't comment on the individual players in the trade due to league rules, but said he was happy with the team's draft.

"To get the same player you were targeting a little bit later in the second, plus pick up a couple of important assets, was good," Nelson said. "It was a good night."

Dallas finished 33-49 last year and hasn't made the playoffs since 2015-16. The Mavericks will play their first season since 1997 without Nowitzki. The 21-year veteran and the NBA's sixth-leading scorer all-time retired following this past season.

In addition to Doncic, Porzingis and Roby, other Mavericks under contract for the upcoming season include: point guard Jalen Brunson, big man Dwight Powell, and 2019 trade acquisitions Tim Hardaway, Jr., Justin Jackson and Courtney Lee.

Nelson said the Mavericks would turn their attention to and be "very active" with the free agent market. The Mavericks have had some success in past years in this area, most notably with J.J. Barea, who has played 10 of his 13 seasons with Dallas and was part of their 2011 championship team.

Nelson said earlier Thursday that he expected the late first round and early second round of the draft to be among the most active in recent years, and that the Mavs could be part of that frenzy.

"Once you get closer (to selecting), if there's a player that a team covets, there's a flurry of phone calls," Nelson said. "Sometimes the price goes up, sometimes it goes down. I think you're going to see a lot of stuff happen in the 20s and the top half of the second." He proved to be accurate, netting his team two future picks in the process.

### FlixBus Celebrates Success in Texas by Announcing More Rides, Limited Time Flash Sale



**DALLAS (June 26, 2019) —** Celebrating rapid growth in Texas, FlixBus, in partnership with Dallas-based AJL International, today announced that it will thank Texans with special offers. For a limited time, Dallas residents can travel the state for less than the cost of a tank a gas.

In an effort to provide enhanced connectivity, FlixBus announced a ramp-up in service between San

Antonio—Austin—Dallas, FlixBus, a special route running between San Antonio and Austin-Bergstrom International Airport and more stops in Downtown Austin.

The sale which will begin June 26 and end July 3, will include half-priced tickets for every stop in Texas that FlixBus services.

FlixBus has become the largest bus provider in the world in terms of network reach, connecting people across 29 countries with over 350,000 daily connections in Europe and the United States. With a shiny fleet averaging 1-2 years old, free WiFi, power outlets at every seat, complimentary onboard entertainment including movies, TV shows, music, video games, audio-books and more, riding in a bus has never been more enjoyable. For more information, visit FlixBus online.

### Fiance of Woman Killed when Dallas Crane Fell Recalls Chaos

**DALLAS (AP) —** As Kiersten Smith watched an episode of "Grey's Anatomy," her fiance prepared a lazy Sunday lunch of grilled cheese and tomato soup. Just feet away, Eric Ridenhour said they were chatting when a crane crashed into their downtown Dallas apartment complex.

"I had zero vision but I could feel the air in front of me when I was yelling her name and it was just texture. I could feel texture. It was like you could grab the air," said Ridenhour, 34.

Their living room, where Smith had been sitting on the couch, was gone. And from their second-floor apartment in the five-story building, Ridenhour looked up to see daylight.

In an interview with The Associated Press, Ridenhour offered details from inside the building where a construction crane, buffeted in a June 9 storm, came crashing down, killing his 29-year-old fiancee and injuring several others. As he and Smith's family prepare for her Saturday funeral, officials have released little information on why this crane fell in a skyline that's dotted with them.

Ridenhour, who had cuts and bruises, said that after the crash he pulled his downstairs neighbor up to his apartment and they waited on his balcony with one of his dogs until firefighters came. "I was yelling at them: 'My fiancee's down there. My fiancee's in there, my fiancee is in there,'" he said.

He said he saw rescuers go into the first floor and heard them say they'd found a body. At first he couldn't tell who it was, but then saw it was her. "They were doing CPR on her right there on the stretcher. I just saw her arm just lifeless," he said.



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

### DCCCD TO RECEIVE \$12 MILLION APPRENTICESHIP GRANT

**DALLAS -** Dallas County Community College District received a \$12 million apprenticeship grant from the Department of Labor. DCCCD's grant will train 7,500 apprentices in approximately 50 critical health care occupations. Of the 7,500 apprentices, it is projected nearly 3,700 will be women, more than 2,500 people of color, and over 1,100 transitioning service members, military spouses, and veterans.

### BOND SET FOR TEXAS MAN CHARGED IN DEATH OF TRANSGENDER WOMAN



**DALLAS (AP) —** A transgender woman's body was pulled from a Dallas lake over the weekend, the latest death of a transgender person being investigated by homicide detectives in the city, police said Monday.

Police Chief U. Renee Hall said there were "obvious signs

of homicidal violence" in 26-year-old Chynal Lindsey's death but did not elaborate or say how investigators believe she died.

A game warden pulled her body from White Rock Lake on Saturday evening. Her case is one of four open homicide investigations involving black transgender women in the North Texas city dating back to 2015, said Maj. Vincent Weddington.

"We are concerned," Hall said. "And we are actively and aggressively investigating this case."

Hall said detectives don't have evidence to establish a connection between Lindsey's death and the killings of the other transgender women. But even before her body was found, police were investigating whether the shooting deaths of two transgender women and the nonfatal stabbing of a third were linked.

Hall said the department has asked the FBI to assist in its investigation. A spokeswoman for the federal agency said it is "prepared to assist" if evidence of a potential civil rights violation comes to light.

In May, someone killed 23-year-old Muhlaysia Booker a month after a cellphone video showed the transgender woman being brutally beaten in a seemingly separate

attack.

Last October, Brittany White, a 29-year-old transgender woman, was found shot to death in a vehicle parked near an elementary school in far southeastern Dallas, police said.

### 2019 DMMA SACRED CHORAL MUSIC CONCERT

Dallas Metroplex Musicians' Association cordially invites you to the 2019 Annual Sacred Choral Music Concert, dedicated in memory of immediate past President, Dr. Michael G. Ford, and dedicated member, Mrs. Alyce Gaye Goff.

We are honored to acknowledge the 2019 Clinician in the person of Mr. Dello Thedford of St. Louis, Missouri, a highly sought-after workshop clinician, teacher, noted composer, and director extraordinaire. We continue to be favored with staffing this event with highly experienced guest Clinicians steeped in the sacred and choral music traditions

Sat., Jun. 29, 2019, 4:30 PM  
Pearly Gate Baptist Church  
6021 University Hills Drive  
Dallas, Texas 75241

# Editor, Joshua C. Johnson of Focus Daily News Succumbs

Continued from Page 1

Before his tenure as Executive Editor at Focus Daily News, Johnson was a news reporter for the North Dallas Gazette. At Focus Daily News, he was honored three times by the Dallas Bar Association for Excellence in Legal Reporting. Johnson's most recent award was in 2018 chosen as best in the Suburban Newspaper Division for his feature on an inspirational police officer for Lancaster Independent School District.

Johnson is survived by his mother, Marilyn Burton, and father Samuel E. Burton. Brothers also survive him; Eric Johnson Jr., Caleb L. Johnson, and Isaac H. Malone, Grandparents; Idella Washington, and Henry Kennedy, and girlfriend Ebony Smith, along with a host of nieces, nephews, aunts, and uncles.

Friends, family, and colleagues can pay their respect on Friday at the Grand Lounge, Paul Quinn College, with a Star Wars-themed candlelight vigil. Evergreen Funeral Home, 6449 University Hills Blvd., Dallas, Texas 75241; Office 214-376-1500.

Funeral services; Saturday, June 29, The United House of Prayer For All, 121 Murdock Rd., Dallas, Texas 75217. Viewing; 10:00 a.m. -11:00 a.m. Service; 11:00 a.m.

Evergreen Funeral Home, 6449 University Hills Blvd., Dallas, Texas 75241; Office 214-376-1500. Interment, Lincoln Memorial Park.

PLANO POLICE DEPARTMENT PRESENTS:  
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 SATURDAY, JUNE 29, 2019 TIME 11:00AM - 1:00PM

MEET THE OFFICERS WORKING IN YOUR COMMUNITY FOR CONES AND CONVERSATION.  
 MCDONALD'S, 2205 MCDERMOTT RD., PLANO, TX 75025

## Swing Sub Stories: Meet Elissa Mapp

Elissa Mapp's journey to teaching was shaped by the challenges she faced as an elementary school student — and a teacher who helped her overcome them.

Swing Education substitute teacher Elissa Mapp "I was a pretty rotten first grader, always headed to the principal's office," Elissa recalls.

"I realize now that it was because I was not getting the attention I needed at home, so I would try and get it at school. Ms. Flowers was extremely patient with me and taught me the dos and don'ts of classroom etiquette with compassion and firmness."

Before long, Ms. Flowers' guidance paid off. By the time Elissa reached third grade, she discovered that being a standout student was a more productive way to earn the attention she desired.

"I learned how to channel being an attention-grabber through my awesome grades, test scores, and good behavior," Elissa says.

Mapp never lost touch with what she learned in elementary school. And now, she shares a similar message with students in the Dallas-Fort Worth area as a substitute teacher with Swing Education.

"I try to channel Ms. Flowers' same energy in the classroom by giving children the necessary attention required for them

to succeed," Elissa says.

### Getting Started in Education

Elissa began her career in healthcare before transitioning to education. After earning her bachelor's degree in Applied Linguistics in the fall of 2018, she decided to pursue substitute teaching.

"I wanted to gain more experience in the classroom with my focus being in TEFL or teaching English as a foreign language," Elissa says.

Elissa's search for substitute teaching opportunities led her to Swing Education, which connects subs with a number of schools in the Dallas-Fort Worth area.

"I decided to work with Swing Education because the process was effortless and I have the ability to regulate my own schedule, which I absolutely love," Elissa says.

### A Rewarding Experience

Elissa is still in the early stages of her career as an educator, but she's already created a number of lasting memories.

"The most rewarding part of teaching is the small things that help your students grow and can lead them to remember you for a long time," Elissa says.

"For instance, I was helping first and

second graders complete their work, and while everyone else may finish at a steady pace, one or two students may be discouraged and need more encouragement than others.

"Once I gave them extra attention, those same students came up to me and asked, 'Ms. Mapp, are you coming back tomorrow?' These instances just melt my heart and make the experience so worthwhile."

They've also validated Elissa's decision to transition from a career in healthcare to education. She'll continue to make a difference for students for many years to come.

"I plan on continuing to develop my skills in the classroom and earn my Master of Arts in Applied Linguistics with emphasis on TESOL," Elissa says. "I'll then teach English as a foreign language to adult learners abroad."

### About Swing Education

Swing Education matches high-quality substitute teachers with schools that need them. Contact us today to learn how we can help meet your substitute teacher needs.



Elissa Mapp

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