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St. Paul UMC gets historic designation

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Food drive held for animals

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Rudolph appears on Dallas stage

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COMMENTARY

A perverted view of black on black crime

By George E. Curry
NNPA Columnist

ties?

After responding yes, he added: "But I think just as much if not more responsibility is on the Black community to reduce the reason why the police officers are assigned in such large numbers to the Black community..."

As the *Washington Post* observed, "Former New York mayor Rudy Giuliani was asked a simple question on the NBC television's 'Meet the Press.' Do you think that Blacks have a legitimate complaint about racial discrimination by police in their communi-

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Failure to indict white cop in Ferguson will not derail movement for justice

By Jazelle Hunt
NNPA Washington Correspondent

WASHINGTON (NNPA) – The failure of a St. Louis County grand jury to indict Ferguson, Mo. Police Officer Darren Wilson of the killing of 18-year-old Michael Brown will not halt the movement for police accountability, key activists say.

A mass meeting was held on Saturday at a church in Ferguson to define and chart a course toward these broader goals. But the overall goal is already outlined in an open letter supported by "numerous" unnamed citizens, but bearing the sole signature of DeRay McKesson, one of the more prominent protesters in Ferguson.

The letter reads: "So you will likely ask yourself, now that the announcement has been made, why we will still take to the streets? ...Until this system is dismantled, until the status quo that deems us less valuable than others is no longer acceptable or profitable, we will struggle. We will fight. We will protest."

In August, McKesson helped create a daily Ferguson newsletter, and a website that lists nine demands. The evolving list currently includes "political accountability" for



Ferguson erupted in anger after the decision by a grand jury not to indict a white police officer with a crime after shooting an unarmed black teenager.

Brown's death; the creation of an assessment tool to gauge racial bias within police departments; and an end to "provocative police behaviors" that suppress First Amendment rights.

No timeline has been placed on agitating for these demands. There is also little sign that Missouri authorities are interested in considering them.

Faith leaders plan to continue using their unique positions in soci-

ety to advocate for peaceful solutions. Rev. Cassandra Gould, for example, has been active in Ferguson since August and was in front of the Ferguson Police Department with protesters and Brown's family when the grand jury decision was announced.

"There was an incredible amount of pain, and also some agitation," she said. "To see young people

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LaToya Watkins



Mae Jemison



Roy Miller

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LaToya Watkins

Editor's Note: Ms. Watkins is a former NDG Contributing Writer. The staff heartily congratulates her on this achievement.

The Pushcart Prize: Best of the Small Presses series, published every year since 1976, is one the most honored literary projects in America. The writers featured in the annual anthology are selected from more than 8,000 entries, each nominated by magazine and small-press editors.

Over the years, some of



America's best contemporary writers, such as Raymond Carver, Joyce Carol Oates and Tim O'Brien, have been featured in the collection. Now, joining the ranks of these literary greats

is UT Dallas student LaToya Watkins.

In her award-winning story, Watkins steps into the shoes of the mother of a religious cult leader: The elderly African-American mom speaks about how she remembered her son and his experiences as a child. The piece is aptly titled "The Mother."

Set in West Texas, Watkins said she was inspired by the place her characters inhabited.

"A lot of stories in West Texas are about big money and oil; black people often become marginal. I wanted to explore the black, matri-

archal experience in West Texas since it's a place that never saw slavery firsthand. It was a place with imported segregation; that separation wasn't forced, but understood," said Watkins, a doctoral student in aesthetic studies.

She credits her UT Dallas professors for her success, particularly Dr. Clay Reynolds, director of creative writing.

"I don't think I would have become who I am as a writer without my teachers. I learned about character, plot, formatting a story. Each class built on the next while I found a voice,"

Watkins said.

Reynolds said the Pushcart Prize is among the top honors any of his students have ever received.

"Ms. Watkins' accomplishment is singularly remarkable, simply because a Pushcart Prize is just about the highest recognition a short-fiction writer can achieve in the United States. They are highly coveted awards and their authors frequently go on to extraordinary publishing careers," he said.

Watkins is no stranger to writing accolades. In 2012, she placed first in the Graduate Fiction category of the Texas Association of Cre-

ative Writing Teachers Student Competition. As she finishes her PhD, she said her most recent award motivates her to write something even greater.

"It's exciting to win this — I don't know how I feel. It makes me feel like I have to perform. Now I have to do something more significant. There are many notable writers that started with the Pushcart, so winning pushes me," Watkins said.

Ruminate Magazine, a quarterly of short stories, poetry, creative nonfiction and visual art originally published "The Mother" in 2013.

Mae Jemison

Mae Jemison, who graduated from Stanford in 1977 with a degree in chemical engineering and in African and Afro-American studies, served six years as a NASA astronaut. In that time, she flew aboard the Space Shuttle Endeavour, STS-47 Spacelab (Japan) mission in September 1992 and was NASA's first science mission specialist performing experiments in material science, life science and human adaptation to weightlessness.

Sarah Curran, program director of the Stanford Arts



Institute described Jemison as, "A leader in space exploration, she can offer first hand insight into the cosmos, and describe realms that most of us can only imagine."

Jemison started The Jemison Group after she left NASA, to explore and develop stand-alone science and technology programs and companies such as BioSentient Corp., a medical technology devices and services company focused on improving health and human performance through physiologic awareness and self-regulation.

Jemison says she was inspired by Martin Luther King Jr.; to her King's dream was not an elusive fantasy but a call to action. "Too often people paint him like Santa -- smiley and in-offensive," says Jemison. "But when I think of Martin

Luther King, I think of attitude, audacity, and bravery." Jemison thinks the civil rights movement was all about breaking down the barriers to human potential. "The best way to make dreams come true is to wake up."

A strong, committed global voice for science literacy, Jemison founded the international science camp The Earth We Share (TEWS) in 1994 for students 12-16 years old from around the world. In 1994, she founded the Dorothy Jemison Foundation for Excellence. TEWS-Space Race launched in the sum-

mer of 2011 to improve science achievement in Los Angeles-area students underserved and underrepresented in the sciences.

In October 2006 the foundation developed the program Reality Leads Fantasy —Celebrating Women of Color in Flight that highlighted women in aviation and space from around the world.

Jemison has appeared on television several times, including as an actress in an episode of Star Trek: The Next Generation. She is a dancer, and holds nine honorary doctorates in science, engineering, letters, and the

humanities.

She graduated from Chicago's Morgan Park High School in 1973 and entered Stanford University at age 16. Jemison said that majoring in engineering as a black woman was difficult because race was always an issue in the United States.

"Some professors would just pretend I wasn't there. I would ask a question and a professor would act as if it was just so dumb, the dumbest question he had ever heard. Then, when a white guy would ask the same question, the professor would say, 'That's a very astute observation.'"

Roy Miller

(BlackNews.com) — Attorney Roy Miller of Macon, Georgia, states that "if the District Attorney was serious about getting an indictment on Darren Wilson, he would have done as usual and made an arrest. This should have been done before sending the case to the Grand Jury. Probable Cause is usually first established by the arresting officer when an arrest is made and the Grand Jury then basically agrees or disagrees. Why change actual legal procedure, just for one man?"

Miller adds: "In every criminal case that I have been involved during my 24 years of practicing criminal



law, a felony arrest always happened first... before a case went to the grand jury to consider dismissal or indictment (move forward). This did not happen with officer Darren Wilson, because he was never arrested; however, other men arrested for a felony had it happen to them. Why is this

important?"

He continues, "Because when an officer makes an arrest, he has already established that probable cause exists. So when it goes to a grand jury, the grand jury usually follows the sworn statement and the expert opinion of the arresting officer's finding that probable cause exists. The grand jury should not make the first opinion on probable cause and to do so appears to be a due process violation of the United States Constitution."

Miller continues, "By Ferguson Police not doing this, they did not expose officer Wilson to the same negative procedure in which they have placed other felony arrest suspects. Almost all the time in major felony cases, an arrest sup-

plies to a grand jury an opinion of probable cause that they follow. If an arrest was strategically omitted, this would be disgusting and illegal conduct for a prosecutor.

"I feel that the Prosecutor should be suspended immediately and investigation should begin. Integrity is at issue and possible present misconduct should be prevented. Prosecution for the murder of Michael Brown seemed to have worked hardest for the defendant."

Over the last few days legal experts have also discussed what it means that the grand jury in the case against Wilson were given confusing legal instructions and what options are available to correct the matter.

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Justified rage in Ferguson

By Walter L Fields
NNPA Columnist

At this moment I don't need my president to tell me to respect the decision of a tainted grand jury. And the call for calm from civil rights leaders, politicians and suspect clergy fall upon deaf ears. This isn't about calm or order. It's about justice.

I am not trying to be analytical, politic, proper or courteous about this madness.

By the way, if our civic

leadership was as concerned with the killing of Black people as they are with the destruction of property, we wouldn't be at this moment. Businesses can be rebuilt, insurance can cover property damage. Michael Brown ain't coming back. The violence we witness in the streets is a reaction to the violence and degradation Black people endure on a daily basis. If the National Guard can be called up to defend the purveyors of hate and injustice, why not call them up to protect

the people against institutional forces of evil – the police? No, we don't have to respect the decision of a corrupt institution. Our only recourse is to dismantle the infrastructure that breeds racism.

For every Tamir Rice, Emmett Till, Rodney King, Phillip Pannell, Cheyanne Bond, Trayvon Martin, Hadiya Pendleton, Malik Williams, Michael Brown, Genesis Rincon, John Crawford, Oscar Grant, Sean Bell and Eric Garner – I choose to be angry and in-

dignant. I reserve the right to simmer with rage, and to use all my God given strength and talent to combat the sins of this nation. I refuse to submit, to be docile; to accept the slaughter of innocent children as a cost of being a Black American. It is a cost that I refuse to afford and a penalty that I refuse to accept. My rights were already paid down by the enslaved labor of my ancestors and the blood of the strange fruit that you hung on southern trees. I

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liani (R) offered some now-infamous analysis of the situation in Ferguson, Mo., on “Meet the Press” on Sunday. ‘White police officers wouldn't be’ in black neighborhoods, killing black men, ‘if you weren't killing each other.’

“This wasn't Giuliani's only point, but it was the one that spurred the most online reaction. Giuliani also reiterated a version of a statistic that has been common in the wake of the fatal shooting of Michael Brown earlier this year. ‘I find it very disappointing,’ he said, ‘that we are not discussing the fact that 93 percent of blacks are killed by other blacks.’ He insisted to another member of the panel, Georgetown professor Michael Eric Dyson, that ‘I would like to see the attention paid to that than you are paying to this.’”

Dyson countered, “First of all, most Black people who commit crimes against other Black people go to jail. Number two, they are not sworn by the police department as agents of the state to uphold the law.... White people who kill Black people do not go to jail.”

Giuliani, a lawyer, an ex-federal prosecutor, and former presidential wannabe, knows better.

A Justice Department report on homicides commit-

ted from 1980 through 2008 found that 93 percent of Black homicides were perpetrated by other African Americans. Giuliani conveniently neglected to note that the report also showed that 84 percent of White homicide victims were killed by other Whites.

The 2013 FBI Uniform Crime Report reflected a similar pattern. It showed that 83 percent of Whites were killed by other Whites and 90 percent of Blacks were killed by other Blacks. The report found that 14 percent of Whites were killed by Blacks while 7.6 percent of Blacks were killed by Whites.

It's not just a matter of Blacks killing Blacks and Whites killing Whites. Most homicides are committed by people who know their victim, usually a spouse or acquaintance.

According to Justice Department's Bureau of Justice Statistics, 56 percent of homicide victims were killed by acquaintances. Another 22 percent of victims were killed by a spouse or other family member. Only 22 percent of the victims were killed by strangers.

So, it was disingenuous for Giuliani to assert that Blacks are “killing each other” as though that's a phenomenon unique to African Americans.

The FBI annual compilation of crimes does not break down the race of people killed by police. However, the public interest website ProPublica studied federal data from 2010 to 2012 and concluded that young Black males were 21 times more likely to be killed by police than their White counterparts.

Giuliani, never considered a friend of African Americans, would probably be even more enraged if most Whites were being killed by Blacks. Yet, he pretends to be concerned about the loss of Black life at the hands of Blacks.

As we have seen in Ferguson, with Officer Darren Wilson killing Michael Brown, long before a police officer fires his weapon at an unarmed Black target, he frequently harbors certain misperceptions about the person at the other end of the gun barrel.

In the case of Wilson, he testified before a St. Louis County grand jury: “And when I grabbed him, the only way I can describe it is I felt like a five-year old holding on to Hulk Hogan.” [Grand jury transcript, Volume 5, page 212, line 21]

Wilson testified that he stands a shade under 6'4" and weighs “210-ish.” Michael Brown was listed as 6'4" and weighed nearly 300 pounds.

Wilson was the same height as Brown and though

the teenager enjoyed about a 90-pound weight advantage – which could be considered a disadvantage – Wilson was armed with a Sig Sauer P229, .40 caliber pistol loaded with 12 bullets, a nightstick and mace. With those clear advantages, along with the ability to call for backup help, which he had exercised, there was no reason a trained police officer should have felt “like a five-year old” holding on to a 6'7,” 302-pound professional wrestler.

Clearly, Wilson was also armed with certain stereotypes of young Black males and that may have affected his poor decision-making on that fatal day in Ferguson, Mo.

Both Rudy Giuliani and Darren Wilson are entitled to have their opinions of African Americans, however flawed. But their biases should not cost Michel Brown or anyone else their life.

George E. Curry, former editor-in-chief of *Emerge* magazine, is editor-in-chief of the *National Newspaper Publishers Association News Service (NNPA)*. He is a keynote speaker, moderator, and media coach. Curry can be reached through his Web site, www.georgecurry.com. You can also follow him at www.twitter.com/currygeorge and *George E. Curry Fan Page on Facebook*.

Studies link obesity to cancer

By Stacy M. Brown
Special to the NNPA from
The Washington Informer

Sharon Carter does everything that she can to lose weight.

After years of over-indulging, she said she eats three healthy meals per day, her snacks are healthy and they are few and far in between.

Carter regularly walks and sometimes jogs for exercise, and she also encourages Nichelle, her 15-year-old daughter, to eat only in moderation and to join in her daily regimen.

"Exercise, watching my diet, watching my daughter's diet is important because we do have some



[obese] individuals in my family," said Carter, 48, of Northeast. "We also know that too much weight gain often leads to other problems."

Two new studies presented on Nov. 3 at the American Institute for Cancer Research's annual meeting in Northwest revealed

that obesity increases the risk of certain types of breast cancer in postmenopausal black and Latino women.

One of the studies included research on 3,285 Latino women, and it indicated that being overweight or obese increased the risk for estrogen receptor-nega-

tive and progesterone receptor-positive breast tumors among postmenopausal women.

"We've known this for a long time for white women, but now we are seeing this also in Latino women," said the study's author, Dr. Esther John, a senior research scientist at the Cancer Prevention Institute of California.

A separate study, which included research on more than 15,000 black women, indicated that being overweight or obese increased postmenopausal women's risk of estrogen receptor-positive breast cancer by 31 percent.

The researchers found the risk to be nearly double among black women who at one time could be classified as lean young adults but later gained weight during adulthood.

"We know that breast

cancer has several subtypes, and there is growing evidence that these subtypes have different risk factors," said Dr. Elisa Bandera of the Rutgers Cancer Institute of New Jersey, who authored the second study.

"The distribution of these subtypes and risk factors are different for African-Americans and Latinos compared to white women," she said.

Bandera said one study isn't enough.

"We need to know more about what African-American women can do to prevent and survive breast cancers of all types, which are often aggressive and deadly," she said.

The studies are not unlike those conducted two years ago by the nonprofit think tank Rand Corporation in Alexandria, Virginia, where officials said disparities in cancer between black and white residents of the Dis-

trict are wider than those nationwide.

Rand officials found that African-Americans are more likely to be diagnosed with and die from cancer than their white peers.

While the overall cancer mortality rate proved to be about 21 percent higher among blacks than whites nationally, the mortality rate in Washington is 90 percent higher among blacks than whites.

"We know from available data that, once diagnosed with cancer, black patients in the District are more likely to begin treatment at a later stage compared to white patients," said Rebecca Anhang Price, an associate policy researcher at Rand, who also conducted the group's study. "But richer data on the trajectory of care among cancer patients in the District are lacking," she said.

Enjoying yogurt could help reduce diabetes risk by up to 18 percent

A new study led by Harvard School of Public Health (HSPH) researchers found that higher consumption of yogurt was associated with a reduced risk of type 2 diabetes.

Other forms of dairy were not found to offer similar protection.

Drawing on health data from more than a 100,000 participants in three long-running studies —the Health Professionals Fol-

low-Up Study (1986 to 2010), Nurses' Health Study (1980 to 2010), and Nurses' Health Study II (1991 to 2009) — the researchers found that a daily serving of yogurt was linked to an 18 percent lower risk of type 2 diabetes.

Senior author Frank Hu, professor of nutrition and epidemiology, told *Forbes* that the mechanisms behind this finding "are not well

understood at this point.

One hypothesis is that the probiotics in yogurt may help to improve insulin sensitivity and reduce inflammation, but this hypothesis needs to be tested in randomized clinical trials."

The lead author of the study was Harvard University doctoral student Mu Chen.

Source: *Harvard University*



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Richland College Dance Jam program slated for Thursday

DALLAS – The Richland College dance program will get audience toes tapping at the sixth annual Dance Jam Festival, 12:30-1:30 p.m. Dec. 4.

A summation of student learning throughout the fall semester, the Dance Jam Festival will showcase students from all fall semester Richland College dance classes performing tap, ballet, hip hop, jazz and contemporary modern.

“Each year, our students look forward to showcasing their talents and all they’ve learned throughout the semester,” said Gina Sawyer, director of Richland College’s dance program.

“The Dance Jam Festival



offers them a chance to do that while celebrating the joy of dance and the spirit of the Richland College community.”

Sawyer will direct the Dance Jam Festival, along

with dance faculty members Cheryl Callon and Julie Rowley. Guest dancers include the Lakeview Centennial High School dance program under the direction of Crystal Post and the

Richardson High School dance program under the direction of Kelly Fishback.

The Richland College dance program provides a

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Collin College lauded by *Military Times*

Collin College was recently named as a “2015 Best for Vets College” by the *Military Times*.

The *Military Times* Best for Vets distinction recognizes colleges for commit-

ment to providing opportunities to America’s veterans. Collin was ranked eighth among two-year colleges nationwide.

Collin College staff stress that they are continually

striving to support veterans and military members through a Student Veterans of America Group and annual Veterans Week events, among some of its initiatives.

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Historic marker unveiled honoring Dallas' St. Paul United Methodist

The Texas Historical Commission and the Dallas County Historical Association unveiled a new historic marker for St. Paul United Methodist Church last week.

"We are certainly proud of our history and the staying power of those who came before us. Most organizations have moved on in this community. We be-

lieve God has a plan for St. Paul that is affirmed in the Texas Historic Commission's decision to preserve this historical edifice. We are heirs to a great legacy at St. Paul, but I believe God has greater plans for not just this Church but for what it represents for Downtown, Uptown, the Dallas Arts District – quite frankly all points of Dallsasm" accord-

ing to Senior Pastor Richie L. Butler.

The program included presentation of proclamations by Congresswoman Eddie Bernice Johnson, Mayor Mike Rawlins, Judge Clay Jenkins and Texas Senator Royce West. Video presentation from St. Paul United Methodist Church Senior Pastor Richie L. Butler, greetings

and remarks from Rev. Elzie Odom Jr., Bishop Mike McKee, Macy Mays-Roberson, and Dallas County Historical Commission Chair Dr. Don Baynham.

Located in Dallas' Arts District, originally "Freedman's Town," St. Paul United Methodist Church has served a significant role

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From left to right: Bishop Mike McKee, North Texas Conference of the United Methodist Church; Dr. Henry Masters; Rep. Eddie Bernice Johnson; Rev. Richie Butler, St. Paul United Methodist Church; Dr. Don Baynham, Chair, Dallas County Historical Commission; Rev. Elzie Odom, Jr., Associate Pastor, St. Luke "Community" United Methodist Church; and THC Commissioner Michael Donegan. (Credit: St. Paul)

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screaming out in agony ... young people were coming up to us, hugging me – because I was wearing my collar – when they see us [clergy], we are kind of a sign of hope. But that night, I felt more helpless than I've ever felt in this role."

Gould, who serves as pastor of Quinn Chapel A.M.E. Church in Jefferson City, Mo., spent the rest of that night tending to tired and tear-gassed demonstrators at a few church-based sanctuaries around town. Despite a deal between clergy and police to leave the sanctuaries undisturbed, she says, police raided several, confiscating supplies and dispersing those inside.

"I've spent my life in St. Louis. I don't remember much about the Civil Rights Movement...my mom marched to Selma. I thought that was part of a historical narrative, and I never thought I would see anything close to it," she says.

Gould is also a member of the PICO National Network, a nonpartisan faith-based social justice organizing network working with 1,000 religious congregations across the United States. Its members, and other unaffiliated clergy, have been working behind the scenes in Ferguson to protect protesters' safety and First Amendment rights. Gould says that moving forward, people of the cloth will continue to

support the movement by bearing witness to police response, holding vigils and providing spiritual support, and meeting with authorities to advocate for policy reform and just solutions.

"We as clergy have an opportunity for a particular number of reasons...we have access...our voice is able to be heard where many others are not. There's no agenda, it's just about right and wrong. It's about what is equitable," she explained. "I'm encouraged by the number of my Caucasian colleagues that show up with us, and care as much as we care. I've gotten calls from people around the country...they realize this is an American problem, not just a Ferguson problem."

Human rights activists are also documenting militarized police responses around the country to build a human rights violation case against the United States. The Ferguson to Geneva delegation, which presented testimony to the United Nations Committee Against Torture in Switzerland last month, has invited United Nations investigators (called Special Rapporteurs) to launch their own investigations into the matter.

"The UN rapporteurs are from the Office of the High Commissioner on Human Rights. They're independent investigators tasked with looking into human

rights issues all across the world. Citizens often request their presence, and the Office has to agree to visit," says Meena Jagannath, a human rights attorney and member of the Ferguson to Geneva delegation.

The investigators are akin to the Justice Department lawyers who monitored civil rights marches and voter registration in the South in the 1960s. The delegation is funneling their eyewitness accounts to the rapporteurs to encourage United Nations involvement.

"One [rapporteur] wrote us a long letter talking about how he has sympathy for us. Another one, we have a meeting with him in New York in early December," says Justin Hansford, human rights law professor at Saint Louis University and lead organizer for Ferguson to Geneva. "We have countries around the world speaking out about Ferguson. We tried the local level, the state, and federal government. We have to take this to the court of global opinion now."

Jagannath adds, "Michael Brown's killing really catalyzed a movement to change how police interact with people, especially people of color. Moving forward, people are not looking at this thing like let's switch out the police chief or let's switch out the governor. People are not naïve, they know that the structure is the problem."

Those who are unwilling

or unable to join the protests also have a forum to impact the ongoing movement. Six publications, led by U.K.-based The Guardian, have collaborated to call for solutions from the public via FergusonNext.com. The project has collected thousands of citizen suggestions so far, ranging from police body cameras to better inner-city schools.

While the state of Mis-

souri will not indict Darren Wilson for any crime in connection to the shooting, Gov. Jay Nixon has created an independent 16-member commission to study the "underlying social and economic conditions" fueling the community's response. The committee is scheduled to release its findings next year.

The U.S. Department of Justice has two investigations underway, one into whether Wilson violated

Brown's civil rights and a second one into the larger practices of the Ferguson Police Department.

Brown's parents are also considering bringing a civil action against Wilson.

"The end game...has to be accountability," Justin Hansford says. "Michael Brown's killing was a flash-point, but the end goal is not just a resolution of this case. We're trying to make sure future Mike Browns don't happen again."

LEGAL NOTICE

These Texas Lottery Commission Scratch-Off games will be closing soon:

Game #	Game Name / Odds	\$	Official Close of Game	End Validations Date
1592	Fun 5's Overall Odds are 1 in 3.77	\$5	12/5/14	6/3/15
1451	Bonus Word Crossword Overall Odds are 1 in 3.44	\$3	12/12/14	6/10/15
1546	Bingo Multi-Prize Overall Odds are 1 in 3.54	\$5	1/1/15	6/30/15
1527	\$100,000 Cashword-O-Rama Overall Odds are 1 in 3.58	\$5	1/2/15	7/1/15
1531	20X Ca\$h Overall Odds are 1 in 3.05	\$20	1/2/15	7/1/15
1581	Two Can Doubler Overall Odds are 1 in 4.58	\$1	1/21/15	7/20/15
1552	Platinum Payout Overall Odds are 1 in 3.20	\$10	1/21/15	7/20/15
1567	Ultimate Crossword Overall Odds are 1 in 3.04	\$10	1/21/15	7/20/15
1354	\$500 Million Frenzy Overall Odds are 1 in 2.77	\$20	1/21/15	7/20/15

For detailed scratch-off game information, visit texaslottery.org or call 1-800-377-LOTTO. Must be 18 or older to purchase tickets. The Texas Lottery supports Texas education. © 2014 Texas Lottery Commission. All rights reserved.

TEXAS
LOTTERY

Christmas Celebrations in Historic Downtown Carrollton

Old Downtown Carrollton Association have announced its 2014 holiday events at the Historic Downtown Carrollton, corner of Main and Broadway Sts.

The celebrations kickoff this Friday with the Candle

Light Christmas on Friday Dec. 5 from 5 - 9 p.m.

Enjoy a cozy evening with the tree lighting by the historic Gazebo, carolers in period costume, share our cookie recipes, drink the cold away, and sing it up with fun Christmas karaoke

at the square. They will announce the winner of our "Most Festive Storefront" and "Best Lit" storefront.

Christmas on the Square is the following day on Dec. 6 from 11 a.m. - 5 p.m. Fire-up the kids' holiday fantasies with a Polar Ex-

press train ride or by taking a swing at Holiday Pinata's. Delightful booths featuring face stickers, artisan made ornaments, Christmas bells, and delightful pooches masquerading as reindeers!

Or you can sashay through shops and restau-

rants amid the nostalgia of Christmas tunes.

Make sure to get your free photo with Santa, at our historic gazebo!

Finally Carol on the Square on Dec. 13 1 p.m. - 4 p.m. Let the harmony of

the season complete your Saturday with the Acoustic Friday Carolers performing for free at the gazebo on the square.

For more information visit www.historicdowntowncarrollton.com.

Holiday food drive for local animal shelter underway

For Richland College management faculty member Sarah Daniel, cold noses and wagging tails are some of life's greatest joys.

"My fiancé and I are the proud owners of two rescue dogs, Steeler and Doby," Daniel said. "Doby was actually found rolling down the street stuffed in a barrel! We have a huge soft spot for dogs, especially abused and abandoned dogs."

A long-time volunteer for various animal rescue organizations in Texas, Daniel knows many animal shelters are in need of food donations this holiday season.

With that in mind she decided to start a holiday dog food drive, the first of what she hopes will become an annual tradition for her.

The dog food that Daniel receives will benefit Texas Best Choices Animal Rescue, a small 501c(3) non-profit organization located in Quinlan, TX.

"We are in serious need of both wet and dry dog food," Daniel said. "We are also in serious need of puppy chow, but we will welcome anything as long as it is sealed and has never been opened. In addition to dog food, the shelter would

also welcome unopened treats. These dogs don't get treats that often due to financial constraints."

Daniel volunteers for Texas Best Animal Rescue by assisting with fundraising.

"This is the first big event I am heading up for them, and I'm really excited about it," said Daniel. "And in addition to the dog food drive, we will be selling T-shirts for the holiday season."

Best Choices Animal Rescue also welcomes donations of gently used dog items such as bedding, blankets, leashes and collars,

though their most immediate need is providing food for the more than 70 dogs that are currently waiting for homes on the rescue's 22 acres of land.

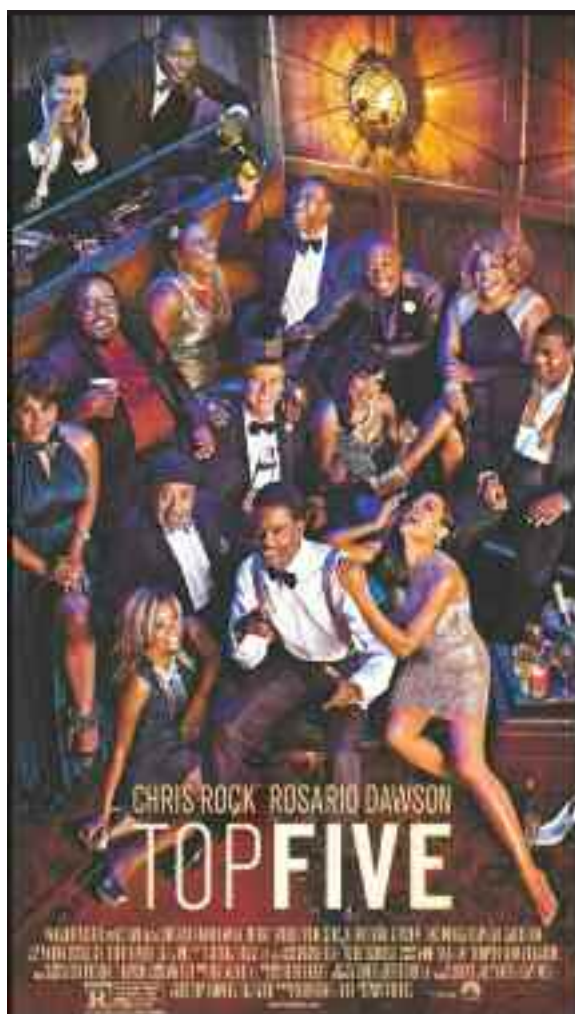
"If anyone is looking to adopt a dog for the holidays, let me know!" Daniel

exclaimed. "There are some wonderful dogs at the shelter who would make a great addition to any family."

Anyone interested in making a donation can drop it off at Daniel's Richland College office, located in room B225 of Bonham

Hall. Richland College is located at 12800 Abrams Rd. For questions about donating dog food, contact Daniel at sdaniel@dcccd.edu.

For more information on Texas Best Animal Rescue, visit www.tbcanimalrescue.com.



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Jill Scott set to perform at WinStar

Grammy Award-winning singer/songwriter Jill Scott has long been number one to fans of neo soul, but it wasn't until her fourth album, 2011's *The Light of the Sun*, that she attained the No. 1 Billboard position to match. From the breakbeat of lead single "Shame (feat. Eve & The A Group)" to the laid-back groove of

"Golden," the album showcases her signature blend of soulful vocals and spoken word.

Fans can enjoy her soulful sounds Friday, Dec. 19 at 9 p.m. at the WinStar Casino. Doors open at 7:30 p.m. and tickets are General \$65, Premium \$85 and VIP \$100 at Ticketmaster by calling 1-800-745-3000.



Rudolph the Red-Nosed Reindeer: The Musical is on stage in Fort Worth and Dallas

In 1964, the beloved stop-motion animated television classic, *Rudolph the Red-Nosed Reindeer*, made its network television debut, delighting audiences across the country. Fifty years later, the longest running and highest rated television special comes to life, live on stage with *Rudolph the Red-Nosed Reindeer: The Musical*.

The show is so faithful to the original show that it practically transports audience members into the television special. The songs drive the plot while familiar and nostalgic set designs, costumes and characters are brought to stage. The cast brings new energy to the classic songs and dialogue,

while puppets help showcase the charming "roughness" from the television show's stop-motion effects.

The touring live musical stage adaptation will grace two of Dallas-Fort Worth's finest venues. The show makes its Fort Worth debut

at Bass Performance Hall Dec. 5-7. Tickets are \$22-\$49.50 at www.basshall.com.

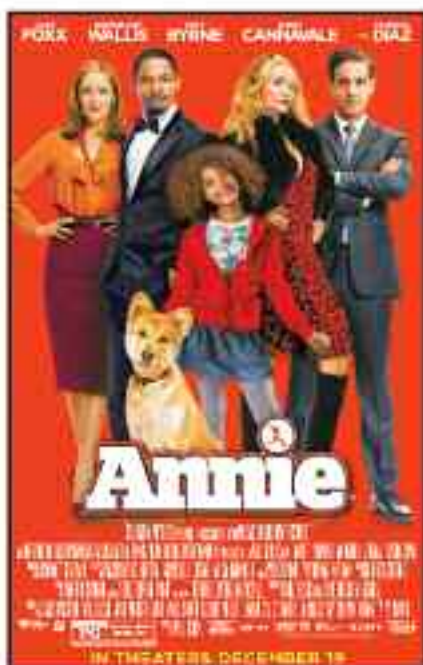
The Dallas engagement is presented by the AT&T Performing Arts Center and returns for its second engagement at the Majestic Theatre Dec. 16-21. Tickets

range from \$20 - \$50 and can be purchased at www.ticketdfw.com/rudolph, by phone at 214-871-5000 or in person at the box office of the AT&T Performing Arts Center Information Center at 2353 Flora Street.



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Win Tickets to see Handel's Messiah on Dec. 22



The Dallas Bach Society presents the beloved Handel's Messiah again this year. The seasonal celebration is scheduled for Monday Dec. 22 at 7 p.m. at the Meyerson Symphony Center. Tickets are available at <http://dallasbach.org/>. NDG Readers can also enter to win tickets for two guests. Visit NorthDallasGazette.com for more details.

The Trial of Ebenezer Scrooge now on stage in Richardson for the holidays

The Trial of Ebenezer Scrooge: It's one year after his miraculous transformation and Ebenezer Scrooge is back to his old ways. He is suing all the old familiar characters.

The ghosts employ Solomon Rothschild, England's most charismatic, savvy and clever barrister.

Various witnesses are called to the stand and each contributes pieces of the story which Scrooge promptly contradicts. When his old fiancée Belle takes the stand, she forces Scrooge to face the mistakes of his past where he chose money over happiness. In the end, Scrooge

has a change of heart ... but until then, comedy reigns in this courtroom!

The show opens Dec 5. The ticket prices for the shows are for Thursdays and Sundays \$20; for Fridays and Saturdays it will cost \$22. Order your tickets now by calling 972-699-1130.

Langston Hughes Black Nativity on stage Dec. 11-21

For those searching for a deeper and more meaningful holiday experience, join Bishop Arts Theatre Center for the Christmas story through praise dance, soul-stirring gospel music, poetry, and folk spirituals - the unique creation of poet and playwright Langston Hughes.

The production will be on stage Dec. 11-21 at 215 South Tyler Street in Dallas. All tickets are \$15 in advance and \$20 at the door



(plus service fee). The showtimes are 3 p.m. and 7:30 p.m. each weekend. Call the box office at 214-948-0716 for more information.

New Jack Swing featuring Guy & Tony! Toni! Toné! this weekend

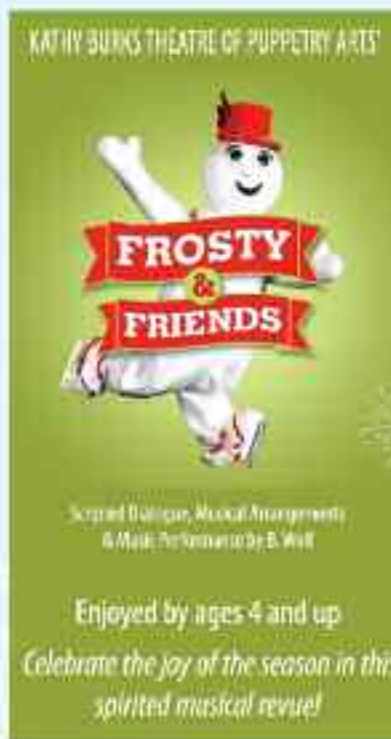
Old School fans can kick-off the holiday season with the New Jack Swing show featuring Tony! Toni! Toné!, After 7, and Al B. Sure this Saturday at 7:30

p.m. at Verizon Theater. The tickets start at \$39.50.

Tony! Toni! Toné! hails from Oakland, California, popular during the late 1980s and early to mid-

1990s. Their most popular albums include The Revival (1990) and Sons of Soul (1993), and House of Music (1996), which critics cite as their greatest work.

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Clergy members urge limits on payday lending

By Charlene Crowell
NNPA Columnist

More than 80 members of the clergy from 22 states, representing multiple denominations, converged on Capitol Hill from November 17-19 in a unified advocacy effort. Following two days of training that included discussions about the negative impact of payday lending their communities, updates and key data points, clergy on the third day urged lawmakers to

enact legislation that extends to all consumers the same protections now benefiting military members and their families – a 36 percent interest rate cap.

The efforts take aim at the triple-digit interest rates now charged by payday lenders across the country. Although 14 states and the District of Columbia have enacted double-digit rate caps, the rest of the nation is subjected to lending rates that can reach as high as 600 percent or more.

The Military Lending Act (MLA), passed in 2006, received strong bipartisan support to limit interest rates on consumer credit to no more than 36 percent. Costs and fees for add-on products were a part of the rate cap. Underscoring the need for its enactment, the Department of Defense (DOD) earlier found that predatory lending undermined military readiness.

At that time, Senator Richard Shelby (R-Ala.) said, "These lenders often

count on the fact that borrowers will be unable to pay the loan in full when due, forcing borrowers to seek additional loans, which generate more fees."

The DOD proposed new rules in September that would add more protections for military families.

Many of the clergy noted how their respective congregations are surrounded by payday lenders who prey upon poor people caught into a cycle of debt that becomes harder to break with

each loan renewal.

As co-chair of the event, the National Baptist Convention's Rev. Willie Gable, Jr. said,

"As clergy, we have a moral duty to vigorously oppose what we know and believe to be sinful. Those who prey and profit from our most vulnerable in the community cannot be allowed to continue to take from those who have the fewest financial resources."

Similarly, Galen Carey, vice-president of govern-

ment relations at the National Association of Evangelicals, told The Christian Post, "We think it is an injustice so we're asking churches to step up their help to people in need and also asking the government to regulate the lending so that these unfair practices are not allowed."

"Teachings about lending are found in Christianity, Judaism and Islam," said Rachel Anderson, the Cen-

See CLERGY, Page 12

RAGE, continued from Page 3

now demand payment in full for the terror imposed on my people and the dignity you trampled to gain advantage.

I will not be silent nor will I waver in the face of ignorance and hate. There is no bending of the back here, no casting eyes away and no lowering of the head. The back you thought you broke is straight, and buttressed by a spine of steel. That sound you hear is not feet shuffling, but steps ordered and determined. My friends call me Walter, but you can call me Mr. Fields. And if you try 'boy,' 'nigger' or 'you people,' or any other pejorative label know that I didn't make it to 55 by accident.

"I will not be silent nor will I waver in the face of ignorance and hate. There is no bending of the back here, no casting eyes away and no lowering of the head. The back you thought you broke is straight, and buttressed by a spine of steel. That sound you hear is not feet shuffling, but steps ordered and determined."

America needs to know that it crossed the line in Ferguson. Really, it obliterated the line of decency and humanity with the farce of a judicial process that occurred. The line was crossed a long time ago and Black people have been incredibly patient. No other group of oppressed people on this planet would have

been this tolerant for this long as its children were murdered in cold blood. In some corners of the world children are hurling rocks at tanks and teenagers are standing in the path of tanks, and mothers are bearing arms. In America we have simply seethed, cried, prayed and hoped. And our oppressors have gone about

their business, dining at the table of ill-gotten gains. It's time we put justice on the menu and force fed it down the mouths of those who will never acknowledge our humanity.

And let me set the record straight. Black people kill Black people, just as Whites murder Whites. White cops kills Black people. Black cops kill Black people. Corporations kill with their

products. Americans kill. Violence is an equal opportunity offender. Just ask the families in Columbine, Sandy Hook or Oklahoma City. The attempt to racialize inner-group conflict is a pathetic denial of the reality of the society in which we live. Violence is part of the American fabric, is glorified, glamorized and claimed as a unique aspect of our culture. There is

nothing Black about violence but there is everything American about killing.

We get it America. We get it loud and clear. The ball is now in our court. We have votes. We have money. We have our youth. We have our voices. We have our feet. We have our bodies.

Let's just be clear about one thing. We have tried it the way you prescribed in

the Constitution and you betrayed the very words etched on parchment. It's now time for payment in full on that promissory note Dr. King spoke of on August 28, 1963 with Lincoln in the background. It's time for Black Americans to be about the business of bill collecting.

Walter Fields is Executive Editor of NorthStarNews.com and a Black father.

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Prospective vendors or their representatives may obtain an electronic PDF format of various Procurement Proposal documents on-line from the Dallas ISD website homepage at <http://www.dallasisd.org/at the> "Vendor Opportunities" link.

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Dare to Dream Again

The key to growth for all companies is the magic of customer acquisition. In the 21st Century, with Facebook, Yahoo, and Bing, companies are moving toward the Internet with amazing purpose and speed as a potential customer can get more information quickly rather than using traditional marketing. In the 1990's, a viable company would be very foolish not to advertise in the Yellow Pages.

However, in 2014, that same company might hesitate to utilize traditional advertising yet very pro-active to insure they are seen on the World Wide Web that provides their potential customers with immediate information accessible with just the click of a mouse. We are now an "Information Society" that must have it NOW, not later. The quicker a company can provide that information, the better.

There is a Web Site called "BRILLIANT COMPENSATION" which outlines very efficiently the role and value of Network Marketing as one of the MOST EFFECTIVE MEANS of customer acquisition for numerous companies such as Mary Kay, Amway, Shacklee, Jusuru, ACN, etc. This Web Site will show in no uncertain terms how you can be part of a plan and a program that will "potentially" provide you with an income stream for life as long as you consistently are involved with "customer acquisition".

The key to this growth is finding a team of people and services that are in residual

demand. Products such as fuel, power, electricity, groceries, etc., that are consumable so that the customer continues to come back and purchase again and again. NSA Water Filters made many millionaires in the 1990's, but it lacked the variable of consumption that results in residual sales.

My team of leaders are working with a company that provides residual income to those who put forth and make the effort.

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DANCE, continued from Page 6

challenging teaching and learning environment for students that values diversity and develops artistic excellence, fosters creative and collaborative practices and encourages personal agency and social responsibility in appreciating dance.

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The Spirit Grille
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1210 E. Irving Blvd

504 Salon
3414 W. Rochelle

Irving YMCA
220 W. Irving Blvd

Mitchell's Barbershop
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Roy's Pawn Shop
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Evergreen Missionary Baptist Church "The Green"
3329 Country Club West

Irving Islamic Center Valley Ranch - Valley Ranch Masjid
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Antioch Christian Church
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27 percent of DFW CIOs plan to expand IT team soon

The just-released Robert Half Technology IT Hiring Forecast and Local Trend Report for Dallas shows that 27 percent of Dallas-area chief information officers (CIOs) surveyed recently plan to expand their IT teams in the first half of 2015. This is up 17 points compared to projections from the previous six-month period (July - De-

cember 2014). Another 61 percent plan to hire only for open IT roles, 7 percent plan to put hiring plans on hold, and 4 percent expect to reduce their IT staff in the first half of the year.

"The demand for skilled IT talent in Dallas is strong, and unemployment levels for these professionals continue to fall, which has created a tight candidate mar-

ket in the IT space," said Nicole Sims, Dallas regional vice president of Robert Half Technology. "Web and database developers are in high demand, especially among health-care and professional services companies, as well as financial institutions."

The 2015 hiring projections are based on interviews with 100 CIOs who

were asked to provide a six-month hiring outlook. The surveys were developed by Robert Half Technology and conducted by an independent research firm. In order to ensure that companies from all segments were represented, the sample was stratified by number of employees. The results were then weighted to reflect the proper number of employ-

ees in the greater metropolitan Dallas and Fort Worth areas. Robert Half Technology is a leading provider of IT professionals on a project and full-time basis and has been tracking IT hiring

activity in the United States since 1995.

Recruiting Challenges - In terms of recruiting, 62 percent of Dallas CIOs said

See EXPAND, Page 16

CLERGY, continued from Page 11

ter for Responsible Lending's Faith and Credit Director and coordinator of the event. "All three faiths condemn excessive interest. The moral voice of the religious community is crucial to payday reform efforts."

"We would like to see interest rates capped at 36 percent and strong regulations from the Consumer Financial Protection Bureau (CFPB) that would require loans to be made on the basis of an individual's actual ability to repay" continued Anderson. "We also urge CFPB to limit the length of time a household can be kept in high-cost debt."

This recent faith-based advocacy adds to the growing momentum for payday

loan reform at the state and federal level.

In March 2013, after analyzing 15 million transactions, the CFPB found that the cycle of repeat lending drives the bulk of payday loans. Seventy-five percent of all payday loan fees are generated from borrowers with more than 10 loans a year.

This summer, the CFPB reached a \$10 million settlement with ACE Cash Ex-

press in response to allegations of using aggressive debt collection tactics to flip its borrowers into new loans. The firm operates in 36 states and in the District of Columbia with 1,500 storefronts, 5,000 associates and online loans driven by a business model premised on flipping customer loans.

In October, 467 consumer advocates representing every state in the nation and more than 1 million consumers called for specific minimum standards in the

small-dollar rulemaking.

As CRL President Mike Calhoun, has said, "We need to end the debt trap model to make more room for affordable and responsible loan products that both benefit lenders and leave their customers better, rather than worse, off."

Charlene Crowell is a communications manager with the Center for Responsible Lending. She can be reached at: Charlene.crowell@responsiblelending.org

ST. PAUL,

continued from Page 7

in Dallas' religious, cultural and social identity. First organized in 1873, the current church was completed in 1927.

St. Paul served as the first school in Dallas for black children, and several of these students became prominent residents of Dallas, including George Shirley and T.D. Marshall. One of the earliest African American churches in Dallas, it was one of few large places that African Americans could meet and served as a focal point for culture, civil rights and an incubator for political, business and cultural talent.



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December 7, 7:35 a.m.
Join us Sunday for our praise and worship services and receive a blessing from God.

December 18, 12 Noon
Call 972-960-9981 to register for our Between Jobs Support Group at Christian Works for Children, 6320 LBJ Freeway, Dallas, TX 75240; we meet every 1st and 3rd Thursday of the month.

Brother Ramon Hodridge,
Minister of Education
1026 Avenue F
Plano, TX 75074
972-423-8833
www.avefchurchofchrist.org

**BETHEL BIBLE
FELLOWSHIP
CARROLLTON**

December 7, 9:45 a.m.
You're invited our Sunday Morning Pray and Meditation followed by Morning Worship Service at 10 a.m. See what God is doing through and with us, you will be blessed.

December 10, 7 p.m.
Join us in Wednesday's Prayer and Bible Study Class with Associate Pastor Brenda Patterson teaching this week on the subject of Spiritual Warfare.

December 21, 10 p.m.
Join us for our Christmas Celebration at the church as we worship and praise God.

Dr. Terrance Woodson,
Senior Pastor
1944 E. Hebron Parkway
Carrollton, TX 75007
972-492-4300
www.bethelbiblefellowship.org

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CHURCH
IN RICHARDSON**

December 10
Join us in our Morning Service as we worship, honor and praise God for His blessings to us.

Dr. Terrence Autry,
Senior Pastor
George Bush Fwy at
Jupiter Road on the
Garland/Richardson Border
972-991-0200

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CHRISTIAN
CENTER CHURCH IN
ALLEN
"The Ship"**

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December 7
Join us this Sunday for our praise and worship services at 9:30 a.m. at 1550 Edelweiss Drive in Allen and bring someone with you; you will be blessed.

December 10
You're invited to our Wednesday's 12 Noon-Day Live Prayer and Bible Study and/or our Wednesday Night Live Prayer and Bible Study at 7 p.m. to learn more about God's Word at Joycie Turner Fellowship Hall at our 200 W. Belmont Drive location.

Dr. W. L. Stafford, Sr.,
Ed.D.
Senior Pastor
1550 Edelweiss Drive
In Allen for Sunday
Morning Worship.
Admin. Building Address
Is 200 W. Belmont Drive
Allen, TX 75013
972-359-9956
www.theship3c.org

**BIBLE WAY
COMMUNITY
BAPTIST CHURCH**

December 7, 7:35 a.m.
Join us this Sunday for our praise and worship services and receive a blessing from God.

December 10, 7 p.m.
You're invited to our Wednesday Bible Study to learn more about God's word and how it can lead and guide you.

Dr. Timothy Wilbert, Pastor
4215 North Greenview Drive
Irving, TX 75062
972-257-3766
www.biblewayirving.org

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OF PLANO (MOCOP)**

December 6, 10 a.m.
You're invited to our Annual Testimony Tea Worship Service. Get ready to be blessed.

December 7
Join us in Sunday School at 8:30 a.m.; stay for our Sunday prayer at 9:30 a.m. and our Worship Service at 10 a.m. this Sunday.

December 10, 7 p.m.
You're invited to our Wednesday's Bible Study; you will learn what God has to say to us.

Pastor Sam Fenceroy

Senior Pastor
300 Chisholm Place
Plano, TX 75075
972-633-5511
www.mocop.org

**NEW MOUNT ZION
BAPTIST CHURCH**

December 7
You're invited to join us for Early Morning Services at 7:30 a.m., followed by Sunday School at 9 a.m. and Morning Worship at 10:30 a.m.

December 10
Join us for Intercessory Prayer at 6:15 p.m. followed by Bible Study at 7 p.m. as we study God's Word to lead and guide us.

December 21, 4 p.m.
You're invited to our Christmas Play, "A Dish of Blessings" in the Family Life Center. Your presence will be welcomed.

Dr. Tommy L. Brown
Senior Pastor
9550 Shepherd Road
Dallas, Texas 75243
Phone: 214-341-6459
www.nmzb.org

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IN PLANO**

972-423-6695
www.smbcplano.org

December 7
Come and worship with us this Sunday. God will greet us and bless us with words of wisdom as He leads and guide us in all truth and righteousness.

December 10, 7 p.m.
You're invited to our Wednesday's Bible Study to learn more about God's Word.

December 14, 2 p.m.
Mark your calendars for our yearly Christmas Banquet at the Hyatt Hotel-Richardson on Campbell Rd., there will be a Comedian, DJ, door prizes, a Game Truck for the children, great food, music and complimentary photos. Call the church for details.

Dr. Isaiah Joshua, Jr.
Senior Pastor
920 E. 14th Street
Plano, TX 75074

**THE INSPIRING BODY
OF CHRIST CHURCH**

**December 7,
7:30 and 11:30 a.m.**
You're invited this Sunday to our praise and worship service as we honor and magnify God's Holy name; and receive a blessing from Him.

December 8 – 10, 7 p.m.
Join us in Tithing Our Time to God as we "Get in His Presence, Don't Put the Fire Out!"

December 10, 7 p.m.
You're invited to join us in Monday School as we learn what God has to say to us.

Pastor Rickie Rush
7701 S Westmoreland Road
Dallas, TX 75237
972-372-4262
www.lbocchurch.org

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Allen, TX 75013
8:00 a.m.
Sunday Morning Worship
1550 Edelweiss Drive
Allen, TX 75013
9:30 a.m.
Wednesday Night Live
200 W. Belmont Drive
Allen, TX 75013
7:00 p.m.
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The story of the candy cane



Send email to: businessoffice@northdallasgazette.com to sign up for Sister Tarpley's weekly electronic newsletter.

Some Things to think about this Holiday Season: The story is told of a Candy Maker in Indiana who wanted to make a candy that would be a witness for Christ, so he made a Christmas Candy Cane. He incorporated several symbols for the birth, ministry and death of Jesus Christ.

He began with a stick of pure white, hard candy. The white part of the candy was to symbolize the Virgin Birth and the sinless nature of Jesus. The hard part of the candy was to symbolize Him as the Solid Rock, the foundation of the Church and the firmness of the promises of God.

The Candy Maker made the candy in the form of a "J" to represent the precious name of Jesus, who came to earth as our Lord and Savior. It could also represent the staff of the "Good Shepherd" with which He reaches down into the ditches of the World to lift out the fallen lambs, whom,

like all Sheep have gone astray.

Thinking that the candy was somewhat plain, the Candy Maker stained it with red stripes. He used three small stripes to show the stripes of the scourging Jesus received by which we are healed.

The large red stripe was for the blood that was shed by Jesus Christ on the cross so that if we had faith in Him and believed, we could have the promise of eternal life.

Unfortunately, the candy became known simply a Candy Cane; a meaningless decoration seen only at Christmas time.

However, the meaning is still there for those who, "Have eyes to see and ears to hear." I pray that this symbol will again be used to witness to the Wonder of Jesus and His ultimate and dominant force in the universe today.

Also this season as you are shopping for gifts for family, friends and coworkers, remember that God has a place where things are freely given to everyone. Along with your gifts tell your family and friends about this unique store:

Heaven's Grocery Store – As I was walking down

life's highway some time ago; I saw a sign that read "Heaven's Grocery Store"; as I got closer the door opened wide, and when I came to myself I was standing inside.

I saw a host of Angels; they were everywhere; one handed me a basket and said, "My child, shop with care."

Everything a Christian needed was in that grocery store and all that you couldn't carry you could come back the next day for more.

First, I picked some Patience, Longsuffering and

Gentleness. Love and Goodness were in the next row. Further down the aisle on a shelf there was some Understanding, I know that I would need it everywhere I go.

I got two boxes of God's Wisdom, two bags of Faith and I picked up some Temperance too. I just couldn't miss the Holy Spirit for it was all over the place. I stopped to get some Strength and Courage to help me run this race.

By then my basket was getting full, but I remembered that I needed some of

God's mighty Grace. I'm glad that I didn't forget Salvation for it is free also; I tried to get enough of it for you and me.

I started to the counter to pay my grocery bill, for I thought I had everything to do my Master's Will. As I went up the aisle, I saw The Power of Prayer; I simply had to put that in the basket, for I knew that when I stepped outside, I would run right into sin.

Joy, Peace, and Meekness were all plentiful; they were on the last shelf. Songs and Praises were hanging near so I helped myself. Then I said to the Angel, "How much do I owe?"

The Angel smiled and said, "Not a thing, just take them everywhere you go." I smiled at the Angel and said, "Really, how much do I owe?" The Angel smiled again and said, "My child, Jesus paid your bill a long time ago!"

This is the Lord's Day, now is the time to thank God; thank Him for this day. Thank Him because you are able to see, feel, smell, taste and hear. You are blessed because He is a forgiving and understanding God.

Ask God to help you to start each day with a new attitude and plenty of gratitude. Ask Him for help to make the best of each day and to give your best in all that is put before you. Ask Him to anoint your ears so that you may hear Him.

Ask Him to open your mind that you may accept all things from Him. Ask for help in not complaining over things that you have no control over and help to trust in His wisdom and to believe 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 (KJV)



(L to R) back row, Sister Tarpley, grandmother, Tyanna Lott, birthday young lady and Mr. Ed Lott, grandfather. Front row, Philip and David Lott, all enjoying Tyanna's "Sweet 16th Birthday" party at the Austin Ranch in The Colony, Texas on November 22, 2014. Parents are William (Bill) and Sheila Tarpley Lott.

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972-423-8833
www.avefchurchofchrist.org

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

Ramon Hodridge, Minister
Radio Program @ 7:30 am on KHVN 970 AM Sunday Mornings

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NDG Book Review: *The American Plate* is great for holidays

By Terri Schlichenmeyer

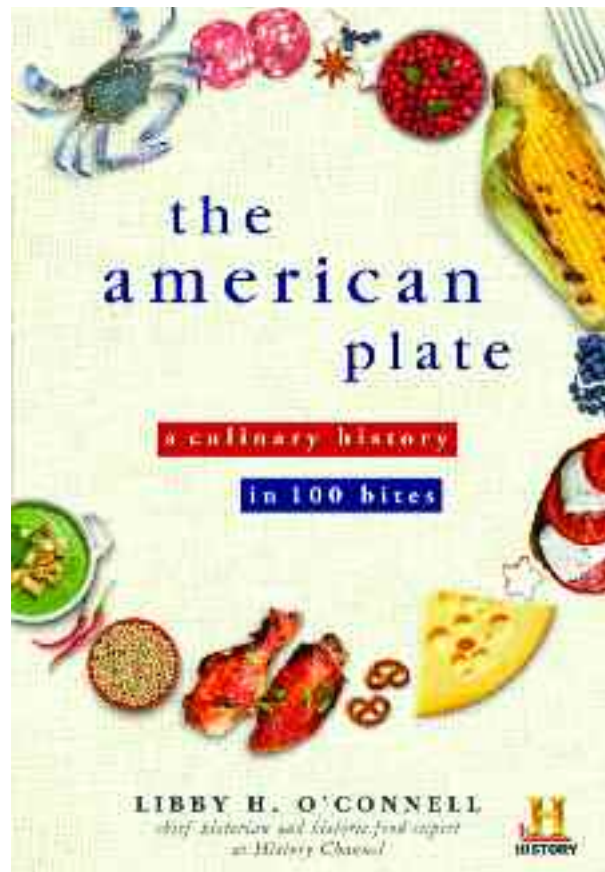
Everything looks so delicious.

It all smells great, too, and you can't decide what you like best. The meat is done just right, potatoes are mashed to perfection, biscuits are to die for. And then there's dessert! But – wait, leftovers. That's your favorite...

You've got a lot on your plate this month, in more ways than one. And in "The American Plate" by Libby H. O'Connell, PhD, you'll learn the stories our food can tell.

Imagine inviting a long-ago ancestor to dinner this week.

What he'd find at the table might astound him; surely, there'd be some dishes he wouldn't even recognize. That's because "remarkable changes in ingredients, recipes, and



menus over the centuries" have changed how – and

what – we eat.

That ancestor, for in-

stance, might've enjoyed dining on grilled beavertail. Yum.

Then again, he'd know maize (corn, to us) very well. Native Americans grew it more than 9,000 years ago, and your ancestor might have had it in his garden, along with beans and squash, a farming method called the Three Sisters.

If he lived near the East Coast, he might've relished cod, though your Friday Night Fish Fry would seem pathetic to him. The cod he ate came in six foot long slabs, dried, salted, and kept stacked in his pantry. He might've added cow's butter, dyed with gold flower petals, maybe some eel on the side, and bon appetit.

Of course, our ancestors had turkey, but they also ate offal (which sounds really awful). Those from the

Netherlands brought doughnuts to the table. The British gave us syllabub. The Chinese gave us a dish, the words of which mean "odds and ends," or chop suey. Pie was a group effort, originating from several different cultures.

Food played a role in who won The War Between the States, when Rebel forces nearly starved while Union soldiers enjoyed a bounty. At the turn of the last century, food created the first celebrity chefs. It became politicized some eighty-five years ago, then was frozen, served in front of the TV, and made fast.

And what does the future hold? Well, pull up a chair. That entrée isn't done yet.

Ask five of your friends about their favorite comfort foods, and you'll get five different stories that start out, "My mom made the

best..."

Chances are that those dishes are found somewhere in "The American Plate."

So many things that you'll eat in the next few weeks are in this book, in fact, and there's a story behind every one of them. Author and historian Libby H. O'Connell fills our minds with the things with which we fill our bellies, letting us literarily play with our food. We get plenty of asides, recipes, so you, too, can try roast beavertail, syllabub, Hangtown Fry, scrapple, or Red Cross War Cake.

Historians and cooks will obviously love this book, but I think it's also very appropriate for anyone who likes to eat. If that's you, then dig in. You'll devour "The American Plate" until there's nothing left over.

Feed Your Face: Foods that help the complexion

By Valecia Weeks
Special to the NNPA from
The Houston Forward-Times

They say that you are the food that you eat. Well, what if I told you that you are the food that you wear? Today there is a new trend and it includes "slathering" food on your face. It's been proven that taking natural foods from the very kitchen that we eat from and using them as a topical treatment can keep our skin looking healthy and pretty. Just imagine how attractive you will look when you spread natural honey all over your face and sprinkle dried oatmeal on it...a look to die for. Well, below are some foods that can be used to do just that:

Honey – Not just any ol' store bought honey but the

"real thang". If you can, find some locally produced, raw honey that has not been pasteurized. Because it is unprocessed, raw honey has antimicrobial and antibacterial properties, which are great for keeping your skin clean and clear from blemishes as well as acne. It is said that good ol' raw honey was used during World War II on open wounds to keep them clear from infection. Honey is also a natural agent which seals in moisture and keeps your skin hydrated.

Egg – Both the egg yolks and the egg whites are wonder for your skin. The yellow yolks have a high level of vitamin A, which aids in the skin repairing itself. It also contains an agent called lecithin, which softens skin. The whites of the



egg contains over 40 proteins, as well as an abundance of water and can be used to help tighten the skin.

Yogurt or Milk – both of these products contain lactic acid. This type of acid acts as an excellent exfoliant. The vitamin-B in these dairy products also provide additional antioxidant benefits for the skin. Adding a little ground nut-

exfoliant can give you a natural microdermabrasion.

Lemons – or grapefruit, or oranges, or even kiwi can help clear extra oil from the skin. For those who are bothered with dark spots, this maybe your answer. Rubbing citrus fruits on your skin's dark spots supposedly will brighten the skin tone. The acid in citrus fruits works as an exfoliant that helps the cells regenerate themselves. It is impor-

tant to use a moisturizer after using foods high in acid on your face so that the important oils that have been stripped from skin will be replaced.

Oatmeal – When oatmeal is ground into a fine powder, it is great for anti-inflammatory skin treatment, which makes it exceptionally good for skin disorders such as excema. When it is mixed with water or a natural healthy oil, it can be made into a paste and placed on the affected area.

Sugar: Sugar is a great exfoliant and helps you get rid of the dry skin patches. Mix with a little olive oil for best overall results.

Oils: The oil cleansing method is quickly becoming a must-do for problem skin. As strange as it sounds, it's even recom-

mended for oily skin.

The oil cleansing method (OCM) is based upon the concept that oil attracts oil and requires that castor oil become the basis for cleaning. By using castor oil on the skin, you are pulling the nasty hard oil your skin produced away from your skin and replacing with good healthy oil that repairs your skin.

To get the most benefit, castor oil should be mixed with another oil.

- For oily skin, use sunflower or sweet almond oil.
- For dry skin, use avocado or apricot kernel oil.
- For normal skin, use grape seed or jojoba oil.
- For skin prone to acne, use sunflower or hazelnut oil.

EXPAND, continued from Page 13

it's somewhat or very challenging to find skilled IT professionals today. It is most challenging to find

skilled talent in the functional areas of software development (18 percent), help desk/technical support

(14 percent) and applications development (13 percent).

Confidence in Business Growth - The survey results suggest that Dallas CIOs are optimistic about their

companies' growth. Eighty-eight percent of CIOs reported being somewhat or very confident in their companies' prospects for growth in the first half of the year. This remains unchanged

from the second half of 2014.

Skills in Demand - Sixty-nine percent of Dallas technology executives surveyed said that network administration is among the skill

sets in greatest demand within their IT departments. Wireless network management and telecommunications followed with, 67 percent and 61 percent of the response, respectively.