

“In spite of temporary victories, violence never brings permanent peace.”

- Dr. Martin Luther King, Jr.



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VOLUME 72 NUMBER 17

SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

January 9 - 15, 2020

REMEMBERING

Dr. Lois Irene Evans

Dr. Lois Irene Evans, born Lois Irene Cannings to the late James Basil and Annie Eleen Cannings on December 1, 1949, in Guyana, South America, lived her life in full expression of the Proverbs 31 woman. The third of eight children, Lois was raised in a Christian home where she was taught the Word of God and the importance of living a life of integrity, strong character and excellence.

At the age of nine, Lois accepted Christ as her mother knelt with her and her older sister and led them both to the Lord. Lois later committed her life to ministry at the age of 15, promising the Lord that she would live her life dedicated to His purposes. From that time forward, she devoted herself faithfully and wholeheartedly to serve her Savior in each season of her life.

As a teenager, Lois was known to be lively and often the center of attention. Extroverted in nature, Lois enjoyed spending time with family and friends. She loved riding her bike or riding on the handlebars of a bike her brother peddled. She spent time hanging out at the sea wall with family and later with friends, when her older siblings

were available to chaperone. Lois also enjoyed spending time in the kitchen. Even as a young woman, Lois loved cooking. She was known to go to the market for food and then come home to cook for her family. While Lois' social circle kept her busy, she also valued her close relationships with her good friends, Marianne, Brenda and Valerie.

In August 1968, when Lois was 18, she was introduced to a young man by the name of Tony Evans. The Cannings family was hosting members of a team from Sam Hart and the Grand Old Gospel Fellowship Ministry, who had come to Guyana to prepare for a crusade.

When Tony returned to Guyana in 1969, he submitted a written request to Lois' father for her hand in marriage. Later that year, Lois came to America to continue her education as it was customary for many young people from Guyana to continue their studies abroad. She took up residence in Philadelphia with Sam and Joyce Hart where she went to school and worked at a dry cleaner. Lois and Tony continued to develop their relationship and on June 27, 1970, they were wed.



Lois joined Tony in Atlanta, Georgia where he was attending Carver Bible College. In addition to supporting Tony while he worked to complete his bachelor's degree, Lois worked for the Billy Graham Evangelistic Association as an administrative assistant. After two years of marriage, the couple gave birth to

Chrystal, their first child.

When Tony fished his degree at Carver Bible College, he and Lois moved to Dallas so that Tony could attend Dallas Theological Seminary (DTS). Lois became involved with the DTS Wives Fellowship where she continued to grow in her faith, studying the

Bible and enjoying community. Lois took seriously her role as a wife and mother and invested her time growing in her knowledge and skill of caring for her home and her family. Tony and Lois were also members of Community Bible Church where Lois continued to use her musical gifting by playing the piano and

singing during services.

Two years into their seminary journey, Lois and Tony gave birth to their second child, Priscilla. Lois cared for two children while assisting Tony in his education by proofreading and typing his papers.

Continues on Page 6

Family of Black Doctors Has Social Media Buzzing

By Stacy M. Brown,
NNPA Newswire Senior
Correspondent
@StacyBrownMedia

Dr. Herbert Oye is a Board Certified Endovascular and Vascular Surgeon, specializing in invasive and non-invasive treatment of vascular diseases.

Dr. Oye received his medical degree at the University of North Texas Health Science Center, according to his official biography.

His General Surgery residence was performed at Wyckoff Heights Medical Center in Brooklyn, NY, an

affiliate of Albert Einstein Medical Center.

Dr. Oye completed his fellowship training in advanced vascular and endovascular surgery at the Arizona Heart Institute in Phoenix, Arizona.

Perhaps, most impressive is that each of Dr. Oye's four children followed in their father's footsteps.

David, Monique, Michelle, and Melissa Oye, each said they were inspired by their father and all have become doctors.

"Our dad, Dr. Herbert Oye, is a Nigerian immigrant. Upon moving to the United States, he attended medical

school and has worked tirelessly to build his own Vascular Surgery practice," the young physicians wrote in a statement on Facebook.

"Dad has since opened a hospital back in Nigeria and splits his time between the United States and Nigeria. We are all currently in the medical field as a second, third, and fourth year medical student and a first year Internal Medicine Resident."

Each are attending or have



attended the West Virginia School of Medicine. Monique, the eldest of the family, graduated in 2018. Michelle is in her fourth year, while Melissa is in her third year.

David, the only son of Dr. Oye, is in his second year.

Their success has social media buzzing.

"Sending congratulations to your amazing family of wonderful world citizens," Kathryn Stollmeyer Wright, wrote on Facebook.

Another Facebook user, Patricia Combs, wrote: "Well

done. Congratulations for excellence in your drive, motivation, and ability to accomplish such great and momentous feat. You all are wonderful and blessed," Combs stated.



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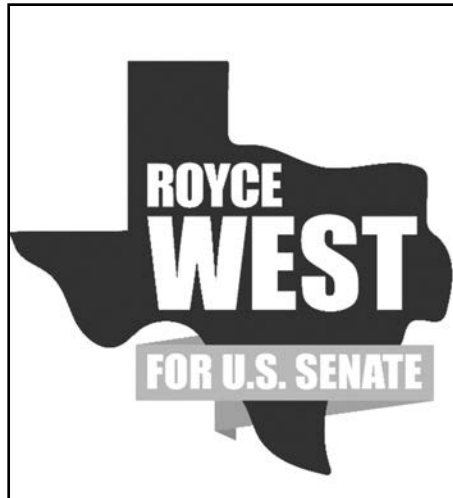
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EDITORIAL PAGE

West Reminds African American Community Cornyn Let TOXNET Disappear



DALLAS— Sen. Royce West on Tuesday reminded African American voters in Texas that U.S. Senator John Cornyn was asleep at the switch while the Trump Administration quietly killed the National Library of Medicine's TOXNET database—a key tool for minority communities to help understand pollution and environmental hazards around them—late last month.

TOXNET (TOXicology Data NETWORK) was a NLM tool that allowed the public to easily track federally-identified pollution sites, including Superfund sites and polluting factories, using a variety of government data.

“There is no valid reason for discontinuing this database,” West said. “It was a valuable tool the public was able to use to identify how close they were to environmental hazards and Superfund sites,” West said, noting Texas has 53 Superfund sites.

“We all know that minority communities are disproportionately impacted by pollution, superfund sites, brownfields, toxic chemicals, and more,” West said. “For John Cornyn to remain silent and sit on the sidelines while the best tool available to the African American community to track pollution in their neighborhoods was quietly taken down just shows how out of touch he is with Texas,” West said.

“Sites like this are a prime reason citizens need access to databases like this. They need to know what, from an environmental calamity standpoint, has happened in their neighborhood and the process to clean it up,” West said.

“Our black communities along the Gulf Coast especially need to be aware of the factories around them that are polluting,” West said. “The removal of the database makes it harder to track,” West said.

“Federal regulations need to be changed to bring this database back and even enhance it,” West said. “But John Cornyn is more concerned about carrying President Trump’s water in the Senate than looking out for everyday Texans,” West said.

“When I’m in the U.S. Senate, I’ll continue the environmental justice work I’ve done for communities of color on a larger scale, and for our entire state,” West said.

Fair Park First Seeks Resident Institution for Women’s Building

Fair Park First is offering local organizations and institutions the opportunity to occupy the historic Women’s Building at Fair Park. With approximately 70,000 square-feet of space this is an exciting opportunity to become a long-term resident of the campus.

Consideration requires the completion of a Request for Information (RFI) where respondents will share vision and mission statements, a detailed business plan and, among other things, an executive summary. A complete list of requirements can be found online at <https://fairparkfirst.org/wp-content/uploads/2019/09/Fair-Park-Long-Term-Tenant-Process-Womens-Museum.pdf> and in the attached RFI. **Submissions will be accepted until February 28, 2020.**

FAIR PARK HISTORY

Fair Park is a 277-acre park campus located in Dallas, Texas. Fair Park is approximately three (3) miles southeast of downtown Dallas and is registered as a Dallas Landmark and National Historic Landmark. Fair Park hosted the Texas Centennial Exposition in 1936 and most of the Art Deco Buildings were built in preparation for the celebration of Texas’ Centennial. The State Fair began in 1886 on land donated to the City of Dallas. Over the years the Park has grown to include many cultural institutions including performance venues, museums and sports stadiums. The historic Cotton Bowl sits majestically inside Fair Park serving as one of the identifiable landmarks that populate the landscape. The Hall of State and the Tower Buildings evoke his-

toric milestones and reflect the many cultures inhabiting Texas.

FAIR PARK FIRST

Fair Park First, a 501c3 non-profit, has entered a 20-year Management Agreement with the City of Dallas as Private Managers of Fair Park. Fair Park is home to many resident institutions, such as the African American Museum, Dallas Summer Musicals, Texas Discovery Gardens and the State Fair of Texas, in addition to many other major events and daily attractions. As the Manager of Fair Park, Fair Park First sets policy and direction with Spectra as the Operator.

Fair Park First has adopted four key pillars; Activation, History, Community and Culture.

- Activation involves bringing more visitors to the park on a daily and weekly basis for community programming, recreation and events.

- History respects and protects Fair Park’s National Historic Landmark status, with the largest collection of Art Deco architecture on one campus, while also being home to historically significant venues and events.

- Community requires a deeper connection to the local neighborhood residents in significant, thoughtful and sustainable ways creating a mutually beneficial relationship.

- Culture enhances the current resident institutions, the collection of period visual and tactile art, as well as, creating a new destination for res-



idents near and far.

It is our intent to repopulate various unoccupied historic facilities on campus with unique offering unlike anything in the Dallas-Fort Worth Metroplex. Fair Park First is seeking organizations and operators that share in the collective vision that Fair Park is the crown jewel of the City of Dallas Park Systems, shining brightly as a destination for locals and visitors alike. Fair Park First desires operators that understand the dynamics of a year-round destination and who maintain and update their operations to attract new and repeat visitors.

Fair Park and its buildings are owned by the City of Dallas and managed through a Public-Private Partnership. As such, Fair Park First asks that all potential organizations include diversity and equity opportunities in all contracting and purchasing activities for the life of the lease term. We are also requesting that organizations understand the importance of inclusion and be willing to welcome all residents and visitors to the Park and their respective venues. It is a new day at Fair Park and our goal is to have the property be representative of the entire community.

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COMMUNITY CALENDAR

Workforce Opportunity Fair

A job fair featuring on-site hiring as well as a showcase of workforce skills and credentialing programs to support jobseekers in preparing for new opportunities. The event will be hosted in partnership with Workforce Solutions of Greater Dallas.

This job fair will be held January 16th from 11am to 3pm at the J. Erik Jonsson Central Library. The address for this location is 1515 Young St, Dallas, Texas 75201.

Credo of The Black Press

The Black Press believes that America can best lead the world away from racial and national antagonisms when it accords to every person, regardless of race, color or creed, full human and legal rights. Hating no person, fearing no person, the Black Press strives to help every person in the firm belief that all are hurt as long as anyone is held back.

Mayor Eric Johnson's statement on the 2020 Violent Crime Reduction Plan

Please see the following statement from Mayor Johnson:

“This plan is a start. I am pleased to see Chief Hall’s ideas for reducing violent crime in our city. And I am glad to see that she has described this plan as a ‘living’ document, as I have some concerns that I hope to see addressed in the coming weeks.

“For example, our city’s violent crime reduction goals ought to be more ambitious. We should strive to reduce homicides, aggravated assaults, and robberies to 2018 levels city-wide, at least. And over the next five years, our aim should be to reduce violent crime back to the historic lows this city saw in 2013 and 2014.

“I would also like to see more details on the implementation of the strategies mentioned in this plan, including some clear timelines and metrics for measuring outcomes.

“Dallas deserves our very best efforts in the year ahead to ensure that 2020 is safer than 2019, and that our residents can sleep soundly knowing that our

police department is working aggressively and strategically toward apprehending and deterring violent offenders. This plan is key to our success in this regard, and I look forward to discussing it in more detail with the city manager and the esteemed members of the Dallas City Council.”

Church Directory

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.



The Mount Moriah Missionary Baptist Church

3611 Latimer Street
Dallas, Texas 75215
214-428-2990
www.mountmoriahdallas.org

Sunday
Morning Worship 11:00 a.m.
Evening Worship 5:30 p.m.

Wednesday
Prayer Bible Fellowship 7:00 p.m.

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Rev. J. Calvin Smith
Pastor



Pilgrim Rest Missionary Baptist Church

1819 N. Washington Ave.
Dallas, TX 75204
(214) 823-7308
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



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Dr. Frederick Douglass Haynes, III
Senior Pastor

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

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True Lee Missionary Baptist Church
3907-11 Bertrand Street
Dallas, Texas 75210
P. 214-421-9435
F. 214-421-9324



Pastor Donald R. Parish, Sr.

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9:00 a.m.

Sunday Morning Worship
11:00 a.m.

Monday Morning Worship
7:00 p.m.

Prayer & Bible Study Meeting
7:00 p.m.

Radio Station
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Dallas, TX 75237
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Dallas, Texas 75241
P. 214-374-6631



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

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website: www.dwccoc.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

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Richardson, Texas 75081
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Minister S.T. Gibbs, III

Associate Ministers:
John Bradshaw
Ben Myers
Patrick Worthey

Elders:
Frederick Green
Raymond Hart
Otis Idlebird, Jr.
Jason Moseley
David Phillips, Jr.

Schedule of Services

SUNDAY
Early Worship 8:00 a.m.
Bible Classes 9:45 a.m.
Morning Worship 10:45 a.m.
Bible Classes 5:00 p.m.
Evening Worship 6:00 p.m.

WEDNESDAY
Devotional Service 6:30 p.m.
Bible Classes 7:00 p.m.

THURSDAY
Bible Class 11:00 a.m.
Support Groups 6:30 p.m.

A JOURNEY THROUGH THE GOSPEL OF ST. JOHN

St. John 2:1-11

JESUS' FIRST MIRACLE - WEDDING AT CANA OF GALILEE

We have arrived to this marvelous passage of Christ's first miracle – the miracle of turning water to wine. The occasion of this awesome miracle will take place in Cana of Galilee during a marrying festival. Having discussed chapter 1, we saw that Jesus was not fully accepted by His people, for St. John 1:11 says – "He came unto His own, and His own received Him not." From the outset of His ministry, we will gather that there will be opposition to Jesus' ministry; however, He did not allow any degree of conflict deter Him in doing God's will! And we should not, either! As we enter into the passage, we are told that a wedding took place at Cana of Galilee, with Jesus and His disciples being present along with His mother, Mary, some servants and the governor of the feast. Immediately at this feast there is a crucial problem – there was a lack of wine (v. 3). The situation will prompt Mary, the mother of Jesus, to present the problem to Jesus (v. 3). In His omniscience as God, Jesus knew that there would be a central problem at the feast and replied to His mother – "Woman, what have I to do with

thee? Mine hour is not yet come" (v. 4). Just as Jesus was subject to Mary and Joseph as His parental authorities, Jesus was definitely subject to doing the Father's will (Luke 2:49). The passion of Christ's ministry was always to do His Father's will. The expression in verse 4, "Mine hour is not yet come" meant that the time of Christ to display Himself as the Messiah had not yet come. The expression further means that His hour of humiliation as the suffering Savior had not arrived. This expression, "Mine hour is not yet come" is a common theme that is prominent in John's gospel (St. John 2:4, 7:30, 8:20, 12:23, 12:27, 16:32, 17:1). After Jesus performs His first miracle at this wedding festival, the whole course of His ministry of compassion to others will be met by conflict. Prior to His public ministry, Jesus had lived in quiet seclusion as a carpenter's son in Nazareth. But this miracle will cause Jesus to become very popular with the masses and will incite the jealous anger of the religious authorities. Nevertheless, Jesus' greatest passion in His ministry was to do His Father's

will! In verse 5, Mary quietly submits to Jesus' statement in verse 4 by instructing the servants in saying – "Whatsoever He saith unto you, do it." What a powerful lesson that is conveyed from that expression. Every servant of God should be obedient as he ministers for the Lord. Notice that this miracle of changing water to wine was accomplished by servants being obedient but the power to effect the miracle was at the command of Christ (St. John 2:5-9). At the conclusion of Jesus' first miracle at Cana of Galilee, there was much joy at the end (St. John 2:10-11). Wine, in the bible, is a symbol of joy, and you can only experience joy if you know the source of joy, Jesus Christ. The governor of the feast remarked that the good wine was kept until now (v. 10). By way of contrast, Satan always offers his best first and then the worse; God often takes us through the wilderness of trouble before we reach our triumphant home – heaven.

May God truly bless!



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LIVING

Tailgating 101: Recipes for Success



(StatePoint) Before the action and drama on the field comes the action in the stadium lot, and if you're looking to be the most valuable player of the tailgate party, college football legends say it's all about the food, friends, and fans. "Whether it's bonding with other fans who become fast friends, or devouring some of the best food around, there is nothing like a college football tailgate to bring fans together and get them hyped for the game!" said Eddie George, retired running back and Heisman Trophy winner, who stars as the "Doctor" on Dr Pepper's episodic marketing series, "Fansville."

"Tailgating is the fabric of college football. In my travels both back home to Norman, Oklahoma, or away, the sacred art of hosting a tailgate or visiting another's is quite honestly the best part of preparing for the moment we wait all week to enjoy -- the sights, sounds and flavor of Saturdays with our favorite people, supporting our favorite teams," says retired linebacker and

two-time All-American, Brian Bosworth, who stars as the "Sheriff."

In the meantime, spice up your tailgates with the official drink of "Fansville," Dr Pepper, both as an ice-cold drink or used in your favorite tailgate snacks, like Skillet Burgers or this fan-favorite recipe for Checkered Flag Chili. With just six quick and easy steps, you can be the tailgate party MVP!

Ingredients:

- 3 pounds ground beef
- 3 pounds ground pork
- 3 tablespoons bacon drippings
- 2 large onions, chopped
- 1 bell pepper, chopped
- 3 tablespoons red pepper
- 5 cloves garlic, minced
- 1 teaspoon oregano
- 1 tablespoon cumin
- 6 large fresh tomatoes, peeled and chopped (or 2 8-oz. cans tomatoes)
- 1 small can green chilies
- 2 teaspoons salt
- 2 tablespoons apple cider vinegar
- 2 12-oz. cans Dr Pepper

- 2 cups water
- 4 tablespoons chicken stock
- 2 cans kidney beans, drained
- 2 jalapeños, finely diced
- 1 6-oz. can tomato paste
- 8 tablespoons chili powder

Directions:

- Render fat from bacon (save fat from cooked bacon).
- Sauté all vegetables and garlic in rendered fat.
- Separately brown all beef and pork; drain excess fat.
- Add beef and pork into the sautéed vegetables.
- Reduce Dr Pepper by 50 percent by bringing to a boil and simmering until quantity is half.
- Add all other ingredients and simmer for 1 to 2 hours.

For more tailgating recipes and resources, visit drpepper.com.

Dedicated football fans know that the best way to start any game is with a great tailgate party. Score a touchdown before kickoff with tips, tricks and recipes from football!

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Iran retaliates with missiles in 'slap' at US bases in Iraq

By **NASSER KARIMI, AMIR VAHDAT and JON GAMBRELL**

TEHRAN, Iran (AP) — Iran struck back at the United States early Wednesday for killing its most powerful military commander, firing a barrage of ballistic missiles at two Iraqi military bases that house American troops in what the Iranian supreme leader said was a "slap" against the U.S. military presence in the region.

The retaliation risks a dangerous escalation in the Middle East. Still, behind the dramatic barrage of more than a dozen missiles, Iran averted casualties by giving some advance warning before hitting heavily fortified bases. This could open a path to step away from an immediate spiral of more direct strikes between U.S. and Iran.

Iran's Supreme Leader Ayatollah Ali Khamenei made clear that Iran's actions were in response

to the U.S. killing of Revolutionary Guard Gen. Qassem Soleimani, whose death last week in a drone strike in Baghdad prompted angry calls for vengeance and drew massive crowds of Iranians to the streets in mourning. Khamenei himself wept at the funeral in a sign of his bond with the commander.

"Last night they received a slap," Khamenei said in a speech after the missile strikes. "These military actions are not sufficient (for revenge). What is important is that the corrupt presence of America in this region comes to an end."

Despite the rhetoric, there were signs there might not be more immediate retaliation by either side.

"All is well!" President Donald Trump tweeted shortly after the missile attacks, adding, "So far, so good." regarding the assessment of casualties and damage.



Sen. Royce West's Statement On Recent U.S. Drone Strike in Iraq

The following is the statement of Sen. Royce West (D-Dallas), candidate for United States Senate from Texas, on the recent drone strike in Iraq that resulted in the death of an Iranian military official:

President Trump's decision to direct the drone strike resulting in the killing of a top Iranian military leader without consulting Congressional leadership is irresponsible, and flies in the face of the Constitution

and decades of collaboration between the executive and legislative branches of government.

History has taught us that before decisions of this magnitude are made they should be discussed with the top leaders of our country. Effective change doesn't come from the point of a gun or attack of a drone, but from diplomacy, and finding common ground. We've previously done that with Iran.

Both of Texas' U.S. Senators should be condemning the President's actions today of not consulting congressional leadership. The consequences of President Trump's actions are likely to be grave, and cost precious American lives. Any decision that could potentially cost the lives of American should be done in conjunction with Congress.

When I am in the U.S. Senate, I will stand up to

President Trump or any other President who fails to consult congressional leadership prior to engaging in irresponsible actions like this, which are detrimental to our foreign policy and national security. I will never support foreign policy that unnecessarily risks the life and blood of American men and women serving in our armed forces.

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Congresswoman Eddie Bernice Johnson's statement on U.S. Airstrike in Iraq Against High-Level Iranian Military Officials

WASHINGTON, D.C. — Today, Rep. Johnson released this statement after the Trump Administration conducted a deadly airstrike targeting Iranians and Iraqis at the Baghdad International Airport:

"This Administration conducted airstrikes in Iraq targeting high-level Iranian military officials and killing Iranian Quds Force Commander Qassim Suleimani, without the authorization of or consultation by the Congress. While American leaderships' highest priorities are protecting American lives and interests, we can't further risk the lives of American service members, diplomats, and others by engaging in provocative and disproportionate actions. The full Congress must be immediately briefed on the seriousness of this situation and on the next steps under consideration by the Administration," said Congresswoman Johnson.

SPORTS PAGE

7 Day Weather Forecast for DFW

Thursday, January 9	Friday, January 10	Saturday, January 11	Sunday, January 12	Monday, January 13	Tuesday, January 14	Wednesday, January 15
H - 70° L - 64°	H - 70° L - 35°	H - 48° L - 32°	H - 57° L - 41°	H - 65° L - 51°	H - 70° L - 56°	H - 73° L - 38°

Rams lose special teams coordinator John Fassel to Cowboys



LOS ANGELES (AP) — Special teams coordinator John Fassel is leaving the Los Angeles Rams for the same job with the Dallas Cowboys. The Rams announced the decision of their former interim head coach

Wednesday on Twitter. Fassel is the second coordinator to leave Sean McVay's staff this week. McVay fired defensive coordinator Wade Phillips on Monday. Fassel is headed to Dallas to join the new staff of Super Bowl-winning head coach Mike McCarthy, who was officially hired by the Cowboys on Tuesday. Fassel has been in charge of the Rams' superb special teams since 2012. He moved with the franchise from St. Louis to Los Angeles, and he served as the Rams' head coach for the final three games of the 2016 season after Jeff Fisher was fired. Fassel then stayed on staff under McVay, the youngest head coach in modern NFL history. The contracts of Fassel and Phillips were up after the Rams finished 9-7 and missed the playoffs last month. "His knowledge and understanding of critical game situations and his special teams play-calling have helped us rank among the best in the league in those areas," McVay said in a brief statement posted on the Rams' Twitter feed. Along with an infectious enthusiasm, Fassel has a well-regarded reputation for innovation. He installed a wide variety of fake punts to take advantage of the arm of Pro Bowl punter Johnny Hekker, a former high school quarterback. Rams kicker Greg Zuerlein, Hekker and long snapper Jake McQuaide were all selected for the Pro Bowl last season while the Rams won the NFC title. McVay's staff is in upheaval after the Rams finished their third consecutive winning season of his tenure by missing the playoffs by one game. The young head coach elected to fire Phillips despite a defense that consistently outplayed McVay's struggling offense all season, and McVay was unable to hang on to one of the NFL's most respected special teams coordinators.

Dear Dietitian: Added Sugar

Dear Readers,

Another year is behind us, and now it's time to get back to our normal routines. Many of us, including myself, have overeaten during the holidays; it's just part of it. It's a great time with family, close friends, and homemade desserts. Every year a family friend bakes a homemade pecan pie using fresh pecans from her own property, and believe me, it is a slice of paradise!

Special occasions aside, Americans eat a lot of sugar, with some estimates totaling 57 pounds of added sugar per person per year (1). The American Heart Association recommends limiting added sugars to 6 teaspoons per day (24 grams) for women and 8 teaspoons (32 grams) a day for men (2).

To be clear, we are talking about added sugar, not naturally occurring sugar found in fruit (fructose) and milk (lactose). Sugar is not inherently bad for you; it's the excessive amount that becomes a problem. Lots of sugar means lots of calories, which may lead to weight gain and put one at greater risk for certain diseases such as diabetes and heart disease.

As of January 1, 2020, the Food and Drug Administration (FDA) requires food manufacturers to list the amount of added sugars in their product on the Nutrition Facts label. While most of us recognize sugar, or sucrose, there are other ingredients that are very similar to sugar and should be noted:

- Any food with sugar in its name; for example, coconut sugar or date sugar
- Cane juice
- Caramel
- Dextrin
- Dextrose
- Fruit juice
- Fruit juice concentrate
- Glucose
- Glucose solids
- High fructose corn syrup
- Honey
- Maltodextrin
- Maltose

- Molasses
- Nectar; for example, apricot or agave nectar
- Sweet sorghum
- Syrup and any food with syrup in its name, such as rice syrup or maple syrup

These are some practical tips for decreasing sugar in your diet:

- Focus on fresh foods, as these will not have added sugars.
- Cut out sugar-sweetened beverages. Drink more water; try flavor enhancers; switch to diet drinks.
- Cut back on adding sugar at the table. Start by using half the amount of sugar you normally use and decrease from there. Use fruit to sweeten your cereal or oatmeal.
- Eat 5 servings of fruits and vegetables per day. These foods will provide vitamins and minerals, which will help decrease cravings. The fruit will also help satisfy a sweet tooth.
- If you like to have sweets in your everyday diet, try to limit them to 100-200 calories per day.

You may also consider saving dessert for a once-a-week treat.

Until next time, be healthy!

Dear Dietitian

References

1. How much is too much? The growing concern over too much added sugar in our diet. (n.d.) In *sugarscience*. Retrieved January 5, 2020 from
2. Added Sugars (April 17, 2018) In American Heart Association. Retrieved January 5, 2020 from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars>

Leanne McCrate, RDN, LD, CNSC, aka Dear Dietitian, is an award-winning dietitian nutritionist based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at . Dear Dietitian does not endorse any products, health programs, or diet plans.

Dallas Police Chief releases Violent Crime Reduction Plan

Dallas – The Dallas Police Department (DPD) is releasing its 2020 Violent Crime Reduction Plan today. This effort, as requested by Mayor Eric Johnson, outlines the department's blueprint to reduce the city's violent crime rate.

In 2019, Dallas experienced an increase of 3.9% in overall crime compared to the previous year with an overall 15% increase in violent crime.

The comprehensive plan relies on collaborative efforts between interdepartmental and external agency partners with both short-term strategies to reduce violent crime in 2020 and long-term strategies that will ensure results are both continued and sustainable beyond this year.

The specific strategies related to the goals and objectives of the plan, which is attached, will be presented to the Public Safety Committee on January 13, 2020.

DALLAS POLICE DEPARTMENT 2020 VIOLENT CRIME REDUCTION PLAN

December 31, 2019

T.C. Broadnax
City Manager, City of Dallas
1500 Marilla Street, 4EN
Dallas, TX 75201

City Manager Broadnax:

The Dallas Police Department is committed to reducing violent crime. The attached 2020 Violent Crime Reduction Plan (Plan) is data and intelligence driven, addresses the fundamental factors that drive crime, and provides specific short-term strategies to deliver immediate relief as well as long-term strategies to ensure sustainable reductions in crime across all categories. The Plan will be executed with quantifiable, key performance metrics, and accountability for achieving results will be the basis for continuous progress.

We acknowledge no "panacea" for crime exists; however, identifying the people, places, and behaviors that influence crime, will allow officers to work proactively to address trends and patterns. Through ongoing cooperation with our fellow law enforcement, judicial, and social service partners, the department will continue to work collaboratively to ensure we reduce violent crime. Our vision and actions will be guided by the principles of 21st Century Policing, including fostering relationships that build trust with the community. We will continue to exercise the City's values of empathy, ethics, excellence, and equity, and ensure our policies, actions, and results are fully transparent.

Finally, the methodologies and strategies outlined in this Plan are being communicated and acted upon within the department. An executive level commander has been assigned to oversee full implementation of this Plan to ensure the accountability and reporting of data to the City Council, officers, and the public. Commanders at every level within the department are responsible for achieving measurable results.

The Dallas Police Department is positioned and focused on reducing violent crime. In cooperation with the partners identified in this Plan, we can impact the lives of every resident and visitor of the City of Dallas. We have fully embraced this opportunity to expand our proactive enforcement efforts and uphold our obligation to provide the community with excellent public safety service using a unified model. Working together, we will realize the vision, action, and success of this Plan.



Renee' Hall
Chief of Police
Dallas Police Department

Contempt charge dropped against prosecutor over TV interview



FILE - In this Oct. 2, 2019 file photo, Dallas County District Attorney John Creuzot responds to questions during a new conference following the sentencing phase of the Amber Guyger murder trial in Dallas. A contempt of court charge has been dropped against Creuzot over a television interview he gave on the eve of Guyger's murder trial. (AP Photo/Tony Gutierrez,File)

DALLAS (AP) — A contempt of court charge has been dropped against the Dallas County district attorney over a television interview he gave on the eve of a high-profile murder trial involving a police officer. Both sides filed a motion to drop the contempt charge against Dallas County District Attorney John Creuzot, who did a TV interview before the start of former officer Amber Guyger's murder trial

despite a gag order by Judge Tammy Kemp. The white officer was convicted of murder for the shooting death of her unarmed black neighbor, Botham Jean, inside his own apartment. Kemp said in an order that the interview, in which Creuzot explained why he thought Guyger was correctly charged with murder rather than manslaughter, was a "direct violation" of the gag order she'd issued

in the case. The Dallas Morning News reported that presiding Judge John L. McCraw Jr. signed an order dismissing the charge several days after the Dec. 27 motion to dismiss. Creuzot's attorney, Brian Wice, said Monday that he and his client were "gratified, but not surprised" by the decision. Kemp declined to comment Monday.

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REMEMBERING

Dr. Lois Irene Evans

Continued from Page 1

As Tony continued his education, Lois also continued to invest in her own. She completed her associate degree at Eastfield College in 1976—the same year Tony received his first degree from Dallas Theological Seminary. In the summer of 1976, with another leg of their educational journey behind them, Tony and Lois founded Oak Cliff Bible Fellowship by inviting ten people to meet in their home. Lois exercised her strong gift of hospitality by hosting everyone and, of course, providing great food. As the church grew, Lois grew as well by supporting the ministry in a variety of ways. Lois was the first church secretary, the first choir director, and the first children's leader. Lois typed up the church bulletins and copied them manually on a mimeograph machine to prepare for services. She could also be counted on to provide refreshments and welcome attendees as a gracious host. As the church grew, so did the Evans family. In 1978, Lois and Tony gave birth to their third child, Anthony Jr. In addition to Lois caring for her growing family and her responsibilities at church, Lois continued to faithfully support Tony as he worked to complete his doctorate degree.

Just a few months before Tony completed his doctoral program, and only three months after the birth of their fourth child, Jonathan, Tony and Lois co-founded The Urban Alternative—a ministry created to spread the gospel through radio delivery of Tony's messages. Lois utilized her managerial and administrative

skills to build the ministry foundation and structure. For many years before anyone volunteered or was officially employed, Lois did much of the work herself. She handled correspondence, duplicated recordings and carried messages on tape to the post office—with kids in tow when needed. Even with all that Lois was juggling as she served the Lord and her growing family, she didn't forget to utilize her skills and steward her gifts. She worked part time for Dallas Federal Savings and Loan so she could contribute in the marketplace while maintaining flexibility as a mother. In 1983, Lois recorded her first album, and she went on to record a second in 1989. During this same period of time, Lois honed her involvement with both the church and the ministry as others came along to carry the load and handle specific responsibilities. Lois focused on leading the women's ministry and caring for the leaders' wives at church and became the Executive Vice President of The Urban Alternative in 1989. She also continued

her education and received her bachelor's degree from Dallas Baptist University in 1991. As a senior pastor's wife, Lois began to develop a passion for ministering to other pastors' wives and founded the Pastors' Wives Ministry. Since The Urban Alternative already hosted a conference designed for pastors, Lois spearheaded a track for pastors' wives to encourage them to continue growing in their faith and in their calling in the local church. That educational track later blossomed into the First Lady Conference. Over the years, the ministry has continued to grow by way of training, online community, in-person fellowships and virtual content delivery, encouraging thousands of women around the world. Lois' excellent work did not go unnoticed. She was honored in 1995 with the Good Samaritan Award from Dallas Baptist University for outstanding Christian service to the community. In 1996, she received an honorary Doctorate of Humane Letters from Eastern College, and in 2000, she received the Status of

Women Award from Sigma Gamma Rho Sorority, Inc. She also received The Woman of the Year in Ministry Award presented by the Women of Influence, Inc. Lois also served in numerous leadership positions including the National Religious Broadcasters (NRB) Board, the NRB Television Board, The Urban Alternative Board of Directors, and as the 1st President of the Global Pastors' Wives Network. In addition, she was a member of Leadership Southwest, sponsored by the Oak Cliff Chamber of Commerce and served on the Board of the Christian Management Association. A dedicated mother, Lois gave her best to her children. Every gift she cultivated in her life, she availed to her children. She was their first Sunday school teacher, sharing Bible stories on a flannel board. Lois gave them the gift of music as well. Before she sent them outside of their home for piano lessons, she first taught them to play simple songs at home. Lois would also sit at the piano herself

and play while inviting her children to sing along. When she recorded her first album, Lois invited her children to come along to the studio and record. And as for cooking, she invited all of her children to lend a helping hand to prepare family meals. Lois taught each of her children how to be savvy in business and selfless in ministry. She continued to mother her children well, even in their adult years. And even in her final days, Lois willingly offered wise counsel. As the Evans children share their gifts with the world by leading, singing, writing, teaching, and preaching, they are simply the fruit from the seeds that Lois diligently planted throughout their childhood. Amid all of the work that Lois did in ministry and for her family, she made space for her own personal pursuits, interests and enjoyment. Lois loved to study God's Word and audited college and seminary classes to learn even if she wouldn't earn the credit. She loved history and traveled abroad to visit loca-

tions of biblical and historical interest. Lois loved to learn about health and nutrition, and she read books and took courses to know more. She loved flowers and often made sure that a beautiful bouquet was always around to add beauty to her home. And sunsets... Lois never tired of catching a beautiful display of fire in the sky as the sun dipped below the horizon at the end. On Monday, December 30, 2019, Tony and the four Evans children surrounded Lois as she faced the sunset of her days on earth and entered her rest joining her precious Savior in eternity. Dr. Lois Evans' legacy was using her gifts and talents to plant many seeds that would bear fruit in different seasons of her life. Whether it was building a worldwide ministry or a local church, mentoring pastors' wives or mothers at home, baking in the kitchen or being in the boardroom, Lois Evans was a woman that God could use, and the ripple effects of her presence on this earth will be felt for generations to come.

