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National Black Church Initiative not impressed with Donald Trump

WASHINGTON, DC - The National Black Church Initiative (NBCI), a faithbased coalition of 34,000 churches comprised of 15 denominations and 15.7 million African Americans cannot sit by and allow GOP presidential candidate Donald Trump to verbally assault every ethnic group who make up the fabric of our country.

He has assaulted Blacks, Mexicana, Latino, Muslims and anyone who he believed is not contributing to America or not American. For whatever reason, he has assaulted everyone except for poor whites. Donald Trump is clearly dividing us by giving one group of American a false sense of superiority thus indicating the rest of us are un-American.

Scapegoating an entire group of people is the worst form of bigotry. Donald Trump is playing to our lowest common denominator as he has sought and continues to seek to divide us by income, race, religion and political ideology. What disturbs us the more is that there has not been a majority of people of goodwill who have stood up to denounce this dangerous rhetoric and hatefilled speech. Has our country become oblivious to this type of behavior that we forfeit the character of humanity which binds us together in the greatest nation on Earth? Has our country become immune to this type of behavior that we are willing to have the principles of free speech compromised and redefined at



Photo: Michael Vadon / Flickr

the expense of the integrity of American citizenry?

Furthermore, Donald Trump calls himself a Christian, but his behavior toward fellow Americans has been un-Christian and uncharitable and, in some cases, downright evil. The Black Church will not stand for this type of derogatory behavior and remains unafraid of Donald Trump and his hate-filled rhetoric. Our history shows the Black Church has collectively fought to overcome racism and racist ideology and people.

Thus, for the sake of the collective good of the American society, we believe Donald Trump should drop out the race for the 2016 Republican Party Presidential Primaries. While freedom of speech allows him some leverage in affording him some rights to be able to say anything he wants, we also have

the right to oppose him.

That is the essence of America and that is why we call for Donald Trump to remove himself from the Republican Party Presidential Primaries. The need to maintain the high integrity of our American society requires a different tone and a different kind of leader.

The Rev. Anthony Evans, president of the National Black Church Initiative said "We are not going to let Donald Trump or anyone else assault black people or any other groups. We will oppose him and others through our moral goodness. He is the biggest racist since Bull Conner and we believe Donald Trump should drop out the race." As you might recall, Bull Conner was determined to kill or lock

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Breakfast for better learning

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Cocoa Brown to hit Dallas stage

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Black Nativity contest

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COMMENTARY

Anti-Muslim protests: What to say to children

NDG's View

Revisiting last week's scene of hate, displayed by a group of American citizens protesting in front of the Islamic Center of Irving, raises many questions. Questions which should cause pause in our society, then effectively, lead us to seek with expediency answers which correlate both peace and hope with a progressive stance of justice for every American regardless of one's hue, level

of education, religious practices or wherever one chooses to invest, or plant roots, in a predisposed plot of American land.

It seems, although, we are American and are held accountable to invest in American society by paying taxes to assist in America's growth, some of us still, unfortunately, are seen as, and treated as inferior. It's heartbreaking to witness a non-white American for the first time expe-

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Orrin Hudson



Dr. Denise Boots



Rodney Flowers

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Orrin Hudson

CROSSVILLE, TN (Black-News.com) -- Orrin Hudson, a chess champion, community activist, and motivational speaker from Stone Mountain, Georgia, has been named the first Chess Life cover contest winner. Hudson appears on the cover of their December 2015 issue, available now to read online at www.uschess.org.

Readers were invited to submit a short 200 word essay on how their activities are advancing the mission and vision of the 501(c)(3) US Chess Federation (US Chess). Their mission is to empower people through



chess one move at a time, and their vision is to enrich the lives of all persons and communities through increasing the play, study, and appreciation of the game of chess.

Hudson was selected based on this entry:

"Chess saved my life and I'm using it to both save and change the lives of young people who need guidance and direction. Am I being overly dramatic here? In my case, absolutely not. In the cases of the thousands of young people I have touched and influenced through this wonderful game, I am on solid ground. I was an inner city youth in Birmingham in 1978 and I was on a dead-end road. My heroes were not pillars of the community. They were cool and 'important' but not for the right reasons. That's who I wanted to be. I expected no more of myself. But a teacher did. Using the game of chess, he unlocked

my sleeping potential. He, through the game, empowered me to truly 'Be Someone,' which is now my organization's name. He taught me there is a consequence for every move we make whether it is playing chess or on the street. He taught me to think it out, don't shoot it out. Now I have debt to pay and I'm doing it with my chessboard. I am reaching young people through chess. I speak their language and they listen. And watch. And learn. And change."

Hudson uses the game of chess to teach urban youth how to think and make better decisions in life. Based in Atlanta, Georgia, his award-

winning non-profit organization, Be Someone, has trained more than 20,000 young ones to "think it out, not shoot it out". He is the author of One Move at a Time: How to Play and Win at Chess and Life available on Amazon.com, and also does corporate training and motivation speaking. He has been featured in People Magazine, on Good Morning America, and on CNN. For more details about him and/or his organization, visit www.BeSomeone.org

US Chess is the official governing body and not-for-profit 501(c)(3) organization for chess players and chess supporters in the United

States. They represent the United States in the World Chess Federation (FIDE), connecting their members to chess players around the world. Founded in 1939 with the merger of the American Chess Federation and the National Chess Federation, US Chess has grown to serve over 85,000 members and 2,000 affiliated chess clubs and organizations today.

Every year, US Chess sanctions and rates over 10,000 tournaments and over half a million games. They host over 25 National Championships and award titles to both amateurs and professionals, ranging from elementary school students to senior citizens.

Dr. Denise Boots

UT Dallas researchers are contributing an important new tool in the City of Dallas' campaign to end domestic violence: data.

The Institute for Urban Policy Research (IUPR), a research group in the School of Economic, Political and Policy Sciences (EPPS), completed a 30-page report for the Dallas Domestic Violence Taskforce that provides a detailed snapshot of the city's response to the problem.

The report details the number of domestic violence homicides, offenses,



court cases and people turned away from emergency shelters between June 2014 and May 2015, in addition to other statistics.

Dr. Denise Paquette Boots, associate professor

of criminology and senior research fellow with the IUPR, and Dr. Timothy Bray, clinical professor of criminology and director of IUPR, researched and wrote the report. Boots also serves on the city's domestic violence task force.

At an Oct. 21 event to announce the report, Dallas Mayor Mike Rawlings said that the data is critical in the city's effort to end domestic violence. He said the report and future annual updates will serve as benchmarks for the city to measure progress and determine whether its strategies to protect victims are working.

"I have long felt that we will not be able to accomplish our goal of eradicating domestic violence in our city unless we develop a statistical dashboard to hold all stakeholders accountable," Rawlings said. "This report, and the statistical snapshot that it provides, is a key milestone because it is the first step toward making a comprehensive dashboard a reality."

Boots worked for more than 18 months to capture metrics from key partners that provide a portrait of domestic violence in Dallas. The findings include:

- 10 family violence mur-

der cases involving intimate partner homicides

- 11,047 domestic violence-related offenses reported to Dallas Police Department

- 3,833 cases filed for prosecution

- 7,567 men, women and children turned away from shelters due to lack of capacity

"This first annual summary report for the Dallas Domestic Violence Taskforce is an important step in gauging our community's response to domestic violence," Boots said. "It ushers in a new era of open co-

operation between our partners across the public and private sectors in tackling this critical social issue."

The institute released the report as part of an event to commemorate its 10th anniversary and to welcome the National Neighborhood Indicators Partnership conference.

"Projects like the DV Taskforce annual report represent an opportunity for the University community to provide support and expertise to help fight pressing social problems that impact the health of our community," Bray said.

Rodney Flowers

In "Get Up! I Can't. I Will. I Did...Here's How!" author Rodney Flowers delivers a true-life account of his own inspirational recovery from a paralyzing high school football injury in 1993.

Through, resilience, determination and unwavering strength, Rodney overcame insurmountable barriers to rise up from his wheelchair and walk tall again.

"Get Up! I Can't. I Will. I Did...Here's How!" will encourage, inspire and motivate you to never give up when you hit one of life's many roadblocks.

Through this vibrant life-affirming book you'll discover a powerful set of tools



that give you the strength to always pursue your dreams with passion and purpose—regardless of any obstacles that get in your way.

Rodney Flowers also authored the international best-selling book, "Essential Assertions", packed with guiding life principles & inspiring stories that energize and

motivate you to recognize your maximum potential, uncover and leverage your hidden strengths, and use your unbreakable spirit to capitalize on life's opportunities.

Flowers is a co-author of the Amazon international bestseller, "Unwavering Strength, Volume 2." He's been featured on multiple media platforms including Quantum Alchemy Radio, War Room Sports Radio, as well as Get Bold Today hosted by multiple Emmy winner LeGrande Green and Power Your Life Radio hosted by Dr. Jo Anne White. Rodney has a BA in Business Administration from St. Andrews Presbyterian College and a Master's in Business Administration

from the Florida Institute of Technology.

Flowers has contributed more than 14 years to governmental service with the Department of Defense (DoD) United States NAVY (USN). His quality of service and the outstanding support provided as an individual with a disability has been featured in the US Government's, Careers and the Disabled magazine.

Today, Flowers works for NAVAIR at the Patuxent River Naval Air Station as a Contracting Officer.

Rodney Flowers resides in Maryland, where he has also created a business that helps people overcome challenges and obstacles, so they can live joyfully with purpose and realize their dreams.

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The North Dallas Gazette, formerly Minority Opportunity News, was founded in July 1991, by Mr. Jim Bochum and Mr. Thurman R. Jones. North Dallas Gazette is a wholly owned subsidiary of Minority Opportunity News, Inc.

It's not playing the victim when you are attacked

By Dr. Bill Spriggs

Last week, the Republican Party had drifted too far into attack mode for the health of American Democracy and the pluralistic society we pride America to be. America prides itself as a nation that is not based on country of origin, race or religion; but a nation meant to stand for the principles of liberty and justice and for all. The unchecked rhetoric of the Republican-controlled House and the extremes of the Republican presidential candidates are a threat to that consensus; as they seek to redefine the nation in terms of religion, race and country of origin.

First, on the issue of immigration and the acceptance of refugees, the language of the Republican presidential candidates, which had been repugnant in the case of Donald Trump, crossed lines of decency. What happened to the Statue of Liberty and Emma

Lazarus' poem engraved on her tablet, proclaiming:

*"From her beacon-hand
Glows world-wide welcome;
her mild eyes command..."*

"Keep ancient lands, your storied pomp!" cries she

With silent lips. 'Give me your tired, your poor,

Your huddled masses yearning to breathe free,

The wretched refuse of your teeming shore.

Send these, the homeless, tempest-tost to me,..."

Too many people recoil when reminded of America's ambivalence to opposition to accepting Jewish refugees in 1938 and 1939 fleeing Nazi Germany. They want to erase the language of the politicians of the day who fomented hatred by fearing that the acceptance of Jewish refugees would welcome Communists and anarchist extremist into America.

So these people don't like comparisons of Republican rhetoric about Syrian refugees to the Statue of Lib-

erty or 1939. As Thanksgiving approaches, and its historically inaccurate mythology of being tied to the pilgrims and Pequot Nation should be a reminder for the current group screaming the most about accepting refugees to ask Native Americans their thoughts.

And, too many balk at a comparison of Donald Trump's appalling call to force the registration of Muslims as a comparison to a threat of additional steps reminiscent of America's own sin of forcing Japanese Americans into camps during World War II. And, of course, those same people bristle at comparisons to Nazi Germany's registration of Jews.

In his letter from the Birmingham jail, written by Dr. Martin Luther King Jr. to the clergy of Birmingham, who objected to his tactics, Dr. King lamented that it is not the hatred of the bigots, but the silence of the supposed friends of liberty and

justice that leads to evil winning. The apparent inability of the Republican Party to police itself and censor the fomenting of hatred and division will hurt America. And business interests that believe they can contain and manage the irrational forces of hatred are greatly mistaken. People pushed to being irrational cannot be reasoned back to sanity.

Unfortunately, some Republicans only recognize Trump as a threat because they believe he can't win a general election. They fail to see the deeper threat the whole party faces by pandering to hatred.

That pandering to hatred took an ugly turn in legislation earlier this week. The Republicans in the House voted unanimously to bar the Consumer Financial Protection Board (CFPB) from doing its work to monitor discrimination in auto lending, which hits workers of

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rience white supremacy racism. In a given moment when one realizes, it's simply because they are different (skin color, religion, etc), that the laws written in America may protect them or may not. Or the constitutional rights granted to all American citizens at birth, may not always apply to them.

During the hate protests in Irving, TX, held by the Bureau of American Islamic Relations, the group of about a dozen protesters carried rifles and signs, while chanting and speaking to journalist about their patriotism and their intentions of protecting America (their land and property) from Muslims. The protest in itself was very sad in knowing that America (in her present tense) has citizens who continue to display acts of racism, discrimination, and hate towards a certain group because of their differences, and use 'freedom of speech' as an avenue to carry out this hate. However, the most disturb-

ing and disgusting display of hate during this protest was "a mother" marching with her child, actively teaching her child to stand up in protest against others due to their differences; A mother nurturing her child in an environment of confusion, fueled with chaos and armed in white superiority; a mother cycling hate into the next generation.

A local FOX news journalists was able to interview a member of the Islamic

Community, while the hate played on in the background of the story. The question presented to the man prompted his answer, "What am I supposed to tell my children? My children are American. They were born here. They pledge allegiance to the American flag, but are being treated like they are not Americans". As African-Americans we can certainly relate to his dilemma.

Delving a bit deeper, into Civil Rights, as relating to all Americans who had to

stand and claim one's rights to equality, including Mexican-Americans, Japanese-Americans, Native-Americans.

This hate protest only shows that we as a community, in the midst of this society, must continue standing, and fighting for equality and justice for all Americans. Every one of us in the African-American community should be standing against anyone, or group, who is discriminating, and teaching to hate due to one's skin color, or religion, etc. We cannot sit on the sideline, simply, because we know what the Muslim brother faces when he has to have the talk with his children about being a Muslim surviving in America. Dr. Martin King, III, had a dream that we all could live together, love, and respect one another, and all men will be treated equally. We as a community will always have the responsibility to fulfill this dream.

Policies must be implemented and current laws executed, in local, state and

federal government.

We must hold our law makers accountable for their decisions which cripple our society (including not acting on critical issues such as: gun laws, child poverty, equal education, mental healthcare, unfair sentencing laws, access to affordable healthcare). We must restore "one man, one vote" and get big money out of our government and cease their buying of our futures. We must ensure every child has an equal chance to an affordable education. All of these mentioned were a part of Dr. King's dream, and as community leaders it's our responsibility and obligation to continue working for positive changes in our society, especially when we are presented with hate.

Every American citizen deserves to live in the freedom this country stands for, without having to one day sit their children down and have the talk. Until that day comes, it's up to all of us to stand up for equality and justice for everyone.

Breakfast in the Classroom takes a bite out of student hunger

In Mrs. Vadillo's kindergarten classroom at Bethune Elementary, the start of the school day is not filled with lessons or discussions of the previous night's homework.

Instead, the school day starts on a much simpler note, with students sitting at their desks eating a fresh, hot breakfast. On this particular Thursday morning, students are washing down their chicken sausage sandwiches with orange juice and milk while talking about their weekend plans and favorite superhero (Batman is declared the "coolest

superhero" of this particular class).

A similar scene plays out every day at thousands of classrooms across Dallas ISD. Since 2012, the district has participated in Breakfast in the Classroom, a federally funded program that provides a free nutritious breakfast to students. The district started by implementing the program in all elementary schools, adding middle schools last school year and high schools this year. Daily student participation in Breakfast in the Classroom has increased by more than 25 percent since

the 2013 – 2014 school year.

The philosophy behind Breakfast in the Classroom is simple and proven by studies: students who start the day with a good meal will be more ready to learn throughout the day.

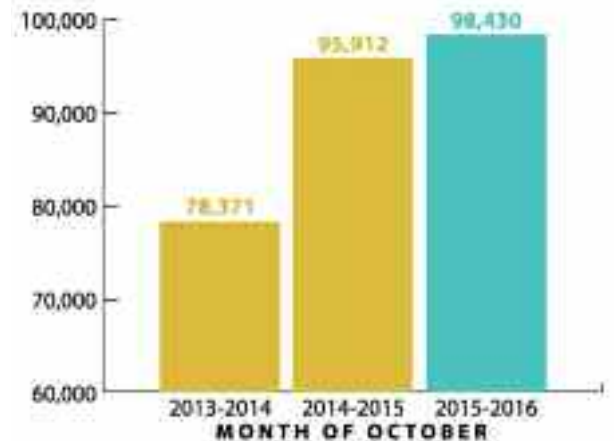
"Anyone who forgets to eat breakfast knows that it's much harder to focus and do good work when your stomach is empty," Bethune Elementary Principal Teresa Hernandez said. "It's incredible the positive effect that taking a little time at the start of the day to feed our students then has on the

rest of their day."

Approximately 90 percent of Dallas ISD students are considered food insecure, which means they are at risk of going hungry on any given day. For reference, 27.5 percent of children in Texas are considered food insecure, according to the Texas Hunger Initiative out of Baylor University.

Nakia Douglas, principal of Barack Obama Male Leadership Academy, said providing a breakfast for all students removes a signifi-

Average Daily Participation
BREAKFAST IN THE CLASSROOM



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Can Vitamin D be a shield from HIV?

By A'ndrea Elyse Messer
Penn State Study

High doses of vitamin D may be an effective way to fight infections like HIV-1.

"Vitamin D may be a simple, cost-effective intervention, particularly in resource-poor settings, to reduce HIV-1 risk and disease progression," researchers write in a new study published online in the Proceedings of the National Academy of Sciences.

For the study, researchers looked at two ethnic groups in Cape Town, South Africa, to see how seasonal differences in exposure to ultraviolet B radiation, dietary vitamin D, genetics, and pigmentation affected vitamin D levels, and whether high-dose supplementation improved deficiencies and the cell's ability to repel HIV-1.

"Cape Town, South Africa, has a seasonal ultraviolet B regime and one of the world's highest rates of HIV-1 infection, peaking in young adults, making it an appropriate location for a longitudinal study like this one," says Nina Jablonski, professor of anthropology at Penn State.

Winter decline

One hundred healthy young individuals divided between those of Xhosa ancestry—whose ancestors migrated from closer to the equator into the Cape area—and those self-identified as having Cape Mixed ancestry—a complex admixture of Xhosa, Khoisan, European, South Asian, and Indonesian populations—were recruited

for this study.

The groups were matched for age and smoking. The Xhosa, whose ancestors came from a place with more ultraviolet B radiation, have the darkest skin pigmentation, while the Khoisan—the original inhabitants of the Cape—have adapted to the seasonally changing ultraviolet radi-

ation in the area and are lighter skinned. The Cape Mixed population falls between the Xhosa and Khoisan in skin pigmentation levels.

Cape Town is situated in the southern hemisphere at about the same distance from the equator as the Florida

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Educational toys among ways to build confidence

By Cathy Miller

It doesn't take long for children to develop good or bad feelings about themselves.

A just-published study by researchers at the University of Washington's Institute for Learning and Brain Sciences concluded that children have strong positive or negative

self-esteem by age 5.

Great news for those who feel positive; not so good for those who suffer from a more negative personal view.

But parents know that even well-adjusted children can have moments of doubt about their appearance, their intelligence or their ability to make friends.

"Who hasn't felt like less

than adequate at some point in our lives," says Cathy Miller, a former foster mother who now serves as national spokeswoman for the Ugly Snugglies (www.UglySnugglies.com) line of educational stuffed animals that help children discover they don't have to be perfect to be loved.

"Being a foster parent

taught me a true appreciation for how tender young people are and how easily and drastically their emotions can be damaged. I found that sometimes the simplest solutions can help children build strength, self-reliance and confidence."

Whether it's the successful feeling that comes from

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cant hurdle that blocks them from their full learning potential.

"Our kids come from situations and circumstances that are well beyond their control," Douglas said. "But if there is something that we can control, it is what is happening inside our schools. So if our kids are hungry, we will tirelessly work to make sure they are well fed."

Each Dallas ISD school decides how to implement Breakfast in the Classroom on its campus. A school can offer the breakfasts in strategically placed kiosks in hallways throughout the school, serve them to students inside the classrooms, or some combination of the two.

Olga Rosenberger, director of operations for Dallas ISD Food and Child Nutrition Services, said her department is consistently working with schools to figure out how to make Breakfast in the Classrooms more effective. For example, to try to get more high school students to participate and take a meal, Booker T. Washington High School is

offering a smoothie bar. Rosenberger's team has been working to expand the breakfast menu in other ways, adding options such as a yogurt parfait with granola and fruit.

Dallas ISD has community support from outside groups such as the Texas Hunger Initiative in the implementation of Breakfast in the Classroom. Loretta Landry of the Texas Hunger Initiative said studies have

shown that Breakfast in the Classroom is one of the most promising ways to increase student participation in school breakfast. She said since Breakfast in the Classroom is served to all students in a school, regardless of their economic status, it removes the stigma that can be attached to eating a free meal.

"Reducing the stigma means Breakfast in the Classroom can reach those students that may not usually eat school breakfast and

may benefit most from the program," Landry said.

Breakfast in a Classroom is part of a broader district strategy to make sure students are well fed throughout the day and year. There are 165 district schools participating in the After School Meal Program as of November; 107 schools participated in the program as of November 2014. Also, select schools serve hundreds of thousands of free summer meals.

"It's easy for anyone who isn't in danger of going hungry every single day to not fully understand how important these programs are to make sure Dallas ISD kids, at no cost to them or their families, are well fed," Landry said. "Dallas ISD deserves credit for being a leader, not just in Texas, but on the national level for providing good meals for those who need it the most."



All Dallas ISD high school students can now receive free breakfast in the classroom, a program that previously offered free meals to primary and middle school classes. (Photo Courtesy: Dallas ISD)

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up every black that spoke against his racist concept of America.

Here is Donald Trump in his own words:

- On illegal immigrants (June): "When Mexico sends its people, they're not sending the best. They're not sending you, they're sending people that have lots of problems and they're bringing those problems. They're bringing drugs, they're bringing crime. They're rapists and some, I assume, are good people, but I speak to border guards and they're telling us what we're getting."
- On illegal immigrants who are rapists in interview with CNN's Don Lemon (July): "Well, somebody's doing the raping, Don? I mean, you know, somebody's doing the raping. Who's doing the raping?"
- On John McCain's war record (July): "He's not a war hero...He's a war hero because he was captured. I like people who weren't captured."

- On giving out Lindsey Graham's phone number (July): "He doesn't seem like a very bright guy. He actually probably seems to me not as bright as Rick Perry. I think Rick Perry probably is smarter than Lindsey Graham."

- On refusing to pledge to support the eventual Republican nominee, during first debate (August): "I will not make the pledge at this time."

- On Megyn Kelly as a debate moderator (August): "You could see there was blood coming out of her eyes. Blood coming out of her wherever."

- On Carly Fiorina, in a Rolling Stone interview (September): "Look at that face! Would anyone vote for that? Can you imagine that, the face of our next president?!"

- On not challenging anti-Muslim questioner who said he needs to get rid of Muslims (September): "We're going to be looking at a lot of different things."

- On blaming George W.

Bush for 911 (October): "When you talk about George Bush, I mean, say what you want, the World Trade Center came down during his time."

- On attacking Ben Carson's faith (October): "I mean, Seventhday Adventist, I don't know about, I just don't know about."

- On comparing Ben Carson to a child molester (November): "It's in the book that he's got a pathological temper. That's a big problem because you don't cure that ... as an example: child molesting. You don't cure these people. You don't cure a child molester. There's no cure for it. Pathological, there's no cure for that."

- On questioning voters in the first caucus state who were supporting Ben Carson in the polls (November): "How stupid are the people of Iowa?"

- On falsely recalling "thousands" of people celebrating on 911 (November): "I watched when the World Trade Center came tumbling down, and I watched in Jersey City, New Jersey where thousands and thousands of people

were cheering as that building was coming down."

- On disruptive protestor at Birmingham, Ala. event (November): "Maybe he should have been roughed up, because it was absolutely disgusting what he was doing. I have a lot of fans, and they were not happy about it. And this was

a very obnoxious guy who was a troublemaker who was looking to make trouble."

- On not ruling out database of Muslims in America (November): "We're going to have to - we're going to have to look at a lot of things very closely. We're going to have to look at the

mosques. We're going to have to look very, very carefully."

The Black Church prays for the responsiveness and attentiveness of congregants and to utilize the power of the vote to remove Donald Trump from those contenders vying for highest office in our great land.

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City Briefs

GARLAND **GSO to perform on Dec. 18**

Garland Symphony Orchestra continues its 2015-2016 "Symphonic Treasures!" on Dec. 18 at 8 p.m. at the Granville Arts Center, Brownlee Auditorium, Garland, TX. This concert features holiday favorites from the GSO along with their annual Holiday Sing-Along. This concert features baritone, Theodor Carlson.

FRISCO **Free cookies on Dec. 4!**

'Twas the holiday season, when all across the U.S., parents and children alike were busy getting in good

deeds – within reason – in time to make Santa's "nice" list. And to give folks a treat for their good behavior, Santa has teamed up with Great American Cookies – his favorite brand of cookies – to give away a free original chocolate chip cookie to customers in the greater Dallas area who stop by participating stores on National Cookie Day on Friday, Dec. 4. You can visit any of the local stores including one in Frisco's Stonebriar Mall.

ROWLETT **RALC celebration to be held Dec. 10**

Come join the Richardson Chamber of Commerce

on Dec. 10 at 11 a.m. as they celebrate RALC's 25th anniversary of transforming lives in the Richardson community by providing

free ESL instruction to adults who live and work in the Richardson community. This luncheon will also showcase a panel of immi-

grants to the United States. They will discuss their reasons for settling in Richardson and how they overcame challenges to

build their successful businesses and lives for themselves and their families. More details at richardson-chamber.com.

HIV, continued from Page 4

panhandle, slightly more than 30 degrees latitude. Ultraviolet B levels show a winter decline anywhere above 30 degrees latitude, so Cape Town has a definite winter with low levels of the ultraviolet B wavelengths needed to pro-

duce precursor vitamin D3.

Add to this the fact that people now spend more time indoors during winter and wear more clothing, and exposure to ultraviolet B in winter may be insufficient to prevent vitamin D deficiency.

Win tickets to see Cocoa Brown perform in Dallas

When actress and comedian Cocoa Brown takes the stage, the world stands still.

The Newport News, Virginia native, born Farah Brown, handles the craft of comedy with passion, when she claims a stage the ensuing act is nothing short of a force of a nature. Brown audaciously draws from painful reminiscences and



hard-knocked lessons, bravely weaving humorous tales that uplift, upend, and

upgrade everything you thought you knew about comedy.

What drives the comic who female fans nationwide have nicknamed the “The Truth”? The sheer will of a woman who survived the worst life had to offer and is still standing.

Enter to win two tickets to see Brown for yourself

when she takes the Clarence Muse Cafe Theatre stage at 1309 Canton Street in Dallas on Dec. 11 and 12. Visit our Facebook page, like and share the post – tell us why you need a holiday laugh break this year.

If you do not win tickets, they are only \$15 at TBAAL Box Office or by calling 214-743-2400.

Free tickets still available for DCT's production of *Not A Creature Was Stirring*

Not a Creature Was Stirring at the Dallas Children's Theater invites your family to enjoy an enchanting holiday fantasy hidden within the walls of a cozy farmhouse.

It's Christmas Eve and the Mouse family is getting ready for the big day. But when you a small creature decorating can be a dangerous adventure as the cat is on the prowl.

Journey with two adventurous mice as they make their way through a maze of pipes and passages and ultimately emerge to appreciate the safety and comfort of family.

With a delightful show-



case of various puppetry styles, this holiday story will give you and your lit-

tle ones a memorable snuggle.

NDG readers can win

tickets to see the show by visiting our Facebook page and liking and sharing the post.

Or take the entire family and friends by ordering tickets at DCT.org. There are still 15 opportunities to see the show before Dec. 23!

Black Nativity free contest continues

Black Nativity written by Langston Hughes is just as relevant today as when he wrote it. Each year our lives and calendars fill up for the holiday season but our joy level declines. TeCo Theatrical Productions bring the legendary holiday play to life with praise dance, soul-stirring gospel music, po-

etry, and folk spirituals — thanks to the unique creation of poet and playwright Langston Hughes.

Visit our Facebook page for a chance to win tickets! Like and Share the post with your friends and family. Or purchase tickets for the show on stage Dec. 10-20, 2015 at TeCo's website.



Look back at 2014 TeCo's Black Nativity (Photo Credit: Deon Q via Facebook)

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NDG Book Review: *The Jemima Code* will satisfy your appetite

By Terri Schlichenmeyer

You woke up this morning with a craving.

So is breakfast time too early to think about dinner? Is it bad to want to sneak home for lunch, just to make your favorite comfort food? No, because nothing else tastes good when you're hankering for something specific. Your stomach won't give up until you've satisfied that craving, so you might as well give in a little and read "The Jemima Code" by Toni Tipton-Martin.

Though her upbringing in California was sprinkled with foods reminiscent of her family's origins in the South, Toni Tipton-Martin says that "precious few" of her favorite foods "qualified as southern." That made her, she says, "a casualty of the



Jemima code," which she defines as something that classifies the "character and life's work of our nation's black cooks as insignificant."

She set out to change that.

In many libraries, cookbooks by African American authors are lacking. "Even," says Tipton-Martin, "the southern cookbooks were silent on the subject" so she began to specifically collect cookbooks written by black authors, containing the

knowledge and recipes of black cooks. As her collection grew, so did her understanding and she began seeing how "cooking changed, and cooks changed with it."

From an obscure 1827 cookbook - the first one published by an African American author (and a man!) - Tipton-Martin realized that many black cooks "existed in the culinary shadows as far as cookbook writers were concerned." Much of their work was probably credited to white owners or employers.

Technological advances in the early twentieth century altered how meals were made; science entered the picture, too, as did household worker's unions - the latter, to the frustration of white employers, which is something African American cookbooks quietly reflected.

By mid-century, the early Civil Rights Movement could be spotted in black cookbooks of the day. Soul Food enjoyed new appreciation in the 1960s from hippies, flower children, "feisty black cooks," and people of all races.

By the 1980s, African American cookbooks were penned by football stars, gardeners, and experts alike. Says Tipton-Martin, "it was the cooks' time to shine" although, even in today's kitchen, "the times are not yet

postracial."

There are, as I see it, three main reasons why you'd want "The Jemima Code" on your kitchen bookshelf.

First, author Toni Tipton-Martin's history is a surprising one. Reading her discoveries of cookbook subtleties and social mores alongside recipes through the years feels like opening a multi-layered gift, and her evolution of the Mammy figure is also fascinating. And those recipes she found? Though there aren't a lot of them

here, the ones that peek out through the pages are classic and easy to follow.

And finally, there's a treasure-trove of pictures inside, of cooks at work and of the cookbook covers themselves, making this large-sized book one that readers will want to carry with them from kitchen to living room, countertop to easy chair. You'll scarcely know what to look at first, or what to cook next, making "The Jemima Code" a book you will crave.



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*Events subject to change without notice.

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NDG Entertainment Ticket Giveaway!!! Visit us on Facebook to win tickets to Black Nativity @ The Bishop Arts Theatre Center.

Entrepreneurs launch national "Buy Black" initiative

WASHINGTON, DC (BlackNews.com) -- Three champions of the buy Black movement are joining forces in a powerful new effort to strengthen Black America. PurchaseBlack.com, BlackBizScope.com, and Tuloko.com are working together to support progress for Black businesses.

PurchaseBlack.com is a curated online shopping marketplace filled with excellent Black owned businesses selling their products by invitation only. BlackBizScope.com organizes live broadcasts highlighting Black owned businesses

using the social network Periscope. Tuloko.com is a web and mobile platform that provides an innovative Black business directory, news, events, and information for android and iPhone.

"Our businesses are different, but we share a common vision," says Brian AM Williams, founder of PurchaseBlack.com. "We all exist to bring real change to Black America through business. We know that economics can help solve many of our toughest issues."

Each organization empowers multiple Black owned businesses as well as

"Black friendly" organizations that help make a positive impact. Black business owners hire Black employees at higher rates, give to charity, and find value in improving their communities. Through creating stronger Black owned businesses, these three groups are creating a stronger community.

"Collaboration is the key for success and sustainability for African-American owned businesses.

BlackBizScope.com uses the fastest growing social media platform "Periscope" to bring awareness of African-American busi-

nesses and encourage our audience to be intentional and strategically support," says BlackBizScope co-founder Pamela J. Booker.

Considering the challenging racial climate, events like Pattie Labelle's pies generating over 2 million dollars in 48 hours, or the New York Times Article "Blacks Are Challenged to Buy From Black-Owned Businesses to Close Gap", the resurgence of buying Black is growing, and these three organizations are at the forefront of the movement.

"Purchasing from Black-owned businesses in previ-

ous years was a hallmark of a certain generation. Our platforms are a way to revive that spirit, in part, because African-American owned businesses across the country are struggling and because it's been recognized that entrepreneurship is the strongest way to get (and keep) African-Americans employed," says Tuloko co-founder Sean Armstrong.

With over 1.1 trillion dollars in collective buying power, Black America would be the #16 richest country on earth, however, our buying power isn't being employed by Black Americans at its

potential.

These three organizations realized this relationship and have decided that by bringing collective awareness to their solutions, they could make a real, sustainable impact. PurchaseBlack.com, BlackBizScope.com, and Tuloko.com are generating the answers that have been needed to help address some of America's most challenging issues. Connect with each organization by joining their websites, downloading their applications, and engaging with them on social media.

VICTIM, continued from Page 3

color, particularly, hard. Unfortunately they were joined by 88 Democrats.

Sub-prime auto loans, those made to people with credit scores below 660, have jumped by \$110 billion in the period of March to September of this year.

Most of those loans have come from auto finance companies, outside the traditionally better regulated banking and credit union sector. Of course being able to buy a car is vital to workers trying to benefit from the record string of months

of job growth America is experiencing.

Hobbled by high unemployment and the disproportionate impact of the foreclosure crisis, African American and Latino workers also suffer from damaged credit scores as they look to buy cars and connect to jobs. This has made

those communities vulnerable to predatory behaviors by auto finance companies preying on them.

The vote in Congress to strip the CFPB of power to address this growing problem is an attack on the African American and Latino community. It is not playing victim to be ap-

palled by such actions.

But just as hatred against refugees and immigrants only hurts America; so, too, as we saw with predatory lending in housing, does discrimination in finance. Auto loans will not bring down the banking industry as happened in the housing market, but it will bring

down the auto sector; one of the few bright spots in the recovery for high wage jobs. The business community will not win, in the end, on this one.

Follow Spriggs on Twitter: @WSpriggs. Contact: Amaya Smith-Tune Acting Director, Media Outreach AFL-CIO 202-637-5142.

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"The proof is in the cut"

TOYS, continued from Page 6

learning to read or the fears that are associated with being bullied at recess, children experience numerous positive and negative events that play a role in making them feel better or worse about themselves.

There are a number of ways adults can help children establish a positive self-esteem, Miller says, such as:

- Praise them. Make sure when children do something

well that you praise them for their good work.

- Let them help. Even a preschooler can do a few simple chores around the house.

- Allow them to make choices. Letting a child make choices, when appropriate, can make them feel more self-reliant and valued.

Miller says many people who raise children discover that a favorite toy, blanket or

other object can help children feel more safe and secure – and ultimately better about themselves.

Confidence is also important in improving self-esteem. That's where the educational aspects of toys come in,

Cathy Miller, a former foster mother, serves as national spokeswoman for the Ugly Snugglies (www.UglySnugglies.com) line of educational stuffed animals.

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December 6, 9:45 a.m.

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December 6, Noon Time

How do you study the Bible? Join us for a new Sunday afternoon Bible Study; Senior Pastor Woodson, Pastor Brenda Patterson and others will teach a series on "How to Study the Bible God's way." Learn how to know Christ and make Him known to others; to help you know and grow in God's word; to give you clarity and direction; to help you worship, honor and praise God; to help you know and use God's word to lead others to Christ; and to encourage fellowship and build unity within the church. You don't want to miss this Bible Study Group.

December 9, 7 p.m.

Join us in Wednesday's Prayer and Bible Study Class with Senior Pastor Dr. Woodson and/or Pastor Brenda Patterson teaching on the subject of Spiritual Warfare. These are cool Topics in Winter months. Learn what God says about critical issues and topics through the study of His word.

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December 6,

Join us this Sunday for our praise and worship services and receive a blessing from God.

December 9, 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.

December 13

You're invited to our Christmas Program.

December 31

Join us for our Watch Night service it will surly start off the New Year right.

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December 6, 8:45 a.m.

and 11 a.m.

You're invited to our Morning Services as we worship, honor and praise God for His blessings.

December 9, 7 p.m.

Join us at 12 Noon with Rev. Viveca Potter teaching on the Word of God; come back at 6:45 p.m. for Corporate Prayer and stay for Senior Pastor Autry at 7:30 p.m. teaching the Word of God. Our youth will come for Food and Fellowship at 7 p.m. followed by Bible Study at 7:30 p.m.

Dr. Terrence Autry,
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**FELLOWSHIP
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"The Ship"**

December 6, 8 a.m.

Join us as we praise and worship God in the Joycie Turner Fellowship Hall, 200 West Belmont Drive in Allen; followed by our Worship Services at Bolin Elementary School in Allen, Texas 75002 and bring someone with you; you will be blessed.

December 9

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 the Joycie Turner Fellowship Hall, 200 West Belmont Drive in Allen. Be encouraged by God's plan for your maturity and His glory; and most of all, be prepared to grow.

Dr. W. L. Stafford, Sr., Ed. D.
Senior Pastor
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at Bolin Elementary School

See CHURCHES, Page 14

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**Ed Bell
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November 30, 2015
Ed Bell Construction is a Dallas based heavy highway contractor doing business in the North Texas market since 1963. With clients such as TxDOT, Dallas County Public Works, and the Cities of Dallas, Fort Worth, Richardson and Mansfield (plus many others), we have a strong backlog of work in the highway market locally.

We are currently hiring for the following positions:

- ♦ Laborers (Earthworks, Underground, Paving)
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- ♦ RT Crane Operator
- ♦ Dozer Operators
- ♦ Trackhoe Operators
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- ♦ Blade Operators
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- ♦ Roller Operators
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Rate: Negotiable

Must have own transportation

Years of Experience required will vary, from 6 months to 2 years (depending on position) **Physical and Drug Screen Required**

Must have a Clear Background

Must be at least 21 years old

**Must apply in PERSON, Monday – Friday from 8am to 11am
@ 10605 Harry Hines Blvd.**

**Please visit our website: www.edbellconstruction.com/careers
Or email your resume to: careers@edbellconstruction.com**

CHURCHES, continued from Page 13

in Allen 75002 for Sunday Morning Worship and the Admin. Building Address is 200 W. Belmont Drive Allen, TX 75013 972-359-9956 www.theship3c.org

MT. OLIVE CHURCH OF PLANO (MOCOP)

December 5, 10 a.m.
You're invited to our Testimonial Tea this Saturday. Call the church for details.

December 6, 10 a.m.
Join us for Sunday Worship Service as we praise and worship God for His Honor and His glory. Call the church for details.

December 9, 7 p.m.
You're invited to our Wednesday's Bible Study class; you will learn what God has to say to us. Come to be encouraged by God's

plan for your spiritual growth and His glory.

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

THE INSPIRING BODY OF CHRIST CHURCH

December 6, 7:30 and/or 11:30 a.m.
You're invited this Sunday as we praise, worship, honor and magnify God's Holy name.

December 7, 7 p.m.
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

MT. PISGAH MISSIONARY BAPTIST CHURCH

December 6, 9:45 a.m.
You are welcome to join us for our Sunday morning worship service as we praise and worship God.

December 7, 9 p.m.
Join us for our Intercessory Prayer Ministry and our Monday's Conference calls.

R. W. Townsend, Senior Pastor
11611 Webb Chapel Road
Dallas, TX 75229
972-241-6151
www.dallasmtpisgah.org

PROFESSIONAL ACHIEVERS COMMUNITY EXCELLENT (PACE)

Tomorrow Night!

December 4, 7 p.m.
You're invited to our annual Christmas Scholarship Gala at the Crown Plaza Hotel in Addison, Texas. Our theme is The Nutcracker Suite. There will be fun, songs, dancing and a wonderful dinner. We will have a Silent Auction, and Cash Money from a 50/50 raffle. Each year PACE awards as many \$1,000 Scholarships as generous donations to the fund allows. For tickets, Email Tracy Richardson at gala@pacedfw.org or call any PACE member.

NEW MOUNT ZION BAPTIST CHURCH

December 6
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 9, 7 p.m.
Join us in Wednesday's

Bible Study class; you will learn what God has to say to us for our growth.

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

SHILOH MBC IN PLANO

December 6, 8 a.m. And/or 11 a.m.
Join us as we praise and worship God in our worship services. You will be blessed.

December 9, 7 p.m.
You're invited to our Wednesday's Bible Study to learn more about God's Word. Come and be encouraged by God's plan for your maturity and growth; and, it's all for His glory and His honor.

December 13, 1:30 p.m.
Mark your calendar for our Annual Christmas Banquet being held at the Embassy Suites Hotel in Frisco, TX. Call the church for details. Dr. Isaiah Joshua, Jr.
Senior Pastor
920 E. 14th Street
Plano, TX 75074
972-423-6695
www.smbcplano.org




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Things to ponder



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

With this being the gift-giving season, think about what kind of gift that has meaning and that will last for more than a day, a week or even a year or two.

Give the gift of life along with your other gift. Share the good news of Jesus Christ and what He did on the cross for everyone who believes in Him.

Think about your own gift from God that He has given you for His glory and for helping others around you. "Now about spiritual gifts, brothers, I do not want you to be ignorant." 1 Corinthians 12:1

In First Corinthians 12 and Romans 12, the apostle Paul is teaching us about the role of spiritual gifts in the

Church. He correlates these gifts to a human body, telling us that each person's gift helps the whole Body of the Church.

This is such an important principle for Christians to learn. It has been said that God will never speak as strongly to you as to someone else. "Your spiritual gift is important in the whole Body of Christ."

The reason is that you are unique to your gift. It is the one gift that can almost stand alone better than any other - at least that should be the opinion of the one with that gift.

I have learned that God has placed within each person a spiritual gift that is designed to make the Body of Christ function better for His purposes. When we discover the spiritual gifts God has placed in those around us, we are better able to see the Body of Christ function as a real body - totally dependent on one another.

Life is a Gift - Before you

think of saying an unkind word, think of someone who can't speak. Before you complain about the taste of your food, think of someone who has nothing to eat.

Before you complain about your personal family, church family, a friend or any loved one, think of someone who's praying to God for a family, a friend, a church or someone that loves them.

Today, before you complain about life, think of someone who passed away before you were ready for

them to go. Before you complain about your children, think of someone who desires children but is barren.

Before you complain about your dirty house that has to be cleaned, or how someone didn't clean or sweep it, think of the people who are living on the streets and thank God for strength to clean your house that God gave you.

Before whining about the distance you drive to work or the supermarket, think of someone who walks that distance or more all the time.

When you are tired and ready to complain about your job or your responsibilities, think of the unemployed, the disabled and those who wish they had a job.

Before you think of pointing a finger or condemning another, remember that three fingers are pointing back to you and not one of us is without sin and we all must answer to one maker, God the Father of all.

Now, for this season of the year, "Be Kind to Yourself - There will be times when it's hard to remember your strengths. These are the times when you need to give yourself special attention. Kind-

ness nurtures and gives hope to growing dreams. Respect yourself, listen to your needs, and treat yourself as you would a friend.

Encourage yourself; remember what you truly want, and fight for it as you would your life. Appreciate yourself; don't take for granted the qualities that make you unique. Focus yourself; it is with discipline and motivation that you will move towards your goals. Be giving towards yourself; in that way, your strength will thrive, and you'll be realizing your goals a day at a time." - Gail Mutterperl



Janice Demus, cousin of Sister Tarpley, is a graduate of Booker T. Washington's Magnet School of Performing Arts in Dallas. Among her many talents, she is a marvelous violin player.

Inspiring Body of Christ BOCC
Pastor Rickie G. Rush
7701 S. Walnut Road #105
Dallas, TX 75227
972-741-1888 (BOCC)
www.BoCC.org
Monday School 9am & 11am • Fellowship 6:00pm



Ramon Hodridge, Minister

Avenue F Church of Christ

1026 Avenue F • Plano, TX 75074
972-423-8833

www.avefchurchofchrist.org

Early Sunday Morning8:00 am
Sunday Bible Class.....9:45 am
Sunday Morning Worship.....10:45 am
Evening Worship.....3:00 pm
Iglesia de Cristo Services5:00 pm
Wednesday Bible Class.....7:00 pm

Radio Program @ 7:30 am on
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- Sunday Morning Prayer 9:30 am
- Sunday Service 10:00 am
- Wednesday Night Service 7:00 pm

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Isiah Joshua, Jr.
Pastor



2013 Theme:

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the Word, Preaching the
Gospel, Reaching the World

Worship Times: 8 and 11 a.m.
Sunday School: 9:45 a.m.
Mid-week: Wednesday at 7:00 p.m.
Youth Church: 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

Second Keyboardist Needed: Please Call For Info

www.thefirst.org Fellowship Christian Center Church 972.358.9856

200 W. Belmont Drive • Allen, TX 75013
A Kingdom Building Church

Pastor: Dr. W.L. Stafford, Sr.

Early Morning Service
200 W. Belmont Drive
Allen, TX 75013
8:00 am.

Sunday Morning Worship
Same Location
1555 Fishers Drive
Allen, TX 75013
9:30 a.m.

Wednesday Night Live
200 W. Belmont Drive
Allen, TX 75013
7:00 pm.

1st Lady: Debra Stafford



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