

HAPPY THANKSGIVING!



ISSN # 0746-7303

The Dallas Post Tribune

2726 S. Beckley Ave • Dallas, Texas 75224
P.O. Box 570769 Dallas, Texas 75357 - 0769

CIRCULATION
VERIFICATION
COUNCIL



50¢

Serving Dallas More Than 65 Years — Tel. 214 946-7678 - Fax 214 946-7636 — Web Site: www.dallasposttrib.com — E-mail: production@dallasposttrib.net

VOLUME 71 NUMBER 9

SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

November 22 - 28, 2018

What The First Thanksgiving Dinner Actually Looked Like



The Conversation

Author: Julie Lesnik

Assistant Professor of Anthropology, Wayne State University

Most Americans probably don't realize that we have a very limited understanding of the first Thanksgiving, which took place in 1621 in Massachusetts.

Indeed, few of our present-day traditions resemble what happened almost 400 years ago, and there's only one original account of the feast.

As an anthropologist who specializes in reconstructing past diets, I can say that even though we don't have a definitive account of the menu at the first Thanksgiving, letters and recorded oral histories give us a pretty good idea of what they probably ate. And we know for a fact that it didn't include mashed potatoes and pumpkin pie.

A main course of waterfowl and venison

The main course is the one scholars can speak about with certainty.

The only eyewitness account of the first Thanksgiving comes from a letter written by Edward Winslow on Dec. 11, 1621. In it, he describes how the Puritans, after utilizing fertilization methods imparted by Tisquantum (also known as "Squanto"), had

their first successful harvest. To celebrate, Governor William Bradford "sent four men on fowling" and they returned later that day with enough food to feed the colony for almost a week. Since waterfowl was plentiful in the Massachusetts Bay area, it's widely accepted that they were eating goose and duck rather than turkey.

The letter also recounts that the Wampanoag leader Massasoit Ousamequin was present, along with "some ninety men," and that they gifted five deer to the governor. Therefore, venison likely had a prominent place alongside waterfowl on the first Thanksgiving table.

Not cranberry sauce, but sobaheg stew

The natural bogs of the the region contained wild cranberries that could be dried and used all winter to bring variety and vitamin C into the diets of the Wampanoags. They even have their own holiday, Cranberry Day, that resembles our Thanksgiving.

However, there's no account of cranberries at the first Thanksgiving, nor is there any mention of cranberries in other records of foods introduced to people who arrived on the Mayflower.

This may be due, in part, to the location of Plymouth Plantation relative to the boggy regions of Massachusetts, which are several miles away.

If bogs were not in the immediate area, then the fruit may not have been as readily used by the Wampanoags of this region as they were in other places with Wampanoag settlements, like Martha's Vineyard.

Instead, for a side dish to the main course, a stew called sobaheg was most likely served. An easy way to make use of seasonal ingredients, the stew often included a mixture of beans, corn, poultry, squash, nuts and clam juice. All are used in the traditional dish today, and all would have been available in 1621. In fact, clams, fish and other seafood were abundant in the area, so they were probably present in some form, whether in sobaheg or another dish.

For carbs, look to cornbread, not potatoes

Historians attribute the first New England crop of potatoes to Derry, New Hampshire in 1722, so there's no way mashed potatoes could have made an appearance during the first Thanksgiving.

Corn, on the other hand, was the staple starch of the time, and in the published notes of William J. Miller on the Wampanoag tribe, he indicates that among the foods introduced to them, the corn bread, called maizium, was "kind." European settlers didn't often speak favorably of indigenous food, so maizium stands out as a recipe that likely made it onto the table at this first feast.

A 'green sauce' gravy

Although the settlers may have made a gravy out of the drippings from the meats procured for the feast, a common staple for these early colonizers was a dish known simply as "green sauce."

Although the best accounts of this sauce come from later records when households had their own gardens of European crops, recipes also utilized crops introduced to them by the Wampanoag. In addition to the corn (and barley) mentioned in Winslow's letter, the harvest of 1621 likely included beans, squash, onions, turnips and greens such as spinach and chard. All could have been cooked at length to create a pulpy sauce that later became a staple in early New England homes.

What about dessert?

A regular supply of sugar or maple syrup wasn't available in the area until much later. Sugar, which was the major export of Caribbean plantations, didn't become popular in New England until the 18th century.

As for maple syrup, Native Americans of the Northeast are credited as the first to procure it; however, it's believed that European settlers didn't begin harvesting it until 1680.

Although it is tough to think of Thanksgiving without decadent sweets, at least the first attendees were spared the awkwardness of having to refuse dessert after such a large feast.

Why a Salmonella Outbreak Shouldn't Ruin your Thanksgiving

(AP) — There's no reason to skip Thanksgiving dinner because of a salmonella outbreak linked to raw turkey.

That's according to health officials who've been monitoring the year-old outbreak. But they say it's a reminder to properly prepare your holiday bird. Cooking kills salmonella.

The ongoing outbreak and recall last week of ground turkey may nevertheless leave you with a few questions when reaching for a plate of turkey.

CAN MY TURKEY HAVE SALMONELLA?

Salmonella is considered widespread in poultry, and it's perfectly legal for supermarkets to sell raw turkey that has the bacteria. Part of the rationale for allowing salmonella is that people don't eat chicken medium rare, said Timothy Lytton, a Georgia State University law professor. In 1974, a court said that "American housewives and cooks normally are not ignorant and stupid" and that they know how to prepare food so people don't get sick.

Even though salmonella is not prohibited in raw meat or poultry, regulators check to make sure the number of samples at processing plants that test positive for the bacteria is within standards. Rules are tighter for whole turkeys, and the industry says the chances of finding salmonella in whole birds are "exceedingly low."

Continues on Page 4



FILM REVIEW: Amazing Grace

By Dwight Brown
NNPA News Wire Film Critic



Back in the day, if you couldn't get to church on Sunday to hear the pastor's sermon, you'd put on Aretha Franklin's Amazing Grace album, the best-selling gospel record of all time, and she would give you your spiritual fix. After a long delay, and its share of controversy, this uplifting documentary

that preserved her live recording of that album is finding distribution. It's as if Franklin is sending a message to us from the great beyond. Thank heaven.

With the best of intentions, director Sydney Pollack and his crew filmed the Queen of Soul as she performed over two days, January 2nd and 3rd, at the New Temple Missionary Baptist Church in Watts, Los Angeles in 1972. The smooth transition from her live recording to the now historic double album culminated with a Grammy Award for Best Soul Gospel Performance.

Continues on Page 2

THANKSGIVING DINNER TIP

TO KILL THE POSSIBILITY OF SALMONELLA,
COOK BIRDS TO AN INTERNAL
TEMPERATURE OF AT LEAST 165 DEGREES.



Recognizing #BLACK EXCELLENCE for 71 years





BOARD OF DIRECTORS

Dr. Mary E. Beck,
Chairperson

Dr. Theronica Bond

Atty. Theodora Lee, Co-Chair

Atty. Gary Bond

Mrs. Mollie Belt

STAFF

Dr. Theronica Bond

President/CEO

Mrs. Shirley Gray

Publisher/Manager

Operations,

Billing & Collection

Ms. Chloe Buckley

Manager/ Production

Mrs. Mattie Weatherman

Production

Atty. Gary Bond, Legal

Counselor

Dr. George Willis, Consulting

STAFF WRITERS

Rev. Johnny C. Smith

Dr. Colleen White

Dr. Ester Davis

Dr. Joyce Teal

Ms. Natasha Cooper

CIRCULATION

Mrs. Joan Fowler

Mr. Samuel Ferrell

Mr. Jermain Clemon

Mr. Rick Weatherman

ADVERTISING

Dr. Ester Davis

Ms. Chloe Buckley

Mrs. Shirley Gray

PRODUCTION

Ms. Chloe Buckley

Mrs. Mattie Weatherman

Editorial Board: Vice Chairman - Mrs. Shirley Gray; Consultant - Dr. Ester Davis; Consultant

The Dallas Post Tribune is published weekly by the Tribune Publishing Incorporated, 2726 S. Beckley, Dallas, Texas, 75224, Bulk Rate [1345]. Postage is paid to the Dallas Postmaster. Send address changes to The Dallas Post Tribune, P.O. Box 570769, Dallas, Texas, 75357-0769. THE DALLAS POST TRIBUNE is not responsible for unsolicited materials. Address all correspondence to EDITOR, The Dallas Post Tribune, P.O. Box 763939, Dallas, Texas 75376-3939 or e-mail production@dallasposttrib.net. All articles should be addressed to the appropriate staff member. Advertisements, articles, editorials, letters to the editor and cartoons appearing in the paper do not necessarily represent the philosophy or views of The Dallas Post Tribune.

Regulations for Publication

- 1) We reserve the right to edit articles for content and proper grammar. We also reserve the right to truncate articles for space requirements.
 - 2) We reserve the right to refuse any advertisement or cancel any advertisement contract.
 - 3) Deadline for receipt of articles is MONDAY AT NOON WITH NO EXCEPTIONS unless authorized by the publisher.
 - 4) Deadline for receipt of advertisements is MONDAY AT NOON. Advertisements will not be received after that point unless they are camera ready and have been approved by the publisher.
 - 5) All articles and advertisements must be proofed by the article placer or advertiser. We will not be held responsible for any errors if the article placer or advertiser does not proof their article or advertisement.
 - 6) Articles and advertisements received past the stated deadlines will be held over for the next publication if applicable.
 - 7) We will not be held responsible for pictures that are not claimed after two (2) weeks. Pictures held after two (2) weeks are subject to disposal.
 - 8) Advertisement positioning based on a first-come basis. Positioning can be guaranteed for 15% over total cost.
- 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.

EDITORIAL PAGE

FILM REVIEW: AMAZING GRACE

Continued from Page 1

The making of the documentary traveled a much rougher road. Apparently, Pollack and his crew had problems syncing the sound. It was a challenge that didn't get resolved until producer Alan Elliot bought the rights from Pollack in 2007.

Elliott then had two problems to solve. 1.) Fix the technical hitches and make a cohesive documentary. 2.) Overcome Franklin's resistance; she successfully sued to stop the distribution of the film in 2011 and 2015. After she passed away, her estate gave permission for the film to be released, and it premiered at the DOC NYC Film Festival in New York on Monday November 12, 2018. So, was it worth the wait?

The master of ceremonies at the recording session is the legendary Reverend James Cleveland, whose rich baritone is somewhere between the soulful tones of Barry White and Teddy Pendergrass. Cleveland introduces the lady of soul with such reverence that you'd think a queen was walking into his church. And she is. Says the reverend with great pride: "She can sing anything. 'Three Blind Mice.' Anything."

Behind his pulpit is The Southern California Community Choir, directed by Alexander Hamilton. The singers have more enthusiasm than fans at a Beyoncé concert. On the side of the pulpit, Franklin's band

warms up: Guitar: Cornell Dupree. Organ: Kenny Luper. Percussion: Pancho Morales. Drums: Bernard Purdie Bass: Chuck Rainey. The audience is a mix of parishioners, music fans and some well-known guests: Clara Ward, Aretha's father Reverend C.L. Franklin, along with Mick Jagger and Charlie Watts from the Rolling Stones.

Franklin floats into the room with an aura befitting Cleopatra. At the piano or standing in front of a mic on the podium, she launches into classic and contemporary gospel songs that show her versatility and musicianship. Her voice is at the peak of its powers. Clear. Piercing. Emotional. Divine. She settles into a modern gospel song written and formerly sung by Marvin Gaye "Wholy Holy." Then "How I Got Over" rocks the church to its core. The gospel standard "Precious Memories" is so solemn it could bring tears to anyone's eyes. Playfully she blends the Carol King song "You've Got A Friend" with the very traditional "Precious Lord (Take My Hand)," displaying an equal feel for pop and gospel stylings.

Easily the most dramatic performance from the two days of singing has got to be her intense rendition of "Mary Don't You Weep." It's a classic spiritual that dates back to the Civil War when it was sung by slaves as a coded message that said that times will get better, oppressors will get their due, persevere and resist. In lyrics that the

overseers could not fully understand, the chorus goes: "(Soloist) Pharaoh's army. (Choir) Pharaoh's army. (Soloist) I know you know that story of how they got drowned in the sea one day, oh yeah. (Choir) Drown in the Red Sea." Franklin caresses the melody and draws extra meaning out of every word of a song that became popular again during the '60s civil rights movement.

There's more on view than just a memorable performance by one of America's most famous vocalists. Also on exhibit it is a musical form that has been an integral part of the black community since Africans first arrived in America. What audiences witness, through song and on display, is a rich resilient culture that has an undeniable affinity with music. Also, the love on view in this house of worship in Watts is not unique. It plays out on Sundays in black churches all over the country. It's a continuous affirmation of customs. A spiritual calling. A communion with neighbors. And a front row seat to the evolution of black gospel music that started in fields and has grown into a very sophisticated art form with choirs, instruments and amplification. Spirituals have come a long way.

Kudos to Alan Elliott for managing and bringing to fruition a creative process that has stymied others for years. He does his best, considering some of the original footage is out of

focus. Editor Jeff Buchanan magically weaves together the performances, anecdotes and crowd scenes into a very tight and enthralling 87 minutes. The sumptuous sound is courtesy of the Grammy-winning producer/engineer Jimmy Douglass who handles music mixing duties for this doc and also worked on previous Aretha albums like Spirit in the Dark and Young, Gifted and Black. The pacing and sound of this documentary is extraordinary, especially when you consider that sound-syncing was the foil that caused the film's 46-year delay.

Pastors are the noted spiritual guides in churches. What this documentary makes clear is that gospel singers have an equal influence. They bring hope, a sense of empowerment, soul cleansing and sacred messages. In fact, after church, quite often it is the singer's words and tunes that linger long after the reverend's sermon has been forgotten.

In Amazing Grace, Aretha is a conduit who channels a spirit from above into the hearts of those who listen. With the premiere and distribution of this film, she can do that for eternity.

At some point in this thoroughly compelling doc, Franklin prophetically sings: "... I'm climbing, Higher mountains, Higher mountains, Trying to get home..."



Rev. Johnny C. Smith
Editorial Columnist

"A SURVEY OF THE BOOK OF ROMANS" ROMANS 8:1-11

VICTORY OVER THE ENSLAVING POWER OF SIN, PART I

As we viewed Chapter 7 of Romans, Paul was experiencing a perplexing Christian life; in contrast in Chapter 8, one explores the great blessings possessed by the believer through Jesus Christ (Romans 7:25). In Romans 8:1, the key to victory for each believer is to be thoroughly convinced that our great God has removed from him all condemnation. The expression "no condemnation" means not only deliverance from sin's guilt, but also from sin's power."

In the believer's spiritual walk, all he needs to do is to yield to the power of the indwelling Holy Spirit for victory (Galatians 5:16). The believer is tremendously blessed in his spiritual life because his new state is expressed by say-

ing that he is "in Christ". His new state of being "in Christ" (Romans 8:1) has replaced the old state in Romans 7:6. Because of a believer's wonderful union with Christ as expressed in verse 1, the believer is to know that he is totally liberated from the Law of sin and death (v. 2). In verses 3-4, the foundation for a believer's new walk in the Holy Spirit is due to the fact that God sent Jesus Christ to die a vicarious death for mankind; and through His sacrificial death, Christ paid the full payment for sin and made it possible for each believer to live a Spirit-empowered life. Through the indwelling Holy Spirit, God fulfills the righteous demands of the Law in those who "walk not after the flesh, but after the

Spirit" (v. 4).

In verse 5, the Apostle Paul contrasts the life of one who is controlled by the sinful nature and one controlled by the Spirit. The one controlled by the sinful nature will have his mind set on what the nature desires; whereas the one who is controlled by the Spirit will have his mind set on what the Spirit desires. Paul explains in verse 6 that the mind of a carnal minded man (sinful man) is death. However, the mind controlled by the Spirit is life and peace (v. 6).

The sinful mind of verse 6 is totally hostile to God and does not submit to God's law (v. 7). Therefore, the one who is controlled by the sinful nature cannot appease God (v. 8). Having spoken about the contrasting

lives of those who are controlled by the sinful nature versus those controlled by the Holy Spirit, Paul told these Roman believers that they were indwelt by the Holy Spirit; therefore, they are not to be controlled by the sinful nature, but by the Holy Spirit (v. 9). Because of the indwelling presence of Christ in a believer's life, a believer is alive spiritually. Finally, the grand Apostle related to these believers that God has guaranteed spiritual resurrection power for their mortal bodies and physical resurrection for their mortal bodies in the future at the Rapture (v. 11).

May God Bless!

It's Time to Renew

Re-Subscribe to **The Dallas Post Tribune**

Mail Check or Money Order to: **Dallas Post Tribune**

P.O. Box 570769 Dallas, Texas 75357-0769

One year in-State \$65.00 One year out-of-State \$75.00

Name _____
Address _____
City _____
State _____
Zip _____
Phone _____
Check Number _____
Signature _____

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.

Dallas reveals details of proposal for Amazon headquarters

DALLAS (AP) — Dallas has revealed details of its bid to land Amazon's second headquarters after the online shopping giant chose New York and Arlington, Virginia, as the joint winners.

Dallas Regional Chamber officials and Dallas Mayor Mike Rawlings said at a Tuesday news conference that Amazon was given dozens of options in the region, then narrowed it down to the downtown Dallas area.

Dallas offered a \$600 million incentive package, including tax abatements. That doesn't include the incentives offered from the state, which could have been as much as \$500 million.

A portion of Dallas' incentive package was tied to hiring locals and the city proposed Amazon commit \$100 million toward addressing race relations, poverty and creating green space.

Austin, which along with Dallas was among the 20 finalists, hasn't revealed details of its proposal.

Trinity Park Conservancy Presents First Look: Harold Simmons Park, a preview into the future of the Trinity River and the Park

DALLAS — On Thursday, Dec. 6, Trinity Park Conservancy will host First Look, an event giving Dallas citizens the opportunity to see initial thoughts on the design of Harold Simmons Park, the 200 acre area between the Ron Kirk Pedestrian Bridge, near the Margaret Hunt Hill Bridge, and the Margaret McDermott Bridge. The Harold Simmons

Park design team will share learnings from the public input and answer questions on flooding, native habitats, and the design process. The event will be held at South Side Music Hall, 1135 South Lamar Street from 5:30 p.m. to 8 p.m. This event is free and open to the public.

The event features a visual cross-section of the Park. Sized

more than 60-foot by 8-foot, the viewer will experience an immersive slice of the Park from east to west. The design team, which includes national, regional and local experts such as Michael Van Valkenburgh & Associates (MVVA), one of the leading landscape architecture firms in the US, will share initial ideas on the design for the park, discuss topics such as

flooding, access, and native ecology, as well as answer questions.

Speakers, including Michael van Valkenburgh, founder of MVVA, and Brent Brown, CEO/President of Trinity Park Conservancy, will discuss the challenges and opportunities involved in building a public park within a flood control system, one that combines natu-

ral habitats where native flora and wildlife thrive, and gathering areas where visitors can connect to nature and one another.

To pre-register for the event and learn more, visit www.TrinityParkConservancy.org/events. The doors open at 5:30 p.m., with a formal presentation from at 6 p.m. Light bites and beverages will be

provided.

Trinity Park Conservancy is dedicated to continuing conversations in the community throughout the Park development process. To stay connected sign up to become a friend of the Conservancy and receive email updates at www.TrinityParkConservancy.org/join-us.

Church Directory

Baptist

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



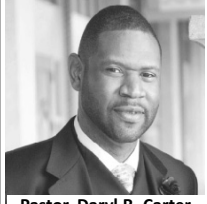
Rev. Joe S. Patterson, Pastor

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
GREAT CORNERSTONE BAPTIST CHURCH
Dr. David E. Wilson, Pastor/Teacher
8350 Forest Lane, Dallas, TX 75243
P. 214-349-7701



Church School - 9:00 a.m.
Sunday Worship Services - 7:30 & 10:30 a.m.
Mid-Week Revival Services - 7:00 p.m.

Visit us @ 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.

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

Place your Church Ad in
The Dallas Post Tribune's
NEW Church Directory!

For more information please contact
DPT staff via email at
sales.ads@dallasposttrib.net or via phone at
214.946.7678.

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



Dr. Curtis W. Wallace Senior Pastor

CONCORD MISSIONARY BAPTIST CHURCH
6808 Pastor Bailey Dr.
Dallas, TX 75237
P. 214-333-3597



Rev. Bryan Carter, Sen. Pastor

Sundays: 8am, 10am, & 12noon
Wednesdays: 7pm
www.ConcordDallas.org

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

Saint Phillips Missionary Baptist Church
6000 Singing Hills Drive
Dallas, Texas 75241
P. 214-374-6631

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



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

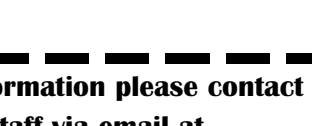
Email Address:
stphillipsmbc@att.net

Schedule of Activities
Sunday
Early Morning Worship- 8AM
Church School- 9AM
Morning Worship- 10AM

The Mount Moriah Missionary Baptist Church
3811 Latimer Street
Dallas, Texas 75215
(214) 428-2990 Office
www.mountmoriahdallas.org
"Here We Grow"

SUNDAY
Church School 9:30 A.M.
Morning Worship 11:00 A.M.
Awana Clubs 5:30 P.M.
Evening Bible Exploration 5:30 P.M.
The Lord's Supper 1st Sunday 5:30 P.M.

WEDNESDAY
Music Ministry 6:15 P.M.
Awana Clubs 7:00P.M.
Prayer/Bible Fellowship 7:00 P.M.



Rev. Johnny Calvin Smith Pastor

Church of Christ



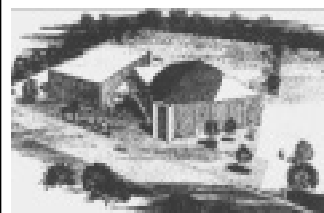
Bro. Lamont Ross, Senior Minister

2431 S. Marsalis Ave.
Dallas, Texas 75216
Office: 214-941-2531
Fax: 214-942-9646
www.marsalisavenuecoc.org

Come Worship and Study with Us!

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 - 6:30 p.m.
Bible Class - 7:00 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



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"

Cedar Crest Church Of Christ
"A Church of Christ in the Heart of Dallas with Dallas at Heart"

Sunday
KHVN (970 AM Radio) 8:00 a.m.
Bible Class 8:45 a.m.
Children Worship 10:00 a.m.
Worship Service 10:00 a.m.

2134 Cedar Crest Blvd. Dallas, Texas 75203-4316 • (214) 943-1340 • Fax (214) 941-3305
"All services are interpreted for the Deaf!"

Place your Church Ad in
The Dallas Post Tribune's
NEW Church Directory!
For more information please contact
DPT staff via email at
sales.ads@dallasposttrib.net or via phone at 214.946.7678.



friendship-west
church & conference center

Dr. Frederick Douglass Haynes, III
Senior Pastor

Worship Times:
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

Phone:
(972) 228-5200

Mission Statement
"Creatively making disciples, while on the cutting edge, making a difference spiritually and socially."
(Mt. 28:16-20 | Luke 4:18-19)

2020 W. Wheatland Road
Dallas, Texas 75232
www.friendshipwest.org

Were you an **INDUSTRIAL** or **CONSTRUCTION** **TRADESMAN?**

- Machinist
- Boilermaker
- Pipefitter
- Insulator
- Millwright
- Electrician
- Steel Mill Worker
- Shipyard Worker
- Power Plant Worker
- Industrial Plant Worker
- Maintenance Worker
- Railroad Worker

AND recently diagnosed with LUNG CANCER?

You and your family may be entitled to a **SIGNIFICANT CASH AWARD**

Call for your risk free consultation
877-684-3135

Discover the world's best walk-in bathtub from **American Standard** **\$1,500 SAVINGS**

5 Reasons American Standard Walk-In Tubs are Your Best Choice

- 1 Backed by American Standard's 140 years of experience
- 2 Ultra low entry for easy entering and exiting
- 3 Patented Quick Drain® fast water removal system
- 4 Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 5 44 Hydrotherapy jets for an invigorating massage

Includes FREE American Standard Right Height Toilet
Limited Time Offer! Call Today!
877-771-1144
FREE IN-HOME EVALUATION!

Receive a free American Standard Cadet toilet with full installation of a Liberation Walk-In Bath, Liberation Shower, or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be first time purchaser. See www.walkintubs.americanstandard-us.com for other restrictions and for licensing, warranty, and company information. CSLB B982796, Suftok NY5543H, NYC#2022748-DCA. Safety Tubs Co. LLC does not sell in Nassau NY, Westchester NY, Putnam NY, Rockland NY.

AARP Auto Insurance Program from **THE HARTFORD**

AUTO INSURANCE
DESIGNED FOR AARP MEMBERS

	IF YOUR CURRENT INSURANCE IS:	YOU COULD SAVE:
\$370* AVERAGE SAVINGS WHEN YOU SWITCH	GEICO	\$380
	ALLSTATE	\$477
	STATE FARM	\$383

TO SPEAK WITH AN AGENT AND REQUEST A FREE QUOTE CALL:
1-877-357-7429

*Savings amounts are averages based on information from The Hartford's AARP Auto Insurance Program customers who became new policyholders between 1/1/16 and 12/31/16 and provided data regarding their savings and prior carrier. Your savings may vary. AARP and its affiliates are not insurers. Paid endorsement. The Hartford pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP membership is required for Program eligibility in most states. The AARP Automobile Insurance Program from The Hartford is underwritten by Hartford Fire Insurance Company and its affiliates. One Hartford Plaza, Hartford, CT 06155. In Washington, the Auto Program is underwritten by Hartford Casualty Insurance Company. Auto Program is currently unavailable in Massachusetts, Canada and U.S. Territories or possessions. Specific features, credits and discounts may vary and may not be available in all states in accordance with state filings and applicable law. Applicants are individually underwritten and some may not qualify.



CLASSIFIEDS



PEST CONTROL



SPECIAL ATTENTION FOR:
BEDBUGS / ROACHES/
RODENTS/ ANTS/ TERMITES

**WE TREAT RESIDENTIAL AND
COMMERCIAL PROPERTIES**

S & B PEST CONTROL SERVICE
BILLY ROBINSON
214-946-5879 SINCE 1958

Property Management

Attention

If you are having problems with your rental property, call us at (214) 942-3096. We will collect your rent for you. Call us today!

MEMBER OF THE BETTER BUSINESS BUREAU OF METROPOLITAN DALLAS

- * We Collect
- * We Evict
- * We Put Reliable Tenants In Your House

Family Owned and Operated



Mr. Don Skinner
Rental Property Available

LONE STAR PROPERTY MANAGEMENT
Property Management Specialist
2219 Cedar Crest Blvd. • Dallas, Texas 75203
(214) 942-3096

NEED A COPY OF THE

DALLAS POST

TRIBUNE?

TRY ONE OF THESE

LOCATIONS...

- Jerco Sales Lock and Key Sales
3200 S. Lancaster Rd. Ste. 414
- Stanley's Catfish & Chicken
3146 Cedar Crest Blvd.
New Orleans Seafood
- 7634 Great Trinity Forest Wy.
Dallas, TX 75217
- CT's Real Deal Bar B Que
2901 S. Lancaster Rd.
Prosperity Bank
- 3515 W. Camp Wisdom Rd.
8035 E. R.L. Thornton Fwy.
- New Touch Barber & Beauty Salon
4410 Marsalis Ave.
- Qumy's African Hair Braiding
8989 Forest Ln. Ste. 138
- Rock-N-J's Brisket & BBQ Soul Food
1223 E Red Bird Lane
- Lott's Mortuary, Inc.
2434 Martin Luther King Jr. Blvd.
- Jefferson Place
3430 South Marsalis Ave.

2019 Hall of Fame Nominations

TUESDAY, November 27, 2018 is the deadline for submitting nominations. Please submit on line or mail by the above date to:
AAEAHP
P. O. Box 411091
Dallas, Texas 75241

SUDOKU

The support you need to find quality
SENIOR LIVING SOLUTIONS

A Place for Mom has helped over one million families find senior living solutions that meet their unique needs.

There's no cost to you!

CALL (855) 439-6734

! We're paid by our partner communities



aPlaceforMom.

7	4	2	3	8	5	1	9	6
9	8	6	7	1	4	3	5	2
3	1	5	2	6	9	7	4	8
1	9	3	4	2	7	8	6	5
6	2	7	8	5	1	9	3	4
4	5	8	9	3	6	2	7	1
5	3	9	1	4	8	6	2	7
8	7	4	6	9	2	5	1	3
2	6	1	5	7	3	4	8	9

© StatePoint Media

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Diddy mourns for Kim Porter, says 'more than soul mates'



(AP) — Sean "Diddy" Combs made his first public statements Sunday since the loss of Kim Porter, his long-time former girlfriend and mother of three of his children, saying they were "more than best friends" and "more than soul mates."

Porter, a former model and actress, died unexpectedly at her Los Angeles home on Thursday at age 47. Authorities haven't given a cause.

Combs had been silent until Sunday, when he sent a pair of tweets about Porter's death.

"For the last three days I've been trying to wake up out of this nightmare," Combs said in a tweet that included a video of him cuddling up to a pregnant Porter. "But I haven't. I don't know what I'm going to do without you baby. I miss you so much. Today I'm going to pay tribute to you, I'm going to try and find the words to explain our unexplainable relationship."

In another tweet Combs said, "We were more than best friends, we were more than soul mates. ... And I miss you so much. Super Black Love."

Porter and Combs were together with occasional breaks from 1994 until 2007. Together they have a 20-year-old son, Christian, and 11-year-old twin daughters, D'Lila Star and Jessie James. Combs also has three children from other relationships.

Porter also has a 27-year-old son, Quincy Brown, from a previous relationship, who was largely raised with Combs. Brown, an actor, appears on the Fox TV series "Star."

Paramedics rushed to Porter's house Thursday morning after calls saying she was unresponsive. She was declared dead soon after they arrived.

Why a salmonella outbreak shouldn't ruin your Thanksgiving

Continued from Page 1

The turkey industry cites steps it takes to reduce risk, such as the use of antimicrobial rinses.

The rules differ for other products. For instance, salmonella is not allowed in packaged foods that aren't cooked to kill germs.

Jennie-O-Turkey is recalling more than 91,000 pounds of raw turkey in an ongoing salmonella outbreak. (Hormel Foods via AP)

WHAT ABOUT THE OUTBREAK?

Since it began last year, the outbreak linked to raw turkey has caused one death and 164 reported illnesses in 35 states. Until last week, regulators hadn't been able to tie any cases to a specific product or supplier. That's even though investigators said 29 unidentified slaughtering and processing plants tested positive for the salmonella strain involved.

The recall could be confusing because federal regulations are contradictory. The U.S. Department of Agriculture doesn't prohibit salmonella but can ask companies to recall products once they are clearly shown to be responsible for illnesses. The USDA's Carmen Rottenberg said the agency can't take action

until it has enough evidence.

According to the USDA, the people who got food poisoning reported eating different kinds of turkey products and brands. Cases also included people who handled raw turkey pet food or worked with live turkeys.

Salmonella spreads through animal feces. It is blamed for an estimated 1 million cases of food poisoning a year, with symptoms including diarrhea, vomiting and stomach cramps. Whether someone gets sick depends on the strength of the strain, the amount and the person's susceptibility, the USDA notes. But the agency says cooking should kill salmonella.

Packaging for four types of Jennie-O ground raw turkey with a P190 designation that have been recalled due to concerns over salmonella. (Hormel Foods via AP)

WHAT WAS RECALLED?

The USDA tied one illness in Arizona to Jennie-O ground turkey meat. The recall by Jennie-O was limited to turkey from a single day's production in September from a manufacturing line in Wisconsin. The packages had use-by dates of early October but could still be in freezers.

Regulators say more products from other

companies could still be linked to the illnesses. Parent company Hormel Foods Corp. said it owns five of the 29 plants that tested positive for the germ.

The ongoing outbreak doesn't necessarily mean there's more food poisoning from salmonella. Improved detection might just be discovering outbreaks that in the past might have seemed like unrelated cases, said Sarah Sorscher of the Center for Science in the Public Interest.

"It's shedding a light on a longstanding problem," she said.

WHAT SHOULD COOKS DO?

Health officials say proper handling and cooking should kill any salmonella. A few points to remember:

- It seems counterintuitive, but don't rinse raw turkey — that can spread any germs.

- Clean hands and cooking surfaces that come into contact with raw turkey.

- Cook birds to an internal temperature of at least 165 degrees.

Hormel's Richard Carlson stressed salmonella in turkey is not unusual and that proper handling and cooking should get rid of it — even in the Jennie-O ground turkey recalled last week. Regulators, though, say to throw it out.










THE DALLAS POST TRIBUNE THANKS YOU FOR YOUR CONTINUOUS SUPPORT. WE WELCOME YOUR FEEDBACK... PLEASE EMAIL US AT PRODUCTION@DALLASPOSTTRIB.NET

SPORTS PAGE

7 Day Weather Forecast for DFW

Thursday, November 22 Friday, November 23 Saturday, November 24 Sunday, November 25 Monday, November 26 Tuesday, November 27 Wednesday, November 28

	H - 60° L - 42°		H - 68° L - 43°		H - 66° L - 49°		H - 52° L - 37°		H - 53° L - 41°		H - 57° L - 48°		H - 58° L - 52°
---	--------------------	---	--------------------	---	--------------------	---	--------------------	---	--------------------	---	--------------------	---	--------------------

Even in Year 16, LeBron James refusing to slow down



MIAMI (AP) — LeBron James stopped worrying about his place in history long ago. His legacy has been secure for years. The argument about where he ranks, whether or not he's the best player to ever step on a basketball court, will continue forever and there will never be a definitive answer.

That is, unless he keeps doing things like this.

In his 16th season, James can still make the game look absurdly easy. The latest entry on the long list of his unforgettable nights came Sunday, when James scored 51 points and led the Los Angeles Lakers to a 113-97 win over the Miami Heat. He's only the second player to score at least 50 in a game this deep into an NBA career; the other is Kobe Bryant, in his final game, and that was aided by 50 shot attempts.

"I've always been a guy to let the game talk for itself, speak for itself," James said. "My body of work speaks for itself, still to this day, 16 years in."

He paused for a second, breaking into a big smile.

"If there's ever a discussion," James said, "games like this will make sure you figure it out."

Bryant had gone more than seven years without a 50-point game before April 13, 2016, when he went 22-for-50 and scored 60 points at Staples Center as the Laker faithful roared for his work one final time. James hadn't gone six months since his last 50-point night; it was Game 1 of last season's NBA Finals, the one where J.R. Smith forgot the score in the final seconds and Cleveland lost to Golden State on the way to a sweep.

James was methodical on Sunday; he was 19 for 31 from the field, 6 for 8 from 3-point range, getting to 51 points on a deep 3-pointer in the final seconds with the outcome already long decided.

"That's all coaching," Lakers coach Luke Walton said. "Just great coaching. ... No, the way he sees the game, he knows what he's doing out there."

Through 16 games, though there's nothing to suggest that he's going to slow down this season — or anytime soon — James is his usual sensational self. He's averaging 28.8 points on 52 percent shooting, with 7.7 rebounds and 6.9 assists per game.

No one in NBA history has ever averaged that many points in a 16th season or later. Bryant is the only player to average more than 25 points this deep into a career; he averaged 27.9 points in 2011-12, 27.3 points in 2012-13.

But it's not just the scoring. Only Steve Nash, John Stockton and Jason Kidd — three of the best point guards ever — averaged this many assists at this point in their career.

"He's the best player in the world," Lakers guard Lonzo Ball said.

Added fellow Laker Kyle Kuzma: "He could average 40 if he wanted."

Heat coach Erik Spoelstra, who had James for four seasons in Miami, describes James' game in one word: "Timeless."

"Doesn't matter what year, doesn't matter how old," Spoelstra said. "Consistency is as much of a talent as any physical or mental talent. He's five-star in all of those."

James hasn't won an MVP award in any of the past five seasons. For as good as he's been, for as long as he's been that good, it's hard to believe that his first 15 seasons only resulted in him winning that award four times. He should be in the conversation again this year, and thought he should have won the award last year.

"I just go out and my love for the game keeps me going," James said. "My ability to put in the work, and see what happens after that. I know if I put in the work and be true to the game, then everything else will take care of itself."

Bad penalties, bad decisions, bad coaching. And bad losses.

(AP) - Bad penalties, bad decisions, bad coaching. And bad losses.

They occurred all over the NFL on Sunday. The Jaguars, Cardinals, Chargers and Falcons all will be shaking their heads the way their fans are about how they blew games.

At least the Panthers went down gambling to win, missing a 2-point conversion — the pass play would have worked but Cam Newton missed a wide-open receiver in the end zone. The others either made suspect choices or played not to lose.

And, naturally, they lost.

"This is as tough as it gets," Jaguars defensive end Calais Campbell said after his bunch blew a 16-0 lead to Pittsburgh and lost on a last-second touchdown by Ben Roethlisberger. "There are going to be some games you definitely lose and you'll definitely win. But when it comes down to that last play, and you're on the losing side of it, those hurt, especially in a situation where we're a desperate team in need of a win."

And a team that got too many field goals, yet got comfortable with that 16-

point edge. Jacksonville stopped being as aggressive as it had been earlier in dominating the Steelers, and pretty much dropped from postseason contention at 3-7.

"If people are in here and they're content — not saying anybody is — but if people are content with losing and things not going right," star cornerback Jalen Ramsey said, "then that's not the type of guys you want on the team and that's not the type of environment you want to have."

The environment might be worse in Arizona, where first-year coach Steve Wilks saw his club make several critical errors down the stretch. That led to a 23-21 loss to Oakland, of all teams — the Raiders were the only team with just one victory heading into the weekend — that never should have been a defeat.

A dropped pass by running back David Johnson hurt. An unnecessary roughness penalty against Cardinals tight end Jermaine Gresham cost 15 yards and stopped the game clock. On the next play, Johnson ran 57 yards for what was sure to be the clinching score, only to

have the play called back on a holding call against tight end Ricky Seals-Jones.

Two plays later, the Cardinals punted. The Raiders drove 63 yards against a modified prevent defense and won as the clock expired on Daniel Carlson's 35-yard field goal.

"It was just a dumb play by me," Gresham, a nine-year veteran, said after the game. "I turned around and saw my guy on the ground. We're not coached to that. We're not taught that. They didn't bring me in here to do that, and it was stupid. I cost us the game."

Not entirely, but he helped.

The Chargers had plenty of culprits, too. Their six-game winning string ended when a conservative defense couldn't prevent Denver from going 86 yards in 1:51 for Brandon McManus' winning 34-yard field goal as time expired.

Los Angeles made mistakes throughout, hardly looking like a wild-card front-runner. Philip Rivers threw two interceptions and on a third-down play on LA's final drive, he seemed to panic and threw the ball at a receiver's feet. That led to a punt, but also



gave Denver more time for its final drive than it should have gotten.

The Chargers committed 14 penalties, including 10 in the first half. Mike Badgley, who made three field goals, also missed an extra point. Denver won 23-22.

"The crucial mistakes that we've been able to stay away from, we didn't today," Rivers said.

Championship candidates avoid those, especially against a weaker opponent.

Atlanta has had plenty of reasons to struggle, particularly a slew of early-season injuries that have worn on a good roster. But the Falcons

had won three straight before a poor performance in Cleveland, and they exacerbated their issues with a difficult-to-watch showing late in a 22-19 loss to Dallas on Sunday.

Four of the team's six losses have come either on the opponent's final possession or with the Falcons denied on their final opportunity. Simply put, the Falcons have folded under pressure.

"It's aggravating at the end of the day," said cornerback Robert Alford. "... We did do some good things today. We can't just hold our heads down. But

at the end of the day we've got to learn to finish games."

This time, the Cowboys had little difficulty moving 51 yards to Brett Maher's winning 42-yard kick.

If your team is going to lose late, at least do it the way Carolina did — going for it, not backing off or making egregious errors.

"When you make some errors we made today in critical moments, you open yourselves up to get beat, and that's what happened today," Rivers said. "We had every opportunity to close it out, and we just didn't get it done."

If you have sports information that you would like placed in the DALLAS POST TRIBUNE Sports Section e-mail us at: production@dallasposttrib.net

Dallas Fort Worth Microblading Specialist Lauren Cox Opens About Face Beauty Enhancement Salon at Salon and Spa Galleria in Grapevine TX



Fort Worth, TX. — Nov. 15, 2018 —Lauren Cox has been in the beauty business for 19 years. For most of that time, she has been a sought-after stylist working at elite salons like the David Ryan Salon in Flower Mound, Life Spa at Lifestyle Fitness in DFW or Salon Diva in Houston.

However, her years of standing behind the chair took their toll on her back, and she has had to rethink her business. “About a year ago, I earned certification in microblading, an eyebrow enhancement service that I can do while sitting,” says the owner of About Face Beauty Enhancement Studio.

Microblading is a semi-permanent tattooing technique that fills the eyebrow out or reshapes it by drawing on tiny strokes that look like individual hairs. The results last for up to two years, depending on the client’s skin type and proper aftercare.

Microblading started in Asia about 25 years ago, but it is just catching on in the United States. “Microblading has been big on social media since Hollywood Actress Bella Thorne had it done in 2016 and shared the pictures on her Instagram and

Facebook pages, resulting in numerous stories in the beauty and lifestyle press,” noted Cox.

“The service can fill in eyebrows for those with naturally thin brows, those with alopecia, and even those who are undergoing chemotherapy,” said Cox. “It’s very satisfying to be able to give my clients back the confidence that comes from looking their best,” said Cox.

“Microblading is not just for women,” added Cox. “I have had male clients who come in because a scar is stopping part of an eyebrow from growing in normally.”

Microblading can also be used to create a semi-permanent made-up look that saves time in getting ready. “Microblading is the Hollywood secret to picture-perfect brows without using the eyebrow pencil,” said Cox.

The service typically takes between two and two-and-one-half hours with most of that time used to map the desired shape. Most clients do not feel any discomfort and have a full brow after a brief healing period.

Friendly and easy going, Brow Guru Lauren Cox makes getting eyelash extensions or semi-perma-

nent eyebrow enhancements a pleasure. Visit her at About Face Beauty Enhancement Salon, at 3549 Grapevine Mills, Suite 420, in Fort Worth, TX.

To see before-and-after pictures of recent DFW microblading clients, visit her Instagram at <https://www.instagram.com/aboutfacebes/> or check out her Facebook at <https://www.facebook.com/aboutfacebes/>. To book an appointment, call or text Lauren at (469) 993-8243.

Until the end of 2018, Lauren is running a variety of specials on microblading, microshading, and powder brows that are on her studio’s social media pages.

About Lauren Cox and About Face Beauty Enhancement Studio

Lauren Cox is a specialist in head turning semi-permanent facial enhancements. She is a graduate of Visible Changes University Beauty School in Houston TX and is rapidly building a following in Dallas Fort Worth for her new studio, About Face BES, located at Suite 420 of the Grapevine Salon and Spa Galleria, in Grapevine, TX. To book an appointment, call or text Lauren at (469)-993-8243.



Ed Bell Construction Company
An Equal Opportunity Employer

November 01, 2018

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

We are currently hiring for the following positions:

- **Field Mechanic**
- **Paving Machine Operator**
- **Excavator Operator (Underground)**
- **Finishers (Structures, Paving)**
- **Form Setters (Structures, Paving)**
- **Laborers (Structures, Underground, Paving)**
- **CDL Drivers (Water Truck, Fuel Truck, End Dump)**

Available: multiple openings

Rate: Negotiable

Must have own transportation

Years of Experience required will vary, from 6 months to 2 years (depending on position)

Physical and Drug Screen Required

Must have a Clear Background

Must be at least 18 years old (CDL Driver, 21 yrs)

Must **APPLY IN PERSON** at **10605 Harry Hines Blvd., Dallas, TX 75220** from 7am-11am Mon-Fri.

Please visit our website: www.edbellconstruction.com/careers

Or email your resume to: careers@edbellconstruction.com

Ten diabetes-friendly tips for your Thanksgiving feast



DALLAS — Who doesn’t look forward to the fall holiday devoted to feasting with family and friends? Thanksgiving is all about celebrating, with food taking center stage as we heap our plates with savory cornbread dressing, sweet potato casserole and pumpkin pie. Most of us fret about putting on an extra pound or two from overindulging on Turkey Day. But for individuals with diabetes, Thanksgiving can pose more serious health challenges.

Dietitians at Parkland Health & Hospital System say that enjoying Thanksgiving can seem overwhelming when you’re concerned about spiking A1C levels. So they developed 10 simple tips to help their patients and anyone with diabetes enjoy the day, worry-free.

“It’s important to come up with a plan to avoid overindulging on Thanksgiving,” said Marisa Aguillon, RD, a certified diabetes educator with Parkland’s Global Diabetes Program. “If you have a plan you will make better choices. Ask yourself a few questions to help you get started.”

Tip 1: Set yourself up for success. Where do you plan to have Thanksgiving? If you are hosting the party, ask family and friends to bring their favorite vegetable and a side of their choice. If you are a guest take your favorite diabetes-friendly vegetable side dish. “This can help you to fill half your plate with delicious and nutritious vegetables,” Aguillon said.

Tip 2: Timing is everything. Knowing when the main meal will be served can help you avoid missing meals and medication.

Tip 3: Be prepared. Take your medication, your glucometer and glucose tablets with you if you will be traveling. Set an alarm to help you stay on schedule. You may

need to check your blood sugar more frequently than usual if your sleep, mealtimes and activity level are off-schedule

Tip 4: Choose wisely. “What are you looking forward to eating on Thanksgiving? Whether it’s turkey, stuffing or dessert, be mindful of portion size. Use the ‘plate method’ to fill half of your plate with vegetables, a quarter of the plate with lean protein and the other quarter with starches,” Aguillon recommended.

Tip 5: Don’t skip meals. It is important to eat three meals a day, approximately four to five hours in between. “Eat a balanced breakfast and a nutritious lunch if the main meal is served in the late afternoon or evening,” Aguillon advised.

Dietitian Sharon Cox, RD, who teaches diabetes education classes weekly at Parkland’s Bluit-Flowers Health Center, reminds her patients to stick with basic healthy eating strategies they’ve learned during their group sessions. Among her recommendations:

Tip 6: Make trade-offs. “Cut back on servings of carbohydrates like mashed potatoes and bread during the meal so you can indulge in a small slice of your favorite pie or dessert,” Cox said.

Tip 7: Say no to no-no’s. “Resist the urge to munch on high-fat, high-carbohydrate appetizers before the holiday meal. Snack on raw vegetables with hummus or low-fat dip before the meal and drink plenty of water instead of sugary drinks or sodas,” she said.

Tip 8: Take a hike. Or a walk or bike ride. “Exercise is extremely important for helping to control blood sugar, reduce stress and regulate sleep, especially for those with diabetes,” Cox said. “So don’t forget to plan for at least 30 minutes of activity on

Thanksgiving to help you feel your best.”

According to clinical dietitian Maggy Doherty, RD, who educates Parkland inpatients with diabetes, temptation may not end after the Thanksgiving table is cleared.

Tip 9: Limit the leftovers. Doherty suggests that if you’re the guest, only take home low-sugar, low-fat leftovers. “That way you can avoid temptations of over-eating and breaking your healthy nutrition routine after the holiday ends. For example, take home the turkey breast (without skin), salad (without dressing), whole grain sides and veggies while avoiding to-go boxes of the pecan pie, stuffing and creamy casseroles,” she said.

If you host the feast, encourage family and friends to take the tempting sweets and high-fat side dishes home with them.

Tip 10: Get back on track. “If you overeat on Thanksgiving (like most of us), start the following day with a healthy breakfast and good workout,” Doherty said.

“Remember, your plan will not be perfect and that is fine,” Aguillon added. “Enjoy, relax and talk to your providers to help you improve your plan for the next holiday.”

“Enjoy the food, but also make sure you enjoy the reason for the holiday – family and friends,” Cox said.

The Healthy Living with Diabetes Education Program at Parkland is recognized by the American Diabetes Association. To learn more about Parkland’s Global Diabetes Program, visit www.parklandhospital.com or call 214-590-7219. For more diabetes-friendly recipes and information about preventing and managing diabetes, visit Parkland’s new informational website, www.ParklandDiabetes.com

Gloria! Christ is Born!

Annual South Dallas Concert Choir Christmas Concert

Monday, December 3, 2018, 7:30 PM

Free & Open to the Public!

Special Guests:
David W. Carter
High School Choir




Oak Cliff Presbyterian Church
6000 S Hampton Rd
Dallas, TX 75232

For additional information:
South Dallas Concert Choir (SDCC)
P.O. Box 764586
Dallas, TX 75376
(469) 609-SDCC (7322)
SouthDallasConcertChoir.org
SouthDallasConcertChoir@gmail.com

In a humble stable in Bethlehem, the light of the world was born. Angels rejoiced as shepherds gathered in awe. All of heaven cried out, "Gloria! Christ is Born!"

The South Dallas Concert Choir and the David W. Carter Choir have teamed up again to deliver an inspiring music experience for the Christmas season. We invite you to join the celebration of the birth of Jesus Christ.

Monday, December 3, 2018 at 7:30 PM
Oak Cliff Presbyterian Church
6000 S Hampton Rd
Dallas, TX 75232