

# North Dallas Gazette



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## NFL players & ESPN partner to raise awareness of the Democratic Republic of the Congo

The Fight For Five campaign is launching in Dallas. And ESPN 360 camera crew, NFL players, an NFL pro-bowler, a Hollywood actor, college coaches and players are all involved.

The Fight For Five campaign is to create a global awareness campaign for the Democratic Republic of Congo, where human atrocities take place every day. The first global aware-

See CONGO, Page 12



Children soliders are reportedly forced to murder & rape civilian and enemy soliders, even their own family members. Photo by The Mwamba Family Foundation.

## Jury finds Shederick Smith guilty of compelling prostitution, sentenced to 42 years in prison

(NDG Wire) On October 27 Shederick Damone Smith was found guilty of compelling prostitution. Smith was sentenced by a jury to 42 years in the Texas Department of Criminal Justice.

Police responded on December 24, 2008, to a

Craigslist advertisement for prostitution, and met a 15-year-old child involved in prostitution. She identified her pimp as Shederick Smith, and stated she had been living with him and co-defendant Princess Moore (who has also been indicted for compelling prostitution)

for approximately a week. She testified that he had been encouraging her to prostitute, had bought her a cell phone and had assisted her in placing Craigslist ads.

The prosecution presented evidence to show she earned and gave approximately \$500 to Smith. The

evidence reflected that on Christmas Eve the defendant told her she could not buy clothes with the money she had made, and instead he told her to go out and perform another prostitution act.

Smith had prior conviction  
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## Homeless clients of The Bridge receive training to prepare for the 3rd annual Help the Homeless Walkathon & 5K



Homeless clients train for walkathon

(NDG Wire) A journey of a thousand miles begins with a single step, said Confucius, but guests of The Bridge homeless assistance center received support with their journey in more ways than one. This year, guests from The

Bridge are being trained and coached for the upcoming 2009 Help the Homeless WalkATHon & 5K, which takes place on Saturday, November 14 at Dallas City Hall. Before beginning the training pro-

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COMMENTARY

## Will these people and corporations stop at nothing?

BY REV. AL SHARPTON (NNPA) - Freedom of the press unequivocally stands at the core of fundamentals in the United States of America. It is a form of checks and balances towards the government, business and other entities in our society. But when producers, editors, journalists, executives and media conglomerates themselves begin fabricat-

ing news and openly spreading half-truths and lies, it's time for someone else to start checking them.

Last week, news outlets began reporting on the case of Meagan Williams, the young woman in West Virginia who had claimed in 2007 that she was kidnapped, beaten, sexually

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50 Cent's Before I Self Destruct is available for pre-order with bonuses

For more information see pg. 10 [www.northdallasgazette.com](http://www.northdallasgazette.com)

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### People In The News...



Yanique Redwood



Derek Cooper



Dr. Niara Sudarkasa

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## Yanique Redwood

(NDG Wire) The founders of sunkissed-girlz.com want African-American girls to know that they do have good hair. Dr. Yanique Redwood co-founded Sunkissed Girlz with her 13-year old daughter Alana Jones in response to the lack of media celebrating the unique beauty of African-American girls. The Website heavily emphasizes natural hair, encouraging girls to be proud of their roots. Other elements of the Website include skin and fashion arti-

cles, blogs, online games, an advice column, and an online radio show.

The launch of Sunkissed Girlz is timely, only a few days after the release of Chris Rock's documentary Good Hair. Still in the aftershock of his documentary, African-American women and girls are considering the tremendous amount of time and money spent to straighten their hair. Sunkissedgirlz.com supports the counter-argument, offering a new, safe place for young girls to re-



ceive advice, support, and natural hair and beauty tips.

"Sunkissed Girlz is the answer to Chris Rock's daughter's question: Daddy, how come I don't have good hair?" said CEO Dr.

Yanique Redwood. "We say very loudly through our Website that you do have good hair. It's curly, fuzzy, kinky, wavy, short, long, or in-between, but it's all good hair. And be proud of it," she added.

Other documentaries like Souls of Black

Girls and A Girl Like Me illustrate the damaging impact that media messages have on African-American girls, affecting self-esteem and other physical and men-

tal health outcomes. Thirteen-year old Alana adds that, "There are very few girls who look like me in teen fashion magazines. Every time my mom and I try to find a magazine for me, none of the girls look like me. We created Sunkissed Girlz so that African-American girls can have a space of our own to talk about fashion and beauty."

The mission of Sunkissed Girlz is to ensure that every African-American girl sees herself in popular media in a way that builds and supports a strong healthy self-esteem.

Yanique received her PhD in Health Behavior and Health Education from the University of Michigan School of Public Health in 2008. She also has a Master's degree in Public Health from University of Michigan and a Bachelor's degree in Chemistry from Georgia Tech. She lives in Atlanta with her husband and partner Ronnie Galvin and their two teenage children Alana and Darren.

More information about the Website and the founding team is available at [www.sunkissedgirlz.com](http://www.sunkissedgirlz.com). Sunkissed Girlz was founded in 2009.

## Derek Cooper

When Derek Cooper, president & CEO of MTC Media & Consulting, Inc. (MTC) walked across the stage in 1990 to accept his BS Degree in Accounting from Bethune Cookman University, one of the Historically Black Colleges (HBCUs), never did he imagine that almost 20 years later, he would be educating Corporate America about a demographic group that frequently goes unnoticed by

Corporate America, Affluent African Americans also known as "Royaltions."

While serving as the HBCU Project Director for a corporate firm, Cooper discovered that many corporations were unaware of the spending power of the "Royaltions," African Americans who have a household income of over 75k per year, college educated and a spending power of roughly \$282 billion.

Established in 2008, MTC was created out of the need to recognize the exploding affluent African American market as a viable marketplace. "Corporate America has been taking this market for granted for years, now that this demographic is growing and demanding accountability for their dollars, Corporate America is now listening," Cooper states.

MTC is a strategic marketing and consulting firm that specializes in niche event marketing; by assisting Corporations on understanding

the growing market of Affluent African Americans, MTC has become the leader for Niche Market Information.

"Through MTC Media & Consulting's knowledge of the marketplace, they brought clientele to our event that benefited greatly from the exposure that they received," states Nikki Godfrey, Executive Director, of the ESPN MEAC/SWAC Challenge. Since the success of this business venture, MTC has taken on seven more of their events to take to the marketplace.



MTC Media & Consulting has also branched into other arenas like golf, motor-sports, media and entertainment. "This dynamic demo-

graphic breaks all the marketing rules when it comes to spending," said Cooper, "I implore every company to look closely at this demographic, if not, they're leaving money on the table. This emerging demographic is on the forefront of a 1.2 Trillion dollar tsunami by 2012, a 34% increase in just five years. Some companies are going to ride the wave and benefit greatly, and some are going to be wiped out by not recognizing the rising waters."

Visit [www.mtcmedia.net](http://www.mtcmedia.net)

## Dr. Niara Sudarkasa

BY JULIANNE MALVEAUX (NNPA) Dr. Niara Sudarkasa, the first woman President of Lincoln University, has a name that reflects her reality. Niara means woman of high purpose, and that she is. After leaving Lincoln University in 1998, she traveled and consulted, and has recently been scholar-in-residence at the African American Research Library and Cultural

Center in Fort Lauderdale, Florida.

Last week, she donated her papers and personal library, including more than 3,800 books, 4,100 issues of journals and periodicals, plaques and other collectibles, including the outfit she wore when she was enstooled as a chief in the Ife Kingdom of Nigeria. This is a sister and scholar whose name ought to be spoken frequently among African-American people, especially those who have concerns about the African-American family, and those who have interests in things African. We are more likely to know entertainers, however, than we are to know scholars. This is a scholar certainly worth knowing.

I had the honor of trav-

eling to Fort Lauderdale to help salute Sudarkasa on the occasion of her generous gift (valued at more than \$270,000) to the library. In thinking about Niara's life and career, I was especially focused on the work she has done as an Africanist and anthropologist, long before it was fashionable for African American people to look at our African roots. Sudarkasa learned Yoruba as part of her doctoral work, and she studies the work that women did in African society for her dissertation. Her early work lays the foundation for contemporary work on linkages between Africa and the United States.

One of the things Sudarkasa developed is the concept of the seven Rs as foundations for family life. The Rs represent African family values that sup-

ported kinship structures. From a contemporary perspective, when we see the Rs absent, we can also explain some of the challenges that we face in family life. The Rs – respect, responsibility, restraint, reciprocity, reverence, reason and reconciliation – represent the highest and best in family and civic life. Unfortunately, many are all too absent in relations and discourse today.

Sudarkasa has had the blessing and the burden to be many "firsts" – the first Black woman to teach at Columbia University, where she earned her doctorate; the first Black woman to teach at New York University; the first African American woman to teach anthropology at the University of Michigan; the first woman to lead Lincoln University. Being a first isn't

easy – you are carrying the burden for the race, for the gender, being judged as a representative of everyone,

not simply as a human being. In those first posi-

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# Preventing breast cancer through health care reform

BY WENDY C. WOLF

(American Forum) One simple test could save thousands of women's lives. Yet for those without health insurance, the test comes too late. According to the American Cancer Society, this year alone an estimated 40,170 women will lose their lives to breast cancer. Meanwhile, it is estimated that 4,000 breast cancer deaths could be prevented just by increasing the percentage of women who receive breast cancer screenings to 90 percent.

Breast cancer often can be treated with early detection. That's why health insurance that pays for mammograms is especially important. But mammography rates declined between 2003 and 2005, with a notable decrease for Hispanic women (from 65 percent to 59 percent) and African-American women (from 70 percent to 65 percent). An estimated one in five women over 50 has not received a mammogram in the past two years.

Everyone needs health insurance to keep healthy,

yet women are disproportionately underinsured. An estimated 21 million women and girls went without health insurance in 2007, according to the U.S. Census Bureau. And a recent congressional report found that 18 percent of all women not eligible for Medicare are uninsured, which translates to 28 percent of 19 to 24 year olds and 26 percent of single mothers without insurance.

Why are so many women left uncovered? Perhaps it's because many medical situations faced by women are

treated as pre-existing conditions, including breast cancer. The National Cancer Institute estimated that in 2004 approximately 2.4 million women had a history of breast cancer. But without continuing coverage, cancer survivors face steep risks.

A recent report by the Department of Health and Human Services found that breast cancer patients with employer-based insurance had total out-of-pocket costs averaging \$6,250 in 2007,

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The North Dallas Gazette, formerly Minority Opportunity News, was founded July, 1991, by Jim Bochum and Thurman R. Jones

## CORPORATIONS, continued from Page 1

assaulted, forced to eat human feces and doused with hot water all the while racial epithets were being slurred toward her. Seven individuals were convicted in the case - all of whom confessed in some form or fashion to the crime. The prosecution only pressed hate crime charges against one of the seven, despite his belief in the heinous nature of the event. Many - including myself - stepped in to support the troubled woman and her mother, who was deemed a victim even by the mainstream media. Meagan has now recanted her story.

Reputable news outlets such as the *NY Times*, *The Charleston Gazette* and the Associated Press objectively reported on the turn of events. The AP quoted me in its piece as stating: "The Rev. Al Sharpton and Black Lawyers for Justice urged prosecutors to pursue hate-crime charges. The lawyers organized a march on her behalf. Sharpton addressed a rally in Charleston and donated \$1,000 to Williams' family as a Christmas gift ... Sharpton has asked the prosecutor to vindicate anyone wrongfully convicted."

*The Charleston Gazette* said in its piece: "Sharpton told *the Gazette* that he came down for the rally but

wasn't involved in any marches and did not represent the Williams family. He said he was involved only as a supporter of Williams."

And the *NY Times* reported on October 22: "The Rev. Al Sharpton addressed a 2007 rally against hate crimes in Charleston and gave \$1,000 to Ms. Williams' family as a Christmas gift. Mr. Sharpton said Wednesday that he had sent a letter to the current Logan County prosecutor, John Bennett, asking him to look in to Ms. Williams' new statement."

Even those news outlets that perceived that I may have pushed for hate crime charges, did not fabricate lies or spin this latest development in the Megan Williams' case. It was only on the right, from publications like the *NY Post*, where those attempting to vilify and discredit my history of civil rights work began freely spreading outright mistruths. A disservice to the field of journalism, the *NY Post* attempted to pass off judgments and their own biased beliefs as if they were facts.

"A troubled young woman whom the Rev. Al Sharpton championed as a victim of a horrific, racially motivated sexual assault now says she fabricated the

incident ..." the piece begins. This sorry excuse for reporting went on to say: "Sharpton - who now wants a new investigation - already has a record tarnished by his drumbeating for Tawana Brawley's discredited 1987 claim that she was gang-raped by white cops."

Instead of highlighting the notion that all I did was support a distraught woman and her family, and that I was not directly ever involved in handling her case, *the Post* has once again taken the liberty of printing whatever it feels like without proper research to support its biased claims.

And unlike other publications that accurately reported my desire for the prosecution to reopen this case to ensure due justice for the seven white individuals who were accused of the crime, *the Post* attempted to juxtapose this incident with another one where once again all I did was believe a victim - not create a hoax.

As the Republican party struggles for a clear voice and more and more begin to leave the contingent for its increasingly fanatic fringe rhetoric, it seems that those on the right are facing a new era of desperation. And desperation of course leads to a plethora of last re-

sorts. When no one will listen to you, take your newspapers, TV outlets or conservative spin machines as legitimate news sources, you simply begin conjuring up whatever you want. When the wool has been removed from your cacophony of deception, no one will be left to dupe. And thanks to our ability to fact-check things on our own, your lies cannot fool people anymore.

We however, must not forget that it is still our duty to stand up and point out falsehood whenever and wherever we see it. We must be courageous against those that work to silence us, silence our work and silence the cause of civil rights and justice for everyone. It's becoming more and more apparent that the right will stop at nothing to create ridiculous shams because that's all the ammunition they have left.

First it was Tawana, now Megan and next thing you know, they will say I created the balloon boy hoax! Will these people and corporations stop at nothing?

Apparently there's no limit to the level they will stoop to. I simply say to them: keep creating this hoax, and we will continue calling you out every step of the way.

# REFORM, continued from Page 4

higher than out-of-pocket spending for patients with asthma, diabetes, chronic obstructive pulmonary disease or high blood pressure.

Why are women falling behind in insurance coverage faster than men? According to the Department of Health and Human Services, various factors restrict women's access to health care, which include a vast array of "pre-existing conditions" such as breast cancer, pregnancy, caesarian section and domes-

tic violence. In addition, women are less likely to be employed full time, which makes them less likely to be eligible for employer-based health benefits. In fact, fewer than half of women have the option of obtaining employer-based coverage.

Any health care reform proposal should take that into consideration and include access to comprehensive care, including preventative care such as mammograms. Americans, men and women

alike, understand this need. A recent poll commissioned by Moving Forward, a values-based research initiative developed by the Women Donors Network and the Communications Consortium, found that a strong majority of voters – 87 percent – think insurance companies should be required to cover women's preventive care and screenings, such as contraception, Pap tests for cervical cancer and breast cancer screenings.

Public health experts recommend health insurance coverage be universal and available to all regardless of work status, place of residence, health status or other factors unrelated to need. Reform should be aimed at achieving quality outcomes and eliminating disparities as well as at being affordable. Coverage also needs to be continuous from birth until end of life without interruptions or delays, as gaps in existing coverage allow women

to fall through the cracks. Reform will bring health care to more American women and their families than ever before in our nation's history. Women would do well to learn more about their stake in health care reform. One good resource is [www.WomenandHealthCareReform.org](http://www.WomenandHealthCareReform.org). As we end National Breast Cancer Awareness month, the best thing we can do to end breast cancer is to make sure all health insurance coverage is universal –

not limited by exclusions due to pre-existing conditions – and includes preventative care and basic services such as breast and cervical cancer screenings. Let's create a system that provides health care, not just sick care.

*Wolf is a board member of Living Beyond Breast Cancer and Women Donors Network and leads WDN's effort on reproductive and other health issues.*

## Breast cancer patients have options – yet not informed

(NDG Wire) Over 30,000 breast cancer survivors are being put at unnecessary risk of a breast cancer recurrence due to limited awareness of a genetic test that can determine if tamoxifen is the most effective treatment for them.

500,000 women in the U.S. are taking tamoxifen to prevent breast cancer recurrence. Almost half of them have a gene variation that reduces the effectiveness of the drug. For patients with this gene variation, alternative treatments with higher success rates are available.

In 2006, an FDA advisory panel recommended updating the tamoxifen label to reflect this important information. However, this update has not been made, even though three additional studies have confirmed the importance of genetic testing for tamox-

ifen since then. Ten percent of women have a gene variation that prevents them from producing the enzyme CYP2D6, which is essential for tamoxifen effectiveness. In another thirty-five percent with a gene variation, the production of this enzyme is reduced, which impedes the effectiveness of tamoxifen.

A study published this month in *JAMA*, the Journal of the American Medical Association, reported that these classes of patients had, respectively, a 29% and 20.9% recurrence rate compared to 14.9% for patients without this gene variation.

"We need to remember that these aren't just numbers - these are women we care about. These are our sisters, and mothers and friends," said Howard Cole-

man Genelex Corporation's CEO. "We need to start using the tools we have available to ensure that their cancer treatment is as successful as possible."

National Foundation of Cancer Research (NFCR) has a long history of funding innovative research in the fight against cancer. NFCR is also committed to making sure new technologies are reaching patients who need them.

NFCR is working with Genelex to increase awareness of factors, such as this gene variation, which diminish the effectiveness of tamoxifen. NFCR and Genelex also are promoting awareness of alternative treatments for patients who do not respond well to tamoxifen.

"It takes time to move a technology from bench to bedside. When it comes to

DNA testing to determine if breast cancer patients are likely to benefit from tamoxifen, that wait needs to end," said NFCR President Franklin C. Salisbury, Jr.

Even in patients who do not have this gene variation, the effectiveness of tamoxifen may be impeded inadvertently. Numerous studies have shown that interactions with many prescription medicines, over-the-counter medicines, and even herbal remedies can reduce tamoxifen effectiveness.

Genelex Corporation offers Tamoxitest, which provides an assessment of both risks to tamoxifen effectiveness. Interpretive software included with results alerts patients and their physicians if tamoxifen benefit is at risk as a result either of the gene variation discussed above or interac-

tions with medicines and herbal remedies.

Los Angeles oncologist Dr. Michael Benjamin is one of the first physicians to embrace this technology.

"The Genelex gene profiling technology is a powerful tool to help my patients. With tamoxifen testing, we can appropriately individualize treatment based on patients' ability to process the medicine," said Benjamin.

Benjamin regularly advises his patients to take Tamoxitest. "Genelex tamoxifen testing helps me be smarter about who I treat with tamoxifen, and why. I can take the discoveries made in their labs right to the patient's bedside," states Benjamin. "I see it as the

wave of the future in medicine."

Maura, a breast cancer patient, says she ordered Tamoxitest after she was diagnosed. Her healthcare professionals did not discuss Tamoxitest with her. Rather, Maura learned about this valuable test on the Internet. Found to be an intermediate metabolizer, Maura and her doctor opened a dialogue about her dose of tamoxifen.

"It was worth the information - and peace of mind - I received," she said. Most insurance companies cover the test.

*Breast cancer patients and healthcare providers can learn more about Tamoxitest at [www.Tamoxitest.com](http://www.Tamoxitest.com).*

## Milestone for Senior List

(NDG Wire) As the population ages, more families are faced with the responsibility of taking care of their children and their parents simultaneously.

Feeling overwhelmed, any information regarding eldercare is a highly valued resource. Families throughout the metroplex are discovering The Senior List® ([www.theseniorlist.com](http://www.theseniorlist.com)), where they can find service providers and customer ratings of those providers.

Providers from nearly

every city in the metroplex is listed, ranging from six in Balch Springs to 282 in Dallas. The categories range from Adult Day Care Centers to Durable Medical equipment.

The Senior List, launched nationally in November 2008, announced recently the 70,000th eldercare provider was added to the site's database. Users appreciate not only the providers listed on The Senior List, but also the input from consumer posted feedback, enhancing the

value of the site.

"We're amazed at the growth of our brand, and now we're more focused than ever on growing our consumer-opinion numbers," says Chris Clark, co-founder and CEO.

"To me, the biggest value for consumers will be realized when they can turn to a resource like The Senior List, and read meaningful testimonials from their peers."

The Senior List is a consumer-opinion Web site focused on linking families to quality senior-services on-

line. The directory listings range from assisted living facilities and nursing homes, to elder-law attorneys and everything in between.

The Senior List is a free resource that allows families to review, rate, or add senior-service providers to the eldercare directory.

Businesses can add their information to the database at no charge, and consumers are strongly encouraged to share their opinions in an effort to help a neighbor in need.

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# Plano Television Network awarded Lone Star EMMY

(NDG Wire) On Oct. 17 the Plano Television Network (PTN) was presented a Lone Star EMMY during the 7th Annual Lone Star Emmy Awards in Dallas. Winning in the Public Service Announcement category, "Nickel Neuter" promoted the Plano Animal Shelter's annual neutering event.

PTN Executive Producer Rebecca Cunningham said, "This is another example of how Plano Television Network is dedicated to providing the best possible programming to our residents. We are honored to be able to work with other departments to help their mis-



sion, as well as be a viable source of communication for the City of Plano."

This latest EMMY brings the network's total number of statuettes to six. PTN was also nominated

for two other EMMYs in the Special Achievement category for Community Service and Historical/Cultural - News Single Story/Series Feature category. As part of the

National Academy of Television Arts and Sciences, the Lone Star EMMY's are the standard bearers for excellence in the television broadcasting industry.

The Lone Star EMMY represents the most experienced and talented television professionals from all disciplines of the industry and from all of Texas' 19 television markets.

# Dallas Christian author garners Book of the Year Award with *Crossing Twice*

*Crossing Twice: Answers from the Source* Earns Christian Book of the Year Award While Sales Fuel Feed the Children Donation.

Reece W. Manley, DD, M.Ed., MPM's *Crossing Twice: Answers from the Source* is climbing in respect as reviews maintain a five star rating. And, as sales continue so grows the amount to be donated to Feed the Children, Dr. Manley's selected charity.

*Crossing Twice: Answers from the Source*, 2009 Christian Book of the Year, has been a miracle in a number of ways," says Rick Setter, President of Advocate USA Publishing. "The reviews of the Christian near death experience

book by Dr. Manley have been solid and the reviews are averaging five stars on Amazon.com."

The book begins with the sentence, "Nothing happened to let me know I had died, I was simply listening to the machines purring in the background. The sound of the ventilator working its dutiful pumping," begins the *Crossing Twice: Answers from the Source* journey. But, here, today, its journey is continuing in benefiting Feed the Children.

Readers will be able to find the books *Crossing Twice: Answers from the Source* and *Spirit Thinking: Your 30 Day Guide to Enlightenment* in several local book stores and online at

Amazon or at [www.Spirit-Thinking.net](http://www.Spirit-Thinking.net).

Readers who purchase the book between now and January 14, 2010 will trigger a \$2.00 donation to Feed the Children to be delivered in February 2010.

*Crossing Twice: Answers from the Source* is a retelling of the near death experience by Dr. Manley who promotes progressive and inclusive themes in this work. His work *Spirit Thinking: Your 30 Day Guide to Enlightenment* is the first work to combine cognitive psychology with spiritual principles yielding a unique Christian self-help approach.

*Dr. Manley can be reached locally at 214-206-1607.*

# PRISON, continued from Page 1

tions for possession of a controlled substance, possession of a controlled substance with intent to deliver, endangering a child, DWI, evading arrest, felony theft and UPF

(unlawful possession of a firearm) Felon. He was tried as a habitual offender.

Charges are still pending against the co-defendant, Princess Moore.

The lead prosecutor on the case from the Dallas County District Attorney's Office Organized Crime Division was Katherine Robinson.

# Plano replaces drive-thru window with 24/7 electronic payment kiosk

(NDG Wire) On Wednesday, Oct. 28, the City of Plano Customer and Utility Services Department closed its drive-thru window at Plano Municipal Center, 1520 K Avenue.

An electronic utility payment kiosk operational 24 hours a day, 7 days a week will now provide drive-thru service for water bill payments. It will also function as the night drop box. Credit card,

checks, money orders and exact cash (no change is given) payments are accepted at the kiosk.

Customers using the Joint Use Facility, adjacent to Davis Library at 7501-A N. Independence Parkway, will still have access to a drive-by drop box. However, the city may eventually consider adding an electronic kiosk to that site.

The city will continue to take payments via

[www.plano.gov](http://www.plano.gov), phone 972-941-5040 and automatic bank draft. A customer service representative will be available during normal business hours at either location to take payments in person at the counter.

Credit card payments accepted include MasterCard, Visa, Discover or American Express.

For information call 972-941-7105.

# The Audacity to Win author scheduled for lecture and book signing

(NDG Wire) The Progressive Center of Texas is partnering with The Dallas Democratic Forum to host a lecture and book-signing event for David Plouffe, President Barack Obama's former campaign manager. The signing is for his new book, *The Audacity to Win*.

David Plouffe worked on several successful congressional campaigns in the 1990s before going into the private sector doing media messaging. Beginning in 2003, Plouffe and fellow AKP&D partner David Axelrod worked on Barack Obama's 2004 Illinois Senate campaign, beginning his association with Obama.

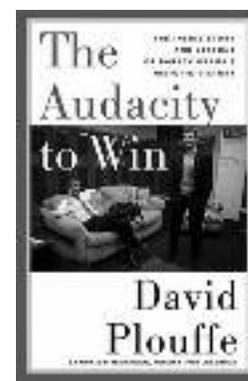
Plouffe worked with Axelrod on the successful 2006 campaign of Deval Patrick for Governor of Massachusetts. After winning the election on November 4, Obama credited Plouffe in his acceptance speech, calling him "the unsung hero of this campaign, who built the ...best political campaign, I think, in the history of the United States of America."

Plouffe will share stories from the 2008 campaign and the campaign

strategies developed to create the most innovative

campaign in decades - setting the gold standard for campaigning in the 21st century.

The book signing is Monday, November 9 from 6:00 p.m. to 8:00 p.m. General admission is \$20. The event will be held at Deux, the new, exclusive event center in Mockingbird Station at 5321 E. Mockingbird Lane at Central Expressway, next to the Angelika.



**3 Sister's Beauty Supply**  
See OPTION Page 16



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# Great study skills are the key to success in school

(NDG Wire) The challenge facing many school children these days is that, for the most part, they simply do not have the study skills they need to succeed in the classroom. And major key to educational success is having these strong study skills.

Most parents (and many teachers) don't think to teach their children how to study, and those that do aren't quite sure where to start.

Having good study habits is a skill that is learned, explains Cari Diaz of Club Z! Tutoring - [www.clubztutoring.com](http://www.clubztutoring.com), a home tutoring company with locations across the nation. Diaz said children are not born knowing how to study anymore than they are born knowing how to read. They need to be taught the most effective way to study in order to excel. Once you give a student the

tools they need to really understand how to study, their confidence level increases and they become more engaged in the whole learning process.

Club Z! offers several homework tips to help children be successful, including:

- \* Choose an ideal study location in the house that offers plenty of space for books, has good lighting and is free from distractions, such as the television.

- \* Keep their school materials organized in a planner, and use a calendar to mark important exams and project due dates.

- \* Make sure the child is well prepared with all the necessary resources they need, such as pencils, paper and a dictionary.

- \* Have your child take breaks when they become frustrated. As much as you may want to do the work for them, it's better if they com-

plete the work on their own.

Good study habits include a regular routine of proven methods that allow your child to get the best possible results from their study time. Effective study time demands three things: organization, method and focus.

**Organization** – Organization begins with having everything in the right place before the clock starts. Pens, pencils, calculator, books, paper, the computer and other supplies should all be brought to the study session.

If possible, create a regular study area for your child to keep the supplies they don't need to carry back and forth to school. By keeping these essentials available at home as well as at school, you'll end your child's frustration at having to scavenge through desks and drawers at homework time.

**Method** – Ever used a mnemonic device? It is a method for remembering something – a rhyme, an acronym or a mental image. We use these all the time, from remembering which way to turn a screw (righty tightly, lefty loosey) to the notes on a scale (every good boy deserves fudge).

Successful students find and use study methods that help them comprehend and remember what they study. Some methods of study include:

- \* Writing summaries of material they have read one chapter or section at a time. By summarizing textbook information in their own words, students demonstrate their comprehension and also create an easy-to-read synopsis of the material.

- \* Creating charts to show relationships between comparative items. Charts give your child a visual pic-

ture of information, which makes remembering what they studied easier.

- \* Emphasizing main ideas through bullet points, highlighting and outlines. Breaking a section of text material into main points helps your child understand the main ideas and gives them a handy guide to work with in future study sessions.

- \* Good old-fashioned note taking either in words or in pictures, helps your child to remember main ideas. Commenting on textbook materials allows your child to make connections to the information in a way that's easy to understand and remember.

Each of these study methods can help your child cut large amounts of material down to a manageable size. Give each method a try. As your child becomes more familiar with each method, using them will be-

come second nature a great habit they will carry forward and use every time they have new information to learn.

**Concentration** – There can be no doubt that concentration is essential to effective study.

Here are a few tips from Club Z! Tutoring that you can use to boost your child's concentration during study time:

- \* Choose a quiet, distraction-free location for studying.

- \* The study area should be well-lit and at a comfortable temperature.

- \* Concentration is easiest when your child is well-rested.

- \* Regularly scheduled, consistent study time helps train your child's brain to learn at that time.

- \* Concentration is difficult if your child is hungry. A healthy snack before study time can do wonders.

## SFA to host Showcase Saturday for prospective students

(NDG Wire) Future college students will have the opportunity to experience a taste of campus life during a free, action-packed open-house event at Stephen F. Austin State University (SFA) in Nacogdoches on Saturday, Nov. 14.

Prospective students will get to visit with university faculty and staff, tour the campus and residence halls, and preview academic programs during the first of three SFA Showcase Saturday events set for this academic year.

"There is no better time than Showcase Saturday to visit the beautiful SFA campus and experience firsthand what it's like to be a Lumberjack," said Monique Cossich, executive director of enrollment management. "Guests are encouraged to visit one-on-one with our faculty to learn more about our quality, personalized academic programs, and our staff will be available to answer questions about everything from admission requirements to financial aid to residence life."

SFA is a comprehensive, residential university located in the heart of Texas Forest Country in Nacogdoches. More than 12,800 students attend SFA, which is within a few hours drive of Texas' major metropolitan areas.

Showcase Saturday event registration will begin at noon on the first floor of the Baker Pattillo Student Center and will remain open until 1 p.m. Each person who registers will receive an information packet. The opening program begins at 1 p.m. and will provide an

overview of the day's events.

Guests will then be able to visit with representatives of the academic departments until 4 p.m. at the Academic and Student Services Fair in the Student Recreation Center. Student service department representatives also will be on hand to provide information on campus life.

Campus and residence hall tours will begin at 1:45 p.m. and continue until 5 p.m. Campus tours will take students on a guided walk of the SFA campus, while the residence hall tour will

showcase several halls on both the north and south ends of campus.

Admissions counselors will be available to discuss admission procedures and requirements in the Rusk Building, Room 206, from 1:45 to 5 p.m.

Financial aid information sessions will be held at 2:00 p.m., 2:45 p.m., 3:30 p.m. and 4:15 p.m. in the Nursing and Math Building, Room 101. Residence Life information sessions will be held at 2:00 p.m., 2:30 p.m., 3:30 p.m. and 4:15 p.m. in

the McGee Business Building, Room 133.

Participating students will receive a free SFA t-shirt after turning in a completed evaluation form at the Baker Pattillo Student Center Plaza from 4 p.m. to 5 p.m.

Two additional Showcase Saturday events will be held on Feb. 20 and March 27, 2010. For more information about SFA's Showcase Saturday, contact the SFA Office of Admissions at (936) 468-2504, or visit [www.gosfa.com](http://www.gosfa.com).

## SUDARKASA, continued from Page 2

tions, stumbling is not an option. Sudarkasa has soared, and there are so many sister presidents and sister scholars who stand on her shoulders.

Why write a column about this phenomenal woman? Because history has a way of swallowing women's lives, and espe-

cially Black women's lives, unless we insistently step up, speak up and tell our stories.

Because Sudarkasa's story is inspirational to young women and to not-so-young women. Because we ignore the real foundations of African-American Studies if we ignore this

woman's wonderful work.

*The Shriver Report* was released a couple of weeks ago, a collaboration between California's first lady, Maria Shriver, and the DC-Based Center for American Progress.

It alleges that "it's a woman's world" because women are now the major-

ity of American workers. Indeed, women have been the majority of our nation's college students for about a decade. But women still earn, on average, less than men do, and women's wages have been dropping faster than men's in this recession. I thought of Sudarkasa as I skimmed the

report, thinking of the pioneer that she is, and the ways the work world has changed (but also not changed) for women.

Sudarkasa is among those who paved the way for women like Maria Shriver and so many others to contemplate the contemporary status of women.

My hat is off to this woman of high purpose, an educator, author, scholar and leader, whose work has made this world a better place!

*Julianne Malveaux is President of Bennett College for Women in Greensboro, N.C.*

# SisterSpeak Dallas



*Diane Amos, The Pine-Sol Lady and Delores Moss Murray*

*ony Magazine* and the makers of Pine-Sol cleaners hosted SisterSpeak Dallas on Sat. Oct. 24 honoring local "Unsung Heroes" at the Omini Dallas Hotel at Park West.



*Above, Vernita Naylor and Carolyn E. Anderson*



*At left, from left to right, Pat Shaw, guest speaker Dr. Grace Cornish Livingston and Unsung Hero Lori Hill*

# Dallas resident honored for service with the VNA



*Helen Powell is congratulated for 25 years of service with the Visiting Nurse Association by board members Dr. Daniel Powell (left) and Victor Elmore*

(NDG Wire) Dallas resident Helen Powell was honored for 25 years of service with the Visiting Nurse Association at an Employee Recognition Awards ceremony held October 22, 2009. Powell is a personal

care attendant with the home care and hospice organization. She was presented with the award by two members of the Visiting Nurse Association's board of directors, Dr. Daniel Powell and Victor Elmore.

# Another successful golf tournament for UNCF



*From left to right: Jethro Pugh, tournament founder and former Dallas Cowboy; Dr. Cornell Thomas, president Jarvis Christian College; Diane Stephenson, UNCF Area Director; and Gregg Paradies, president and CEO of The Paradies Shops.*

(NDG Wire) The 17th annual Jethro Pugh Scholarship Invitational raised \$30,000 for United Negro College Fund (UNCF) scholarships and operating sup-

port for UNCF's five Texas-based member historically black colleges and universities. This tournament has raised over \$600,000 since its inception. Funds raised

support the Jethro Pugh Scholarship Fund, which grants a \$10,000 scholarship each year for four years to a deserving student attending a Texas UNCF college.

# LEGAL NOTICE

**This Texas Lottery Commission Scratch-Off game will close on November 22, 2009. You have until May 21, 2010, to redeem any tickets for this game:**

Game #1167 Dollar Sign\$ (\$3) Overall Odds are 1 in 4.08

**These Texas Lottery Commission Scratch-Off games will close on December 30, 2009. You have until June 28, 2010, to redeem any tickets for these games:**

Game #1103 Bonus Cashword (\$3) Overall Odds are 1 in 3.44

Game #1133 Lucky Slots (\$1) Overall Odds are 1 in 4.93

The odds listed here are the overall odds of winning any prize in a game, including break-even prizes. Lottery retailers are authorized to redeem prizes of up to and including \$500. Prizes of \$500 or more must be claimed in person at a Lottery Claim Center or by mail with a completed Texas Lottery claim form. Prizes of \$500 or more may also be claimed in person at the Commission Headquarters in Austin. Call Customer Service at 1-800-347-0110 or visit the Lottery Web site at www.texaslottery.com for more information and location of nearest Claim Center. The Texas Lottery is not responsible for lost or stolen tickets, or for tickets lost in the mail. Tickets, transactions, plays, and winners are subject to and players and winners agree to abide by all applicable laws, Commission rules, regulations, policies, directives, instructions, conditions, procedures, and final decisions of the Executive Director. A Scratch-Off game may continue to be sold even when all the top prizes have been claimed. Must be 18 years of age or older to purchase a Texas Lottery ticket. PLAY RESPONSIBLY. The Texas Lottery Supports Texas Education. ©2009 Texas Lottery Commission. All Rights Reserved.



**Ongoing**

**African American Republican Club of Collin County** meets 3rd Tuesday of every month at 7 pm. (Doors open at 6:30 pm.) Collin County Republican Party HQ, 8416 Stacy Road, McKinney. Call Linda Wynn Drain, 214-498-7574 or website [www.aarcc.com](http://www.aarcc.com)

**Collin County Black Chamber of Commerce**, CCBCC General Meetings, 2nd Thursday of every month at 6:30pm. Call 469-424-1020 or email: [info@CCBlackChamber.org](mailto:info@CCBlackChamber.org) for location.

**Collin County Black Chamber of Commerce: Monthly Lunch & Learn** - Every third Thursday \$15 for members, \$20 for non-members, 11:00 am - 1:00 pm at El Fenix Restaurant, 3450 S. Central Expressway, McKinney. Info: 469-424-0120.

**DFW Financially Empowered Women** meet monthly for lunch or dinner and a fun, informative seminar on various financial topics. For info: 469-942-0809 or [meeetup.com/378](http://meeetup.com/378).

**No Limit Network Business Networking Lunch** 1st Thursday at 1 pm in Plano Must RSVP at [www.NoLimitNetwork.com](http://www.NoLimitNetwork.com) or 972-898-5882.

**The National Business Women Enterprise Network (NBWEN) Learning Over Lunch Series:** 4th Saturdays, 11am-1pm, Remarkable Affairs Cafe, 2727 LBJ Freeway, Suite 140, Dallas. \$20 for members; \$35 for non-members, \$5 off for early bird registration. See <http://nbweng.ning.com>.

**North Dallas Texas Democratic Women** Regular Meetings 4th Thursday, 6:45 p.m. Northaven United Methodist Church, 11211 Preston Rd (between Forest

& Royal Lanes).

**Thru November 29**

**35th Annual Texas Renaissance Festival** at 21778 Fm 1774 Plantersville, TX. Info at [www.texrenfest.com](http://www.texrenfest.com) 800-458-3435

**Thru December 4**

**Adriatic First Fridays Art Walk** 6 p.m. - 9 p.m. Adriatica Merchants Association pre-sents First Fridays at Adriatica (McKinney). Art walk, live music, sidewalk sales, free food samplings. Admission is FREE. Every 1st Friday on Virginia Pkwy. 972-540-2739.

**October 29**

**Love and Logic®: Practical Solutions to Today's Most Common Teaching Challenges** 8:30 a.m. - 2:30 p.m. at Plano Centre. Info: cost is \$99, 800-338-4065, [loveandlogic.com](http://loveandlogic.com).

**October 31**

**Free North Texas Kids Family Expo** at Plano Centre, Info: 972-516-9070, [www.northtexaskids.com](http://www.northtexaskids.com)

**Patio Fundraiser for Texas Representative, District 102, Carol Kent** at the Home of Kathy & Michael Cholette, 7235 Valley View Place, Dallas. Individual \$100 is the suggested minimum contribution. RSVP to Susan Yates at (512) 440-8791 or [rsvp@reelectcarolkent.com](mailto:rsvp@reelectcarolkent.com)

**October 30-31**

**Woman to Woman Conference** - 3000 Women in Pink at the Gaylord Texan Resort & Convention Center, 1501 Gaylord Trail, Grapevine. \$139.00 includes hotel room, breakfast, lunch, workshops and conference materials. Register at: [www.woman2womanctcc.com](http://www.woman2womanctcc.com)

**October 30 - November 1 "Haunting and Healing"** Event at the Famously

Haunted Adolphus Hotel in Dallas at 1320 Commerce Street. Tickets are \$20 in advance or \$30 each at the door. Seating is limited, so register early. Register online at [www.hauntingandhealing.com](http://www.hauntingandhealing.com) or (520) 399-1969.

**October 31 - November 1**

**All Hallows Eve** at the Texas Renaissance Festival, FM 1774 between Magnolia and Plantersville, 45 minutes northwest of Houston. Info: 1-800-458-3435 or [www.texrenfest.com](http://www.texrenfest.com).

**October 31, November 21, December 12**

Connemar Conservancy is hosting a **Habitat Walk**, 9:00 a.m. - 10:00 a.m. Info: 214-351-0990 or [www.connemaraconservancy.org](http://www.connemaraconservancy.org)

**November 1**

**4th Annual Business Expo**, 1:00 p.m. - 3:30 p.m. at Christian Chapel CME Church, 14120 Noel, Dallas. Admission is free. Info: Lynne Poole at 214-679-2072, [lynnestconstantconnection@verizon.net](mailto:lynnestconstantconnection@verizon.net).

**November 5-8**

**Dickies® 500 Weekend** 3545 Lone Star Circle, Fort Worth. Info: 817-215-8500

**November 5**

**Etta J. Mullin Democrat for Judge County Criminal Court #5 Campaign Kick-off and Fundraiser**, 5:30 p.m. - 8:30 p.m., Harwood 609 Restaurant at 609 N Harwood. Info: [ettajmullin@yahoo.com](mailto:ettajmullin@yahoo.com)

**November 6**

**Dallas/Fort Worth Breast Cancer 3-Day Opening Ceremony 6:30 a.m.** at Plano Centre. Info: 800-996-3DAY (3329), [www.The3Day.org](http://www.The3Day.org).

**November 6-7**

Natl. Multicultural Western Heritage Museum in Fort

Worth will host its annual **Hall of Fame Induction Ceremony Weekend of Activities**. For more info: [www.cowboysofcolor.org](http://www.cowboysofcolor.org), 817-922-9999 or [info@cowboysofcolor.org](mailto:info@cowboysofcolor.org).

**November 10**

Plano ISD Board hosting **Isaacs Early Childhood School dedication ceremony** at 7:00 p.m., located at 3400 East Parker Road in Plano (Parker Road and San Gabriel Drive).

**November 11**

**Veterans Day Parade** at Dallas City Hall

**November 12**

**Junior League of Plano's Ladies Night Out** 7:00 p.m. - 10:00 p.m. VIP Admission \$75 (including early admission at 6:00 pm, special gift bag, and valet parking, 1-day Market Shopping Pass), Regular Admission - \$35 per person (includes 1-day Market Shopping Pass). Visit [www.neaththewreath.org](http://www.neaththewreath.org) for more information.

**November 12-14**

**Junior League of Plano's 'Neath the Wreath Holiday Gift Market** - One Day Ticket advanced ticket \$8; One Day Ticket at door \$10, ages 12 & up. Tickets will be available at select Tom Thumb stores. Visit [www.neaththewreath.org](http://www.neaththewreath.org) for more information.

**November 12-15**

**Dallas Dance Festival** at the Sheraton Grand Hotel (@DFW Airport) located at 4440 W John Carpenter Freeway Irving, Texas. For reservations, call (800)558-6879 or [www.dallasdancefestival.com](http://www.dallasdancefestival.com)

**November 12, - January 3**

**ICE! and Lone Star Christmas** One-of-a-kind holiday attraction ICE! this time, we're bringing one of

the country's most-loved children's tales — the Dr. Seuss classic, *How The Grinch Stole Christmas!* Also a 50-foot rotating Christmas tree, magical train sets, a life-sized gingerbread house, and 1.5 million twinkling lights. For more information visit [www.gaylordtexas.com](http://www.gaylordtexas.com)

**November 14**

**Jazz Series** at Bishop Arts Theater Center featuring Jeff Lorber.

The Methodist Richardson Medical Center Foundation presents the **Yellow & Black Tie Gala** benefitting Methodist Richardson Cancer Center at the Marriott at Legacy Town Center Plano. Info: [www.yellowandblacktiegala.com](http://www.yellowandblacktiegala.com) or 972-498-7678.

**Toilet Trade-In Program** 9:30 a.m. to noon at Home Depot at Firewheel, 3261 North George Bush Highway, Garland.

Johnson Chapel Community Church is hosting a **FREE 2009 Business and Career Expo** from 10 a.m. -3p.m. The expo will include: career resources, networking opportunities, a "Clothes Closet" with business attire, workshops, and a "Dress for Success" fashion show. Info: Tandra Johnson 972-224-9940, [info@jc3online.org](mailto:info@jc3online.org) or [www.jc3online.org](http://www.jc3online.org). Johnson Chapel is located at 1400 N. Hampton Road, Desoto.

Irving Intl. Women's Consortium's **Salute to the Men and Women of the Armed Forces** at Veterans Memorial Park in Irving at 600 East Irving Blvd., Irving, noon. Info: Monica at 972-831-8866 or [Monica@IIWC.net](mailto:Monica@IIWC.net).

**Hip Hop Broadway - The Musical** at the Margot and Bill Winspear Opera

House, 2100 Ross Avenue, Suite 650 Dallas. 214-880-0202

**November 15**

Medical City Heart presents **The Chile Pepperama** saluting the spicy impact of the Chile Pepper and other hot and fiery ingredients on Texas cuisine, from 11:00 a.m to 6:00 p.m. at the Old Town Shopping Center at Lovers Lane and Greenville Info: [www.chilepepperama.net](http://www.chilepepperama.net)

**November 19-22**

**Curious George** swings onto the stage at the Nokia Theatre at Grand Prairie. Tickets are on sale now and start at just \$16.

**November 21 - January 3**

**Trains at Northpark** - A favorite holiday attraction, the exhibit travels across the United States at various landmarks, and is the most elaborate toy train attraction in all of Texas, with locomotives on a journey across America, past miniature landmarks including Mount Rushmore, Dallas' skyline, New York city's Times Square and Washington, D.C.

**November 27**

**Jazz Friday featuring Cat Garner Trio** 7:00 p.m. - 10:00 p.m, 13342 Midway Road, Suite 250, at ArtFest International, Dallas. Tickets: \$10 - \$25. Email [stephanie@stephaniestips.com](mailto:stephanie@stephaniestips.com)

**December 3**

**Christmas on the Square** in Downtown Garland 5:30 p.m. to 9:30 p.m.

**December 31 - January 3**

Lone Star Circus® presents **BANQUISTA!** at the Rosewood Center for Family Arts, 5938 Skillman St., Dallas. Tickets 214/740-0051, or [www.lonestarcircus.org](http://www.lonestarcircus.org).

Sponsored By:



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# A healthy kitchen Makeover

## FAMILY FEATURES

Tackling neglected cleaning tasks? Cleaning out the attic or reorganizing your bedroom might top your list. But do not neglect your kitchen – give it a makeover by stocking it with great-tasting, healthy choices.

First, take a peek inside your refrigerator and pantry. Look at the expiration or “best used by” dates on food packages. Foods kept past their expiration dates can degrade in quality, and items such as butter and oils can go bad.

### What to Stock Up On

Diets rich in high-fiber whole grains, fruits and vegetables and low in saturated fat, trans fat and cholesterol can lower your risk of cardiovascular disease.

**Whole Grains.** Whole grains have essential vitamins and dietary fiber. Whole-grain foods high in fiber include oat bran, oatmeal, whole-wheat bread, rice and barley. How do you know if you are getting what you need? Check the label. Whole grain should be the first ingredient.

**Fruits and Vegetables.** Low in calories and full of vitamins, minerals and dietary fiber, fruits and veggies are nutritious, filling foods. Whether they are fresh, frozen, canned or dried, they’re a delicious

must-have for your diet.

**Leaner Is Better.** Making lean choices will help maintain a heart-healthy diet. Consider skinless chicken and turkey, fish, shellfish and lean cuts of beef such as round, sirloin,

cakes and crackers.

**Salt.** Most of the sodium (salt) in our diet comes from prepared food. Eating too much salt increases your risk of developing high blood pressure (a risk factor for both heart disease and stroke), and raises it in those who have it. When buying prepared and prepackaged foods, read the labels first. Watch for the words “soda” and “sodium” in the ingredient statement and look for the symbol “Na” on labels. Choose lower sodium products. Aim for less than 2,300 mg of sodium a day – that is about one teaspoon of table salt.

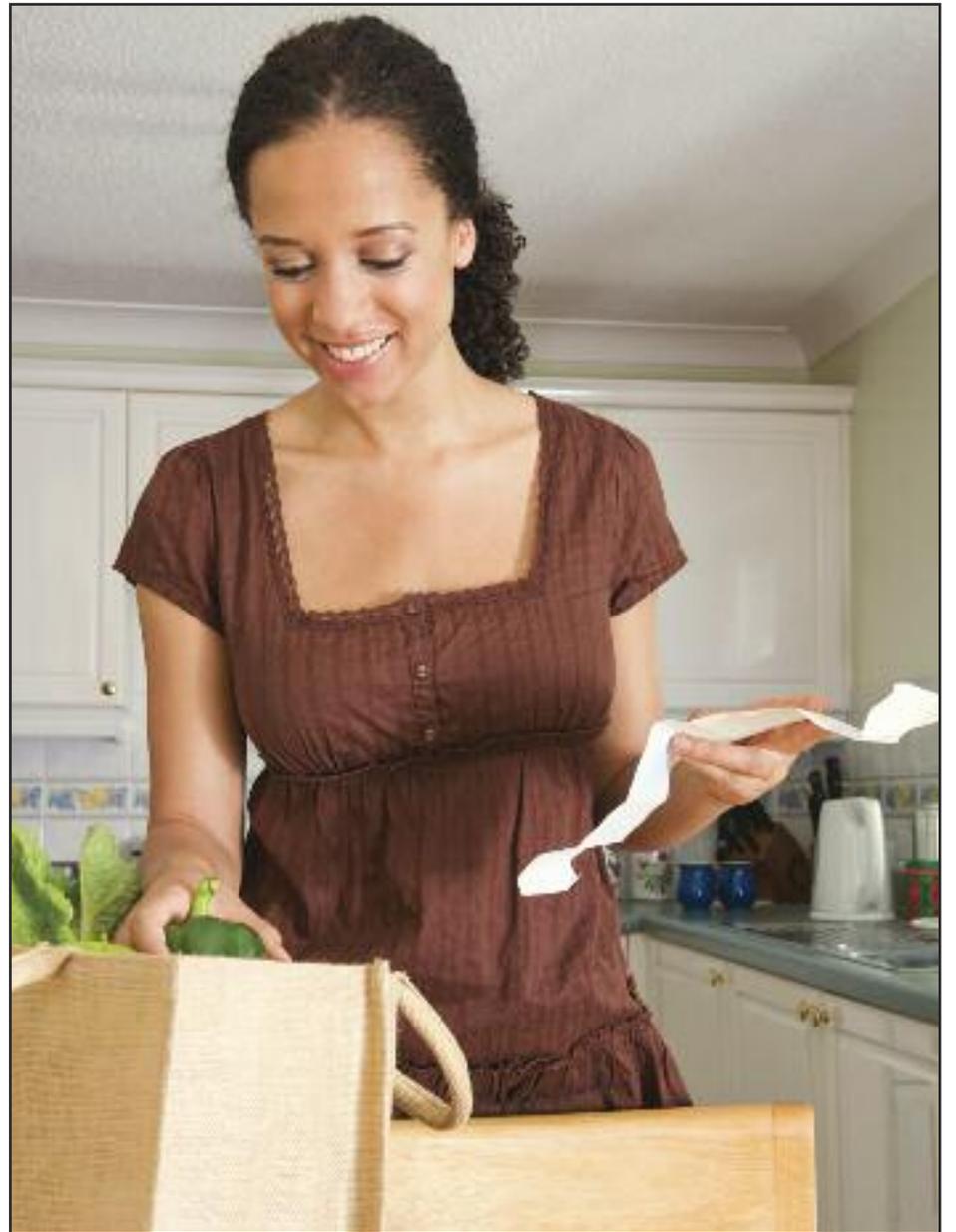


chuck and loin. Beans and soy products such as tofu are good meat substitutes.

**Healthier Fats.** Fats play an important role in your diet, but it’s important to choose the right kinds. Choose oils high in monounsaturated and polyunsaturated fats, such as canola oil or olive oil, and use soft margarines with no trans fats. Try to steer clear of saturated and trans fats, which are often found in mayonnaise, chips, cookies, packaged muffins, snack

To find heart-healthy foods in the grocery store, start by making your grocery list online. Visit [heartcheckmark.org](http://heartcheckmark.org) to build your list from approximately 800 products, ranging from meat and dairy to vegetables and snacks, all certified by the American Heart Association to be low in saturated fat and cholesterol. Print your list or access it from your Web-enabled mobile phone or PDA.

For more nutrition information, visit [americanheart.org/nutrition](http://americanheart.org/nutrition).



## Simple Substitutions

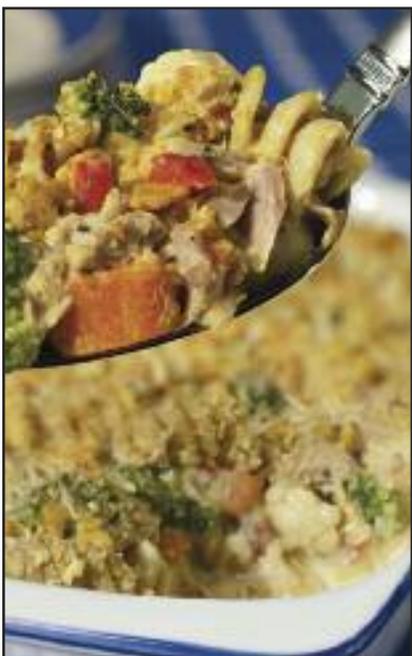
You can snack healthier just by making some simple changes.

### Instead of

Regular potato or corn chips  
Devil’s food cake  
Ice cream bars  
Pudding made with whole milk  
Ice cream

### Enjoy

Baked chips or soy crisps (reduced sodium)  
Angel food cake  
Frozen fruit bars  
Pudding made with fat-free or low-fat milk  
Sherbet, ice milk or frozen, fat-free or (1%) low-fat yogurt



## Modern Tuna-Pasta Casserole

Serves 4; 1 1/2 cups per serving

- 4 ounces dried whole-wheat rotini (about 1 1/2 cups)
- Cooking spray
- 1 16-ounce bag frozen mixed vegetables, such as a carrot, broccoli and cauliflower blend, thawed
- 2 5.5-ounce cans low-sodium chunk light tuna, packed in water, flaked
- 1 10.75-ounce can low-fat condensed cream of chicken soup (lowest sodium available)
- 1/2 cup chopped bottled roasted red bell peppers, rinsed before chopping
- 1/2 cup fat-free half-and-half
- 1 teaspoon all-purpose seasoning blend
- 3/4 cup lightly crushed (about 1/4-inch pieces) low-sodium whole-grain crackers (about 34 squares)

1/4 cup shredded or grated Parmesan cheese

Prepare pasta using package directions, omitting salt and oil. Drain well in a colander. Transfer to a large bowl.

Meanwhile, preheat oven to 350°F. Lightly spray a 2-quart glass casserole dish with cooking spray.

Stir mixed vegetables, tuna, soup, roasted peppers, half-and-half and seasoning blend into pasta until combined. Transfer to casserole dish. Sprinkle with crackers and Parmesan.

Bake uncovered for 25 to 30 minutes, or until casserole is warmed through and the topping is golden brown.

**Cook’s Tip:** With the variety of frozen mixed vegetable blends available to choose from, you can easily incorporate new tastes into this casserole. You can also change the fla-

vor of the sauce by substituting low-fat condensed cream of mushroom or celery soup for the chicken soup, always choosing the lowest-sodium product available.

**Nutrition Analysis (per serving):** Calories, 400; Total Fat, 7.0 g, Saturated Fat, 2.5 g, Trans Fat, 0.0 g, Polyunsaturated Fat, 2.0 g, Monounsaturated Fat, 2.0 g; Cholesterol, 30 mg; Sodium, 537 mg; Carbohydrates, 52 g; Fiber, 8 g; Sugars, 7 g; Protein, 32 g; Dietary Exchanges: 3 starch, 1 1/2 vegetable, 3 lean meat

This recipe is brought to you by the American Heart Association’s Food Certification Program. Recipe copyright © 2008 American Heart Association. For more information [heart-healthy-grocery-shopping](http://heart-healthy-grocery-shopping), visit [heartcheckmark.org](http://heartcheckmark.org).

# 50 Cent's *Before I Self Destruct* is available for pre-order with several bonuses

A film, a documentary, two bonus tracks and more available to customers who pre-order album

(NDG Wire) Described as a highly explosive fourth studio album by 50 Cent entitled *Before I Self Destruct*, is available for digital pre-order exclusively on iTunes ([www.itunes.com](http://www.itunes.com)).

The iTunes consumers who pre-order the album will instantly receive the hit single *Baby By Me* featuring Ne-Yo. With the pre-order fans will also receive two bonus tracks (*Man's World* and *Flight 187*), the *Before I Self Destruct* film, the documentary *Two Turntables And A Microphone*:

*The Life And Death Of Jam Master Jay*, as well as exclusive photos, animated package artwork and many more surprises.

For the *Before I Self Destruct* album, 50 Cent returned to working closely with Dr. Dre and Eminem as he did on *Get Rich Or Die Tryin'*, his first official album. *Before I Self Destruct* is described as darker and harder than 2007's *Curtis*, as shown by the grimy single and video to *OK, You're Right* (produced by Dr. Dre), which was re-



leased earlier this year. In early September, 50 released the hit single *Baby*

*By Me* produced by Polow da Don (Fergie, T.I., Ludacris).

Inspired by album of the same title, *Before I Self Destruct* is a 90-minute film, written, directed and starring Curtis Jackson (aka 50 Cent). The film is a coming of age story about an inner city

youth raised by a hardworking single mother. When his dream of becoming a basketball player fails to materialize after his mother is tragically gunned down, Clarence (played by Jackson) is consumed by revenge and takes up a life of crime in order to support his younger brother.

*Two Turntables And A Microphone: The Life And Death Of Jam Master Jay* is a documentary about 50 Cent's late mentor and friend. Hip-hop pioneer Jam Master Jay of Run-

DMC gave 50 Cent his first big break in music by signing him to JMJ Records in the late 1990s. In fact, 50's first official recording was an appearance on a 1998 JMJ-produced Onyx album and Jay produced 50 Cent's first, though unreleased, album. 50 Cent executive produced the documentary and appears in the film, along with Rev Run, Russell Simmons, Jay-Z, and others.

*Before I Self Destruct* will be released in stores on November 23, 2009.

## Strega Nona: The Musical coming to the stage in Richardson

(NDG Wire) *Strega Nona: The Musical* is based on the children's books by Tomie dePaola and produced by Maximum Entertainment in association with Active Arts Theater for Young Audiences and will appear on Sunday, November 15, 2009 at 2:30 pm. *Strega Nona* is the musical tale of a friendly magical witch with a funny name who strives to cure the ills of her tiny Italian town of Calabria. The baker has bunions "as big as an onion," his daughter wishes for witchery, and the local single ladies are always unlucky in love. The town faces real problems when a local lug named Big An-

thony sneaks a peek at Strega Nona's magic book and uses Strega Nona's magical ways for selfish means. When Anthony fools with the magic pasta pot, and can't figure out how to turn it off, pasta threatens to engulf the whole town unless Strega Nona can save the day. With an energetic and tuneful score, this fantastical tale teaches that witches can be good, and that and you can't judge a pot by its pasta!

Tomie dePaola, author has been published for 40 years and has written and/or illustrated over 200 books, including *26 Fairmount Avenue*, *Strega Nona*, and *Meet the Barkers*. Best

known for his books for children, his work has been recognized with the Caldecott Honor Award, the Newbery Honor Award and the New Hampshire Governor's Arts Award of Living Treasure. One of four children, dePaola was born and raised in Meriden, Connecticut into an Irish/Italian family. From an early age, dePaola was renowned for his love of the arts whether it was drawing, writing, singing or dancing. His strong family ties and encouragement from both his mother and brother are said to be the big influence in dePaola's development of his talent as an artist. With his mother reading to him daily, he de-

veloped a gift for creating his own books for his younger siblings. As he grew, he maintained his love of the arts through art classes and creating for exhibitions, theatre productions, and other unique projects. DePaola also works as an actor and has made multiple appearances in children's programming has appeared in several episodes of *Barney & Friends* as himself.

Thomas Olson and Roberta Carlson's theatrical adaptation of dePaola's *Strega Nona* stories was originally developed as a touring production for the renowned Children's Theatre Company in Minneapo-

lis. This lively musical about a magical Italian grandmother and her mischievous apprentice boasts a score by Aron Accurso, an award-winning member of the famed BMI Lehman Engel Musical Theatre Workshop in New York. Throughout the creation of the musical as well as its rehearsal process, Tomie dePaola was involved giving creative color and inspiration to the story's evolution. It has always been

important to bring the musical to the audiences that it was meant for.

Ticket are \$10-\$20 and available online at [www.eisemanncenter.com](http://www.eisemanncenter.com) or by calling the Eisemann Center Ticket Office at 972-744-4650. The Ticket Office is open from 10:00 am until 6:00 pm Monday – Saturday and one hour before performances. Group discounts for 10 or more are available by calling 972-744-4657.

## Race Week at Texas Motor Speedway

(NDG Wire) The NASCAR Sprint Cup, Nationwide and Camping World Truck Series return to Texas as drivers compete for their respective series championships. The pressure is high and the racing is spectacular.

Thursday, November 5, Camping World Truck Series drivers will battle for the pole position during 7-Eleven Qualifying Day and

look to unseat the dominant Mike Skinner. Friday, November 6, Nationwide and Sprint Cup drivers will contest for the respective pole positions for the O'Reilly Challenge and Dickies 500.

The Sprint Cup pole winner earns a Beretta shotgun for his work and the number one Dickies 500 starting berth. The Nationwide polesitter will be

chasing history, looking to become the first to win wire to wire at TMS.

The Camping World Truck Series will run under the glow of the TMS lights and kick off a NASCAR triple-header race weekend at TMS. Will the Truck Series regulars uphold their series' honor or will an "invader" visit the Lone Star 350 Victory Lane.

Saturday, November 7,

The O'Reilly Challenge has not been much of a challenge to Kevin Harvick. Sunday, November 8, The Dickies® 500 finds itself in the thick of the 12-driver battle for the Sprint Cup Series championship being the eighth race in the 10-event Chase for the NASCAR Sprint Cup.

Details about race week can be found at [www.texasmotorspeedway.com](http://www.texasmotorspeedway.com)

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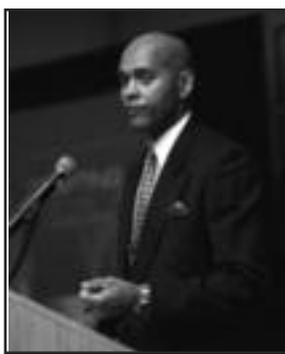
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## Dallas entrepreneur and philanthropist Roland Parrish keynotes 4th annual professional conference

(NDG Wire) Roland Parrish will serve as the keynote speaker at the 4th Annual African American Professionals Conference and Luncheon on November 6, from 8:30 a.m. – 6:00 p.m. The theme of the conference is *Maximize: Your Career, Business, Finances and Life*.

As the business world continues its rapid rate of



Roland Parrish

change and global competition, the roles and responsibilities of the leaders in the African American community continue to grow.

Roland Parrish is the president, CEO, and owner of Parrish McDonald's Restaurants, Ltd., which consists of 19 McDonald's franchises in North Texas. He opened his first restaurant in 1989. The last two

years his company has been named to Black Enterprise magazine's BE 100, as one of the Top 100 Black Owned Businesses in the U.S., based on sales volume.

Workshop topics include: Reinventing Yourself: Interview Techniques and Resume Writing; Pro-

tecting Your Place in Cyberspace: Thriving in the Digital World; 21st Century Ideas for Starting a Biz; and Office Politricks

The event will be held at the Tarrant County College – Trinity River Campus, 300 Trinity River Campus Circle in Fort Worth.

Tickets are \$99 per person includes jazz networking reception, all education sessions and materials, a luncheon with keynote speaker Roland Parrish, a continental breakfast, vendor show, networking session, and afternoon refreshments.

## Banks need look to small businesses to revitalize economy

BY DOROTHY ROWLEY

(NNPA) Small banks and businesses have always been vital to a robust economy. But with American spending and lending power on shaky ground over the past year, those small operations have faced difficulty growing and stabilizing the economy.

The Barack Obama administration is facing the situation head on. Armed with a new set of lending initiatives, the president is pushing to ensure more small businesses have the financial strength to lead the nation out of the ongoing recession.

"The problem is our small businesses have been some of the hardest hit by this recession," Obama said in remarks on Oct. 21 in Landover, MD. "From the middle of 2007 through the end of 2008, small businesses lost 2.4 million jobs.

And because banks shrunk lending in the midst of the financial crisis, it has been difficult to finance inventories, make payrolls or expand if things are going well."

During a media conference call after the address, Small Business Administration head Karen Mills and Gene Sperling, counselor to the Treasury secretary, detailed the president's plan to increase caps on existing SBA loan programs and allow small banks better access to federal bailout funding.

They hope these actions will result in banks being able to provide more lending to small businesses, and those establishments, in turn, will increase productivity by hiring more workers.

"These increases are important because there are, in the final analysis, a number

of businesses bunched up at the top of our \$2 million size level now and we know that there are unmet demands for viable, important growing small businesses in this size range," said Mills.

According to Sperling, the Treasury is enjoying its best relationship ever with the SBA. He said his department understands the need to step up efforts to ensure credit is extended to small businesses, which will be the engine of job creation that leads the country toward recovery.

"[Banks have] used the same guidelines as they've always had to determine if they wanted to do a loan," Mills said. "Although the president is making it possible for us to secure these loans, we've got to make sure that the banks are stepping up. Somebody needs to hold their feet to the fire."

## Client gift trend: Thanksgiving is the new Christmas for corporate gifts

(NDG Wire) Corporate gift givers seeking the most from their holiday business gift campaigns are shopping and sending, earlier this year. With an eye toward standing out from the glut of year-end gifts, companies now see Thanksgiving as the best time to send their clients a memorable gift.

Marketing expert Donna Bender is among those recommending the "Be first on the block" approach for executives seeking corporate gift ideas; – considering that custom gifts are proven tools for building relationships and retaining business. With the increasingly tough economic times, corporate gift givers from all business sectors are increasingly choosing "high impact, low cost" items over the more traditional choices. An example of this emerging trend is the giving of unique food items such as custom cookies or logo custom cakes.

"Thanksgiving is a natural time for a corporate gift," explains Stephen Pazyra, founder and president of 1-800-Bakery.com, an online retailer specializing in custom baked client gifts. "People are more rushed in December, and there are a lot of typical business gifts around, espe-

cially in offices. Thanksgiving isn't as busy, and a well-timed food gift can be a welcome surprise that becomes the center of attention."

To get the most out of a client gift program, 1-800-Bakery.com offers these tips:

**Be Creative:** Recipients can be turned off by the typical mass-produced business gifts that feature your logo or an off-the-shelf item with slapped-on customization. Choose a personalized gift that reflects your feelings of goodwill toward your customers.

**Shop Early:** Waiting until the last minute can limit your choices and increase your costs, as manufacturers may be at capacity. Save money on production and shipping costs by ordering early and allowing plenty of time for delivery.

**Get Physical:** Studies show that a tangible cor-

porate gift sends a lasting message that a phone call or email cannot. Even sending a gift that is small and modest can make a big impact if it is personalized for the recipient.

**Think Sharing:** While you want to avoid overwhelming a single person with a giant gift, personalized sharable food gifts like custom cookies and cakes are a perfect way to encourage sharing. Save money by sending one sharable gift to an office rather than something to each individual.

**Send Early:** Stand out by sending a corporate gift for Thanksgiving. If you do a lot of business during the holidays, this is a great way to get your name or brand in front of your valued customers at the perfect time.

Increase awareness about your business, and people will spread the word about your company.

## 4th annual business expo

(NDG Wire) The Christian Chapel CME Church is hosting their 4th annual Business Expo on November 1 from 1:00 p.m. to 3:30 p.m. The event seeks to connect business to people and people to business. Open to the community, the

expo provides DFW businesses a chance to share their services and products to potentially over 5,000 prospects.

Christian Chapel CME Church is located at 14120 Noel in Dallas. The church was the first African American Church

established in far north Dallas, and is believed to be the first such establishment for African Americans in the North Texas Area.

For information, call Lynne Poole at 214-679-2072 or [lynnesconstantconnection@verizon.net](mailto:lynnesconstantconnection@verizon.net).

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# 5 no- or low-cost ways to stay warm this winter and still cut your heating bills

(NDG Wire)The hot summer days are transitioning to cool autumn evenings and that change offers homeowners the seasonal reminder that it's time to prepare for the cold winter weather.

"Heating and cooling account for more than half the energy used in a typical home, so maximizing your energy efficiency during the coldest months of the year can really add up in dollars saved," says Angie Hicks, founder of Angie's List ([www.angieslist.com](http://www.angieslist.com)), the nation's leading provider of consumer ratings on local service companies.

"Now, before the cold weather moves in, is the time when homeowners really need to take a look at weatherizing their homes so

they are properly insulated, free of air leaks and their heating system is in good working order."

Each year, Angie's List talks to its highly rated industry professionals about the best ways for homeowners to save money on winter heating bills. And each year, these professionals remind us that the optimum time to have a heating system inspected is in the early fall, before the cold weather hits and the emergency calls start pouring in.

"We had an HVAC specialist tell us that 80 percent of his 'no heat' calls were simply the result of improper maintenance of the heating system," Hicks said. "A routine inspection would eliminate these unnecessary emergency calls, which

often end up costing homeowners twice as much as a routine call."

There are even more financial incentives for homeowners to make sure they're homes are energy efficient this winter. Federal tax credits for up to 30 percent of the cost of new energy efficient appliances are available to existing homeowners who purchase qualified ENERGY STAR heating and cooling systems, insulation, water heaters, and windows and doors.

The U.S. Department of Energy also allocated \$5 billion for its Weatherization Assistance Program in an effort to help lower income families make their homes more energy-efficient.

Angie's List offers 5 no- or low-cost ways to save on

your winter heating bills:

1.) Dial it down (Cost: \$0) You can save as much as 10 percent on heating costs by keeping your thermostat set at 65 degrees at least eight hours a day.

A programmable thermostat, which can be found for as little as \$20, can take care of the dialing for you. Going down to 65 degrees when you're away or asleep means you won't even feel the sacrifice – except in your wallet.

2.) Open them up, close them up (Cost: \$0): Keep blinds and curtains open on sunny days and close them at night to better insulate your windows. Don't block heat registers and air returns with furniture, drapes or rugs.

3.) Seal it up (Cost:

About \$20): One of the cheapest cost savings is caulking, sealing or weather-stripping drafts. Walk by windows and doors with a lit stick of incense. Drafts will pull the smoke that direction, showing you the drafts.

4.) Swap it out (Cost: About \$50/year): Check your furnace air filters every time you pay your gas or electricity bill and change them as needed, generally quarterly if you're using quality filters. The cleaner the filter, the more efficient the furnace. Not changing the air filter regularly reduces airflow into the home and can create costly obstructions in the unit.

5.) Cover it up or (Cost varies depending on need and climate): There's no bet-

ter time to add insulation than a cool fall. If you can see 2-by-4s in the attic, you need more insulation. The coldest climates may need up to 19 inches of insulation; warmer climates can get by with 15 inches. Check there, ceilings, exterior and basement walls, floors and crawl spaces. You may qualify for tax credits for your insulation efforts.

"If your furnace has been cranking out the heat for more than 10 years, you might want to consider investing in a new, more efficient heating system," Hicks said. "It's not a low upfront cost, but it will save you money in the long run, and some high efficiency models qualify for tax credits to help cut down those initial costs."

## CONGO, continued from Page 1

ness event will take place in Dallas, Texas on November 12 at Bengal Coast (Turtle Creek) at 6:00 p.m. Bengal Coast is located at Cedar Springs at Welborn in the Centrum Plaza Building. Food, drinks and entertainment will be provided, and cocktail attire is required. Donations are \$100 per ticket. Tickets can be purchased at [www.fightforfive.org](http://www.fightforfive.org).

The fight for five campaign is fronted by the Mwanda Family Foundation. The Mwanda family is from the Democratic Republic of Congo, and its founda-

tion's CEO is former Texas tech and NFL player Patricie Majondo-Mwamba. It also aims to raise funds for the Mwamba Sports and Education Academy. The academy will be built on 20 acres of land in Lubumbashi, Congo and will accommodate 40 students. Ex NFL player Patricie Majondo-Mwamba is Congolese, and has recruited the support of dozens of NFL players to support Fight For Five.

Special guest speakers include former Texas Tech football players, Al Wilson (NFL five-time pro-bowler), Jeff Reinebold (SMU foot-

ball coach) and Yuri Yenga (Congolese SMU football linebacker). Other special guests include Montrae Holland (Dallas Cowboys), Matt Doherty (SMU men's basketball coach), Shin Koyamada (actor, *The Last Samurai*), and Yaron Deskalo (ESPN 360 producer).

Wilson, who is Fight for Five's spokesperson, said, "People need to know what is going on in the Congo today. That is why I am committed to going to the Congo next year, and shine a light on what's happening. Fight For Five is a great

campaign and a great effort. I'm glad to be a part of the campaign."

Dallas is the beginning of a journey that will lead to Lubumbashi, Congo, in March 2010. Along with Brandon Marshall (Denver Broncos), Joselio Hanson (Philadelphia Eagles), Karlton Paymah (Minnesota Vikings), Gerrard Warren (Oakland Raiders), and Atari Bigby (Green Bay Packers), Al Wilson has committed himself to joining Mwamba in the Congo for the groundbreaking of the academy.

A Stanford medical team headed by Ellie Taft

Reinebold (Director of the CVICU) will also accompany Mwamba. ESPN 360 will film the Fight For Five campaign and will accompany Mwamba to the Congo in early March. The special will air in April 2010 on ESPN 360.

Other Fight For Five fundraisers will be held in central California and Miami. The campaign will end in Dallas during All Star Week in mid-February with a fundraiser that includes Texas Tech Alumni football players. Those players currently include Wes Welker (New England Patriots),

Michael Crabtree (San Francisco 49ers), Darcel McBath (Denver Broncos), Keyunta Dawson (Indianapolis Colts) and Joselio Hanson (Philadelphia Eagles).

Other special guests so far include head coach Mike Leach and 17 other Texas Tech Alumni football players who played with Patricie Majondo-Mwamba at Texas Tech University. Dallas was chosen due to the tremendous amount of Texas Tech Alumni residing in Dallas.

For more information, visit [www.fightforfive.org](http://www.fightforfive.org).

## HOMELESS, continued from Page 1

gram, guests were fitted at Run On! Dallas with new shoes and running gear, courtesy of New Balance.

Since their fitting, the clients have received instruction and motivation from Run On!'s expert trainers in Running 101, a six week program designed for the beginning runner. Discussion topics included injury prevention, stretch-

ing, form, cross training, racing, shoes, apparel and much more.

They are committed and determined to land on their feet. Through their 5K training, the homeless guests can further gain self-confidence and believe in obtaining their goals. Twice a week, in addition to their Run On! training sessions, the guests do stretch-

ing and aerobic workouts at The Bridge beginning at 6:00 a.m. Immediately afterwards they jog through downtown. During the day, the guests are focused on job training, community service and housing assistance.

Upon completion of the six week Run On! training course, the guests from The Bridge will be off and run-

ning in the Help the Homeless WalkATHon & 5K on November 14. They will also be actively involved in ceremonies celebrating the accomplishments of The Bridge since its opening in May 2008.

The Bridge running team will join thousands of walkers, runners and joggers as everyone takes steps to end homelessness on Sat-

urday, November 14, 9AM. New this year is the addition of a 5K Run through Downtown Dallas. In addition, there will be a family fun walk, food, music and other fun activities.

Proceeds from this year's WalkATHon & 5K will be used to support Metro Dallas Homeless Alliance, operators of The Bridge: Dallas' Way Back

Home. People experiencing homelessness access opportunities at The Bridge, the area's only centralized multi-service campus for care and housing.

The WalkATHon & 5K begin at Dallas City Hall Plaza, 1500 Marilla, Dallas. For more information and to register, visit [www.helpthehomelessdallas.org](http://www.helpthehomelessdallas.org).

## 2009 Business and Career Expo

(NDG Wire) As unemployment hovers near 10 percent, and even those with a job feel jittery, many are considering self-employment. Others are diligently trying to find ways to enhance their skills in an effort to increase their value to their present company.

The Johnson Chapel Community Church's 2009 Business and Career Expo scheduled for November 14 from 10 a.m. - 3 p.m. is designed specifically for these audiences. The expo will include: career resources, networking opportunities, a "Clothes

Closet" with business attire, workshops, and a "Dress for Success" fashion show.

There is no admission charge and this event is open to the public. Vendor opportunities are available for \$50 a booth (non-JC3 members) and \$35 a booth (JC3 members).

For information contact Tandra Johnson at 972-224-9940 or [info@jc3online.org](mailto:info@jc3online.org). More details are also available at [www.jc3online.org](http://www.jc3online.org). Johnson Chapel Community Church is located at 1400 N. Hampton Road, Desoto.

## Aerospace consortium partners with Tarrant County college for \$1.7 million job-training grant

(NDG Wire) An aerospace manufacturing consortium comprised of seven businesses has partnered with Tarrant County College to provide training for 1,532 new or upgraded jobs using a \$1.7 million Skills Development Fund grant from the Texas Workforce Commission (TWC).

The jobs include aerospace engineers, aircraft assemblers and financial analysts. Upon completion of training, workers will receive an average hourly wage of \$36.57. The consortium includes Ball Corp., Bell Helicopter Textron Inc., Lock-

heed Martin, Progressive Concepts Inc., R&B Electronics, Trinity Forge and Triumph Fabrications.

"TWC makes these grants available each year, helping hundreds of Texas employers and workers succeed," said TWC Chairman Tom Pauken.

The Legislature appropriated \$90 million to the Skills Development Fund for the 2010-11 biennium. Employers seeking more information about the Skills Development Fund may visit the TWC Web site at <http://skills.texasworkforce.org>.

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## McAlister's Deli raises \$125,000 to help fight childhood hunger

(NDG Wire) McAlister's Deli raised \$125,000 to help in the fight against childhood hunger in America by participating in Share Our Strength's Great American Dine Out.

McAlister's Deli raised \$125,000 to help in the fight against childhood hunger in America by participating in Share Our Strength's Great American Dine Out. The restaurants offered special coupons in exchange for a five dollar donation. On the card, guests received five free cookie coupons as well as a five dollar gift to be

used towards their next order at McAlister's.

In addition to this effort, McAlister's also sold "Tea Freak" t-shirts in conjunction with their Free Tea Day promotion. As guests showed off their love for McAlister's signature item, they also contributed to Share Our Strength with all profits going to the organization.

"McAlister's is honored to be a part of this year's event and excited to have exceeded our contribution from last year by 400 percent," said Annica Kreider, vice president of Marketing at

McAlister's Corporation. "This program offers us a unique opportunity to not only raise funds for a great cause, but to also reward our guests for joining us in the fight to end childhood hunger. For a five dollar donation to Share Our Strength, guests can receive over 10 dollars in savings. It's a great way to bring our community together and to give back to our loyal customers."

Each year, more than 12 million children in America (one of every six) worry about when their next meal

will come. Share Our Strength is the leading organization working to end childhood hunger in America.

"This year, we're extremely grateful for the overwhelming support we received for the Great American Dine Out--especially during these difficult economic times when companies, restaurants and individuals have had to make significant cutbacks to make ends meet," said Debbie Shore, co-founder of Share Our Strength.

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## Church Happenings

### CHRISTIAN CHAPEL CME TEMPLE OF FAITH

**November 1,  
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Come to a FREE 4th Annual Business Expo which is designed to connect business to people and people to business. Call Lynne Poole @ 214-679-2072 to register for a table, prices or information.

**Dr. Jerome McNeil,  
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**November 25, 10:30 am  
To 12:30 pm**  
Join us for our Ushers, Nurses Guild and Candy Strippers Annual Day in the Sanctuary.

**Dr. Gregory Foster,  
Senior Pastor  
Rev. Anthony Foster  
Pastor  
300 Phillips Street  
Richardson, TX 75081  
972-235-4235**

### FRIENDSHIP BAPTIST CHURCH, THE COLONY

**November 15, 1-4 pm**  
Come to celebrate an Entrepreneur's Extravaganza with us and do your Holiday shopping with over 35 Vendors. For information or vendor's space call 972-709-8250.

**Dr. C. Paul McBride,  
Senior Pastor  
4396 Main Street  
The Colony, TX 75056  
972-625-8186**

### MT. PISGAH MISSIONARY BAPTIST CHURCH

**November 6, 6 pm-10 pm**  
Our Singles' Ministry presents: Living Single, Faithful to the End, Ecclesiastes 3:1; and "A Night of Jazz" at the Verona, 13330 Noel Road (across from Dallas Galleria), Dallas, Texas

**November 7,  
8:30 am - 4 pm**  
Come to our "A Date with Ruth and Boaz" and other workshops on Relations, Finance, Self, Health, Divorce and Single Parenting at our main campus. Call Rosylin Johnson for fees and details @ 972-241-6151

**Rev. Robert Townsend,  
Senior Pastor  
11611 Webb Chapel Road  
Dallas, TX 75229  
972-241-6151**

### NEW MT. ZION BAPTIST CHURCH

**October 31, 1-7pm**  
For our Fall Festival Baking Contest all entries must be home made and containers must be labeled. Also, individually wrapped candy is needed and should be placed in the marked boxes in the foyers.

**November 6 & 8, 2009**  
Come celebrate with us 40 years of service by our pastor and wife. Friday night is the Musical @ 7 pm and Sunday is our celebration service @ 10:30 am.

**Dr. Robert Price, Sr.  
Senior Pastor  
9550 Shepard Road  
Dallas, TX 75243  
214-341-6459**

### SANCTUARY OF PRAISE FELLOWSHIP OF PLANO

**November 1, 2 pm-5 pm**  
Come to our FREE Community Clothing-Give-Away for area residents. Donations of new and gently worn can be made by calling 469-853-2380.

**1318 J Avenue  
Plano, TX  
469-853-2380**

### WORD OF LIFE CHURCH OF GOD IN CHRIST

**October 31, 7 pm**

We will host our Hallelujah Night for the entire family. We will have Food, Fun and great Fellowship. There will be a costume contest: 1st prize winner will get \$50.00, the 2nd place winner will get \$25.00 and the 3rd place winner will get \$15.00.

Costume characters should be role models from the Bible: Angels, Moses, Ruth, warriors, etc. There will be games, songs and a solo by Artist Lina, a former Atlantic & Hidden Beach Recording Artist.

**Rev. Gregory Voss,  
Senior Pastor  
2765 Trinity Mills Road  
Suite 305  
Carrollton, TX 75006  
214-514-9147**

*"And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing."*

1 Corinthians 13:2 (KJV)

### Sister Tarpley Thinks You Should Share Your Milestone Events With The Community...

Take advantage of our special 1-time advertising rate to advertise your:



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Pastor's Anniversary  
Women's Day  
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Special Events (Personal or Community)

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Sunday Morning Services  
8:15 AM: Story Elementary  
10:45 AM: Story Elementary  
1:55 PM: Excellence - Allen, TX

Wednesday Night Live  
Meal Prayer Service | Bible Study  
7:00 PM  
200 Belmont Dr - Allen, TX

Pastor W.L. Stafford Sr.  
Lady Tasha Stafford

*The New Light Church*

ENCOURAGING, EMPOWERING, EVANGELIZING  
*"Taste and see that the LORD is Good."*

Sunday School 9:30AM  
Sunday Worship Service 11:00AM  
Thursday Night Live At The Light 7:00PM

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Shaun Rabb, Senior Pastor

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**HIS NIGHT**

Last Sunday, Every Month  
7:00 pm  
Sunday Morning Worship  
10:00 am  
Wednesday Nights  
7:15 pm

Call Pastor Sam on:  
"Vision & Truth Live" Radio Program  
Broadcasted on KWRD 100.7 FM THE WORD  
(Sundays 9 pm - 10 pm)

Hear Pastor Sam on: "Truth Made Simple"  
KGGR 1040 AM, Monday - Friday @ 5:25 pm - 5:30 pm



"Then they that feared (honored or revered) the Lord spake often one to another: and the Lord harkened, and heard it, and a book of remembrance was written before Him for them that feared the Lord, and that thought upon His name. And they shall be mine, saith the Lord of hosts, in that day . . . Then shall ye return, and discern between the righteous and the wicked, between him that serveth God and him that serveth Him not." **Malachi 3:16-18. (KJV)**

When going about their daily routine of working, shopping at the grocery store or in the malls, its easy to tell a Christian from non-believers. Christians are more likely than not the ones with a constant smile on their faces, even in the

mist of a trial or problem in their life.

Often, when a Christian see people walking toward them on the streets, in the stores, or at the malls, they will smile and have a warm greeting for the individual. It is not a Christian's habit or MO (mode of operation) to ignore people; they are Christ-like and Christ loves everybody. He died for them! Christ loves the sinner, but hates the sin in them.

When an individual meets or sees a Christian, the individual can literally see the presence of God in the Christian's countenance by the way they were greeted and how the Christian relates to them and others.

As Moses led the people out of Egypt he had several crisis moments during those 40 years. His greatest crisis, I believe, was when

# Stay in God's presence

he came back from the mountain and discovered the people had made a golden calf. It was after this that Moses came to a profound conclusion.

"And he said unto Him, If thy Presence go not with me, carry us not hence. For wherein shall it be known that I and thy people have found grace in thy sight? is it not in that Thou goest with us? so shall we be separated, I and thy people, from all the people that are upon the face of the earth." **Exodus 33:15 & 16. (KJV)**

The major difference between a Christian and a non-believer should be that the Christian brings the presence of God with him or her at all times. However, I must admit, this is not always the case. A Christian can and will shut out the presence of God by his or her actions or behavior. Like the Israelites who

experienced great miracles in their lives because of God, but began to worship idols, a Christian can move away from God. His presence will move away from us. Moses also realized that he had to have the presence of God with him to lead such a people.

The prophet Malachi was saying in the scriptures above that a day is coming when you'll be able to recognize a clear difference between the righteous and the unrighteous. Would a non-believer be able to recognize a difference in you from others? All that is necessary is for you to ask God to fill you with His presence in all that you say and do.

**Some Daily Rules For Living:** Thank God for waking you up each day with reasonable health strength and in your right mind. Then make a choice

to have a great day. **Psalm 118:24.** Put on clean clothes (remember, cleanliness is God) and put on a smile. A smile is the best way to improve your looks and it's not expensive! **1 Samuel 16:7.** Stay quiet sometime, really listen to others and learn to say nice things. **Proverbs 13:3.**

Stand up and believe in something. You will either stand for something or fall for anything. **Galatians 6:9 & 10.** Look up to God; He is your only true source of help. **Philippians 4:13.** Lift up your prayers. God answers "Knee-Mail" **Philippians 4:6.**



Sister Tarpley and Brother Andrell Ruffin

## Shop smart! Live well! Look for the heart-check mark!



Shop smart! Live well! Look for the heart-check mark!

All products bearing the heart-check mark meet the American Heart Association's nutrition criteria per standard serving size to be:

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- Moderate in sodium, with 480 milligrams or less for individual foods

In addition, they contain at least 10 percent of the Daily Value of one or more of these naturally occurring nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber.

Also, seafood, game meat, meat and poultry, as well as whole-grain products, main dishes and meals must meet additional nutritional requirements.

\*Per U.S. Food and Drug Administration



**Avenue F Church of Christ**  
1026 Avenue F • Plano, TX 75074  
972-423-8833  
www.avefchurchofchrist.org

Early Sunday Morning .....8:00 am  
Sunday Bible Class .....9:45 am  
Sunday Morning Worship .....10:45 am  
Evening Worship .....3:00 pm  
Wednesday Bible Class.....7:00 pm

*Radio Program @ 7:30 am on KHVN 970 AM Sunday Mornings*

*Ramon Hodridge, Minister*

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Still standing.... Est. June 1864  
A Kingdom Building Church offering **WELFARE, EDUCATION, SERVICE and ASSISTANCE**



Rev. Robert Townsend, Pastor

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Sunday Worship ..... 7:45 am & 11:00 am  
Sunday School ..... 9:45 am - 10:45 am  
Wednesday Bible Study ... 12:00 noon & 7:00 pm

**Office Hours**  
Monday & Friday ..... 9:00 am - 3:00 pm  
Tuesday, Wednesday & Thursday ... 9:00 am - 6:00 pm  
Saturday & Sunday ..... Closed

**Contact Info:** Mt. Pisgah Missionary Baptist Church  
11611 Webb Chapel Road • Dallas, TX 75228  
Office: 872 241 8151  
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Website: www.dallasmpib.org

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**8:00am & 10:30am**  
**Wednesday Night Bible 7:30pm**



**Dr. C. Paul McBride, Pastor**

**Friendship Baptist Church**  
4396 Main Street The Colony, Texas 75056  
(972) 625-8186  
website: www.fbc-online.net

**Schedule of Services:**  
**Sunday**  
Early Morning Worship-3:00 a.m.  
Sunday School Classes-9:30 a.m.  
Morning Worship-11:00 a.m.

**Tuesday**  
Early Bird Bible Study - 6:00 p.m.

**Wednesday**  
Morning Bible Study - 9:30 a.m.  
Prayer Meeting and Evening Bible Study - 7:30 p.m.

**"The Church with a Vision"**

# Attorney General takes legal action against housing scam

(NDG Wire) Texas Attorney General Greg Abbott today charged Fern Hernandez Realty, Inc., with defrauding Hispanic home buyers. The state's enforcement action names the corporation; its owner, real estate broker Jose Fernando "Fern" Hernandez and his wife, Odessa S. Hernandez.

According to court documents filed in Travis County, the defendants falsely promised their customers home ownership when, in fact, the customers' homes were actually owned by the defendants.

Hernandez, who advertised his real estate brokerage services on Spanish-language television and radio, promoted new home sales in Travis and Williamson counties.

When potential home buyers contacted Fern Hernandez Realty, Mr. Hernandez or his sales representatives took inquiring customers to look at new homes. If the clients found a home they wanted, or a model home similar to what they wanted built, Mr. Hernandez would explain the home purchase process.

When Spanish-speaking

clients did not qualify for traditional financing, Mr. Hernandez would offer them financing through a group of "investors." He promised them if they made monthly payments to this group for a year, the house would be transferred to the home buyer.

Investigators discovered there were no outside "investors." Mr. Hernandez would close on the houses, with either he or his wife acting as the official buyer and taking title to what the home buyers thought was their property.

State investigators also

found that Mr. Hernandez failed to provide his customers documentation verifying their purchase of the home. In one case, a couple gave the Hernandezes a \$23,000 down payment on a home. The customers, however, did not actually own the residence and instead were given a lease/option arrangement for the house they thought they purchased.

According to state investigators, at least six properties in the defendants' names were leased to individuals who thought they owned the home in which

they resided.

The Office of the Attorney General is seeking restitution for affected home buyers and a civil penalty of up to \$20,000 for each of the defendants' violations of the Deceptive Trade Practices Act.

Consumers who believe

they have been deceived in the purchase of real estate should contact the Office of the Attorney General at (800) 252-8011 or file a complaint online at [www.texasattorneygeneral.gov](http://www.texasattorneygeneral.gov).

**ROCKBRIDGE BIBLE CHURCH**



Meeting at Fellowship Bible Church of Allen  
200 W. Belmont | Allen, TX 75013  
214.263.8590 | [www.RockBridgeBC.com](http://www.RockBridgeBC.com)  
SUNDAY WORSHIP SERVICE 10:00 A.M.

*"Bridging the gap between God and man through Jesus Christ"*

Senior Pastor, Timothy Jones  
& First Lady, LaTonya Jones

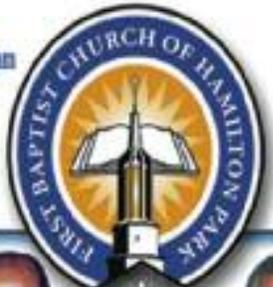
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Monday School: 7pm  
Men's Fellowship: Friday 7:00pm

Website: [www.ibocjoy.org](http://www.ibocjoy.org)

Worship Services 7:30am & 10:30am  
Sunday School 9:30 am  
Wednesday Night Service 8:00 pm





Dr. Gregory Foster Senior Pastor  
Rev. Anthony Foster Pastor

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To fulfill The Great Commission until Christ comes.

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Dr. Leslie W. Smith,  
Senior Pastor

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Celebrating 15 Years

2009 Theme:  
Excellence through  
Prayer,  
Praise, and Participation

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Sunday School: 9:45 a.m.  
Mid-week: Wednesday at 7:00 p.m.  
Children's and Youth Worship  
Service: Every 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup>, Sunday at  
10:45 a.m.  
AWANA: Wednesday at 6:30 p.m.  
Contact Information: 972-423-6895  
[www.smbcplano.org](http://www.smbcplano.org)

**New Mt. Zion Baptist Church of Dallas**



Dr. Robert E. Price, Sr.  
Senior Pastor

**Sunday Service**  
Morning Worship  
7:30 am & 10:30 am  
9:00 am Sunday School

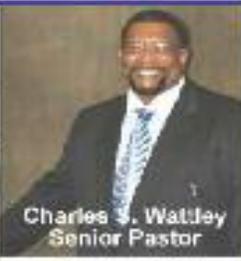
**Monday Service**  
Men's Ministry 7:00 pm  
Women's Ministry 7:00 pm  
Young Adult Ministry 7:00 pm

**Wednesday Service**  
Intercessory Prayer 6:15 pm  
Bible Study 7:00 pm

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Charles S. Wattleby  
Senior Pastor

**SUNDAY**  
Education Ministries  
9:30 a.m.  
Worship Celebration  
10:45 a.m.

**WEDNESDAY**  
Family Ministries  
7:00 p.m.

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