

“There's strength in numbers. Once we show the world that we're together, they can't stop us.” - Cory Hardric



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# The Dallas Post Tribune

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VOLUME 70 NUMBER 10

SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

December 7 - 13, 2017

## Then and now: Why 1986 tax bill was everything 2017's isn't

### Rep. Conyers says he's resigning to preserve legacy



(AP) - Rep. John Conyers says he's resigning from Congress "to preserve (his) legacy and good name."

Conyers said in a statement Tuesday that he's not being afforded "due process" to defend himself against sexual harassment allegations made by former staff members. He's also citing his "current health conditions" as a factor in his decision to step down.

Rep. Sheila Jackson Lee, a Texas Democrat, read the statement from the 88-year-old Conyers on the floor of the House. She served with Conyers on the House Judiciary Committee.

Conyers says he's been a champion for the oppressed and the disenfranchised, and that he "never wavered in (his) commitment to justice and democracy."

Conyers says he hopes his retirement will be viewed in the "larger perspective" of his more than 50 years as a lawmaker.

### AdvoCare Foundation & REAL School Gardens to Rejuvenate South Dallas School Learning Garden



Photo Credit: AdvoCare Foundation

On Thursday, November 16, representatives from the AdvoCare Foundation, including AdvoCare founding family members, partnered with REAL School Gardens to roll up their sleeves and rejuvenate the garden at the Charles Rice Learning Center in south Dallas.

This comes after the AdvoCare Foundation, made a \$25,000 donation to REAL School Gardens as part of its 2017 beneficiary program. The contribution was given with an official check presentation.



In this Thursday, Nov. 30, 2017, file photo, the sky over The Capitol is lit up at dawn as Senate Republicans work to pass their sweeping tax bill, in Washington. Congress' last major tax overhaul, three decades ago, was everything this year's version isn't. The Tax Reform Act of 1986 won bipartisan support. Its benefits flowed more to low- and middle-income taxpayers than to wealthy individuals and corporations. And it added nothing to the federal deficit. None of that can be said for tax-cut package the Senate passed after the House approved a similar version. (AP Photo/J. Scott Applewhite)

(AP) — They don't do tax reform like they used to.

The legislation that House and Senate Republicans have embraced has revived memories of Congress' most recent major tax overhaul three decades ago.

But the similarities tend to end there.

The Tax Reform Act of 1986 was everything this year's version isn't. It was the product of a year and a half of spirited deliberations. It won support from both Democrats and Republicans. Its benefits flowed more to ordinary taxpayers than to corporations and wealthy individuals. And it added nothing to the federal deficit.

Assessing the measure on its 20th anniversary, the conservative Tax Foundation said it "stands as a rare example of bipartisan support for fundamentally sound tax policy."

That was then.

The 2017 tax overhaul? It was written on the fly. Congress held no hearings on the key details. The bill drew no Democratic votes. Independent analyses have said most of the gains will flow to corporations and rich individuals.

In the Senate, some provisions were scribbled onto the bill in nearly illegible handwriting in the final hours. Republicans released a 479-page version of the bill just before the vote, leaving senators with scarcely time to absorb what was in it. Democrats complained that their information about the measure was coming mainly from lobbyists.

The Senate bill would permanently slash the corporate tax rate to 20 percent from 35 percent. By contrast, the tax cuts for individuals would expire after 2026. The measure would revamp the estate tax to cover fewer wealthy families.

The bounty from the Senate bill would go increasingly to the wealthy: In 2019, 15 percent of the tax cuts would go to the richest 1 percent of taxpayers. In 2027, their share of the benefits would rise to 62 percent, according to the nonpartisan Tax Policy Center. By 2027, according to Congress' Joint Committee on Taxation, households that earn under \$75,000 a year would actually face a tax increase.

The House's version contains provisions that could drastically raise taxes on financially fragile Americans, including graduate students and divorced people who pay alimony.

The Senate version would also add at least \$1 trillion to the deficit over a decade — even assuming that its tax cuts rev up economic growth.

The two versions of the measure will be reconciled before a final bill goes to President Donald Trump for his signature, which Republicans hope to achieve by Christmas.

Support for this year's tax overhaul broke down along party lines. When the House approved its version last month, Republicans backed it 227-13; Democrats rejected it 192-0. In the Senate, Republicans approved the bill 51-1; Democrats and independents voted thumbs-down, 48-0.

Thirty-one years ago, the far-reaching tax overhaul that Congress enacted was the opposite: A thoroughly bipartisan production.

In his 1984 State of the Union Message, Republican President Ronald Reagan, responding to widespread complaints that the tax code was unfair, had directed his administration to produce a plan that would make taxes simpler and fairer for everyone.

"People knew what was in it," says James Thurber, political scientist who founded American University's Center for Congressional and Presidential Studies. "It wasn't rushed through the way this one was."

## #WEDNESDAY WISDOM

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Beyonce presents Kaepernick with SI's Muhammad Ali Award



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# EDITORIAL PAGE



**Colleen White, Ed.D**  
Editorial Columnist

## A Little Bit of Faith: Remembering the Christ-Child this Christmas

You may have wrapped-up your Thanksgiving weekend with a little bit of power shopping and spending time with family and friends. With the glow of having time-off and being able to shop until you drop on Black Friday, you now have to think about going back to work and begin preparing for Christmas. Has your smile faded from your face? Or are you looking forward to what the Christmas season really means? Ready or not, Christmas is less than a few weeks away.

For me, I look forward to watching some of my Christmas favorites such as A Charlie Brown Christmas and How the Grinch Stole Christmas. But nothing really says Christmas to me until I see homes decorated for the holiday and I hear Christmas music playing tenderly on the radio, in churches, and blasting in my car. Yes, now I'm ready for Christmas!

But if I let the truth be known, I play Christmas music starting in October. The anticipation of Christmas and the warmth that it brings, helps me to begin to focus on the real meaning of Christmas. Yes, I

love looking at the Christmas lights on houses and feeling the hustle and bustle that the holiday season brings, but I try to keep Christ in Christmas. I find it difficult to simply say, "Happy Holidays." I know it may offend some people when I say, "Merry Christmas," but that is what this season is all about. It's about remembering the birth of the Christ-child, Jesus. Like I said, I know it is not politically correct, but I must do what's right for me. I do not care if the cashier, or the person walking down the street responds to my words when I say it to them. I say, "Merry Christmas" because the joy of remembering the birth of the Christ-child fills my heart. This is truly what the season is about.

## Black Faith Leaders Encourage Their Flocks to Sign Up for Obamacare

**By Freddie Allen (NNPA Newswire Editor-in-Chief)**

Faith leaders in the Black community are encouraging members of their congregations to sign-up for healthcare coverage during the Affordable Care Act's open enrollment period that ends on December 15.

Reverend Edwin Sanders, the senior pastor and founder of the Metropolitan Interdenominational Church in Nashville, Tenn., said that supporting positive dialogue about healthcare is a part of the faith tradition.

"We lift up healing as a benefit of our relationship to the God that we serve; we talk about the God who is a healer," said Sanders. "There is a way in which those of us who are disciples, especially in the tradition of Jesus Christ, have a commitment to trying to make sure that we sustain these kinds of opportunities for people to get healed in our communities."

Sometimes, that commitment means working with political leaders.

Congressman James Clyburn (D-S.C.) helped to launch the "Soul 2 Enroll" campaign, a national healthcare initiative aimed at mobilizing faith communities during the open enrollment period of the

Affordable Care Act, also known as "Obamacare."

During a recent press conference on Capitol Hill, Clyburn said that faith is about much more than a relationship between you and the God you serve.

"We are instructed that 'faith without works is dead,'" said Clyburn. "If your brother or sister comes to you hungry or naked—and I believe if James were writing his epistle today, he would add sick—you feed them, you clothe them and provide them with healthcare."

Pastor Marquez Ball of Uplift Church in Laurel, Maryland said that healthcare is not a game to score political points.

"Healthcare is a whole life issue," said Ball.

Uplift Church is just one of the organizing faith partners for the "Soul 2 Enroll" initiative.

That group also includes: the National African American Clergy Network, Joseph A.C. Smith Ministries, the National Action Network, the Network Lobby for Catholic Social Justice, the Skinner Leadership Institute, The United Church of Christ and Values Partnerships.

During a discussion about the Affordable Care Act (ACA) between congressional and faith leaders, Dr. Barbara Williams-Skinner, the co-chair of the National African

American Clergy Network, said that despite the budget cuts imposed on the ACA by the Trump Administration, the faith community is marching forward.

"The faith community knows how to do one thing: we know how to make bricks with no straw and we're going to do it again," said Williams-Skinner. "Healthcare is not a privilege; it is a right of every child of God." Williams-Skinner continued: "My Bible teaches that Jesus's ministry was about healing and helping the afflicted and lifting up those that are wounded...we must do that with the Affordable Care Act."

Reverend De-Ves Toon, the national field director for the National Action Network (NAN), said that NAN has helped to sign people up for healthcare coverage through the ACA since 2013 in more than 100 cities.

"All of our chapters have health and wellness committees that are doing on-the-ground outreach in their respective cities," said Toon. "We just don't focus on this during the open enrollment period, we do this year-round."

Toon added: "We will continue to do outreach to encourage people who might be afraid of the process to enroll for healthcare under [the Affordable Care

Act]."

Sanders said that because of the rich oral tradition of the Black community, everyone from the American Heart Association to local community health centers comes to the doorsteps of the church to promote answers to health problems.

"God is the one that gives the intellect, God is one that gives the wisdom to doctors and to researchers to help them to develop the modern day cures that are increasingly available, but we need to make sure that more is done to make sure those cures and those medical responses are available to [our congregations]," said Sanders.

"So, I believe that God is working miracles through the researchers, who are developing new ways to treat diseases and to address health problems."

Sanders continued: "As far as the open enrollment period, I think it ought to be a message that we are including in every worship experience that we have, as a people. For indeed, it is through our efforts and our tradition that we don't let these moments pass us by."

For more information about signing up for healthcare coverage, visit [Healthcare.gov](http://Healthcare.gov).

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**BE KIND!** Never speak harsh words. Be kind and gentle with your tongue. For it has been said that the tongue can be like a sword. Think long before you criticize your neighbor. Your tongue can be nasty. Living is one of the most beautiful things in the world. But the tongue can kill!

### WHAT EVERYONE CAN LEARN FROM THE TEXAS ESSA STATE PLAN

**By Lynette Monroe (Program Assistant, NNPA ESSA Media Campaign)**

Education officials in Texas put a lot of work into the Every Student Succeeds Act state plan that they submitted to the Department of Education. We can all learn from what they included and what they chose not to include.

The Texas plan is supported by the strategic priorities of the Texas Education Agency (TEA). These priorities include: (1) recruiting, supporting, and retaining teachers and principals; (2) building a foundation of reading and math; (3) connecting high school to career and college; and (4) improving low-performing schools. TEA acknowledges these priorities require support and therefore list three prerequisites referred to as "enablers" for effective implementation of these strategies. These enablers include: (1) increased transparency; (2) ensuring compliance; and (3) the strengthening of organizational foundations.

Overall, Texas's plan is designed to implement ESSA as Congress intended; allocating resources and funds according to need, closing the achievement gap, and increasing community partnerships. TEA states several long-term goals. The first, being that by the year 2030, sixty percent of Texans aged 25-34 will possess some form of post-secondary credentials. Another long-term goal is

a 94 percent high school graduation rate. For English Language Learners, TEA proposes that by 2032, forty-six percent of students should be achieving English language proficiency. To support these long-term goals, Texas has established short-term targets in five-year intervals.

A major component of equitable resource allocation is the collection of data. TEA evaluates academic performance by ethnicity, economically disadvantaged, students receiving special education services, students formerly receiving special education services, English learners, continuously enrolled, and mobile. The minimum size for subgroup data reporting is 25. Data for subgroups 10 or smaller will be calculated using a three-year composite score. Considering the population of Texas metropolitan areas, it seems the subgroup size of 25 is appropriate. TEA will also periodically review the resource allocation process for local education agencies; which could include a review of per-pupil spending.

ESSA requires that schools use three academic measures and one non-academic school quality or student success measure to determine school achievement. TEA has chosen to use the "percentage of assessments at or above the Meets Grade Level standard for all students and student groups by subject" as their school quality and student success

measure for elementary and secondary schools. For high schools, TEA will use college, career, and military readiness to include: students who earn dual credits; students who successfully complete AP Exams, students who are awarded associate's degrees while in high school, students who enlist in the military, etc. These "non-academic" indicators are disappointing since the U.S. Department of Education encourages less emphasis on testing. Four of the six indicators of school success identified by TEA include an element of testing. Students deserve holistic education that values social development as well as academic achievement. Primarily focusing on test scores as a means of determining success devalues other important categories of intelligence, such as musical-rhythmic and harmonic abilities.

Texas does deserve praise for their inclusion of a "Closing the Gaps Domain" in their A-F accountability system. The Closing the Gaps Domain focuses on educational equity for all children; irrespective of ethnicity, economic status, or special education status. The Closing the Gaps domain must represent at least 30 percent of the overall school rating. Any school that has one or more significant gaps in achievement between subgroups will be identified for targeted support and improvement. TEA will also use a ranking system; compar-

ing school progress to other schools with similar student demographics.

Texas also seems to have made every effort at establishing community partnerships by proposing numerous consultations under a variety of circumstances. Campuses that need comprehensive support or require even more rigorous interventions must undergo a district-led improvement plan. However, before any plan may be submitted the district must consult with parents and community members. TEA has also included parent and community feedback in their initiatives to reduce the risks of student drop-outs; the Texas Readers Initiative focuses on creating parental and public awareness while the redesign of school report cards assists parents in better understanding their child's learning needs.

So, although school accountability measures focus primarily on testing, and support for a well-rounded curriculum like the promotion of the benefits of a free enterprise system, as well as, religious literature including "the Hebrew Scripture (Old Testament) and New Testament, and its impact on history and literature," Texas made a concerted effort to implement the Every Student Succeeds Act according to the original intention of the law to allocate resources and funds according to need, close the achievement gap, and increase community partnerships.

# Church Directory

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**Greater New Zion Baptist Church**  
2210 Pine Street, Dallas, TX 75215  
P. 214-421-4119 Email: gnz2210@sbcglobal.net



Rev. Joe S. Patterson, Pastor

### Services

**Bible Study**  
Tuesdays @ 11:00 a.m.  
Wednesdays @ 7:00 p.m.

**Sunday School - 9:30 a.m.**  
**Worship Service 11:00 a.m.**

## Carver Heights Baptist Church

2510 E. Ledbetter, Dallas, Texas 75216  
P. 214-371-2024



Pastor, Daryl R. Carter

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

## You're Welcome to Join Us

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**Mid-Week Revival Services - 7:00 p.m.**

Visit us @ [www.greatercornerstone.org](http://www.greatercornerstone.org)

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

**Greater Providence Baptist Church**  
5300 Marvin D. Love Freeway, Dallas, TX 75232  
P. 214-339-5800



Rev. J.L. Eades, Jr., Pastor

### Schedule of Services

**Sunday School - 9:00 a.m.**  
**Sunday Morning Worship - 10:30 a.m.**  
**Wednesday Prayer Meeting - 7:00 p.m.**  
**Brotherhood (1st & 3rd Wed.) - 8:00 p.m.**  
**Senior Mission (1st & 3rd Wed.) - 8:00 p.m.**  
**Adult & Youth Bible Study (Fri.) - 7:00 p.m.**

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Dr. Frederick Douglass Haynes, III  
Senior Pastor

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Sundays 8:00 a.m. &  
10:45 a.m. CST

**Bible Study:**  
Wednesdays Word & Wonders  
12:00 p.m. (G129) &  
7:00 p.m. (Sanctuary) CST

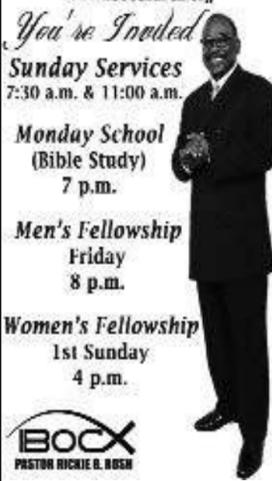
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Dallas, Texas 75237  
972-572-1800  
[www.ibocchurch.org](http://www.ibocchurch.org)



PASTOR RICKIE G. RUSH

*You're Invited!*

**Sunday Services**  
7:30 a.m. & 11:00 a.m.

**Monday School (Bible Study)**  
7 p.m.

**Men's Fellowship**  
Friday  
8 p.m.

**Women's Fellowship**  
1st Sunday  
4 p.m.



**Pilgrim Rest Missionary Baptist Church**

1819 N. Washington Ave.  
Dallas, TX 75204  
(214) 823-7308  
[www.pilgrimrestdallas.org](http://www.pilgrimrestdallas.org)

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



Dr. Curtis W. Wallace  
Senior Pastor

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6808 Pastor Bailey Dr.  
Dallas, TX 75237  
P. 214-333-3597



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**Sundays: 8am, 10am, & 12noon**  
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[www.ConcordDallas.org](http://www.ConcordDallas.org)



**True Vine of Holiness Missionary Baptist Church**  
6728 Altaire Ave, Dallas, TX 75241  
214-375-6504  
Dr. Wendell Blair, Sr.—  
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Sister Gloria Blair – First Lady

**Our Church Motto:**  
"The Church where the Bible is our Guide"  
2 Timothy 3:16

**Services:**  
Sunday School 9:15 a.m.  
Morning Worship 10:30 a.m.

**Church Motto:**  
"To Know Christ, To Grow In Christ and to Share The Gospel Of Jesus Christ with Others"



Dr. Ronald Jones, Senior Pastor

**New Hope Baptist Church (Founded 1873)**

5002 S. Central Expressway  
Dallas, Texas 75215  
214.421.5296  
Fax 214.421.1531  
Website:

New Hope Bapt-Dallas.org  
Email:

1newhope4all@sbcglobal.net

Sunday School 9:30 AM  
Morning Worship 10:45 AM  
Wednesday Midday Bible Study 12:00 Noon  
Wednesday Mid Week Bible Study 6:00 PM

**Saint Phillips Missionary Baptist Church**

6000 Singing Hills Drive  
Dallas, Texas 75241  
P. 214-374-6631



Rev. Dr. C.J.R. Phillips, Jr.

**Email Address:**  
stphillipsmbc@att.net

### Schedule of Activities

#### Sunday

Early Morning Worship- 8AM  
Church School- 9AM  
Morning Worship- 10AM



Rev. Johnny Cabre Smith  
Pastor

**True Lee Missionary Baptist Church**

3907-11 Bertrand Street  
Dallas, Texas 75210  
P. 214-421-9435  
F. 214-421-0324



Pastor Donald R. Parish, Sr.

Sunday Church School 9:00 a.m.  
Sunday Morning Worship 11:00 a.m.  
Monday Mission Meeting 7:00 p.m.  
Prayer & Bible Study Meeting 7:00 p.m.

Radio Station Broadcast  
Every Sunday @  
9:30 a.m. til 10:00 a.m.  
KPYK 1570 AM

## Church of Christ



Bro. Lamont Ross, Senior Minister

2431 S. Marsalis Ave.  
Dallas, Texas 75216  
Office: 214-941-2531  
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[www.marsalisavenuecoc.org](http://www.marsalisavenuecoc.org)

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#### Sundays

Bible Study 8:45 AM  
Morning Worship 10:00 AM  
Children's Bible Hour 10:00 AM  
Evening Worship 5:30 PM

#### Wednesdays

Bible Class 10:00 AM & 7:00 PM

**Greenville Avenue Church of Christ**

1013 S. Greenville Ave  
Richardson, Texas 75081  
P. 972-644-2335 F. 972-644-9347



Minister S.T. Gibbs, III

### Associate Ministers:

John Bradshaw  
Ben Myers  
Patrick Worthey  
**Elders:**  
Harlee Glover  
Fred Green  
Raymond Hart  
David Phillips, Jr.  
Johnnie Rodgers, Sr.

### Schedule of Services

**SUNDAY**  
Early Morning Worship 8:00 a.m.  
Bible Class 9:45 a.m.  
Morning Worship 10:45 a.m.  
Evening Worship 6:00 p.m.  
**WEDNESDAY**  
Prayer Service - 7:00 p.m.  
Bible Class - 7:30 p.m.  
**THURSDAY**  
Bible Class - 11:00 a.m.

**Dallas West Church of Christ**

3510 N. Hampton Rd.  
Dallas, Texas 75212  
P. 214-631-5448  
Website: [www.dwcoc.com](http://www.dwcoc.com)



Sammie Berry  
Minister

### Calendar of Events

**Sunday Bible School**  
8:45 a.m.  
**Sunday Worship**  
10:00 a.m. & 6:00 p.m.  
**Tuesday Song Practice**  
7:00 p.m.  
**Wednesday Bible Class**  
9:30 a.m. & 7:00 p.m.  
**Sunday Radio Broadcast**  
7:30 a.m. on 970 AM

"The Congregation Where Everybody is Somebody"

**Church of Christ at Cedar Valley**

4013 N. Dallas Avenue, Lancaster, Texas 75134  
P.O. Box 510, Lancaster, Texas 75146 (Mailing)  
469-567-1822 (Phone) 469-567-1823 (Fax) [www.coccv.org](http://www.coccv.org)



Samuel Bailey, Minister

**Sunday Bible Study**  
8:30 a.m.  
**Sunday Morning Worship**  
9:30 a.m.  
**Sunday Evening Worship**  
5:00 p.m.  
**Wednesday Bible Study**  
7:00 p.m.

**Cedar Crest Church Of Christ**

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Jonathan W. Morrison  
Ministering Evangelist

### Sunday

KHYN (970 A.M. Radio)  
8:00 a.m.  
Bible Class  
8:45 a.m.  
Children's Worship  
10:00 a.m.  
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3430 South Marsalis Ave.

## 4 Reasons A Great Meal Is About How You Eat – Not What You Eat

Everyone knows it's important to eat the right foods to live a long and healthy life, but many of us fall short of that ideal.

We eat on the run, pulling into a drive-through and scarfing down a hamburger on the way to the next appointment. We grab a candy bar at the grocery checkout and munch it on the way to the car.

And somewhere along the line we realize that just as you can't judge a book by its cover, you can't judge food by its taste, says Jane Bernard, an educator and author of *Lucid Living in the Virtual Age* (www.sensualthinking.com).

"We know that taste can be misleading, at least when it comes to what's best for us," she says. "People love donuts, but they don't make a nutritious breakfast. Spinach isn't popular with many people – especially children – but it's beneficial to our health in many ways."

But for Bernard, a great meal is less about what you eat than how you eat it. She advocates something she calls "intuitive eating" that's aimed at improving every dining experience – and perhaps making for a healthier diet along the way.

"Intuitive eating is deceptively simple," Bernard says. "Focus on one meal at a time to get the most pleasure and nutrition from your food. Notice what you see, smell and taste. Check in with your body to see if you're really hungry – because sometimes we keep eating when it's actually time to stop."

Although you might find yourself shedding a few pounds, intuitive eating isn't necessarily about losing weight, she says. It's about getting more pleasure out of your meals – and getting more pleasure from the people you have meals with.

Bernard suggests a few exercises that can help turn you into an intuitive eater:

Smell food before putting it in your mouth. Nearly everyone has memories tied to the aroma of food. Perhaps it's your mother baking cookies on Christmas Eve. Perhaps it's hamburgers sizzling on a backyard grill. With most meals, people don't take the time to savor the aroma, Bernard says. Does it smell inviting? Greasy? Fresh? Bad? "If the food doesn't smell right, it isn't," Bernard says. "Let your nose protect you and help guide choices."

Taste food as you chew. You may think you already do this, but too often people don't really take time to enjoy the taste, Bernard says. They wolf down their food so they can move on to whatever is next on their agenda. Tasting food helps your body relax and digest more efficiently, she says. Tasting and savoring what you eat also is good for overall health.

Be thankful for your meal. Giving thanks doesn't have to be limited to Thanksgiving. "Think about what food is giving you: energy, strength, health, nourishment and pleasure," Bernard says. "If you take a little time to meditate on that, your body will relax and you will get more nourishment from your food."

Give your stomach time to inform your brain. It takes 15 minutes before your brain gets the message from your stomach that you've eaten. That's no doubt one reason people over eat. They don't give their body time to get the message that they are getting full before gulping down even more food. "Take time to have conversations when you eat and you will eat less – and enjoy the meal more," Bernard says.

"Eating is a necessity of life," Bernard says. "But there's no need to rush things. Eat just enough to feel good and trust that hunger will return and another meal will be found."

**About Jane Bernard**

Jane Bernard, author of *Lucid Living in the Virtual Age* (www.sensualthinking.com) and other books, is a philosopher and educator who writes and teaches about intuition and sensual thinking. She has appeared on TV and international radio, talking from the intuitive perspective. Jane introduced her first book, *Fine Tuning*, on The Montel Williams Show, in 2006. Her easy-going combination of common sense and originality is a natural eye-opener.

## District accepting applications now for magnet, transformation schools

**DALLAS** — Students who wish to begin attending one of Dallas ISD's innovative magnet programs or transformation schools for the 2018-2019 school year are encouraged to apply online now. Applications are due no later than Wednesday, Jan. 31.

The district is home to some of the nation's top-rated magnet schools. Find a list of magnets here. Students who attend our magnets meet certain eligibility requirements. Learn more and begin the application process here.

Transformation schools are designed to provide a "best-fit school" to students that aligns with a child's specific interests, aspirations and preferred learning style. The programs are similar to magnets, but do not have an academic entry requirement. Learn more and begin the application process here.

## Rusk Middle keeps designation as AVID school

**DALLAS** — Students and staff at Dallas ISD's Thomas J. Rusk Middle School got the answer they wanted to hear on Thursday, Nov. 30.

After a thorough review, Rusk once again earned a designation as an AVID National Demonstration School. This time, the renewed certification won't expire for three years, which is the longest time period granted.

The announcement came in a pep rally-type setting, with Rusk cheerleaders and the band setting an exciting tone. Mike Mozingo's confirmation of the recertification made students and staff in the school auditorium cheer.

"You are a very good school," said Mozingo, a program manager for AVID in Texas. "To be a National Demonstration School, you have to do AVID very well."

AVID stands for Advancement Via Individual Determination, and its techniques give students the tools they need to succeed academically. That includes such things as teaching them how to take effective notes in class to learning how to be organized by using a detailed binder for all their schoolwork. The end goal is to make students college-ready. Several Dallas ISD schools offer the AVID program.

Being a National Demonstration School means that Rusk's program exhibits best practices, and will be an example other schools in the region can visit to see what it takes to implement a high-level AVID program.

Principal Juan Cordoba credited AVID students and staff for putting in the hard work necessary to renew the certification.

Rusk is in its first year as an ACE (Accelerating Campus Excellence) school, a district effort that staffs academically struggling schools with experienced, proven educators and also requires an added commitment from students and parents to strive for excellence.

Cordoba called the AVID recertification a big win, and it is among many others sure to follow.

## The Dallas Post Tribune Prayer List

If you have love ones who are no longer in need of prayer, please call 214.946.7678 to notify us of the necessary removal.

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# SPORTS PAGE

## 7 Day Weather Forecast for DFW

Thursday, December 7	Friday, December 8	Saturday, December 9	Sunday, December 10	Monday, December 11	Tuesday, December 12	Wednesday, December 13
H - 45° L - 29°	H - 54° L - 37°	H - 63° L - 36°	H - 64° L - 42°	H - 69° L - 43°	H - 58° L - 41°	H - 66° L - 42°

### OP-ED: DO BLACK LIVES REALLY MATTER TO BLACK PEOPLE?



By Chris B. Bennett (The Seattle Medium/NNPA Member)

For years, the African American community has been asking and insisting that our professional athletes do more for our community. We ask them to give money towards initiatives and good causes, we ask them to be role models, and we ask them to stand up, speak up and speak out on issues affecting our community.

And yet, as you read this article today, there are pro football players that have taken a stance against oppression, police brutality and the killing of Black people by law enforcement officers all across this country. Yet, these athletes are under attack by the media, by "fans" who claim that they have ruined the game of football, because they will not stand during the national anthem...and yes, the players have even come under attack by the 45th occupant of the White House.

The Black Lives Matter movement and the many of the NFL players are standing up (or kneeling) for justice and "just us." We are demanding justice for things that happen to just us. We demand justice for the racial profiling that happens to just us. We demand justice for the excessive force that is used against just us. And we are demanding justice, on behalf of millions of voiceless African Americans all across the country, for the lives that have been lost as a result of law enforcement officers shooting us (unarmed, Black Americans) at alarming rates.

Numbers don't lie, and videos don't lie either. Black men are killed by police officers in extrajudicial shootings at much higher rates that far outweigh the rate of that White men are shot and killed by police officers, which indicates to me that these killings

repeatedly happen to just us; and think about the number of videos that we have seen that show Black people gunned down, choked out, manhandled and beaten; while at the same time we see videos of Whites blatantly disrespecting police officers and daring them to do something to them, and those suspects are able to walk away unharmed.

In protesting these atrocities, Colin Kaepernick chose to take a knee during the national anthem, because he didn't want to stand up for the flag of a country that oppresses Black people and people of color. In fact, Kaepernick was quoted as saying, "To me, this is bigger than football and it would be selfish on my part to look the other way. There are bodies in the street and people getting paid leave and getting away with murder."

For taking such a stance, Kaepernick is no longer employed as an NFL player. We hear all the excuses about why he does not have a job as a quarterback in the NFL. You can believe the excuses if you want, but I would challenge you to answer this question: Do you honestly want to see Colin Kaepernick playing quarterback against your favorite team on Sunday? Your honest answer would probably be "No," because despite any flaws or inconsistencies that he may have in his game, Colin Kaepernick is a game changer. He is a legitimate dual threat quarterback, who can find his way to the end zone anytime he touches the ball. So, why is he unemployed? You can answer that question for yourself.

As a result of what many believe was the blackballing of Kaepernick by the NFL, many people across this country, many of them Black women, decided to boycott the NFL this season; and the boycott is and was successful, so much so that the NFL, mainstream media and the 45th occupant

led people to believe that the low ratings of NFL games this season were a result of White men not watching the NFL, because Black players were protesting that national anthem. Then, the 45th occupant of the White House, in his puppeteering ways, stepped forward and said that the NFL should fire anyone, who refuses to stand for the national anthem, and accused those who chose to kneel during the national anthem of disrespecting the flag and being unpatriotic. Black folks took offense and I believe that they decided to watch the games in protest to "45"; I bet the ratings increased, too.

Now, fast forward to Dallas Cowboys owner Jerry Jones stating that players on his team, who do not stand for the national anthem will not play, and "45" praises him for doing so. Ironic? I don't think so. Don't let them fool you, "45" and NFL owners have been joined at the hip in the process from the very beginning. The 45th occupant of the White House carried the water of the NFL owners, helped sway some sort of public opinion against the players and now the owners feel empowered to bring down their oppressive hammers on the players. The 45th occupant of the White House will take credit for bringing "law and order" to the plantation, and the NFL owners will walk away with little or no blood on their hands.

The real story is that a handful of players have stood up for what they feel is right. Now the question is, what is the African American community going to do to support them? Do you have the courage to turn the channel when your favorite team(s) play on Sunday? Do you have the courage to publicly tell people that you support the players who choose to take a knee for justice and not just us? Do you have the courage to proudly wear the jersey of Colin Kaepernick, Michael Bennett or any other player who chooses to kneel or sit during the national anthem? Do you have the courage to start your own personal social media campaign supporting those players who take a knee to say that Black lives matter just as much as any other lives in this country? Are you willing to show your unwavering support for those who are standing tall by taking a knee during the national anthem? Will you write a letter, email or tweet to the NFL, the 45th occupant of the White House and your congressional delegation expressing your concerns about this issue? Do you have the backbone to stand up and advocate for freedom, justice and equality for those who are no longer here to speak for themselves?

### OP-ED: HUNDREDS RALLIED FOR MEEK MILL, BUT WHAT ABOUT THE REST?

By Lynette Monroe (NNPA Newswire Guest Columnist)

Recently, hundreds of fans and supporters held a rally outside a Philadelphia courthouse, chanting for Robert Rihmeek Williams a.k.a. Meek Mill, to be released. The rapper was sentenced to two to four years in prison for violating his parole, stemming from 10 year-old charges, including drug possession and carrying a firearm without a license. Several media outlets have reported that the presiding Judge Genece Brinkley is now under investigation by the FBI.

In the United States, there are more than 61,000 people incarcerated for parole violations. So, to all of a sudden see thousands of people chanting and tweeting #FreeMeekMill is ironic to say the least. Mass incarceration is a part of the rudimentary diet of Black people, appearing on the menu alongside predatory lending and housing discrimination. It is difficult to find a Black person who has been exempted from interaction with the criminal justice system; either through the incarceration of family and friends, an overnight stay for traffic violations, or extended restrictions due to parole or probation agreements. I have a brother, cousin, and boyfriend incarcerated, right now. In Meek Mill's case, I agree with the sentiment that the two- to four-year sentence is unwarranted, however, our sole concern should not be whether or not the subsequent consequence for the violation of these terms is fair; he agreed to them and has violated those terms several times. The issue is a system that does not

carry out justice equally, a system where if Meek Mill were White, statistically he would less likely be arrested or incarcerated in the first place.

Now, I know we protest for unarmed civilians murdered at the hands of police. It's easy to yell, "F--k the Police!" standing in a crowd of thousands of people, but where was that same outrage when Kalief Browder was held in Rikers Island for three years without a trial. He later committed suicide and Jay-Z produced a documentary about Browder's tragic life. And what about the millions of Black men and women trapped in a system of injustice that don't rap or rise to the attention of people like Jay-Z? Their stories go untold in the absence of media coverage, sometimes, because they don't fit the narrative that establishes purity as a prerequisite for grace.

The support for Meek Mill in the Black community wasn't unanimous; Blacks seem to have a much harder time forgiving these transgressions than their White counterparts.

In August, when an 8-year old biracial Black boy was hung by a rope in Claremont, New Hampshire by several older, White children, Claremont Police Chief Mark Chase said that the culprits should be protected. "Mistakes they make as a young child should not have to follow them for the rest of their life," he stated in response to inquiries about the investigation.

In September, when 26 year-old Katie Layne Quackenbush of Tennessee was charged with attempted murder for exiting her vehicle and shooting 54-year old

Gerald Melton, her attorney and father, Jesse Quackenbush claimed she and her friend were being harassed and threatened with sexist remarks. "She didn't try and kill this guy, she had no intention of killing him. She didn't know that she hit him," he said immediately after her arrest.

Why can't we, as Black people defend our family and friends with matching zeal? Why must we send our young men and women into the belly of the beast to "learn a lesson" we couldn't teach them at home? Why have we accepted the disproportionate incarceration of Black Americans as the norm? Some still view incarceration as a subconscious right of passage to adulthood for Black youth in America?

Take a few minutes and think about the number of people that you know who are currently incarcerated, have been incarcerated or on probation. Now, did you march in the streets for them? Did you sign a petition for them? Will the FBI investigate the judges who sentenced them? Hell, did you offer to put money on their books? Did you accept a collect call? If so, probably not as much as you could have. Not as much as you should have. But, I bet you were at the "welcome home" party.

Anyway, I'm really happy for y'all. I'ma let y'all finish marching for Meek, but remember, according to a study by The Marshall Project, as of April 2017, an estimated 61,250 Americans are incarcerated for technical parole violations. They deserve your support, too.

### Stephen Curry to miss at least 2 weeks with sprained ankle



(AP) — Stephen Curry will miss a minimum of two weeks after an MRI exam on his injured right ankle Tuesday revealed a sprain.

The Golden State Warriors say their leading scorer and two-time league MVP will be re-evaluated in two weeks. That means Curry is out for Wednesday night's game in his hometown of Charlotte, where the MRI took place.

Curry stepped on E'Twaun Moore's foot and landed awkwardly on the ankle while going for a late steal in a 125-115 comeback win Monday night at New Orleans and left the arena using crutches and wearing a walking boot. He scored 31 points before the

injury. The defending NBA champions said the MRI indicated Curry's ankle "is stable and structurally intact." Curry is averaging 26.3 points, 6.6 assists and 5.1 rebounds this season.

### Beyonce presents Kaepernick with SI's Muhammad Ali Award

(AP) — Beyonce presented Colin Kaepernick with Sports Illustrated's Muhammad Ali Legacy Award on Tuesday night, and Kaepernick promised that "with or without the NFL's platform, I will continue to work for the people."

Beyonce was brought out as a surprise presenter by comedian Trevor Noah. She said she was "proud and humbled" to present the award.

"Colin took action with no fear of consequence or repercussion," Beyonce said. "Only hope to change the world for the better. To change perception, to change the way we treat each other. Especially people of color."

Last year's Ali Award winner, Kareem Abdul-Jabbar, called Kaepernick a "worthy recipient" during a video tribute.

"He fully embraced the risk to his career in order to remind Americans of the systemic racism that was denying African Americans their opportunities to equal education, jobs, health and even their lives," Abdul-Jabbar said.

Kaepernick began kneeling during the national anthem last season to protest racial inequality and police brutality. The demonstration sparked a wave of protests by NFL players during the anthem that repeatedly have been denounced by President Donald Trump.

Kaepernick parted ways with the San Francisco 49ers in March and hasn't been signed by another team. He filed a grievance against the NFL in October alleging that he remains unsigned as a result of collusion by owners following his protests.

He spoke Tuesday about continuing Ali's legacy for fighting social injustice, saying the boxing great "mentored me without ever meeting me."

"The footprints he leaves are large," Kaepernick said, "and his life is and has been a multi-textured tapestry that is rich in love, wisdom, life lessons and human kindness. I can only hope that I'm taking steps toward walking on the footsteps that he has left behind for the world to follow."



## Are you at risk for diabetes?

Diabetes doesn't always have symptoms. Many people will develop diabetes and not know. Don't be one of them.

According to the American Diabetes Association, someone is diagnosed with diabetes every 23 seconds. Diabetes is the seventh leading cause of death in the U.S. But experts say that many people aren't aware that Type 2 diabetes can often be prevented.

You may be at risk for Type 2 diabetes if:

- You are overweight
- You smoke
- You have high blood pressure
- You are not active
- You have high cholesterol
- You eat a diet high in fat and simple carbohydrates

Finding out if you're at risk for developing diabetes will help you make some changes to live a healthier life. You can find out if you're at risk by taking a simple test at [www.ParklandDiabetes.com/DiabetesTest](http://www.ParklandDiabetes.com/DiabetesTest).

If you have diabetes, it's important to get all of the facts so you can learn to manage it. Diabetes is common and many people, including 11 percent of Dallas County residents, have it. Since the disease can be "silent" you may have had it or have prediabetes for many years without knowing it. You may feel fine and are able to work while diabetes is causing harm to your body without your knowledge.

Learning the basics about diabetes is the first step to getting the disease under control. If you want to learn more about preventing and managing diabetes, go to [www.ParklandDiabetes.com](http://www.ParklandDiabetes.com) to find information on what diabetes is, healthy recipes, places in Dallas to exercise, grocery stores and more.

## Thanksgiving in the Neighborhood

The Martin Luther King, Jr. Community Center, along with the Giving Tree Ministries, served 500 free turkey dinners with all of the trimmings!



## MLK Freedom Garden "Seedling Farm" Launch

The Martin Luther King, Jr. Community Center, Miles of Freedom, Restorative Farms, and other collaborative partners celebrated the launch of the new Seedling Farm at the MLK Freedom Garden, an initiative to combat South Dallas' food desert.



## Programs & Events

### @ MLK Library

December 2017

#### Adults



**Adult Game Day**  
December 1st, 15th, & 29th  
@ 11:00am



**Adult Movie Matinee**  
December 2nd @ 2:00pm



**Workforce Assistance**  
Every Tuesday @ 11:30am



**Computer Basics for Adults**  
December 5th & 19th  
@ 10:00am

#### Teens



**Library Escape Room**  
December 16th @ 2:00pm

#### Children



**Free Math Tutoring for Grades K-12**  
December 2nd, 9th, & 16th  
@ 10:00am (Registration Required)



**Tuesday Crafternoon**  
Every Tuesday @ 3:30pm



**Alkebu-Lan Chess Club for ages 6-11**  
December 9th @ 12:00pm



**STEAM Saturday for ages 6+**  
December 9th @ 12:30pm



**Family Storytime**  
December 6th, 13th, & 27th  
@ 6:30pm



**Family Movie Night**  
December 20th @ 2:30pm

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## Dallas Black Dance Theatre's Black on Black Holiday Performance and Party



Dallas Black Dance Theatre (DBDT) presents its annual Black on Black performance and holiday party! This performance showcases the choreography skills of DBDT and DBDT: Encore! company members as they create dance works for their peers to perform from different eras, where decades of dance unfold.

December 8-9, 2017  
Dallas Black Dance Theatre studios  
2700 Ann Williams Way  
Dallas, TX 75201

6:30 pm Mix and mingle during Happy Hour with complimentary light bites and cocktails on us!

7:30 pm Enjoy the choreography & talented performances of DBDT & DBDT: Encore!

8:30 pm Join us at the after-party with DBDT dancers, Live DJ, light bites and cocktails.

All this fun included in the price of your ticket.

Details <http://www.attpac.org/on-sale/2017/black-on-black/>  
You must be 21 years and older to attend.

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