

North Dallas Gazette



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Plano Businessman Helps Customers Find Affordable Justice & Counsel

LATOYA S. WATKINS
NDG CONTRIBUTOR

When you need financial or legal guidance, call Billy R. Tillery, Jr., a veteran business man based in Plano.

Tillery provides tax consulting and planning

for individuals and small-to medium-sized businesses, and recently started offering pre-paid legal services. He owns his own company, Tillery & Associates, where he uses state-of-the-art equipment and software to prepare, store

and maintain client records. With this, Tillery can give larger tax planning companies a run for their money, and stay a few steps ahead of small-business owners in his profession.

He credits knowing the

importance of having the right software and equipment to properly meet clients' needs to his former membership with Plano Area Enrolled Agent Society. This society provides support and education to

See COUNSEL, Page 13

Rover Dramawerks Entertains and Instructs Theater Fans

LAKRISHIA ARMOUR
NDG CONTRIBUTOR

Rover Dramawerks likes to push the envelope in the-



Rover Dramawerks "ACT UP!" Summer Camp Class for children ages 5-12

ater entertainment. Not only does it bring unique works to the stage in North Dallas, it also puts a local spin on theater.

"We try to do shows that are regional premiers. We do it first and then everyone else does it. We do plays that have yet to be discovered," said Artistic Director Carol M. Rice. "We don't bring in

actors from New York. We use local actors, and many of those actors also have day jobs, and many of them use acting as their income."

Since it began in 2001, the company has focused on producing lost or forgotten plays by famous playwrights. "We are always searching for treasures - for-

See THEATER Page 10

Fellowship Baptist Church of Allen Celebrates Pastor and First Lady's Fifth Anniversary



Rev. W. L. Stafford

BY JUN ANDERSON

On Sunday, August 30, Fellowship Baptist Church of Allen (FBCA) will celebrate their Pastor and First Lady's fifth anniversary. The Anniversary service will be held at the Allen Civic Center

located at 300 North Allen Drive at 3:30 p.m. The guest speaker will be Dr. J.R. Sheppard, Pastor of Ben Washington Baptist Church of Irving.

In August 2004, Reverend W.L. Stafford was installed as the Pastor of

Fellowship Baptist Church of Allen ("The Ship"), a small community church with 25 members and one Deacon. Five years later, the church is the fastest growing church in Collin

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Praise Continues After the Storm



See PRAISE, Page 9

Phantom on Stage in Garland



For more information see pg. 10
www.northdallasgazette.com

COMMENTARY

District Attorney Craig Watkins Responds to Dallas Morning News Editorial

(DALLAS - August 24, 2009) - In today's editorial, "Watkins needs to investigate the constables," the *Dallas Morning News* failed to print my actual comment, and instead chose to write an editorial that would leave readers with the false impression that I am not doing my job. When asked last week by the *Dallas Morning News* whether the district attorney's office

was investigating two Dallas County constables (Precincts 1 and 5), my response was the same response we always give when complaints are made against elected officials and other public servants. I would neither confirm nor deny whether we are investigating this issue.

To accuse me of "sitting on the sidelines," and suggest

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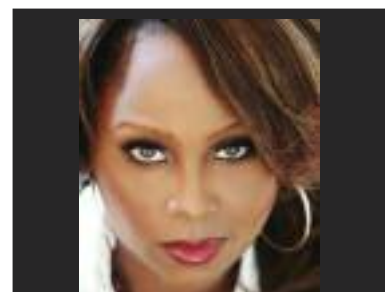
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People In The News...



Dr. Natalie A. Francisco



Lexi Allen



Gloria J. Browne-Marshall

See Page 2

Dr. Natalie A. Francisco

Dr. Natalie A. Francisco serves as co-Pastor with her husband Bishop L.W. Francisco III at Calvary Community Church in Hampton, Virginia. She is also serving as the Minister of Music at the church. Although she wasn't ordained until February 1999, she served in full-time ministry for over 25 years in areas of leadership in the Music and Arts and Christian Education departments of her local church.

The culmination of her years of experience in mar-

riage, motherhood, ministry and mentoring women in particular, allowed her to author her first book *Wisdom for Women of Worth & Worship: Lessons for a Life of Virtue, Value & Victory*, published by St. Paul Press (available online on all major bookseller websites and bookstores nationwide).

Francisco earned a Bachelor of Arts and a Master of Arts in Christian Education from International Bible College and Seminary in Independence, Missouri, and went on to

complete a Doctorate in Christian Education from

Carolina University of Theology. With her experience and education, she co-founded Calvary Christian Academy in 1991. The academy offers quality programs targeting the spiritual, academic, physical and emotional needs of children



enrolled in preschool and elementary grades.

She is also the founder of the Women of Worth Conference and the Women of Worth and Worship Institute (WOWWI), where she seeks to provide Godly and practical instruction to women of at least 18 years of age and older who desire to learn and implement biblical truths and principles from her life's lessons. As the personal mentor of countless women, Francisco strives to equip them with the tools needed to lead meaningful lives by adding value to others while em-

bracing their own self-worth. She does this via annual conferences, specialty workshops, retreats and several eight-week sessions that are held throughout the year at Calvary Community Church and online.

Francisco and her husband have been married for 26 years, and are the grateful parents of three beautiful daughters: Nicole, Lesley and Lauren.

You can reach Dr. Francisco via email at WOWWI@calvarycommunity.org, or visit www.NatalieFrancisco.com, www.WOWWItheBook.com.

Lexi Allen

Lexi Allen has been singing in her grandfather's church since she was old enough to hold a microphone, and she has always understood that singing praises to God was what she was born to do. Allen also has a passion for the stage. That passion began to blossom during her undergraduate studies at Bowling Green State University, where she majored in Interper-

sonal Communications and received a minor in Theatre. But she didn't realize at that time that her life was called by God to be in the forefront.

Even though her talent and passion for what she does led her to being a background vocalist for the late Gerald LeVert, Fred Hammond, and Vanessa Bell Armstrong to name a few, she still was not aware of her des-

tiny. Allen met and married her producer Michael Allen, who helped develop her writing and vocal ability to create her own sound. But when he died, she was left with their son, without focus and direction, but she was not without God.

God stepped in and proved Himself to be Jehovah Jireh, and Allen's career began to take off. She became the "face" of the Word Network, and within two years her face was thrust before 40 mil-

lion households in the United States and 38 million viewers in over 200 countries. She was becoming a name and face that was easily recognized.

She is now co-hosting on the *Bobby Jones* show on BET, adding 60 million more homes to her credit. As a praise and worship artist, Allen has more to say than ever in her worship, because she recognizes that God has just begun to open the windows of heaven for her.

And this extends to her personal life, as she recently married television producer Jason Prater.

Her testimony is simple. From Psalms 27:13 - I had fainted, unless I had believed to see the goodness of the Lord in the land of the living. Wait on the Lord: be of good courage, and He shall strengthen thine heart: wait, I say, on the Lord.

To hear Allen's music and learn more about her three CDs, visit www.foreverlexi.com/index.htm



Gloria J. Browne-Marshall

By special request, Gloria J. Browne-Marshall will reprise her lecture series on race and the law. "Although this series on race was planned before the Henry Gates incident," says Browne-Marshall. "It reminds us that issues of racial profiling and discrimination are part of America's

past and present."

Prof. Henry Gates, African-American, was arrested in his home by a White Cambridge officer amid claims of racial profiling. Browne-Marshall is the author of the best-selling book *Race, Law, and American Society: 1607 to Present* (Routledge). With a foreword by Derrick Bell, the book examines race and criminal justice, voting rights, property rights, civil liberties, the military, internationalism and education. The criminal justice chapter contains cases and comments on racial profiling. Cornel West said *Race, Law, and American Society* "is a gem." The 2009 recipient of the Ida B. Wells-Barnett Justice Award for her work with racial justice and women's equality, Browne-

Marshall is an award-winning playwright as well as a member of Alpha Kappa Alpha Sorority, Inc., and the bar of the U.S. Supreme Court.

"Few people know the pivotal role that law played in enforcing slavery and segregation, fighting racism, or the present-day effects of past laws," says Browne-Marshall. The Browne-Marshall Lecture Series on Race will address three major topics: Race, Law, and Criminal Injustice; The Obama Factor: Race, Law, and Voting Rights; and Race, Law and Public Education. This marks the second year for her lecture series. She was selected due to her expertise on the issues of U.S. constitutional law, and race and the law.

Browne-Marshall is an associate professor at John Jay College of Criminal Justice (CUNY), where she teaches Constitutional Law, Race and the Law, and Evidence. She is a former civil rights attorney who litigated cases on behalf of the Southern Poverty Law Center, Community Legal Services in Philadelphia and the NAACP Legal Defense Fund, Inc. Browne-Marshall is the Founder/Director of The Law and Policy Group, Inc., a "think-tank for the community," which analyzes issues affecting children, women and people of color and publishes the national Report on the Status of Black Women and Girls®. For more, go to: www.lawandpolicygroup.org.

Browne-Marshall has addressed audiences locally, nationally and internationally on issues of racial/eth-

nic justice and gender equality. She is a member of several bar associations, professional and commu-

nity organizations. For additional information, go to: www.racelawsociety.blogspot.com.



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Real Health Care Requires a Real Public Option

BY REP. BARBARA LEE, CHAIR, CONGRESSIONAL BLACK CAUCUS;
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(NNPA) Throughout the month of August, defenders of the health care status quo have assailed efforts to reform a system in crisis. They have raised any number of spurious claims ranging from the absurd to the macabre in a desperate attempt to stand between 47 million uninsured Americans and their doctors. But the debate over reforming America's broken health care system isn't only about covering the uninsured. We must also control the escalating premiums and deductibles draining the bank accounts of the two-thirds of Americans with health insurance.

Without health care reform, the American taxpayer

will continue to suffer from the economic consequences of absorbing health care costs that are spiraling out of control. One in every six dollars spent in this country is now spent on health care.

The quality of life of millions of Americans and the health of our economy hang in the balance. The crisis is real, and it is urgent.

The insurance industry has demonstrated it is incapable of meeting the twin challenges of covering all Americans and controlling costs.

As long as we rely solely on private health insurers, health care coverage will remain out of reach for 47 million Americans, and costs

will continue to soar for everyone else. Every year, those with insurance each pay an extra \$1,100 in premiums to compensate for the costs of the uninsured, and it will get only worse. Insurance costs for a family of four are projected to jump \$1,800 a year without health care reform.

The only reasonable solution - and the cornerstone of comprehensive health care reform - is a robust public health plan option like Medicare.

The benefits of a public health plan are obvious: it will guarantee coverage, regardless of pre-existing conditions; give patients a choice of doctors and hospitals; and

create incentives for private insurers to lower costs to compete.

The insurance industry can do none of this because its profits and administrative costs consume about one-third of every health care dollar. Without a public option there will be no way to keep insurance companies honest and their rates down. A public health option that competes with private insurers will set standards that could help lower costs and improve access.

A bill without a public option will result in the public, both as insurance purchasers and as taxpayers, paying even higher rates to insurance companies. A July 30 letter to the house leadership that 60 members of congress signed, stated unequivocally that "we simply cannot vote for such a proposal."

Senator Edward M. Kennedy: Friend, Ally and Civil Rights Champion

(NDG Wire) The NAACP family is saddened by the passing of Senator Edward M. Kennedy.

"Senator Kennedy was a courageous leader for civil and human rights. He championed more civil rights initiatives than any other Senator in U.S. history," said NAACP President and CEO Benjamin Todd Jealous. "Even as he took his last breath, he was passionately fighting for the health care reform our nation critically needs. His dedication and vi-

sion will be profoundly missed. The thoughts and prayers of the entire NAACP family go out to the Kennedy's at this time of sorrow and mourning."

"Senator Kennedy was a true friend to the NAACP and the causes of civil rights throughout his entire career. Civil Rights, human rights and health care, among others, were issues that were far from just political for Senator Kennedy, they were personal. He was always so passionate and inspiring on the floor of

the Senate, at forums and in his every-day dealings with the NAACP that everyone he came in contact with would walk away with a renewed sense of purpose and commitment to issues of human dignity and justice," stated Hilary O. Shelton, senior vice president for advocacy and director of the NAACP's Washington bureau. "The entire NAACP family is deeply saddened by this loss. Senator Kennedy was a political strategist like no other and not only have we lost an

ally, but we have lost one of the giants in the Civil Rights movement," concluded Shelton.

Founded in 1909, the NAACP is the nation's oldest and largest civil rights organization.

Its members throughout the United States and the world are the premier advocates for civil rights in their communities, conducting voter mobilization and monitoring equal opportunity in the public and private sectors.

EDITORIAL, continued from Page 1

gest that I would allow alleged criminal activity to go unnoticed is disingenuous. Just because I am not vetting my cases with the media and the court of public opinion, which I will never do, is hardly a reason to jump to the conclusion that I am not doing my job. There is a rea-

son why the district attorney's office has prosecutorial independence. There is a reason why we do not comment on potential public integrity issues. My job as the criminal district attorney for Dallas County is to seek truth and justice, not to feed the insatiable appetite of those who

have political agendas.

Yes, I do owe it to taxpayers to get to the truth, and the citizens of Dallas County can rest assured that I take my job very seriously, and that I do it with the utmost integrity and sincerity. If a crime has been committed, we will follow the law and do

our jobs. However, under no circumstances should anyone expect the district attorney to discuss the particulars of any potential investigation or case.

Craig Watkins
Dallas County Criminal
District Attorney

Dallas Family Caregivers Feel the Heat

Home Cooking for Seniors a Pressure Cooker of Stress for Caregivers of Older Adults

(NDG Wire) Adult daughters, who typically serve as home cooks for seniors, are feeling the heat in the kitchen, according to a recent study of family caregivers.

Research conducted for local caregiving company Home Instead Senior Care, revealed caring for an older person who has three or more nutritional health risk factors is tied to increased stress levels. Of the caregivers who rated their lives as extremely stressful, 67 percent were caring for loved ones with three or more nutritional risk factors, compared with 33 percent of caregivers whose seniors had fewer than three nutritional risk factors.

Adult children caring for an older adult (average age 81) reported the top three nutritional risks as three or more prescribed or over-the-counter drugs per day, an illness or condition that made the senior change his or her diet and having lost or gained more than ten pounds in the past six months without trying.

Home Instead Senior Care has partnered with national nutrition experts from the University of Maryland and Duke University Medical Center to promote healthy, stress-free grocery shopping, meal preparation tips and recipes.

At the center of the campaign is the Cooking Under Pressure handbook, available free through the local Home Instead Senior Care office. The Website www.foodsforseniors.com provides additional information, research and resources.

Local senior care expert Dr. Nancy Oppenheimer-Marks, owner of the Home Instead Senior Care office serving Dallas, said the risks associated with conditions such as medication use and illness, can negatively impact seniors' health and independence as they age. "Good nutrition is, in fact, the first line of defense in helping to keep seniors healthy and inde-

pendent," she said.

According to research, family caregivers are taking an active role in the lives of seniors who need help shopping and preparing meals for their older loved ones, which could be contributing to that stress, Oppenheimer-Marks said. In the Home Instead Senior Care survey, 83 percent of family caregivers help with groceries or other errands; 65 percent assist with meal preparation.

Experts advise stressed-out family caregivers to get organized by creating a shopping list to confirm their seniors regularly have healthy ingredients (see the 12 Staples Your Senior Shouldn't Live Without), collect interesting recipes and ensure their senior has the companionship needed to shop for groceries and make meal-times enjoyable.

"Buy fresh ingredients and prepare meals with older adults, enticing them with what they like to eat. Bring in new recipes and ingredients; we all get in a rut," said Dr. Nadine Sahyoun, associate professor in the Department of Nutrition and Food Science at the University of Maryland, College of Agriculture and Natural Resources.

University of Maryland, College of Agriculture and Natural Resources.

"Make eating a happy event," Sahyoun said. "We focus too much on what people can't eat and don't give enough attention to what food represents to us. Food is at the core of our lives – it's the smell, color, feel, texture and social context. All of this is what makes a meal enjoyable. We have to pay attention to those things," she said.

"If you're a family caregiver, I think it's really important not to act as the food police, watching and criticizing," said Elisabetta Politi, nutrition director of the Duke Diet and Fitness Center at the Duke University Medical Center. "Ask, 'Is there any-

thing I can do to help you?' Listen to seniors' concerns. Maybe you want to go with

them to shop."

Oppenheimer-Marks said that companionship is one in-

gredient family caregivers do not want to leave out of a senior's meal plan. She said companionship is vital to

See CAREGIVERS, Page 16

Senior Shopping List

12 Staples Your Senior Should Not Live Without

They may seem like common staples for any healthy diet, but the following twelve foods hold special nutritional value for seniors. These items, from Home Instead Senior Care, developed in cooperation with nutrition experts at the Duke University Medical Center and the University of Maryland, are also versatile enough to be used in a variety of recipes.

Oatmeal A great source of soluble fiber, oatmeal has been shown to help lower blood cholesterol and may reduce the risk of heart disease and stroke.

Eggs With only 75 calories per serving, eggs contain 13 essential vitamins and minerals, including vitamin D, important for absorbing calcium needed for bone strength. Lutein and zeaxanthin found in egg yolks may reduce the risk for cataracts and help prevent macular degeneration.

Yogurt Rich in calcium, yogurt can contribute to the calcium requirement needed to prevent osteoporosis. Good bacteria is added to some yogurt, which may help people with digestive problems that often accompany aging. Mixing yogurt with fortified cereal provides added vitamins, including B12, which many seniors have difficulty absorbing from foods naturally contain it.

Blueberries These blue beauties are among the top fruits and vegetables for antioxidants. Research on aging and Alzheimer's disease reveals that blueberries may also improve memory and coordination.

Apples The benefits of apples are too numerous to name. The pectin in apples supplies galacturonic acid to the body, which lowers the body's need for insulin and may help in the management of diabetes.

Fish Bluefish, mackerel, salmon, sardines, trout and tuna (bluefin and albacore) are a low-fat, high-protein

source of nutrients. The American Heart Association recommends fatty fish twice a week to improve heart health.

Chicken Poultry is an excellent source of protein that contains less fat than most meats. Chicken, especially breast meat, contains half the fat of a steak. Chicken also has niacin and selenium, which possess cancer-fighting properties.

Broccoli A good source of multiple nutrients, including vitamins K, C, E, B, and calcium and iron, broccoli has been found to protect against cancer, heart disease, stroke and macular degeneration.

Soy (Edamame) Nutritionists recommend consuming up to one serving a day of soy as a replacement for foods high in saturated fats. Some studies have shown that soy improves bone health. Consult with your doctor before adding soy to a senior's diet.

Sweet potatoes and squash Sweet potatoes provide beta carotene and vitamins C and E, all of which promote healthy skin, hair and eyesight. Squash is a good source of beta carotene and vitamin C.

Rice As a complex carbohydrate, rice digests slowly, allowing the body to use the energy released over a longer period, which is nutritionally efficient. Rice has low sodium content and contains useful quantities of potassium, the B vitamins, thiamin and niacin. Rice contains only a trace of fat, no cholesterol and is gluten free, so it's suitable for people with celiac disease.

Dark Chocolate Consumed in moderation, this high-calorie, high-fat food has been found to boost HDL cholesterol (known as good cholesterol) and lower blood pressure.

Please note: Always consult a doctor before beginning any diet or nutrition program.



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Pinkberry Unveils Its First Dallas Location

Dallas Residents to Experience Pinkberry's Swirly Goodness

(NDG Wire) Pinkberry has announced Preston Royal Village, Dallas, as the first location to open outside of the California and New York markets.

Pinkberry is a healthy and great tasting frozen yogurt, made with non-fat milk, yogurt and fresh

fruits.

"Preston Royal Village represents the heart of Dallas. This prominent location has been thriving for over 50 years and will continue to be a vital part of the Dallas community for a long time to come," said Adam Saxton, director of develop-

ment and an owner of Saxton Pierce Restaurant Corporation, exclusive franchisee for Pinkberry in Dallas-Ft. Worth.

"This is the ideal location to introduce Pinkberry to the Dallas market."

Customers will be able to enjoy Pinkberry while

browsing at Barnes & Noble, shopping next door at Merge, treating their four-legged friend to treats from City Pet or during play dates at Smashing Times.

"I was first introduced to Pinkberry by my daughter, Nicole, who lives in Los Angeles, in August of 2005.

I subsequently met co-founder Young Lee, who is an outstanding architect and will be designing the Preston Royal location", said Jackie Stewart, president of Henry S. Miller Interests, Inc.

"After being approached by countless yo-

gurt concepts, we decided to go with Pinkberry. There is just something about Pinkberry that leaves you wanting more. No wonder it is "the taste that launched 1,000 parking tickets"! We are very excited to be bringing Pinkberry to Texas."

New DART Train Schedules Starting August 31

(NDG Wire) With the opening of the eagerly anticipated Green Line less than a month away, Dallas Area Rapid Transit (DART) continues testing to ensure that Green, Red and Blue Line trains work smoothly to-

gether through Downtown Dallas.

On Monday, August 31, DART Red and Blue Line trains will begin running on their September 14 schedules to simulate the addition of the Green Line service.

Green Line trains will continue their test trips between Victory Station and MLK, Jr., Station. Green Line test trains began operating in early June.

Some regularly scheduled rail departures of both

the Red and Blue Lines will change to accommodate the Green Line. Red Line trains will run up to two minutes earlier or later from current schedules. Blue Line trains will run up to three minutes earlier or later on weekdays,

and up to six minutes earlier or later on weekends for certain departures. Information about the changes is available at train stations.

Bus routes serving Red and Blue line stations will not change. However, cus-

tomers should be aware these changes could have a significant effect on some bus/rail connections.

A new timetable planned for September 14 can be found at www.DART.org or by calling 214.979.1111.

ANNIVERSARY, continued from Page 1

County. Part of the vision for the ministry is to have the membership at 1800 by the end of 2009. The current membership is 1200+.

To accommodate the growth, the church began worshipping at Story Elementary in Allen, and quickly added a second Sunday morning worship service. Wednesday bible study became "Wednesday Night Live", which was an opportunity for Pastor Stafford to teach the word of God, and to equip, elevate and empower people through a holistic ministry focusing on the spiritual, physical, mental, economic, social and political well being of the individual, to make him/her a more effective "Kingdom Builder."

Pastor Stafford is a graduate of Virginia State University (BS) and also holds a Master's in Divinity from the Interdenominational Theological Center (ITC), Morehouse School of Religion in Atlanta, GA. He is currently in the dissertation phase of a Doctorate of Education with a concentration in Pastoral Community

Counseling from Argosy University in Sarasota, FL. In the spring of 2009, Pastor Stafford released his first book, 7 Steps to SPIRITUAL ENRICHMENT, which is one of a six series book release.

Joycie Turner (founder of Fellowship Baptist Church of Allen) was asked recently to describe Pastor and Lady Stafford. She simply said they were "God's Anointed Servants: reaching, teaching and ministering to God's people." Mother Turner, as she is affectionately called, believes that Pastor Stafford is "feeding us knowledge and understanding, teaching us faith, rather than fear, and we are truly blessed with Pastor Stafford and Lady Tasha Stafford as our leaders."

In his five years as leader of the church, Pastor Stafford has created and implemented ministries and programs that add value to the community. "The Ship" is active in contributing to society by "adopting" local apartment complexes, and providing them with back to school supplies, and spon-

soring a city wide gospel explosion featuring some of the most outstanding local and national gospel artists. Other programs include, FBCA Theatre & Arts Summer and Winter Festivals, FBCA Black History Cinema, and

Young Lions and Daughters of Imani mentoring programs.

Pastor Stafford is truly committed to being obedient to God's will, and has added over 35 different active ministries to "The Ship". He is dedicated to

"Kingdom Building" efforts and giving back to the community. One of his most important ministries is the Fellowship Economical Enrichment Program (FEPP), a program that assists people in the area of proper financial manage-

ment. It is a six month program that teaches budgeting, helps repair credit, first time home-buyer programs, life and health insurance, wills and shares the importance of being a faithful giver.

In 2006, Pastor

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Dallas Teacher Elected to TCTA office

(NDG Wire) Brad Willingham, a prekindergarten - grade 5 physical education teacher at Conner Elementary School in the Dallas Independent School District, has been named president-elect of the Texas Classroom Teachers Association

(TCTA). Founded in 1927, TCTA is an independent, nonunion association for Texas teaching professionals, which serves 50,000 members across the state.

Willingham was elected in February at TCTA's annual convention in Austin.

He began serving as president-elect on June 1, 2009, and will assume the presidency on June 1, 2010. In the positions of president-elect and president, Willingham will help guide the association's efforts as it works to enhance the teach-

ing profession and provide a full array of services and advocacy to members.

A member of TCTA for 25 years, Willingham has served at the statewide level as chair of the Budget committee and as district 10 director. He is also active on

the local level, serving as president of the Dallas CTA, and is a former member of the Duncanville CTA, where he also served as president.

Willingham is a member of the Texas Association of Sports Officials, and he

earned his Bachelor of Science degree from McMurry College (now McMurry University) and Master of Education degree from North Texas State University (now University of North Texas).

Local Church Offering College Prep Workshop

(NDG Wire) Greenville Avenue Church of Christ is hosting a college prep workshop, Wisdom & Knowledge, Saturday, September 12 from 8:00 a.m. to 2:00 p.m. It is sponsored by the Southwestern Christian College Bowser Women's Association.

Workshops are designed to prepare men and women in grades 8-12 for post-secondary education. Students can choose to attend two sessions, which include The

ABCs of Preparing for College Education Part I & Part II; Finance Academy: Financial Freedom - Breaking the Cycle of College Debt; Rising Star Program; Common Sense College Survival; Dual Credit Programs; and Student Athletes at Colleges and Universities.

College representatives will be available from Southwestern Christian College, Tuskegee University, Abilene Christian College, Grambling

State University, Howard University, Mississippi Valley State University, Richland College and more.

A continental breakfast and lunch will be provided, and there will be door prizes. The best about this workshop is that is FREE!!

The church is located at 1013 S. Greenville Avenue, Richardson. Register online at www.gacoc.org/, pre-registration ends Sunday, August 30th.

19th Annual Freedom Fund & Silent Auction Celebration for the NAACP Garland Branch

The Garland Branch of the National Association for the Advancement of Color People (NAACP) is hosting their 19th Annual Freedom Fund & Silent Auction Celebration on Saturday, September 12. The NAACP Garland Branch are celebrating two

major milestones: the NAACP's 100th Anniversary and the Garland Branch's 25th Anniversary.

The theme of the festivities is NAACP: 100 Years of Bold Dreams and Big Victories.

The keynote speaker is

Dr. Wright Lassiter, Chancellor of Dallas County Community College District.

The ceremony will be held at the GISD Special Events Center in Garland. The Silent Auction begins at 9:00 a.m. and the brunch will begin at 10:00 a.m.

COLLEGE CORNER

2009 Wendy's High School Heisman Scholarship

Wendy's High School Heisman Scholarship applications are now being accepted. To be eligible to apply, students must be a high school senior for the 2009-2010 academic year graduating with the class of 2010, have a cumulative GPA of 3.0, and participate in a school-sponsored sport.

The online application must be completed by the student and reviewed by a high school official no later than 5:00 p.m. CT on October 1, 2009, and turned in by that official no later than 5:00 p.m. CT on October 6, 2009.

Wendy's High School Heisman Program nominees are judged in three areas: academics, community/school involvement and athletics. ACT, Inc., re-

views all materials, and scores the nominees based on the program criteria. The raw scores then dictate who proceeds to the next level of recognition. Once nominees reach the State Winner level, a distinguished panel of judges reviews nomination forms and votes on the students who will then reach the National Finalist and National Winner levels.

Each student must have their online application reviewed and confirmed by a school representative. State Finalists are announced later in October, with State Winners determined in early November. All finalists will be notified by mail.

For more information visit www.wendysheisman.com/students/about/eligibility.asp

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LEGAL NOTICE

These Texas Lottery Commission Scratch-Off games will close on **October 28, 2009**. You have until **April 26, 2010**, to redeem any tickets for these games:

- Game #1081 **King of Cash** (\$5) Overall Odds are 1 in 4.53
- Game #1138 **Aladdin's Lamp** (\$3) Overall Odds are 1 in 3.79
- Game #1139 **Lucky Dice** (\$2) Overall Odds are 1 in 4.76
- Game #1145 **Blackjack** (\$1) Overall Odds are 1 in 4.94
- Game #1148 **Sapphire Blue 5's** (\$5) Overall Odds are 1 in 3.88
- Game #1150 **Precious Jewels** (\$10) Overall Odds are 1 in 3.89
- Game #1151 **Money Tripler** (\$2) Overall Odds are 1 in 4.67
- Game #1161 **Cash to Go** (\$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; however, annuity prizes or prizes over \$999,999 must be claimed in person at the Commission Headquarters in Austin. Call Customer Service at 1-800-377-LOTTO 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, playings, 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.



The Original Blue Notes Rock at Urban League Gala

(NDG Wire) The Urban League of Greater Dallas marked 42 years of providing programs and services to the community at its 2009 Annual Gala on Saturday, August 22 at the Hilton Anatole. Over 600 guests celebrated the anniversary with an evening of tributes to community leaders and honorees Wal-Mart and Sam's Club, dinner and entertainment featuring the Original Blue Notes from the Sound of Philadelphia Family.

State Representative Helen Giddings (D) praised the Urban League for its outstanding service to Dallas County residents, and pledged her continued support. Stan Levenson, chairman of the Urban League Board of Trustees briefly outlined future plans the league will undertake. "Building on our interests to serve current and future needs of area industries and businesses, the league will construct a 50,000-square-foot trade/vocational center adjacent to its headquarters," he said. "We believe this new center will provide much needed opportunities for those who have been struggling with today's economic challenges."

Market Events Manager Felix LeShey accepted the Whitney M. Young Jr., Humanitarian Award for Sam's Club, for their long standing support of the Urban League movement and its mission. Gregory Jenkins, market manager, accepted the Buddy Minyard Award for Wal-Mart, for their outstanding corporate partnership and support of the league.

Dr. Beverly Mitchell Brooks, Urban League of Greater Dallas president and CEO, said in her closing remarks that the league is ready to face all obstacles. "No doubt we have faced many challenges this past year, but we have also concluded that these challenges are merely opportunities to do better. I believe the league is, and will remain, the most stable and solidly positioned organization to address the issues that face our city."

The evening rounded off with a raffle that featured getaway packages including a seven night Caribbean Getaway, a two night Los Angeles weekend and a weekend in Philadelphia.



Garland Mayor and Mrs. Ron Jones, Dallas County Commissioner John Wiley Price, Dr. Beverly Mitchell Brooks



(L-R) Felix LeShey - Sam's Club, Whitney M. Young Jr., Humanitarian Award; Gregory Jenkins - Wal-Mart, Buddy Minyard Award; Dr. Beverly Mitchell Brooks, Urban League president & CEO; Stan Levenson, chairman, Urban League Board of Trustees

Adult Basketball Registration Ends Sept. 11



(NDG Wire) Registration for the Adult Basketball League in Carrollton is underway, but will end Friday, September 11. The cost is \$370 for the league that will begin September 20; participants must be 18 years old or older.

All games will be played at Rosemeade Recreation Center (1334 E. Rosemeade Parkway) from 6 to 10 p.m. on Sundays through October.

Visit cityofcarrollton.com/athletics for information or to register online.



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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 Fred Moses at 972-618-7027 or fred@tes.com for more information.

Collin County Black Chamber of Commerce, September 10. CCBCC General Meetings for Summer Quarter, McKinney Public Library, 101 E. Hunt Street McKinney

Collin County Black Chamber of Commerce: Monthly Lunch & Learn - August 20 & September 17, \$15 for members, \$20 for non-members, 11:00am until 1:00pm at the 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.

Marriage Prep Class 1st Saturdays monthly. 423 West Wheatland Rd. Suite 101, Duncanville. \$10 fee for materials. For info call Karen Duval at 972-709-1180.

No Limit Network Business Networking Lunch 1st Thursday at 11:30 am - 12:30 pm every Thursday at Texas Land & Cattle Steak House 3945 N. Central Expy. Plano Must RSVP at www.TheNoLimitNetwork.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://nbwenorg.ning.com>.

Summer Melange: Business, Pleasure & Charity Networking Event Free every 2nd and 4th Friday, 5:00 pm to 10:00 pm at Prince Bistro, 1201 E. Spring Creek Pkwy, Ste. 100, Plano. Info: 972-422-9078 melange@cause360group.com

Summer 2009

Seniors Active in Learning hosting annual summer series including Brown Bag lecture series and a variety of classes and other activities. Info: 972-985-3788, wjmartin@cccd.edu or www.cccd.edu/sailsite

Thru October 25

The George Washington Carver: An Extraordinary Man With A Mighty Vision Exhibit at The African American Museum, 3536 Grand Avenue, Historic Fair Park, Dallas, 214-565-9026, \$5 Adults, \$2 Children www.aamdallas.org

August 28-30

Tulisoma South Dallas Book Fair & Arts Festival Tulisoma, Swahili for "we read," a community based literary festival promoting literacy and the arts. Speakers include Dallas DA Craig Watkins, poet Sonia Sanchez and romance author Evelyn Palfrey. Hosted at the African American Museum and other venues, visit www.tulisoma.com

August 29

Greater Games Gathering 8am.- 11:30pm. Admission: \$15 at the door. Info: 469-277-2417, info@g3con.org or www.g3con.org.

The Metroplex Economic Development Corp. is hosting a housing fair event, **A Time To Own II**, 10am-3pm at Clay Academy, 3303 Potter's House Way, Dallas. Info: 972-708-6400

Neighborhood Advisory Commission & City of Carrollton Community Services hosting a **Neighborhood Involvement Forum for Involved Neighbors** from 8:30 am to 11:30 am at Josey Ranch Lake Library (1700 Keller Springs Road). Info: 973-466-4299 or cityofcarrollton.com/comdevelopment.

LaToya Watkins, In Love with Losers Booksigning 11:30 AM at Jokae's Bookstore 3223 Camp Wisdom Road, Dallas

LaToya Watkin, In Love with Losers Booksigning 2:00 PM at Borders, 5500 Greenville Avenue, Dallas

September 1

Prudential Insurance Job Fair at the Urban League, 4315 South Lancaster Road in Dallas from 9:30 a.m. to 3:00 p.m. They are hiring for Financial Services Associates, the salary range is \$60,000 to \$70,000 annually.

September 2

Plano Career Fair Meet with Plano and Dallas area employers 10am to 2pm. To see a complete list of jobs available and to pre-register www.choicecareer-fairs.com. Admission is free. For more information call 830-393-7401

PLAN Fund, a non-profit micro-finance organization and MEED Center, a non-profit business assistance center are hosting a **1-hour workshop 6:30 p.m. - 7:30 p.m. on how to better qualify potential customers and uncover needs in a tough economy.** This workshop is free to PLAN Fund members and \$5.00 for non-members. The MEED Center, 1327 N. Peak Street, Dallas. Info: (214) 942-6698 or www.planfund.org

September 5-6

2009 City of Bedford Labor Day Blues & BBQ Festival a feast for the senses. The two-day event returns with an entertaining lineup of local talent, blues legends Buddy Guy and The Fabulous Thunderbirds and a \$10,000 barbecue cook-off. Gates open at 2 pm each day

September 10

The Plano City Council Neighborhood Roundtable - District 4, 7:00 pm - 9:00 pm at the Plano Sports Authority StarCenter, 6500 Preston Meadow

September 12

NAACP Garland Branch 19th Annual Freedom Fund & Silent Auction Celebration at the GISD Special Events Center, 4999 Naaman Forest Blvd. at George Bush Turnpike, Garland. The Silent Auction begins at 9:00 a.m. and the brunch will begin at 10:00 a.m.

September 13

Plano Bridal Show 12:00 pm to 5 pm. Admission is \$10 for adults, children 14 and under \$5 (includes toddlers & infants). Info: 972-713-9920 or www.bridalshowsinc.com

September 17

Capacity Building with Grants Expo: Meet non-profit groups, educators, successful grant writers, and share strategies. From 8am to 5pm Admission \$39 Info: Tasa Anderson at 903-639-4519 or www.grantexperts.info

Jethro Pugh UNCF Scholarship Invitational Golf Tournament at Tour 18, for sponsorship and golfer information call (972) 234-1007.

September 18 - 20

EDS Credit Union Plano Balloon Festival at Oak

Point Park, 2801 E. Spring Creek Parkway. Admission: \$8 Day Ticket (allows re-admission during the day); \$5 Single Admission Event Ticket, Special \$4 Discount Ticket between 9 am & 3 pm Saturday & Sunday. Kids under 36" free. Seniors 65 & older \$1 off any ticket price. Info: Jo Via at (972) 867-7566 or www.planoballoonfest.org

September 18

Jazz Friday featuring Faith Band 7:00 - 10:00 pm, 13342 Midway Road Suite 250 at ArtFest Intl, Dallas. Tickets: \$10 - \$25, email stephanie@stephaniestips.com for paypal link and e-ticket.

September 19

Arnez J & Earthquake at Nokia Theatre in Grand Prairie at 8 p.m.

September 23 - 26

Life Enrichment Boot Camp Admission Fee: \$200 per person. From 6pm to 11pm Info: David Bishop at 214-736-9991, www.lifeenrichmentbootcamp.com or www.marriagebootcamp.com

September 25

Jamie Foxx at Nokia Theatre in Grand Prairie at 8 p.m.

September 26

City of Garland is hosting **Healthy Living Expo**

September 30

Annual Celebration of Enterprise Business Expo Awards Luncheon at 11:30am-1pm, Business Expo 10 am-3:00pm, VIP Reception 10:30-11:30 am Luncheon tickets are \$45 and a table of 10 is \$400; after August 14th Luncheon tickets are \$65 and a table of 10 is \$600. Admission to the Business Expo is open to the public and Free. Info: 972-612-2425 or www.celebrationofenterprise.com

Garland Mayor's Evening In ~ 5-7 p.m. City Hall, 200 North Fifth Street To reserve a time slot, call 972-205-2471 or email edattamo@ci.garland.tx.us

October 2

Envogue is performing at the SWA State Fair Classic Pre-Game at the Cotton Bowl

Jazz Series at Bishop Arts Theater Center hosted by Camron Smith featuring Phil Perry with Kim Waters

October 16

Jazz Friday featuring Freddie Jones Band 7:00 - 10:00 p.m., 13342 Midway Road Suite 250 at ArtFest International, Dallas. Tickets: \$10 - \$25, email stephanie@stephaniestips.com for paypal link and e-ticket.

October 17

A Taste Of Plano 12:00 - 8:00 pm. Activities include food samples for purchase, wine tastings, demos, music and more. visitdowntownplano.com.

October 24

Collin County Hispanic Chamber of Commerce 10th Anniversary Gala at the Hilton Garden Inn Hotel & Conference Center, 705 Central Expressway South, in Allen at 7 pm \$90 for a single ticket, \$150 for two and \$720 for a table for eight. Info: www.cchchamber.org or 972-548-2608.

October 27

Jobing.com Career Expo Will Rogers Coliseum, 3401 W. Lancaster, Ft. Worth, 12 noon - 5 pm

November 27

Jazz Friday featuring Cat Garner Trio 7:00 - 10:00 pm, 13342 Midway Road Suite 250 at ArtFest International, Dallas. Tickets: \$10 - \$25, email stephanie@stephaniestips.com for paypal link and e-ticket.

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Praise Continues After the Storm

(NDG Wire) Dallas-based gospel recording artist and minister Greg O'Quin picks up right where he left off eight years ago, when he was speaking to the storm. Now he's praising God for lessons from the storm with his new release, *After the Storm*.

"During the time between the last project and this release, God worked on me. In those years, He called me to preach, and at first I ran from the call. But God stopped me, and I was reminded that when I prayed and asked God for my 'gift' years ago, He gave it to me immediately, so it was time for me to do what He wanted me to do. I never stopped writing or being creative ... but I dedicated the time to doing Kingdom business – worked on the church and on me," O'Quin explained.

After the Storm has the passion of 'old-school gospel' with the energy and relevancy of 'new-school' R&B. Emotionally charged, the album offers fifteen diverse tracks – including the brand new lead single *Lead Me Jesus*, the reggae bounce of *Pray*, and the ingenious

Say A Little Prayer – all of O'Quin's musicality and innate ability to connect with people through simple and heartfelt lyrics.

"On this project, I was able to write deeper in context to offer what I call Reality Worship Gospel," said O'Quin. "This genre of gospel music reflects a worshiper that is going through a storm, yet determined to get a praise through in the midst of that storm. Their breakthrough is engineered and manifested by their worship. Now I know there are people out there who are saying 'God I love you right now and want to praise You – but I'm struggling, I'm having a hard day.' People need something more than traditional praise and worship to help them get through ... to help them figure it out."

O'Quin's sequel to his classic single *I Told The Storm* is *Survivor*. Much like picking up after a season ending cliff-hanger, O'Quin opens *Survivor* with lyrics from the last line of *I Told The Storm*, and continues the story of the person who went through a storm and is now on the other side of it. Using

the original vocalist, P. Jacobs, O'Quin's lyrics and Jacobs' captivating vocals gives us another sweeping and passionate story of overcoming and making it through.

"I felt like I've survived a lot through my career and my personal life," said O'Quin. "Things that should have taken me out, but I'm still here because of God. I wrote *Survivor* to speak to everyone that has gone through their own trials and storms. To remind them that God is keeping you for something, He is preparing you to do something for Him."

O'Quin is an industry veteran and has been making music and recording since 1992. He came to the attention of Ruben Rodriguez, CEO and founder, Pendulum Records last year. Rodriguez re-launched his groundbreaking label in 2007 with the gospel debut of Grammy Award star Regina Belle. Proving his commitment to Gospel music, Rodriguez heard O'Quin's music and saw the potential in this outstanding release.

"Greg is an exceptional artist/musician/producer and man of God. I'm excited to welcome him as a new member of the Pendulum Family," said Rodriguez. "We are off to a great start with *Lead Me Jesus*, which was the most added at Gospel Radio for multiple weeks and Top 20 in just three and a half weeks. All signs are pointing to *Lead Me Jesus* being a chart topping song."

A nod to a throwback sound, *Lead Me Jesus* is a down-home, gritty and bluesy track that captures your attention. Definitely Gospel, this song clearly hits home because it is the rallying call for all believers.

"I intentionally produced and composed the song as a throwback," explained O'Quin. "I wanted it to be reminiscent of times past to reflect the struggle of our



people for freedom, equality and direction while keeping it relevant to today. I wrote the song during the week that President Obama was elected as the 44th President of the United States, and was inspired, knowing that our new leader does seek the direction and leadership from the Lord. In my humble offering, I hear and see President Obama saying 'lead me Jesus, lead me!'"

Storms can be anything – personal trials, loss, illness, heartbreak – and a big part of the album focuses on what happens after these personal storms. *Breakthrough* embodies the unrestrained praise that happens when a person advances from struggle to triumph.

"When you are going through a storm, sometimes you stop doing things you normally do – sometimes you stop going to church, you might even stop praising Him, but what I'm letting everyone know is that once you've gotten your breakthrough – your break is through – it is time to get back to what you need to do ... Go back to singing, praising and worshipping Him," O'Quin said.

After the Storm is a modern tapestry of gospel music

that weaves new sounds with a variety of dynamic vocalists to meet the needs of believers today. The emotional and deeply touching *Convinced* is a soaring encouragement ballad where O'Quin deals with some intense and deeply entrenched issues. Family problems, self-hatred, and dysfunction – these are issues not often talked about and O'Quin offers something directly for the young people of today.

"I really wanted to touch the young people," he said. "I think that our young people are cursed with words, and I wanted to do a song that gives them hope and lets them know there is a place for them here – on earth. I want them to know that with the Word of God alone, they can be convinced there is destiny for them."

After the Storm is more than just an impressive collection of fantastic vocalists. It is also an anthology of musical styles. A proud and power-filled ballad *God Can*, is a poignant song about God's greatness and sovereignty, and a song like the acoustic offering *iWorship* gives listeners something to chill out to. O'Quin also offers a little smooth hip-hop on *Let It Rain*. Metaphori-

cally, *Let It Rain* speaks of a cleansing soft rain that washes away all our hurt and pain, and asks God to rain down his favor, peace, love and joy.

Probably most unique is O'Quin's gospel take on the campy classic *Say A Little Prayer*, the famous Dionne Warwick song. He makes it both pop and dancey, and the end result is catchy and fun. "Nothing is off limits," said O'Quin of the re-make. "I'm just down with a good song."

O'Quin also transitioned his former vocal group into a newly formed ensemble called iPRAIZE. While it's a clever nod to today's web-obsessed culture, it also is a true definition of who he and they are. "I wanted a label or title of what we do on stage – and that is Praise," he said. "I praise no matter the circumstance ... no matter if there are three people in the audience or 3,000, our assignment and mandate is to Praise. It represents the 'new' Greg."

After the Storm is available in local stores and iTunes for purchase.

Bishop Greg O'Quin is the pastor and founder of The Church Without Walls Int'l, located in the suburbs of Dallas.



Phantom on Stage in Garland

(NDG Wire) Garland Civic Theatre opened its 2009-2010 season with a production of *Phantom*. The music and lyrics are by Maury Yeston and the book is by Arthur Kopit. Performances are scheduled for Thursday through Sunday, until September 12, 2009, at the Granville Arts Center, 300 North 5th Street in Downtown Garland.

Phantom is the American musical sensation that took the nation by storm. The Tony Award winning authors have transformed Gaston

Leroux's *Phantom of the Opera* into a rapturous and entrancing musical masterpiece.

Considered the inspiration to Andrew Lloyd Webber's *The Phantom of the Opera*, it matches and even surpasses its British sibling note for note, with its own soaring beautiful score and a wonderfully playful sense of humor and epic grandeur.

The outstanding cast includes Dennis Gullion as Cholet, Stephanie Hall as Christine, Emily Hunt as Carlotta, Jackie Kemp as

Carriere, Terrence McEnroe as Phantom, Michael Moore as Philippe, and Ben Westfried as Ledoux and Jean-Claude. Others in the cast include Drusilla Blakely, Kyle Coughlin, Arielle Engle, Emily Hawkins, Alexis Henderson, Joel Martinez, Sonnet Phillips, Eric Ryan, Emily Shaw, Jennifer White and Liz Woodcock.

The theatre's artistic director, Kyle McClaran, is directing the production and designing the set. The music director is Bryon Holder, the choreography is by Morgana

Shaw, the costumes are by Ryan Matthieu Smith and the light design is by Catherine Montgomery.

Call the Arts Center Box Office at 972-205-2790 for tickets. Tickets are \$25 on Friday and Saturday evenings, and \$23 on Thursday evenings and Saturday or Sunday matinees.

There are discounts available for those over 59 and under 19. Students over 19, KERA members and DART riders also can get a discount. There is a service charge added to each ticket.

Visit the GCT website at www.garlandcivictheatre.org or call 972-485-8884 for additional information.

THEATER, continued from Page 1

gotten works by well known authors," said Rice. "For example, *The Ride Down Mt. Morgan* by Arthur Miller. Everyone knows he wrote *Death of a Salesman*, but not many people know that play."

Beyond offering unique entertainment to North Dallas, Rover extends its hand to letting local budding artists become a part of the show. And that includes students of Rover Dramawerks', as the theater also offers acting and musical theater classes for children and adults.

"Yes, our students have starred in some of our plays," said Rice, who had a student take acting classes to get back into the art and decided to read for an upcoming show. "She auditioned and was wonderful. She has done several shows."

Rover Dramawerks first production was held at the Addison Theater and Conference Centre in July, 2001. The company now has a permanent home at the Cox Building Playhouse in Plano. And the stability has led to an increase in season ticket holders and individual tickets sold.

"We have grown exponentially in season ticket holders. But our shows are not for the blue hairs," joked Rice. "Our audience is mostly college students, middle-aged or younger."

Rice said the company is trying to draw former theater

Rover Dramawerks' productions are featured at the Cox Building Playhouse, located at 1517 H Avenue, Plano, near the PISD administration building. They also stage shows at nearby Courtyard Theater, located at 1509 H Ave, Plano.

Acting and theater classes are offered in the evenings for adults and one evening per week for children.

To purchase season tickets and tickets for individual shows, visit Rover Dramawerks online at www.roverdramawerks.com or call 972-849-0358. Rover's new season

goers who are now parents back into the seats.

One innovative approach is to offer childcare for parents. "We have childcare arrangements for people who used to go to the theater before they had kids, and now it's hard for them to go," Rice said. "It's something that a lot

of theaters don't offer, so we're trying to get people to take us up on it."

For the company's tenth season, the theater will celebrate with a season of regional premiers.

"Our tenth season starts in late October, and our first show of the season will be

Premiere by Dale Wasserman, who also wrote the stage version of *One Flew Over the Cuckoo's Nest*," Rice said. "We are doing all regional premiers, but we are also bringing back the first show we did, which is *Everything in the Garden* by Edward Ablee who also wrote *Who's Afraid of Virginia Woolf*."

The ninth season will close out with *My Way: A Musical Tribute to Frank Sinatra*, Sept. 10 - Oct. 3.

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OCT. 3, 7:30PM

ATLANTA RHYTHM SECTION



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Legal Knowledge is Power for Travelers

(NDG Wire) Consumers collectively spend billions of dollars annually for travel and tourism, yet few are aware of their legal rights and obligations before making their travel-related purchase, which can render them vulnerable to unforeseen legal consequences.

While the intricacies of travel law are vast, Jeff Isaac, principal attorney at The Lawyer in Blue Jeans Group (www.lawyerinbluejeans.com), boils down a few key considerations to help road warriors and vacationers avoid, or appropriately deal with, travel trouble:

Before booking, ensure your travel agent is legit and in compliance with state requirements.

Leverage available support resources. Purchase travel with your credit card

rather than cash or a debit card. Under U.S. law, credit card holders have the right to request a chargeback - essentially a refund - on their accounts for travel services that are not delivered as promised. Of course, the credit card company must agree that your situation is chargeback-worthy.

Find out if your state has a restitution fund. Seek out travel-related consumer advocate groups.

Consider travel protection. Protecting large travel investments and property with a travel protection plan can insure you against possible supplier default, bankruptcy, medical evacuation and treatment, cancellations and other such vacation disruptions. Just be sure you purchase travel insurance from a reputable provider,

not one that is self-insured, lest their shortcomings become yours.



Heed TSA regulations. If you mistakenly pack a prohibited item in your carry-on bag, you could be assessed a TSA fine up to \$10,000! Carrying certain prohibited items could even result in both civil and criminal enforcement action. Arguing with a TSA screener could also result in a substantial fine, so stay calm, cool and collected when you find yourself in a

possible contraband situation.

Check baggage at your own risk. Legal recourse for mishandled baggage claims is largely futile in light of the large number of airline tariffs (restrictions), which are listed in the fine print on the back of an airline ticket, and usually go unnoticed or unread. Airline regulations prohibit compensation for almost any claim, particularly for high dollar and/or somewhat fragile items such as laptop computers, jewelry and electronics.

Invoke Rule 240 when delayed. Rule 240 in airlines' delay-and-cancellation policy covers delays that are the airlines' fault, such as mechanical problems or schedule changes. Under this rule, the major carriers must try to book you on the next avail-

able flight at no extra charge, even if it means putting you on a competitor's plane in a higher class of service. They must also get you a hotel room, meals or ground transportation, or both, for overnight delays or for those exceeding four hours for diverted flights.

Know your rights when bumped. The Department of Transportation requires each airline to give all involuntarily bumped passengers a written statement of their rights with an explanation of the carrier's policy on overbooked flights. Airlines must first ask for volunteers to give up seats in return for compensation before they deny boarding to a ticketholder. Involuntarily bumped passengers may be entitled to an on-the-spot payment of denied boarding compensa-

tion up to \$400 based on the price of their ticket and the length of the delay. Airlines must also refund the ticket price if you ultimately choose not to travel.

Document any incidents. Should you need to seek legal assistance for a travel-related incident, detail a chronology of events leading up to the problem, and be able to provide your attorney with all documents relating to the issue.

Consider alternative dispute resolution. If you have an escalated travel-related dispute for which a legal proceeding is in order, a courtroom trial, often a deterrent, is not your only recourse. Alternative Dispute Resolution, Arbitration and Mediation are other means of settling the case quicker, easier and more economically.

Exploring the New Breed of Celebrity

(NDG Wire) In the past, the only way to be a celebrity was to be on TV or in the movies. But over the last decade, a new kind of celebrity has emerged - the expert celebrity. These are people who are absolutely at the top of their professions, and find a way to use the media to offer their expertise to the masses.

From Cesar Millan (*The Dog Whisperer*), Martha Stewart and Bob Vila to Dr. Phil, Suze Orman and Rachel Ray, expert celebrities are taking over television, radio, print publications and the Internet. And according to media expert Marsha Friedman, author of *Celebritize Yourself*, (www.celebritizeyourself.com), the next celebrity expert could well be you.

"In today's world of specialty programming on TV and radio, and with the explosion of web marketing, online media and social media marketing - becoming a celebrity is no longer just for the A-list of movie stars and recording artists we normally think of," Friedman said. "Today, we

have celebrity attorneys, celebrity chefs, celebrity financial experts and fitness guru's - we even celebrity bounty hunters. So, if you're in business and are focused on expansion, there is no better way than to become a celebrity expert in your field."

Friedman believes that these expert celebrities and those who'd like to be expert celebrities have one primary thing in common - at one time, they were all just working folks.

"These were people on the street with a passion for what they did and with a valuable knowledge that people needed," she said. "Rachel Ray worked at a candy counter at Macy's before her passion, her ingenuity and her personality enabled her to forge her own celebrity status. In most cases, the expert celebrities you see in the media today were ordinary people before they became household names, but now they are truly celebrities in their fields of expertise."

The first step that many experts take to establish

their celebrity is to write a book about their area of expertise. To be successful, Friedman said experts should ask themselves five questions before putting pen to paper:

"You must zero-in on the one singular, unifying idea that excites and energizes you - the one that urges you to get out of bed

every morning - the one that defines who you are and what you represent," she said. "This one central idea will be the driving force behind every single work within your book."

Friedman also explained that building more business has been the primary driver behind the emergence of the expert celebrity.

"Businesses are struggling in this economy, and success in today's world requires business leaders to market in a way they may never have done before," said Friedman. "They need to rise above their competi-

tion, become THE go-to guy in their field, the recognized expert people want to deal with. The credibility that comes with this recognition can build a business, or turn a failing one around."

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ANNIVERSARY, continued from Page 1

Stafford founded the Collin County Economic Development Corporation (CCEDC), a nonprofit community-based organization that bridges the gap between the fortunate and the economically challenged. The CCEDC has awarded local high school students with approximately \$35,000 in scholarships, allows the community access to adult literacy programs, English as a second language classes, Spanish as a second language classes, reading programs for preschool through high school students, academic coaching programs, drug and alcohol abuse training, life skills training, and computer skills training among many other programs.

FBCA is also participating in international ministry by sponsoring Ricks Institute in Virginia, Liberia, West Africa.

Ricks Institute was established in 1887, and is a dynamic and comprehensive Baptist learning center (K-12) that attracts students from all over Liberia and beyond. Since 2006, the institution has been the only private school in Liberia offering free primary education to its students. As a community and nationally recognized school, Ricks has 560 students, including 210 residential students. FBCA also sponsors two Christian Pastors through Hunook Ministries in the Muslim country of Pakistan.

The future looks bright for "The Ship" and Pastor Stafford. In March 2008, FBCA purchased 13.5 acres in Allen for the construction of the "Fellowship Project," which consists of three phases:

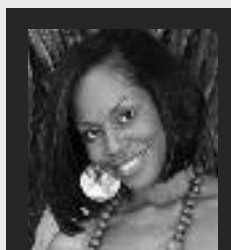
1. Family Life Center
2. FBCA Sanctuary

3. Education center
Pastor Stafford intends to break ground on the "Fellowship Project" before the end of the year.

He admits he could not do all of this without God's favor, mercy and grace. And he also said God has blessed him with a great wife and family to keep him focused. "There is no way I could be the man God has called me to be without my lovely wife Lady T. She was truly God sent, and I love her dearly."

FBCA extends an invitation to everyone in the community to join in the celebration of their Pastor's fifth anniversary and looks forward to the next five years of growth. For any questions regarding FBCA and the anniversary program, please call the main campus (200 West Belmont, Allen, TX 75013) at 972-359-9956.

Image is Everything



Talissa Lavarry

Dear Talisa, My nonprofit organization was just awarded 501(3) status. A colleague of mine suggested I reach out to you to help us plan an event. My question is, "Does the event have to be a fundraiser, and if not what other benefits could we gain from hosting an event for our organization?"

*Sincerely,
Kandre L. Covington
Queens of Heaven, Inc.*

Hello Kandre,

Congratulations on the growth and development of your organization. I know the challenges that come along with business ventures, especially nonprofits. Actually, there are many valuable reasons to hold an event for your nonprofit organization, and no, they do not necessarily all have to be fundraisers. I've hosted several nonprofit events for new organizations simply to bring awareness to their cause, or to position them with sponsors for an upcoming major fundraiser. For example, you may

want to introduce your cause to a new target sponsor or potential guest market. You can also devise a means to accept mail-in or PayPal donations etc. That way you are capitalizing on the opportunity.

The first step in planning the event is to clearly define your objective and stick to it throughout the execution. This includes your organization's objectives as well as your external partner's objectives such as your sponsors, guests, potential donors, etc. You must also weigh the cost and benefits of doing an event that is not a fundraiser. Consider the long-term end results and the fact that they may justify your short-term expenditures. For example, you may consider doing a press event with one of the main objectives being to develop professional relationships, and to provide insight into why your cause is so important. Best of luck to you Kandre, and much success to Queens of Heaven Inc.

Do you have a personal question for Lifestyle and Image Consultant Talisa Lavarry? Please e-mail your questions to tlavarry@talisalavarry.com, and Talisa just may choose your question to post in the next column. For more information about Talisa please visit her website at www.talisalavarry.com.



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Collin College Offers Solar Power Installer Training

(NDG Wire) Collin College is going green in its continuing education department. This fall, the college is offering solar installation training in September and November.

Basic knowledge of solar photovoltaic (PV) cells, modules and system components, electrical circuits, and PV system design estimation and code requirements will be covered in the course.

"With the cost of electricity going up, people are in-

creasingly interested in alternative sources of power," said Jim Merritt, program director for Collin College Continuing Education. "More and more people are looking to the sun as a source of energy."

The course follows the Institute for Sustainable Power Quality (IS PQ) standards and North American Board of Certified Energy Practitioners (NABCEP) Photovoltaic Entry Level Certificate of Knowledge

(COK) of PV Systems Learning Objectives and Task Analysis, including recommended safety procedures, system design, electrical code and industry standard practices.

Upon completion, students will be eligible to take the NABCEP Entry Level Certificate of Knowledge Exam.

"This training can help individuals and contractors take their skills and business to the next level in anticipa-

tion of future installations of solar energy systems," Merritt said.

Classes are offered September 14 – 18 and November 2 – 6. Class times are 8 a.m. – 5 p.m. daily.

All sessions will be at the Courtyard Center for Professional and Economic Development, 4800 Preston Park Blvd., in Plano. The course costs \$1,495. For more information call 972.599.3117 or visit www.ccccd.edu/ce.

COUNSEL, continued from Page 1

tax professionals, and its enrolled agents are the only tax professionals tested by the IRS on their knowledge of tax law and regulations.

Tillery has over twenty years' experience in tax compliance and planning and has serviced several multi-million dollar asset clients. In contrast to the fast pace of taxes, he said pre-paid legal is low key.

"Pre-paid legal is not very time consuming, but it is very lucrative," Tillery said.

He offers access to legal services as an independent consultant with Pre-Paid Legal Services Inc. Tillery said this service helps people with everything from speeding tickets to preparation of wills and other legal

documents. With annual memberships starting as low as \$312, he said people can be comforted by the fact that they have as much access to attorneys and legal advice as the top ten percent income earners can afford.

Before owning his own business, Tillery worked for EDS in Plano as a network project manager for 17 years, while working on tax planning and consulting at nights. He grew up in Delhi, Louisiana, began his college education at the University of Southwestern Louisiana in Lafayette, and received his degree from Control Data Institute in 1976.

Tillery said he has worked hard to get where

he is, but is ready to slow down.

"I used to be an avid leader, but I'm an old man now. I got involved with this type of business because I'm ready to take a rocking chair position in life," said Tillery.

For more information about Pre-paid Legal Service Inc., visit www.prepaidlegal.com.

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To apply and for more information, please visit

www.horizonsyouthservices.com.

Horizons
Youth Services

Church Happenings

EIRENE CHRISTIAN FELLOWSHIP

September 1, 6-8 pm

Register now for a FREE YWCA Financial Empowerment Workshop at the church. Call Aldreama Harper to register and for details @ 214-584-2344.

Rev. Terrence Autry, Pastor
701 E. Centennial Blvd
Richardson, TX 75081
972-991-0200

FELLOWSHIP BAPTIST CHURCH OF ALLEN

On Going, 9 am-4 pm

Monday - Friday

Prayer Lines for those in need are 972-649-0566 and 972-649-0567.

August 30, 3:30 pm

Join us for Pastor and 1st Lady Tasha's Anniversary Celebration @ the Allen Civic Center with speaker Dr. J.R. Sheppard, Senior Pastor of Ben Washington BC of Irving.

September 26, 10 am

Join us for our Founder's Day activities with family fun, food and games at our main campus, 200 Belmont Drive in Allen. Call the church for details.

September 27, 2009

8:15 and 10:45 am

You're invited to Harvest Sunday as we worship and praise God; and don't forget to bring someone with you.

Rev. W. L. Stafford, Sr.
M.Div., Senior Pastor
305 N. Alder Drive in

Allen for Sunday Morning Worship
Church Address is
200 Belmont Drive
Allen, TX 75013
972-359-9956

FIRST BAPTIST CHURCH OF HAMILTON PARK

August 30, 6-9 pm

IOP presents Dallas Praise. Please join us in the Sanctuary.

September 12, 8 am

Join us for our Women in Red Prayer Breakfast in the Fellowship Hall.

September 20, 6 pm

Come and enjoy our Angelic Choir Concert in the Sanctuary.

Dr. Gregory Foster,
Senior Pastor

Rev. Anthony Foster
Pastor

300 Phillips Street
Richardson, TX 75081
972-235-4235

HOPEWELL M.B.C

August 26-28, 7:30 pm

We continue our Pastor & Wife's Anniversary Services. Pastor Hubbard, Sr. preaches what thus saith the Lord.

Rev. Michael Hubbard, Sr.
Senior Pastor

5144 Dolphin Road
Dallas, TX 75223
214-823-1018

NEW MT. ZION BAPTIST CHURCH

August 29, 2009

Get ready for the new

school with TTS for Math (Test Taking Skills for Math.) Bro. Kenneth Everett is offering a helpful tutorial session for school-age students at the Lake Highlands North Recreation Center. Call the church for details.

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

NORTH DALLAS COMMUNITY BIBLE FELLOWSHIP

September 11, 7:30 pm

Our Theatre Arts, Music & Dance Ministries present: Poetry & Praise. "An Evening of Poetry, Storytelling, Dance & Song Under the Stars," @ the Oak Point Amphitheater, 2801 E. Spring Creek Pkwy in Plano. Call our bookstore for details, to register and for ticket prices.

September 12, 2-6 pm

Come to help us celebrate 20 years of God's Grace with, "Our Amazing Race... Changing the World for Christ." Founders' Day Events include our picnic on Saturday @ Churchill Park, 7001 Churchill Way, Dallas, TX 75230

September 19, 6 pm

Our concert will be @ the Special Events Center-Garland, 4999 Naaman Forest Blvd, Garland, TX

75040

September 20, 9:30am

The conclusion is our Founders' Day Worship Service with Pastor Gary Frost from Youngstown, OH also @ the Special Events Center-Garland.

Dr. Leslie W. Smith,
Senior Pastor
1010-1020 S. Sherman St.
Richardson, TX 75081
972-437-3493

SAINT MARK MBC IN MCKINNEY

September 2009

You don't want to miss our pastor's 26th Anniversary Celebration. Call the church or details.

Rev. Charles Wattley
Senior Pastor
1308 Wilcox Street
McKinney, TX 75069
972-5421-6178

SHILOH BAPTIST CHURCH IN PLANO

August 29, 8:30 am

Come to our Sisters Mentoring Sisters - Sisters Connect for enlightenment and fun.

September 13, 8 & 11 am
You're invited to our Pastor's Anniversary Services as we praise and worship God for our leader.

Dr. Isiah Joshua, Jr.
Senior Pastor
920 E. 14th Street
Plano, TX 75074
972-423-6695

WORD OF LIFE CHURCH OF

GOD IN CHRIST This Friday Night

August 28, 8 pm

You're invited to our exciting and rousing Friday Night Live Service. Come to be encouraged and hear

the stimulating Word of God.

Elder Gregory Voss,
Senior Pastor
2765 Trinity Mills Road
Carrollton, TX 75006
214-514-9147

Prudential Insurance Hiring Financial Services Associates

(NDG Wire) The Prudential Insurance recruiters are interviewing for Financial Services Associates on Tuesday, September 1, 2009 at the Urban League Headquarters, 4315 South Lancaster Road in Dallas from 9:30 am to 3:00 pm. The salary range is \$60,000

to \$70,000 annually.

Applicants must possess the following qualities:

All training is paid. Applicants must bring resumes and dress professionally. There are no exceptions. If you have questions, please call (214) 915-4600.

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Thursday Night Live At The Light 7:00PM

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Shaun Rabb, Senior Pastor



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For Kingdom Building
200 BELMONT DRIVE - ALLEN, TX 75013
(972) 359-9956 - www.fbcofallen.org



Sunday Morning Services
8:15AM: Story Elementary
10:45AM: Story Elementary
10:50 Fellowship - Allen, TX

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



Pastor W.L. Stafford Sr.
Lady Tasha Stafford

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300 Chisholm Place Plano, TX 75075 972-933-5511

Pastors Sam & Gloria Fenceroy



His Night

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7:00 pm

Sunday Morning Worship

10:00 am

Wednesday Nights

7:15 pm

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



"My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing. If any of you lack wisdom, let him ask of God . . . and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. James 1:2-6. (KJV)

God often allows pain to awaken our purpose in life. Without some type of incentive, many individuals would never fulfill the purposes for which God created them. Oftentimes a measured assault invades our life and creates a depth of pain that all we know to do is call upon God with our whole being.

When this first happens, our motivation is to ask God to take away the pain. After a period of extreme emotional, and many times physical hurt, a second phase begins for us. This second phase moves us to discover a new and deeper relationship with God. We

begin to discover things about ourselves and about God that we never would have learned without this stimulus from God.

Slowly, our heart changes our motivation from pain to loving obedience because there is a transition of the heart that takes place. No longer do we seek God for deliverance from the pain; like Jesus at the Garden of Gethsemane, we seek Him because He is God. "And he went forward for a little, and fell on the ground, and prayed that, if it were possible, the hour might pass from him. And he said, *Abba, Father, all things are possible unto thee; take away this cup from me: nevertheless not what I will, but what Thou wilt. Mark 14:35 & 36.* We seek God's face and not His hand.

When we move to the second phase, we often find ourselves moving into a new vocation and calling because God often separates us from the old life in this process.

No doubt Joseph felt this pain when his brothers stripped him of his coat of many colors, threw him in a pit without food or water and finally sold him to a company of Ishmeelites. However, later Joseph

could realize God's purposes in his crisis.

Like Joseph, we are able to say, *"But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive."* Genesis 50:20.

Why not let God move you from your place of pain to your place of purpose. Let God show you the secret things He has reserved for you as a result of the crisis you may find yourself in. Allow Him to guide you on the paths that He has for you to travel.

Ask God to help you be obedient to His will and His prompting to you. *"And we know that all things work together for good to them that love God, to them who are the called according to His purpose."* Romans 8:28. You see, it's not about you - it's about God!

Too many people put off something that brings joy to them or someone else just because they haven't thought about it; they didn't have it on their schedule, didn't know it was coming or they were too rigid to depart from their routine. There are times you must seize the moment or time. How many people did not do something positive the morning of September

11th? It's a good thing to learn to be a little more flexible. Tell someone that you love him or her today. Be a little kinder to someone you meet along the

way, you do not know what they faced before they saw you.

Thank God: Look back and thank God, look forward and trust God. Look

around and serve God.

Look within and find God. God opens doors that no man can close; and closes doors that no man can open.

From Pain to Purpose

FBCA
Fellowship Baptist Church of Allen
Anniversary Celebration
Pastor W.L. Stafford, Sr. & Lady Tasha Stafford
August 30, 2009
3:30 p.m. - Allen Civic Center
300 N. Allen Dr. | Allen, TX
Guest: Ben Washington Baptist Church
Irving, TX | Dr. J. H. Sheppard, Pastor

FBCA Worship Services

Sunday Morning Worship: 8:15 a.m. & 10:45 a.m.
Location: Story Elementary School
1550 Edelweiss Drive
Allen, TX 75002

Wednesday Night Live
Prayer & Bible Study
Every Wednesday Night at 7:00 p.m.
Location: 200 W. Belmont Drive
Allen, TX 75013

Kidz Zone (Ages 4-11)
Toddler Zone (Infant-3)

200 W. Belmont Drive (Main Campus) • Allen, TX 75013 | 972.359.9956 • WWW.FBCOFALLEN.ORG
Prayer Line: 972.649.0566 or 972.649.0567 | "A Kingdom Building Church"

Avenue F Church of Christ
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972-423-8833
www.avefchurchofchrist.org

Early Sunday Morning8:00 am
Sunday Bible Class9:45 am
Sunday Morning Worship10:45 am
Evening Worship3:00 pm
Wednesday Bible Class7:00 pm

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

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-8:00 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.

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Worship Services
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
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Texas Women's Empowerment Conference This Weekend

(NDG Wire) The women of the Churches of Christ are hosting the first Texas Women's Empowerment Conference at the Embassy Suites in Frisco, August 28 - 30, 2009. Making His Story, My Story - Victory in Jesus is the conference theme. Over 1,200 women from across the country are expected to attend.

Attendees will hear several panelists and speakers from across the country. Speakers include WFAA reporter Debbie Denmon; therapist, Lois Holland; and many others.

Carole Hamilton, the conference coordinator, said,

"As a woman who has experienced hurt, depression, low self esteem, problems with overcoming guilt and the daily struggle to live holy, I often found myself in battles that I would sometimes win and sometimes lose. I would find myself in a vicious cycle; constantly seeking for new ways to empower myself in order to get out of these strongholds that had caused me to be stagnated in my mental, physical and spiritual growth for years."

"As I searched for the answers that would help me to overcome, I began to notice that these were not issues that just plagued me, but issues

that plague many of the women around me - women in my family, women at the congregation I attend, women in my neighborhood, women everywhere," Hamilton said. "Thus, we are going to have a soul-stirring, informative and empowering conference that will inspire us all to become better women, mothers, daughters, wives and sisters."

Hamilton said the conference is for girls, teens and women of all ages, and will include education, relaxation and meditation sessions, a morning workout, a bible class and worship.

The conference is also

dedicated to giving back to the community and empowering women in all walks of life, and a portion of its proceeds will be donated to The Family Place, the largest family violence service provider in the Dallas area.

The Family Place reaches out to thousands of victims of family violence each year with award-winning programs to keep women and children safe. For 30 years, The Family Place's mission to end the epidemic of family violence has remained constant. Onsite registration is required, but to see the schedule and information visit www.seesayseize.org.

CAREGIVERS, continued from Page 4


making mealtime more engaging for an older adult as well as in alleviating the strain on family caregivers. "So many seniors are alone or lonely. If you can't be there to shop for groceries or eat with loved ones, consider a congre-

gate meal site - such as a senior center - a meal delivery program or a paid companion to help encourage older adults to develop the kind of nutritional habits that will keep them healthy and give you peace of mind."

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



Pastor Robert G. Beck

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Mid-week: Wednesday at 7:00 p.m.
Children's and Youth Worship Service:
Every 3rd, 4th, and 5th, Sunday at 10:45 a.m.
AWANA: Wednesday at 6:30 p.m.
Contact Information: 972-423-6695
www.smbcplano.org

New Mt. Zion Baptist Church of Dallas

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Morning Worship
7:50 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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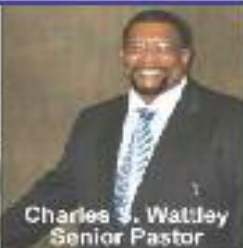
Dr. Gregory Foster Senior Pastor



Rev. Anthony Foster Pastor

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To fulfill The Great Commission until Christ comes.

the mark *pressing forward*

Charles S. Wattley
Senior Pastor

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

WEDNESDAY
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