

A Salute to "Our Voices"

K104 fm
Mornings
5:30 - 10:00
SKIP CHEATHAM AND DA PLAYGROUND



Nate Quick
10 a.m.—3 p.m.



Cat Daddy
7 p.m.—12 a.m.



Hood Starz
3 p.m.—7 p.m.

KR&B
105.7 FM



The Steve Harvey Morning Show
5 a.m.—9 a.m.

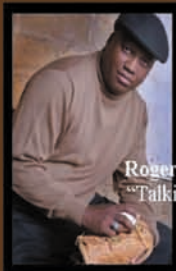


Skip Murphy
3 p.m.—7 p.m.

SOUL 73 AM
KKDA



Willis Johnson
5:00 a.m.—9:00 a.m.



Roger B. Brown
"Talkin' Sports"

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By: Kenna Patrice Parker

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Quick Recipes For The Entire Family!

Salmon with White Bean Puree

INGREDIENTS

4 6- to 8-ounce salmon fillets
 Salt and freshly ground black pepper
 2 teaspoons canola or grape-seed oil
 For bean puree
 2 15-ounce cans organic white beans (Great Northern, cannellini, or navy beans)
 4 tablespoons extra virgin olive oil
 4 tablespoons chopped parsley
 2 garlic cloves, crushed
 4 tablespoons fresh lemon juice
 Salt and freshly ground black pepper
 1 lemon, cut into wedges, for serving

DIRECTIONS:

Preheat the broiler. Rinse the beans briefly under running water; drain well. Combine them with oil, parsley, garlic, and lemon juice in a food processor and pulse to form a coarse puree.

Transfer to a bowl, and season with salt and pepper. Pat the salmon fillets dry with a paper towel. Season the skin side with salt and pepper.

Pour the oil into a medium ovenproof, nonstick skillet and place it over medium-high heat. When the oil is hot, add the salmon, skin side down.

Cook for 4 minutes, until a crust forms on the bottom. The top will still be raw. Remove the pan from the heat. Broil fillets for 3 to 4 minutes, or until the tops are sizzling and the fish is medium rare. Spoon the bean puree onto serving plates, and place the salmon on top. Serve with lemon wedges. (4 servings)

source:<http://recipes.familyeducation.com/>

Garden Chicken Sauteerole

INGREDIENTS:

4 Tyson® Fresh Boneless, Skinless Chicken Breasts or 4 Tyson® Trimmed & Ready Boneless Skinless Chicken Breasts
 1/4 cup corn oil
 1 small eggplant, peeled if desired, cut into 1-inch cubes
 2 small zucchini, thinly sliced
 1 medium green bell pepper, seeded, cut into 1-inch pieces
 1/2 pound mushrooms, sliced
 1 large onion, thinly sliced
 1 can tomato wedges, 16 ounces or 4 large tomatoes, peeled and cut in wedges
 2 teaspoons garlic salt
 1 teaspoon dried sweet basil, crushed
 1 teaspoon fresh parsley, chopped
 1/2 teaspoon black pepper

DIRECTIONS:

Wash hands. Cut chicken into 1-inch pieces. Wash hands. Heat oil in large skillet to medium. Add chicken and sauté, stirring, about 2 minutes. Add eggplant, zucchini, green pepper, mushrooms and onion. Cook, stirring occasionally, about 15 minutes or until vegetables are crisp-tender. Add tomatoes, stirring carefully. Add garlic salt, basil, parsley and pepper. Simmer, uncovered, about 5 minutes or until chicken is done. 4 servings

TUNA SALAD WRAPS

INGREDIENTS:

1 can tuna or salmon, 1/4 cup minced green onions, 1 celery stalk, chopped
 1 tsp lemon juice, 1 tbsp olive oil, 1 tbsp chopped fresh parsley, 1/4 Dijon mustard salt and pepper, and 2 whole-wheat tortillas.

DIRECTIONS (Serving Size: 2)

Mix all ingredients in a bowl. Spoon the mixture onto the tortillas and wrap.



Carter G. Woodson Woodson founded the Association for the Study of Negro Life and History in 1915. He initiated Black History Week, Feb.12, 1926.

Dates You Should Always Remember!

1645-The Rainbowe, first American slave ship sails.

1865- 13th Amendment abolishes slavery.

The National Voting Rights Act of 1965.

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AIDS Services of Dallas - 214-941-0523

American Cancer Society - 214-421-1680

Black Academy (TBAAL'S) - 214-743-2440

Black Dallas Remembered - 214-670-8637

Black Dallas Dance Center - 214-871-2376

Dallas Urban League - 214-915-4600

I Have A Dream Foundation - 214-823-3490

MADD - 214-637-0372 or 817-810-9300

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Sickle Cell Disease Assoc. - 214-942-1262

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214-565-9026**

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LaVida News - 817-543-2095

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AFRICAN AMERICANS YOU SHOULD KNOW!

LORRAINE HANSBERRY

1930 - 1965

Born in Chicago, Illinois, Hansberry was the youngest of four children of Carl Augustus Hansberry and Nannie Perry Hansberry. She grew up on the south side of Chicago. They later moved to a all white neighborhood.



This cased a legal battle for Hansberry's father. It went to the Supreme Court , Hansberry v. Lee, 311 U.S. 32 (1940). They won, but still faced a lot of hostility and anger from the white neighbors. Hansberry attended the University of Wisconsin-Madison and worked on the staff of Freedom magazine. It was at that time she wrote A Raisin in the Sun. The play was a huge success. It was the first play written by an African-American woman and produced on Broadway.

She died of pancreatic cancer at the age of 34.

Richard Wright

1908 - 1960



Richard Nathaniel Wright was an African-American author of powerful, sometimes controversial novels, short stories and non-fiction. Much of his literature concerned racial themes.

Wright, the grandson of a slave, was born on a plantation in Roxie, Mississippi, a tiny town located about 23 miles east of Natchez, in Franklin County. At the age of fifteen, Wright penned his first story, 'The Voodoo of Hell's Half-Acre'. It was published in Southern Register, a local black newspaper. Here, he formed some lasting impressions of American racism before moving back to Memphis in 1927. He would continue to use the power of his pen to express his viewpoint of the African American living in America. His writings include, Uncle Toms Cabin, Native Son, Black Boy, and The Outsider to name a few.

source:en.wikipedia.org

HOPE...

Daylight is near and I pray for the strength to find hope in this dark hemisphere. This word I will write a hundred times over, until I make It into real life. I will run a hundred miles, until I reach the finish line. HOPE...HOPE ...I will find without sadness and desperation taking refuge in my mind. Like new blooms on flowers, and butterflies set free...hope surely awaits for me.

I will buy a new dress, shoes, suit with a tie, that is polka dot...black & blue. A hot bath I will take...sponge in hand to wash what keeps hope away. I will make an appointment... my resume in hand to ensure I qualify for a new sunrise with hope beaming as the moon reveals the master plan. Hope...is all that is left for dreams...and I will hold on until my vision for me is complete.

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ART: ISLAND GIRL

WOMENS HEALTH & WELLNESS

Did you know stress can lead to all types of health issues. We spend our lives rushing, trying to keep a lot of balls in the air and one day we wake up feeling overwhelmed and not sure how to turn this circumstance around. **So Stop!...Take A Deep Breathe...And Release Yourself From Being A Super woman...Discover What Matters Most For Your Own Joy!**

10 Steps For A Stress Free Life!

- 1. Heal Yourself** - start a exercising , a healthy diet, regular sleep, moderate to minimal alcohol intake, and no smoking.
- 2. Get organized** - Remember physical clutter reminds us of things that need to be done and that's stressful. Remove your physical clutter and eliminate your mental clutter and your feel your energy return.
- 3. Set boundaries** -Boundaries act as a filter to keep you safe from the hurtful behavior of others while allowing in the love, support and nurturing actions we all need. This can lead you to feeling unburdened!
- 4. Make time for yourself** - Use this time to do things that are important to you and your life. This could be everything from journaling, taking a walk, reading a book or planning a dinner party. You are important...make time for yourself!
- 5. Be positive** - Your attitude is everything! So start see life with optimism and hope. Speak into your life what you want!
- 6. Work** in a career you love and leave work at work!
- 7. Surround yourself with a supportive people.** Spend time with people who have a positive outlook on life and empower you to be your best.
- 8. Learn to say no**, you will find you are happier and people do understand that you can't do everything.
- 9. Stop tolerating things that bother you...**they drain you emotionally and create unnecessary stress. List things you are tolerating, then identify a solution. (From home repairs to too many obligations on your day)
- 10. Get your needs met!** Tell people in your life what you need from them to feel valued in the relationship. Ignoring what you need creates unnecessary stress for you.

source: <http://www.ezinearticles.com>

DO YOU KNOW YOUR BMI

A **Body Mass Index (BMI)** of 30 or more is considered obese. Being obese increases your risk for serious conditions such as heart disease, diabetes, and high blood pressure. See your doctor to learn how to manage your weight.

HOW TO FIGURE YOUR BMI:

BMI = [Weight in pounds ÷ Height in inches ÷ Height in inches] x 703. **Ex. [210lb ÷ 72 ÷ 72] x 703 = 28.5**

According to the National Institute Of Health, your BMI score means the following:

Underweight: below 18.5


Normal: 18.5 to 24.9

Overweight: 25 to 29.9

Obese: 30 and above

Remember to always consult your doctor before starting any diet or eating plan to ensure your are making healthy choices.

"GET ACTIVE IN YOUR COMMUNITY, BECOME A VOLUNTEER!"



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Kenna P. Parker, Publisher

Looking For A Good Role Model...

Have you ever known someone who brings a smile to your face when you think about them...a person that everyone admires and longs to be like? No, not a super model, athlete, celebrity, politician or a Youtube internet star...just an ordinary person. This person for me was a woman who raised 11 children after her husband died and never complained about it. A woman who cleaned other folk's houses, but made sure her kids had breakfast before she left for a days work. A woman who understood that having self-respect would be the road map to everything you did in life. She prayed every morning and every night before she went to bed and never complained when she walked to church, because she didn't have a car. That having morals was something you didn't compromise for anyone. She was my role model and grandmother, Lillian Gauthier Sellers. She has past on, but I strive to live what she told me was important and it keeps me grounded...always looking inside for my joy!

It is important to have role models, someone to look up to and strive to be like. We have a wealth of untapped wisdom and experience in our grandparents, parents and other seniors who have lived what we are trying to do. Simply by being in their presence we are able to see how to live with integrity and how to survive adversity. Yet for some of us, we assume they have nothing else to contribute and we wish they would simply get out of our way and let us take over. When I started my career in management I learned quickly that experience should be respected and when it isn't you pay for it, sometimes at the expense of the bottom line. So take time and talk to your parents, grandparents or another wise old soul and you will uncover a wealth of information that will help you see past where you are standing today. It is true with age comes wisdom and it must be past down from one generation to the next to ensure a culture, family values, beliefs and more are continued.

I loved talking to my grandmother...She was kool to me. I left each conversation or time spent together feeling blessed for having her in my life. She was the first person who told me, there was nothing wrong with my weight and I didn't need to be on a diet. That if people didn't like me as I was...it was their problem not mine. I was a college sophomore, pledging a sorority, doing something I had never done...trying to fit in. So, her words was what I needed to hear...I needed to be reminded I was enough as I was. I loved and still love my grandmother, she was a great role model and I pray one day I can be as kind and loving as she was.

I hope you enjoy this issue and keep this guide handy to use all year long. **Enjoy and God Bless!**

Sometimes You Have To Stand Up And Fight Without Througing A Punch!

Fannie Lou Hamer (1917-1977)

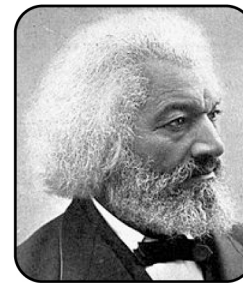
Born Fannie Lou Townsend on October 6, 1917. She was an American voting rights activist and civil rights leader.

She was instrumental in organizing Mississippi's "Freedom Summer" for the Student Nonviolent Coordinating Committee (SNCC), and later became the Vice-Chair of the Mississippi Freedom Democratic



Party, attending the 1964 Democratic National Convention in Atlantic City, New Jersey, in that capacity. Her plain-spoken manner and fervent belief in the Biblical righteousness of her cause gained her a reputation as an electrifying speaker and constant champion of civil rights. She died on March 14, 1977.

source:<http://www.wikipedia.com>



Frederick Douglass 1818 - 1895

He was an American abolitionist, editor orator, author, statesman and reformer. Called "The Sage of Anacostia" and "The Lion of Anacostia",

Douglass was one of the most prominent figures in African American history and a formidable public presence. He was an ordained minister and was a firm believer in the equality of all people, whether black, female, American Indian, or recent immigrant. He was fond of saying, "I would unite with anybody to do right and with nobody to do wrong."

Douglass and the abolitionists argued that the aim of the war was to end slavery and that African Americans should be allowed to engage in the fight for their freedom. Douglass wrote about this in his newspapers and gave several speeches declaring his thoughts and how the war was indeed for the liberation of the slaves.

Douglass first wife died and later he remarried, he had five children. He died of a massive heart attack.

Jim Crow Laws Of The Past (1880's-1960's)

PARKS, It shall be unlawful for colored people to frequent any park owned or maintained by the city for the benefit, use and enjoyment of white persons and vice versa for a white person ...

EDUCATION, The schools for white children and the schools for negro children shall be conducted separately.

TOILET FACILITIES, every employer of white or negro males shall provide for such white or negro males reasonably accessible and separate toilet facilities.

HOUSING, any person...who shall rent any part of any such building to a negro person or a negro family when such building is already in whole or in part in occupancy by a white person or white family, or vice versa when the building is in occupancy by a negro person or negro family, shall be guilty of a misdemeanor and on conviction there of shall be punished by a fine or imprisoned at the discretion of the court.

source: http://www.nps.gov/archive/malu/documents/jim_crow_laws.htm



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SIGNS YOUR CHILD COULD HAVE ADHD

Did you know about 3 - 5% of kids are diagnose with ADHD in the United States!

Attention Deficit Hyperactivity Disorder or ADHD is a common childhood illness that can be treated. It is a health condition involving biologically active substances in the brain. Studies show that ADHD may affect certain areas of the brain that allow us to solve problems, plan ahead, understand others' actions, and control our impulses. Remember only a healthcare professional can tell whether your child's behavior is normal, could have ADHD or a different disorder.

Untreated ADHD can lead to problems with learning, friendships, and family life. It can also lead to substance abuse and serious accidents. Getting treatment can reduce symptoms and help your child do better at school, with friends, and at home.

The following are some signs to consider...keep track of the behavior and then make an appointment with your physician for an assessment.

AT HOME, MY CHILD OFTEN...

- My child often...is moving something - fingers, hands, arms, feet, or legs walks, runs, or climbs when others are seated
- Doesn't finish things, gets bored after a short time, daydreams or seems to be in another world.
- Talks when other people are talking fidgets or squirms, is "on the go" gets distracted, and talks too much and has trouble playing quietly.

IN SCHOOL, MY CHILD OFTEN...

- Has trouble waiting in line or taking turns, loses school supplies and forgets to turn in homework, has trouble finishing class work and homework. Blurts out answers in class, leaves his or her seat and runs about

Tips For Parents To Help Their Child With ADHD:

1. Put your child on a daily schedule; structure helps keep a child calm.
2. Minimize time spent in overly stimulating environments, such as shopping centers.
3. Reward your child for good behavior. Kids with ADHD get plenty of attention as a result of their negative behavior; it's important to balance this with an equal amount of praise.
4. If your child does become disruptive, do not resort to physical punishment. Instead, remove your child from the situation, distract her with some other activity or have her spend some quiet time alone.

Learn more about ADHD at http://aacap.org/cs/adhd_a_guide_for_families.

Did You Know...Omega-3s, zinc, and magnesium can be beneficial to children with ADHD.

Omega -3s - provide calming effect on many children with hyperactivity and ADHD. Zinc and magnesium are the most commonly deficient nutrients in people with ADHD. Low levels of magnesium, for instance, can cause excessive fidgeting and anxious restlessness. (Learn more - www.foodforthebrain.org)

AFRICAN AMERICAN FOLKTALE

"The World's Reward"

(South-African Folk-Tales, By James A. Honey, M.D)

Once there was a man that had an old dog, so old that the man desired to put him aside. The dog had served him very faithfully when he was still young, but ingratitude is the world's reward, and the man now wanted to dispose of him. The old dumb creature, however, ferreted out the plan of his master, and so at once resolved to go away of his own accord.

After he had walked quite a way he met an old bull in the veldt.

"Don't you want to go with me?" asked the dog. "Where?" was the reply.

"To the land of the aged," said the dog, where troubles don't disturb you and thanklessness does not deface the deeds of man."

"Good," said the bull, "I am your companion." The two now walked on and found a ram.

The dog laid the plan before him, and all moved off together, until they afterwards came successively upon a donkey, a cat, a cock, and a goose.

These joined their company, and the seven set out on their journey.

Late one night they came to a house and through the open door they saw a table spread with all kinds of nice food, of which some robbers were having their fill. It would help nothing to ask for admittance, and seeing that they were hungry, they must think of something else.

Therefore the donkey climbed up on the bull, the rain. on the donkey, the dog on the rain, the cat on the dog, the goose on the cat, and the cock on the goose, and with one accord they all let out terrible (threatening) noises (cryings).

The bull began to bellow, the donkey to bray, the dog to bark, the ram to bleat, the cat to mew, the goose to giggle goggle, and the cock to crow, all without cessation.

The people in the house were frightened perfectly limp; they glanced out through the front door, and there they stared on the strange sight. Some of them took to the ropes over the back lower door, some disappeared through the window, and in a few counts the house was empty.

Then the seven old animals climbed down from one another, stepped into the house, and satisfied themselves with the delicious food.

But when they had finished, there still remained a great deal of food, too much to take with them on their remaining journey, and so together they contrived a plan to hold their position until the next day after breakfast.

The dog said, "See here, I am accustomed to watch at the front door of my master's house," and thereupon flopped himself down to sleep; the bull said, "I go behind the door," and there he took his position; the ram said, "I will go up on to the loft"; the donkey, "I at the middle door"; the cat, "I in the fireplace"; the goose, "I in the back door"; and the cock said, "I am going to sleep on the bed."

The captain of the robbers after a while sent one of his men back to see if these creatures had yet left the house.

The man came very cautiously into the neighborhood, listened and listened, but he heard nothing; he peeped through the window, and saw in the grate just two coals still glimmering, and thereupon started to walk through the front door.

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"Mama, sister pricks holes in me and sucks the blood. The Mother said, "With what Lion's nature your sister went the way that I forbade her, and returned, I do not know."

There the old dog seized him by the leg. He jumped into the house, but the bull was ready, swept him up with his horns, and tossed him on to the loft. Here the ram received him and pushed him off the loft again. Reaching ground, he made for the middle door, but the donkey set up a terrible braying and at the same time gave him a kick that landed him in the fireplace, where the cat flew at him and scratched him nearly to pieces. He then jumped out through the back door, and here the goose got him by the trousers. When he was some distance away the cock crowed. He thereupon ran so that you could bear the stones rattle in the dark.

Purple and crimson and out of breath, he came back to his companions. "Frightful, frightful!" was all that they could get from him at first, but after a while he told them.

"When I looked through the window I saw in the fireplace two bright coals shining, and when I wanted to go through the front door to go and look, I stepped into an iron trap. I jumped into the house, and there some one seized me with a fork and pitched me up on to the loft, there again some one was ready, and threw me down on all fours. I wanted to fly through the middle door, but there some one blew on a trumpet, and smote me with a sledge hammer so that I did not know where I landed; but coming to very quickly, I found I was in the fireplace, and there another flew at me and scratched the eyes almost out of my bead. I thereupon fled out of the back door, and lastly I was attacked on the leg by the sixth with a pair of fire tongs, and when I was still running away, some one shouted out of the house, Stop him, stop h-i-m!

source: <http://fraktali.849pm.com/text/archive/afr/saft.htm>

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FACTS YOU SHOULD KNOW...

Start A Book Club...Make New Friends!

Follow These Easy Steps Below:

Step One - Consider the focus of your book club. Do you want to explore classics? Nonfiction? Memoir? Mysteries? Sci Fi? A certain author? Food? I started a book club just for parenting books -- mainly because there are so many great parenting books out there, but what parents has time to read them all? We got together and those who hadn't had time to read the book got a lot out of it just through our discussion. Having a book club that is open to reading any kind of book is also a focus.

Step Two - Decide how big you want your book club to be. I have found that in smaller book clubs (6 members max), each person -- even the shy or more reserved ones -- gets a chance to speak and everyone gets to benefit from everyone's wisdom. Larger book clubs tend to become more raucous, and can degenerate into get-togethers where one or two more outgoing people do most of the discussing and everyone else is just observers.

Step Three - Consider when you will have your book club and where. First-Tuesday-of-the-month kind of thing is easy for members to remember and plan around. (Send out an email the day before anyway.) Some book clubs rotate, giving everyone a chance to host, but that means a lot of energy is spent with everyone trying to figure out where it is each time. Having the book club meet at one location each time makes it much easier for members to make it after a hard day of work, but is a big commitment for the one host.

Step Four - Consider how much you actually want to focus on books. Some book clubs are heavy-duty literary discussions; others are dinner parties or wine and cheese affairs where the book may come up in conversation -- or may not. Decide which suits you best.

source:<http://www.ehow.com>

1645 - First American slave ship, the Rainbowe, sails.

1619 - 20 Africans arrive at James town, Virginia aboard a Dutch ship.

1771 - Phyllis Wheatley is first African American woman to have poems published.

1865 - Thirteenth Amendment abolishes slavery.

1867 - Howard, Morehouse, and Talladega are established.

1872 - Charlotte Ray becomes first African American woman lawyer, graduating from Howard University.

Bessie Coleman was born in Atlanta, Texas 1892. First African American female pilot on June 15, 1921 and the first woman to obtain an international flying license

1881 - Booker T. Washington opens Tuskegee Institute.

1854 - Ashmun Institute is formed; renamed Lincoln University in 1866.

1963 - Medgar Evers is assassinated in Mississippi.

1964 - Civil Rights Act Of 1964 is passed.

Source: Historical & Cultural Atlas of African Americans, by Molefi Asate/Mark Mattson.



Rep. Helen Giddings

LEADERSHIP AT WORK...

REPRESENTATIVE HELEN GIDDINGS

"One Who Understands How To Use Power To Build Community...While Finding Common Ground."

Strength, wisdom and grace are the words to describe Representative Helen Giddings. Her commitment to her constituents and the citizens of Dallas county is clear, as a constant leader always looking for ways to improve educational and economic opportunities. It is her passion and vision that drives her actions and in a time when we need leadership that empowers others to succeed...it is refreshing to see!

A life long Dallas county resident, community leader, and successful entrepreneur. She is currently serving an eighth-term as a member of the Texas State House of Representatives. Rep. Giddings is Chair of the Business & Industry Committee, Vice-Chair of the House Administration Committee, and a member of the Committee on Higher Education. Her tireless work ethic has proven successful with legislative initiatives like, requiring every child in Texas to take a course in CPR once in their high school career, Read to Succeed Program, and five bills focusing on Identity Theft Prevention, Punishment of Criminals, and Help for Victims of Identity Theft to name a few.

Her accomplishments are many, because she is always planting seeds, creating opportunities where there are none. Giddings' support of the African American Museum signifies her understanding of how important it is to know your history and ensure it is available to all for generations to come. Her love of the arts are clear for she has served on the boards of the African American Museum, Dallas Symphony Board, Dallas Summer Musicals and the Dallas Theater Center. The African American Museum has also honored Giddings with a room named for her.

Our Voices™, salutes Representative Helen Giddings for her leadership always balanced with strength, integrity and compassion for others. She is another reminder that when we vote...we can make a difference, by electing responsible people who understand who they serve. Learn more about Rep. Helen Giddings at, www.house.state.tx.us/members/

A QUOTE TO LIVE BY...

Champions aren't made in gyms. Champions are made from something they have deep inside them-a desire, a dream, a vision. They have to have last-minute stamina, they have to be a little faster, they have to have the skill and the will.

But the will must be stronger than the skill. -- Muhammad Ali --

visit our website at pomore.com 7



A VOICE REMEMBERED...

DR. MARTIN LUTHER KING, JR.

BORN- JANUARY 15, 1929- Died- April 4, 1968

I remember the first time I heard the news Dr. Martin Luther King, Jr. was dead. I was only seven years old, yet I understood something horrible had happen. Yes, I understood

at seven years old, Dr. Martin Luther King, Jr.'s death meant my destiny somehow might be altered for the worse. That day hope had died!

We lived in Scotlandville, Louisiana at the time and I had to catch the city bus home from my grandmother's house. I got on the bus with my sister and from my vantage point, all the blacks on the bus were crying. It was a long bus ride home. When we got to the house my mom and other sisters were gathered around the television. They were replaying Dr. King's speech..."I've Been to the Mountain top." Hearing his voice and then knowing his fate, we cried until our eyes were swollen. I still have that same feeling of lost when I hear Dr. King's speeches and tears sometime fall like it was yesterday. I have always understood he gave his life that I might have the many opportunities I've enjoyed from education to my tenure in Corporate America. I have always understood freedom ain't free, someone had to stand and be counted in the streets and for many blood was shed. Dr. King, gave his life!

Dr. King's message of peaceful protest for change is still very powerful today. We must each challenge ourselves to stand when we see injustice. To get involved and make sure those who need a voice are heard. We can do this in our communities when we take an active role in empowering our youth, by being positive role models. Lastly, by demonstrating activism with our deeds and the seeds we plant to mold great leaders for tomorrow.

Our Voices™, salutes Dr. King for standing, marching and giving voice to a community that had stood in the shadows far too long! Log on, learn more and donate today to help build a memorial in Washington, commemorating Dr. King's legacy. www.mlkmemorial.org

A FEW FACTS TO REMEMBER FROM DR. KING'S LEGACY:

Dr. King, led the "March on Washington" for jobs and freedom. He delivered his famous, "I Have A Dream Speech".

Martin Luther King, Jr., was the youngest man to have received the Nobel Peace Prize in 1964.

Assassinated April 4, 1968, while standing on the balcony of his motel room in Memphis, Tennessee, he was to lead a protest march for striking garbage workers .

On November 2, 1986 a national holiday is proclaimed in King's honor

By, Kenna P. Parker

WE COME FROM A LONG LINE OF HISTORY MAKERS



DANIEL "CHAPPIE" JAMES JR. - 1920 - 1978

Daniel James Jr., was the first African-American promoted to the rank of Air Force four-star general. He was another of the great Tuskegee Airmen, but didn't see action until the Korean War. His career spanned three wars and 30 years, and he was a recognized civil rights pioneer. He was an eloquent speaker for the Air Force known for his thoughts on Americanism and patriotism.

James was born in February 1920, in Pensacola, Fla., where he graduated from Washington High School in June 1937. He attended Tuskegee Institute at Tuskegee, Ala., where he received a bachelor of science degree in physical education and completed civilian pilot training under the government-sponsored Civilian Pilot Training Program

He was awarded the George Washington Freedom Foundation Medal in 1967 and again in 1968. He received the Arnold Air Society Eugene M. Zuckert Award, in 1970, for outstanding contributions to Air Force professionalism. His citation read "...fighter pilot with a magnificent record, public speaker, and eloquent spokesman for the American Dream we so rarely achieve."

Source: <http://http://www.af.mil/history/>

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-- <http://barripearson.com> --

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JAMES BALDWIN

- 1924 - 1987 -

James Baldwin... Living His Truth Through Words!

James Baldwin was born on August 2, 1924, and educated in New York. His first novel, *Go Tell It on the Mountain*, appeared in 1953 to excellent reviews and immediately was recognized as establishing a profound and permanent new voice in American letters. "Mountain is the book I had to write if I was ever going to write anything else," he remarked. Baldwin's play *The Amen Corner* was first performed at Howard University in 1955, and his acclaimed collection of essays *Notes of a Native Son*, was published the same year. A second collection of essays, *Nobody Knows My Name*, was published in 1961 between his novels *Giovanni's Room* (1956) and *Another Country* (1961).

The appearance of *The Fire Next Time* in 1963, just as the civil rights movement was exploding across the American South, galvanized the nation and continues to reverberate as perhaps the most prophetic and defining statement ever written of the continuing costs of Americans' refusal to face their own history. It became a national bestseller, and Baldwin was featured on the cover of *Time* magazine. Critic Irving Howe said that *The Fire Next Time* achieved "heights of passionate exhortation unmatched in modern American writing." In 1964 *Blues for Mister Charlie*, his play based on the murder of a young black man in Mississippi, was produced by the Actors Studio in New York. That same year, Baldwin was made a member of the National Institute of Arts and Letters and collaborated with the photographer Richard Avedon on *Nothing Personal*, a series of portraits of America intended as a eulogy for the slain Medger Evers. A collection of short stories, *Going to Meet the Man*, was published in 1965, and in 1968, *Tell Me How Long the Train's Been Gone*, his last novel of the 1960s appeared.

In the 1970s he wrote two more collections of essays and cultural criticism: *No Name in the Street* (1972) and *The Devil Finds Work* (1976). He produced two novels: the best selling *If Beale Street Could Talk* (1974) and *Just Above My Head* (1979) and also a children's book *Little Man, Little Man: A Story of Childhood* (1976). He collaborated with Margaret Mead on *A Rap on Race* (1971) and with the poet-activist Nikki Giovanni on *A Dialogue* (1973). He also adapted Alex Haley's *The Autobiography of Malcolm X* into *One Day When I Was Lost*.

In the remaining years of his life, Baldwin produced a volume of poetry, *Jimmy's Blues* (1983), and a final collection of essays, *The Price of the Ticket*. Baldwin's last work, *The Evidence of Things Not Seen* (1985), was prompted by a series of child murders in Atlanta. Baldwin was made a Commander of the French Legion of Honor in June 1986. Among the other awards he received are a Eugene F. Saxon Memorial Trust Award, a Rosenwald fellowship, a Guggenheim fellowship, a Partisan Review fellowship, and a Ford Foundation grant.

James Baldwin died at his home in Saint-Paul-de-Vence in France on December 1, 1987.

--source: <http://en.wikipedia.org>--



Get Moving...Take Charge Of Life!

Ten Exercise Tips To Help You Stay Active!

One - See your doctor before you start any exercise program. Get a full physical to make sure everything's in working order, then find a personal trainer in your neighborhood and make an appointment with him or her for a consultation. Most trainers will give you a free consultation and help you figure out what your fitness level is, your body fat and circumference measurements, and the right way to start a program.

Two - Start Slow! Many beginners make the mistake of doing too much when they first start out. If you haven't worked out in a while (or ever) start with a walking program of about 20 to 30 minutes, 3 days a week. Each session, add a few minutes to your workout to progress each week.

Three - Write down your workouts every day, making notes about what you did, how you felt and how you improved since your last workout.

Four - Schedule your workouts each week, just like you would a doctor's appointment.

Five - Harass your best friend, spouse or significant other into working out with you!

Six - Every day, ask yourself how you will make your life healthier. It can be as simple as drinking more water or parking farther away from the front door.

Seven - Reward yourself! Give yourself a massage when you reach your goals, or maybe some new workout clothes.

Eight - Set daily or weekly goals. Long term goals are great, but are so far away we often forget why we're working so hard. To stay motivated, write down a daily or weekly goal and then follow number 7 (rewarding yourself) if you reach it.

Nine - Prepare for your workout the night before by packing your gym bag or, if you work out at home, laying out your workout clothes so when you get home, you're ready to go.

Ten - Eat regularly throughout the day so you don't tire during your workout.

Berry Smoothie

INGREDIENTS:

- 1 cup strawberry nectar
- 1 packet Strawberry Sensation Flavor NESTLÉ CARNATION INSTANT BREAKFAST Complete Nutritional Drink
- 1/2 to 1 cup frozen berries (strawberries, raspberries and/or blueberries)
- 1/2 cup ice cubes

DIRECTIONS:

PLACE nectar, Carnation Instant Breakfast, berries and ice in blender; cover. Blend until smooth

(Serving Size: 2)

source: exercise.about.com

Events That Changed Our Path In America

When we VOTE...we respect those who came before us...those who died that we may live free!

1. March 7, 1942 - First Black cadets graduate from flying school at Tuskegee, Alabama. In June 1943, the first squadron of Black aviators, the 99th Pursuit Squadron, flew its first combat mission, strafing enemy positions on the Italian island of Pantelleria.
2. November 1, 1942 - John H. Johnson, editor of Supreme Life Insurance Company newsletter, organizes Johnson Publishing Company and publishes first issue of Negro Digest.
3. November 3, 1942 - William L. Dawson is elected to Congress from Chicago. On August 1, 1944, Adam Clayton Powell, Jr. of Harlem became the first Black congressman from the East.
4. April 3, 1944 - The Supreme Court rules in Smith v. Allwright that "White primaries" could not exclude Black voters.
5. November 7, 1989 - L. Douglas Wilder of Virginia becomes the first Black elected governor.
6. January 24, 1991 - The spreading AIDS epidemic is called a major health threat to African-Americans by the U.S. Centers for Disease Control. Officials said the disease, which forced a major re-evaluation of sexual relationships, was the leading cause of death among African-American women 15 to 44 years old in New York State and New Jersey. African-American leaders cited the danger to addicts using infected needles and called for safe sex practices.
7. April 4, 1968 - Martin Luther King Jr. is assassinated by White sniper in Memphis. The assassination triggered a national crisis with rioting in more than 100 cities and calls for racial renewal and repentance. President Johnson declared a day of mourning.
8. April 10, 1968 - U.S. Congress passes Civil Rights Bill banning racial discrimination in the housing market and making it a crime to interfere with civil rights workers.
9. January 23-30, 1977 - The ABC-TV dramatization of Alex Haley's Roots becomes the highest-rated drama in TV history and sparks a national "roots" craze.
10. November 2, 1983 - President Ronald Reagan changes his mind and signs a bill designating the third Monday in January of each year as a federal holiday in honor of Martin Luther King Jr. Millions celebrated the first holiday on January 20, 1986.
11. January 18, 1966 - Robert Weaver is sworn in as secretary of housing and urban development and becomes the first Black member of a presidential cabinet.
12. October 2, 1967 - Thurgood Marshall becomes the first Black member of the U.S. Supreme Court.
13. August 6, 1965 - President Lyndon Johnson signs the Voting Rights Bill which authorized the suspension of literacy tests. Federal examiners were sent to the South under provisions of the bill.

source: <http://www.africanamericans.com>

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The Martin Luther King, Jr. Family Clinic
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Saluting Louisiana... Great Gumbo and Good People!

Going home to Louisiana always brings a smile to my face. When I past the sign that says "Welcome to Louisiana"...I get a warmness in my heart that reminds me of many a yesterday. Though there are still many challenges ahead, I know the people of this great state will not stop until everyone is standing. So, if you have never been or haven't made the trip in a while, please visit Louisiana and provide another source of economic recovery through tourism. I know just like me you will fall in love with the people!

Famous African American's From Louisiana...

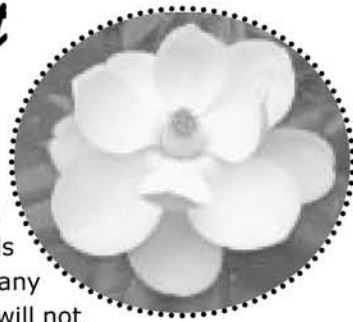
Pinckney Benton Stewart Pinchback - Born on May 10, 1837 was the first African-American to become governor of a U.S. State. Pinchback served as the Republican governor of Louisiana from December 9, 1872 to January 13, 1873. During the Civil War, Pinchback traveled to Louisiana and became the only African-American officer in the Union-controlled Louisiana Native Guards. He died in December of 1921 and was buried in the Metairie Ridge cemetery of New Orleans.

Louis Armstrong (August 4 1901 – July 6, 1971) - he was nicknamed Satchmo and was an American jazz trumpeter and singer. One of the most famous jazz musicians of the 20th century, he was first known as a cornet player, then as a trumpet player, and toward the end of his career he was best known as a vocalist and became one of the most influential jazz singers.

Ernest J. Gaines - he was born in 1933 on the River Lake plantation in Pointe Coupée Parish, Louisiana, the setting for most of his fiction; he was the fifth generation in his family to be born there. Gaines published his first short story in 1956. Since then he has written eight books of fiction, including Catherine Carmier, Of Love and Dust, Bloodline, The Autobiography of Miss Jane Pittman, A Long Day in November, In My Father's House, and A Gathering of Old Men, most of which are available in Vintage paperback editions. A Lesson Before Dying, his most recent novel, won the 1993 National Book Critics Circle Award. He has also been awarded a MacArthur Foundation grant, for writings of "rare historical resonance."

Madame C. J. Walker (1867- 1919) - Born Sarah Breedlove on December 23, 1867 on a Delta, Louisiana plantation, this daughter of former slaves transformed herself from an uneducated farm laborer and laundress into of the twentieth century's most successful, self-made women entrepreneur developing hair products for black women.

Learn more about Louisiana at www.louisianatravel.com. Visit this website to learn how you can help with the recovery and what is being done currently. <http://katrina.louisiana.gov/index.html>



SAYINGS TO REMEMBER

Thurgood Marshall (1908-1993)
Supreme Court Justice - "The Measure of a country's greatness is its ability to retain compassion in times of crisis."

Jesse Jackson (b-1941)
Civil Rights Activist - "We must turn to each other and not on each other."

Ralph Ellison (1914-1994)
Writer - "When I discover who I am, I'll be free."

Marian Anderson (1902-1993)
Opera Singer - "...if you have a purpose in which you can believe, there's no end to the amount of things you can accomplish."

Medgar Wylie Evers (1925- 1963)
Civil Rights Activist - "Freedom has never been free... I would die, and die gladly, if that would make a better life for [my family]."

Harriet Tubman (1820-1913)
Abolitionist - "There was one or two things I had a right to, liberty or death. If I could not have one I should have the other, for no man should take me alive."

Fannie Lou Hamer (1917-1977)
Civil Rights Activist - "Only God has kept the Negro sane."

Josephine Baker (1906-1975)
Jazz Singer, Entertainer - "I believe in prayer. It's the best way to draw strength from Heaven."

Odetta (b. 1930)
American folksinger - "No one can dub you with dignity. That's yours to claim."

Angela Y. Davis (b-1944)
Political Activist, educator, and writer - "To Understand how a society functions, you must understand the relationship between their men and the women."

James Baldwin (1924-1987)
Writer - "I've Been Here 350 years and you never seen me."

INNOCENCE LOST...

Bring back the innocence of love.

Flowers blooming in the springtime

...no shepherd to watch the flock.

Bring back the innocence of trust...

open eyes... open heart...

embracing all and sharing everything.

No concern about pain ... no hope is

lost...dreams extend the bound of

your imagination. Butterflies fly free

...displaying its' beauty and color.

Bring back the innocence of life.

Waking to embrace the day...

counting the stars at night. No one

to watch over the jewels ... no one

to stand guard at night. Bring back

what makes us pure as the driven

snow, able to look to others and

smile. Innocence championed not

over shadowed by the evils that

stand ready to take our sight. Bring

back what was lost when as a baby

I first opened my eyes.

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Healthy Eating = A Healthy Lifestyle!

10 Foods That May Improve Your Health!

1. Tuna, and other fatty, dark-skinned fish - Fatty fish contains omega-3 fatty acids, which help to lower cholesterol levels and reduce the risk of heart disease. Salmon is also a great source for omega-3 fatty acid content. Studies show that omega-3 fatty acids help protect heart health.

2. Eggs - a single egg is packed with goodness. And while eggs do contain cholesterol, the effect is not as detrimental as scientists once believed. One egg - 75 calories, 12% of daily value for protein, as well as a wide variety of other nutrients such as vitamin A, B6, B12, D, folate, iron, phosphorous and zinc. REMEMBER to make sure your cholesterol levels are normal before you start including more eggs in your diet.

3. Beans - Baked beans, black beans, lima beans, kidney beans. Eating plenty of beans can reduce your risk of heart disease and stroke and help prevent cancer, researchers say. This is mostly due to the fact that beans are a rich source of antioxidants.

4. Cocoa - could lower your risk for heart disease and hypertension. Key ingredients in cocoa, what scientists call flavanols, are only present in dark chocolate.

5. Nuts - a source of protein, heart-healthy fats, high fiber, and antioxidant content. They do have high fat content, key to enjoying nuts, experts say, is portion control.

6. Kiwi Fruit - are full of antioxidants. "One large kiwi supplies your daily requirement for vitamin C. A good source of potassium, fiber, and a decent source of vitamin A and vitamin E,."

7. Yoghurt - contains bone-building calcium, but is also a great source of probiotics. Probiotics are microbial foods or supplements that can be used to change or improve the intestinal bacterial balance to boost the health of the host.

8. Citrus fruits - are all rich in antioxidants? Citrus contains zeaxanthin (like eggs) that maintains healthy vision. Rich in flavanones that play a role in preventing cancer.

9. Bananas - high-potassium foods, may lower the risk of stroke. Potassium also plays a vital role in the functioning of the muscles, heart and nerves. It ensures that the body's fluid levels remain balanced and that the body is neither too alkaline nor too acidic.

10. Cranberries - Cranberries are packed with proanthocyanidins that have been shown to reduce the risk of heart disease and stroke, and improve urinary tract health.

source: webmd.com

FRUIT KABOBS
--Prep time: 15 minutes--
INGREDIENTS:
1 apple, 1 banana, 1/3 c. red seedless grapes, 1/3 c. green seedless grapes, 2/3 cup pineapple chunks, 1 cup nonfat yogurt, and 1/4 c. dried coconut, shredded
Utensils - knife (You'll need help from your adult assistant.), 2 wooden skewer sticks, and large plate
DIRECTIONS:
Prepare the fruit by washing the grapes, washing the apples and cutting them into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh. Put the fruit onto a large plate.
Spread coconut onto another large plate.
Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.
Repeat these steps with another skewer.

source:kidshealth.com

- They talk about you instead of to you.
- Always leave you feeling like you are not enough...they require constant attention.
- Use guilt and always leave you feeling manipulated into a point of view or an action.
- The only problems that matter are theirs.

Life truly is a short journey and we have a responsibility to live it free of toxic people. When we tell the truth to ourselves and stop pretending it is ok to have people in our lives that make us feel sick...both emotionally and physically in some cases...change happens. The first step is owning our role in enabling these relationships to continue. Once we have done this and cleansed ourselves of all the hurt feelings and sense of loss that may accompany our path of starting over. Starting over can mean letting go of these toxic relationships, but in some cases it could mean rebuilding these relationships to be healthy and empowering for all involved.

How To Heal And Start Over From Toxic Relationships:

- First give yourself permission to feel all the hurt, shame, and disappointment from being in a toxic relationship. **Say No More...Stop The Behavior...It's Not Ok!**
- Start loving yourself...accept all the parts of yourself as they are. **Remember God Made You...So You Are Perfect As You Are.**
- Set boundaries and remember you matter...your thoughts...your feelings...you matter. **Remember Some Relationships Require Removal For Healing To Come.** (seek professional counseling if needed to fully heal)
- Communicate your needs and what you will not accept. **It Important To Tell People How They Make Us Feel...Sometimes They Don't Know.**
- Give yourself permission to say no without guilt. **You Will Find This Can Create Healthy Boundaries...Remember Your No Doesn't Change The Outcome Of What The Other Person Needs.**
- Give yourself permission not to be perfect...relationships that are true...will stand the test of time and thrive off of healthy growth. **Remember Those Who Love Us Want To Find Ways To Heal What Is Broken And Grow Closer.**

Lastly, we all experience toxic people at some point in our lives. The Lesson we hopefully learn is how not to be in a relationship and we can always start over if we choose. So, let's empty all the old stuff that has burdened all our lives...no more leftovers...no more poisonous behavior. Simply embrace a new tomorrow and thank God you are here to see it and try again. Experience the joy of healthy relationships and reap the benefits of living your best life.

Email your comments to: kenna@pomore.com -- www.pomore.com

Living Life Toxic Free!

By, KENNA PATRICE PARKER

We all know not to leave meat out of the refrigerator very long, because it will spoil. We wouldn't drink a glass of muddy water or share our plate with man's best friend. We understand that this behavior could make us sick, yet each day we breathe in and live with

toxic people. Toxic people can be anyone that changes how

we live in this world. A person who enjoys being the spark to a flame, when left untreated can steal all God's joy and purpose for your life. A toxic person takes on many forms, not simply those who see life always from their point of view...where joy is only for them and the world is simply here to feed their ego. They also are the people who never say I'm sorry and mean it, who exist falsely, pretending to be what they are not. They lack real emotional vulnerability and intimacy...unless it is their own pain.

The question now is how to move from living with and accepting toxic people as part of your life experience. These relationships exist in all aspects of our lives, including, family, friends, and work. We become a custom to the role we play in this painful dance and many times we must hit bottom, before we can look up and see how we gave our power away. That we are worthy of love, peace, real joy and life without destructive relationships. Relationships that limit our potential of living our best life.

Signs You Are In A Toxic Relationship:

- You find all the decisions you make in your life is based on what someone close to your thinks. How they may react to your decisions...constant need for their approval...if you measure up to their standards or belief system.
- A person lies to you repeatedly and blame you for their behavior.
- You spend a lot of time building your life's joy around someone else being happy.
- You are always being criticized and you are blamed for the problems that exist in your relationships.
- You feel small when they are around...invisible...not valued?
- Your existence in the relationship is based on your ability to accept whatever is done to you...and be able to keep accepting this person back in your life to hurt your over and over again.
- You constantly doubt your decisions when you are active in this relationship.
- The person has narcissistic tendencies and lacks real emotional intimacy.
- You are always left holding the emotional baggage...they take no ownership for your pain or disappointment. It is all your fault...you brought this own yourself.



I Find Peace In The
Center Of The Room!

BLACK INVENTORS

Dr. Daniel Hale Williams

Williams was born in Pennsylvania and attended medical school in Chicago, where he received his M.D. in 1883. He founded the Provident Hospital in Chicago in 1891, and he performed the first successful open heart surgery in 1893.

Jan Ernst Matzeliger

(1852–1889) - invented a shoemaking machine that increased shoemaking speed by 900%!

Otis Boykin

(1920–1982) - invented the electronic control devices for guided missiles, IBM computers, and the pacemaker.

Thomas Jennings

He was the first African American to receive a patent, on March 3, 1821. His patent was for a dry-cleaning process called "dry scouring". "The first money Thomas Jennings earned from his patent was spent on the legal fees necessary to liberate his family out of slavery and support the abolitionist cause."

Dr. Benjamin S. Carson

In 1987, Dr. Carson made news when he became the first neurosurgeon to successfully separate Siamese twins joined at the head.

Dr. William Augustus Hinton

The first Black American professor at Harvard Medical School in 1949 where he taught preventive medicine and hygiene. Hinton developed a test for syphilis which, because of its accuracy, was used by the United States Public Health Service.

DID YOU KNOW...

Meharry Medical College - The first medical school founded for the sole purpose of educating blacks in the field of medicine. Founded in 1876, Meharry is located in Nashville, Tennessee.

A VISION...

It is nice to see the infinite vision of equal opportunity. To open my mouth to speak and have others listen and not critique. To breathe completely without nervously worrying what people may think.

To walk in a room and no one judge me, because of my darken hue, woolen hair and in some cases ebonically talking without a care.

To live as their forefathers said,

"Equally...Pursuing Life...Liberty and Happiness without regard to the GLASS CEILING, QUOTAS and no one DISCRIMINATING."

have a vision...one day...one day we'll all be able to live simply as human beings. **THIS UTOPIA**

FIRST STARTS WITH ME!

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The Stations To Listen To...And Always Supporting Our Community!

2008 African American Museum Gala - May 3

2008 Annual Rodeo - May 24th

Join Us Every Friday For Music Under the Dome!

-- Learn More Visit Us Online --

www.aamdallas.org or ph -214 565-9026

2008 African-centric Heritage Gala or 2008 "Kufika" program. contact Patricia Maples at 214-823-9449 or email to Copbmaples@aol.com.

**Feb, 21, 2008 - Storytelling Around the World:
African-American Stories**
Valley Ranch Library, 401 Cimarron Trail
6:30 pm FREE- 972-721-4669

March 15 - An Evening with Erykah Badu
The Dallas Black Academy of Arts and Letters, Dallas
Convention Center Theatre Complex
Time - 8 pm Tickets - \$25-\$30 Ph - 214-943-2442

April 2 - Addison's North Texas Jazz Festival
Crowne Plaza Hotel, 14315 Midway Rd in Addison
Town of Addison 6 pm - 12 am - ph- 800-233-4766

April 11 - Cinderella
The Dallas Black Academy of Arts and Letters, Dallas
Convention Center Theatre Complex
Time - 10 am Tickets - \$10 Ph- 214-943-2442

**June 7 - The Roots and Reggae Concert ,
Featuring Ras Tumba & Ashanti**
The Dallas Black Academy of Arts and Letters, Dallas
Convention Center Theatre Complex
Time-9 pm Tickets-\$15 Ph- 214-943-2442

-- Stay connected with Cultural Events in 2008 --
<http://www.dfwinternational.org/calendar/>

Keep Track Of Events In Dallas
--Our Voices NewsLetter --
ourvoices@pomore.com

Experience African American Culture...52 Weeks A Year!

(Admission to the Museum is FREE except for groups of 10 or more!)

African American Museum Exhibit Calendar For 2008

Call For More Info. Or To Arrange A Tour - 214-565-9026

With An Even Hand: Brown vs. Board at Fifty January 25 - April 6
"With an Even Hand" is divided into three sections. The exhibition examines precedent-setting court cases that laid the ground work for the Brown v. Board decision, explores the Supreme Court argument and the public's response to it. This exhibition is presented by the Library of Congress.



- GENERATIONS -

PHOTOGRAPHERS AT A GLANCE

January 25 - April 13 - This exhibition presents a comprehensive view of Black photographers currently working in the DFW Metroplex. Snapshots expose a limitless range of black and white, color and digital images with lens focused on the black experience. The exhibition is dedicated to the memory of past local photographers, Marion Butts, J.R. Hickman, and Calvin Littlejohn.

Sunday Morning: A Visual Memory of The African American Religious Experience - March 21 - July 13
SUNDAY MORNING includes folk artists, Sister Gertrude Morgan, Sultan Rogers, Onis Woodard, Johnnie Swearingen, Deacon Eddie Moore, Reverend Hunter, and others from the Billy R. Allen and the Museum's permanent Folk Art Collection.

April 18 - June 29 - Water colorist James Taylor is the Best of Show Winner of the 2007 Carroll Harris Simms National Black Art Competition. Taylor, from Atlanta, GA. began painting in 1992 while recovering from a debilitating illness.

April 25 - June 22- The African American Museum Permanent Collections - The Collections are the enduring assets that distinguish the Museum from other cultural and education institutions. The exhibition GEMS is an installation of various objects acquired by the Museum since 2000 in all the collection categories. Artist include, Arthello Beck, Patrick Davis, Rev. L.T. Thomas, Willard "The Texas Kid" Watson, Walter Williams, Sister Gertrude Morgan, Isaac Smith, Horace Foxhall and Charles Harrison.

The African American Museum's Fresh Beginnings - Artist 2008 - In 1998 the African American Museum introduced the Fresh Beginnings Series, a new education/exhibition program to encourage, showcase and advance the professional careers of promising young artists of African descent. Artists from across the nation submit slides to the Museum for consideration.

Soul Soldiers - September 12 - November 16 - A tribute to men who, in some cases were snatched out of college or out of the nation's

Civil Rights Movement and shipped a world away only to arrive in the jungles with bunkmates who slept under Confederate blankets. When Martin Luther King, Jr. was killed in 1968 some White soldiers in Vietnam celebrated by burning crosses, putting on Klan costumes and flying the Confederate flag. This exhibit re-creates that thunderous past.

Folk Artist Willie Young - Nov. 7 - Feb. 6 - This exhibition curated by Ms. Edleeca Thompson looks at the work of Dallas artist Willie Young. Quiltmania: The Counterpane's New Clothes

November 28 - April 5 - The African American Museum will present a story coat exhibition for the second citywide quilt exhibition in Dallas, Texas. The exhibition will feature quilted garments and objects made by quilters, fiber artists, and visual artists.

ONGOING EXHIBITIONS

Sankofa: A Century of African American Expression in the Decorative Arts - Sankofa is the first and only traveling exhibition of privately owned 18th and 19th Century African American decorative arts. Sankofa is an exhibition of the Derick James Beard Collection, one of America's top 100 collectors as chosen by Art & Antiques Magazine.

Facing the Rising Sun:reedman's Cemetery - This exhibit presents the remnants of a once thriving North Dallas Community. It was inspired by archeological objects, old photographs and Archival documents.



Learn Something New, Take A Class!

South Dallas Cultural Center

DANCE CLASSES

The South Dallas Cultural Center holds dance classes in all forms of Afro-Latin, African and Modern dance. Classes are held on Wed. evenings and Saturday all day. Classes are \$15/class or \$40/mth

DIGITAL PHOTOGRAPHY

Digital Photography classes for beginners and intermediates will resume at the South Dallas Cultural Center. Classes are \$60/6 week class + materials fee

DRAWING CLASSES

Learn to draw or sharpen your drawing skills with a drawing class. Beginning to intermediate drawing classes.

**- MORE CLASSES OFFERED -
CALL FOR DATES - TIMES**

Where: South Dallas Cultural Center
3400 S Fitzhugh Ave

Contact Name: Vicki Meek
Contact Phone: 214-670-0315