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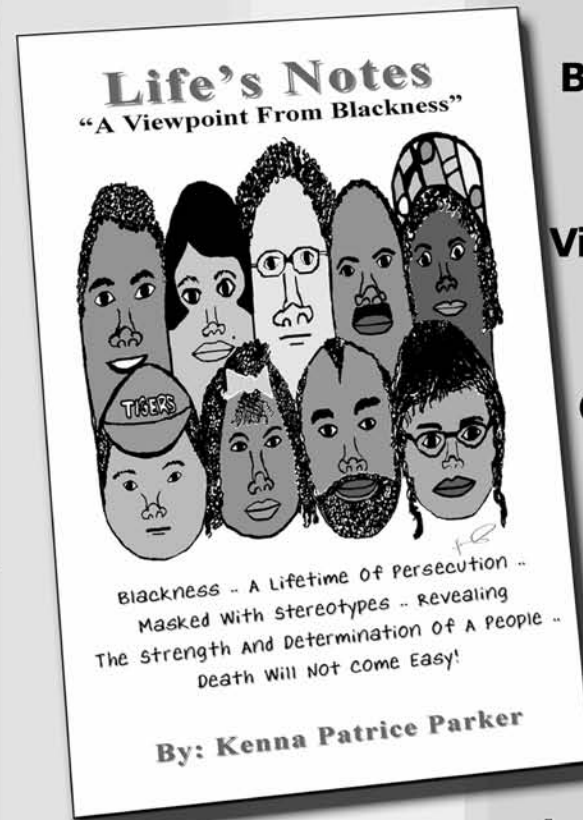
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Quick Recipes For The Entire Family!

Pecan-Crusted Fish With Peppers & Squash

Ingredients:

12 ounces skinless catfish, white fish, or orange roughy fillets, 1/2 inch thick
 1/2 cup finely chopped pecans
 1/3 cup yellow cornmeal
 1/2 teaspoon onion salt
 1/4 cup all-purpose flour
 1/4 teaspoon ground red pepper
 1 egg, 1 tablespoon water
 2 small red and/or orange sweet peppers, seeded and quartered
 1 medium zucchini, cut into 1/2-inch diagonal slices
 1 medium yellow summer squash, cut into 1/2-inch diagonal slices
 1 tablespoon cooking oil
 1/4 teaspoon seasoned salt

Line a 15x10x1-inch baking pan with foil. Lightly grease the foil; set aside. Rinse fish and pat dry with paper towels. Cut fish into four serving-size pieces; set aside.

In a shallow dish stir together pecans, corn meal, and onion salt. In another shallow dish stir together flour and ground red pepper. In a small bowl beat together egg and water. Dip one piece of fish in flour mixture to coat lightly, shaking off any excess. Dip fish in egg mixture, then in pecan mixture to coat. Place the coated fish in the prepared pan. Repeat with the remaining fish pieces.

In a large bowl combine sweet peppers, zucchini, and yellow summer squash. Add cooking oil and seasoned salt, tossing to coat. Arrange peppers and squash next to fish, overlapping vegetables as needed to fit onto pan. Bake, uncovered, in 425 degrees F oven for 20 to 25 minutes or until fish just flakes easily with a fork and vegetables are tender. **(Makes 4 serving)**

Source: meals.com

Chicken & Rice Casserole

Ingredients:

2 cups cooked rice
 2 cups (8 ounces) shredded Monterey Jack cheese
 1 1/2 cups cooked, chopped chicken breast meat
 1 can (12 fluid ounces) NESTLÉ® CARNATION® Evaporated Milk
 1/2 cup finely chopped red onion
 2 large eggs, lightly beaten
 1/4 cup finely chopped cilantro
 2 tablespoons butter or margarine, melted
 1 tablespoon diced jalapeños (optional)

PREHEAT oven to 350° F. Lightly grease 2-quart casserole dish.

Directions:

COMBINE rice, cheese, chicken, evaporated milk, onion, eggs, cilantro, butter and jalapeños in prepared dish; stir well.

BAKE for 45 to 50 minutes or until knife inserted in center comes out clean.

FOR FREEZE AHEAD: PREPARE as above; do not bake. Cover; freeze for up to 2 months. Thaw overnight in refrigerator. Uncover.

PREHEAT oven to 350° F. BAKE for 60 to 70 minutes or until knife inserted in center comes out clean. **(Serving Size: 4)**

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)



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 Rainbowl, first American slave ship sails.

1865- 13th Amendment abolishes slavery.

The National Voting Rights Act of 1965.

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PHONE NUMBERS & ORGANIZATIONS YOU SHOULD KNOW!

MEALS ON WHEELS

Dallas - (214) 689-2639 or 817-336-0912

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Dallas - 214-823-5700 or 817-338-4433

MENTAL & HEALTH ASSOCIATIONS & ORG.

Dallas - 214-871-2420 or 817-335-5405

MLK, Jr. Family Clinic - 214-426-3645

JPS Health Network - 817-921-3431

EDUCATION

Dallas Can Academy - 214-824-4226

Dallas Community College - 214-860-2135

Paul Quinn College - 214-376-1000

COMMUNITY ORGANIZATIONS

ACORN - 214-823-9885

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

Celebrating Life Found. - 972-501-9981 (110)

Dallas Urban League - 214-915-4600

I Have A Dream Foundation - 214-823-3490

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

Mothers Against Teen Violence - 214-565-0422

Salvation Army of Dallas - 214-688-4494

Salvation Army of Tarrant - 817-332-2495

Shaun's Place - 214-376-7050

Sickle Cell Disease Assoc. - 214-942-1262

South Dallas Cultural Center - 214-939-2787

The MLK, Jr. Com. Center - 214-670-8367

The MLK, Jr. Com. Center - 817-871-5960

The Family Place, Dallas - 214-941-8596

UNCF- 972-234-1007

Koinonia Community Outreach HIV/AIDS

(Free Furniture & Clothes) - 214-371-8562

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D's Delectables - 972-530-8264

Dallas Black Chamber - 214-421-5200

Ft. Worth Black Chamber - 817-871-6538

Greater Dallas Chamber- 214-746-6600

Dart Customer Info.- 214-979-1111

Dave Herman Images - 214-337-3692

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Social Security Administration - 800-772-1213

The Music Center - 214-552-6153

Traylor Motor Homes - 972-291-2067

Total Solution Group - 214-232-1691

Total Solution Realty - 214-232-1691

Weddings Unique - 214-337-7881

African American Museum

214-565-9026

Printing (Baldwin Press)

Lisa Pelt - 972-489-6009

Home Builders & More

Berry Homes, Inc.- 214-330-4600

Darryl Carter, Mortgage Broker -214-707-7266

Sunset Mortgage - 972-298-3808

Keller Williams Realty -

MEDIA ORGANIZATIONS

African Herald - 214-823-7666

LaVida News - 817-543-2095

KNON - 214-828-9500

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AFRICAN AMERICANS YOU SHOULD KNOW!

GWENDOLYN BROOKS

-1917-2000-



Gwendolyn Brooks was born in Topeka, Kansas, in 1917 and raised in Chicago. 1950, she received the Pulitzer Prize for Poetry for her book called, Annie Allen. She is the author of more than twenty books of poetry. She also wrote numerous other books including a novel. In 1968 she was named Poet Laureate for the state of Illinois, and from 1985-86 she was Consultant in Poetry to the Library of Congress. She also received an American Academy of Arts and Letters award, the Frost Medal, a National Endowment for the Arts award, the Shelley Memorial Award, and fellowships from The Academy of American Poets and the Guggenheim Foundation. She lived in Chicago until her death on December 3, 2000.



James Arthur Baldwin

-1924-1987-

James Arthur Baldwin was born in Harlem, New York City, Aug. 2, 1924. He was a powerful literary voice during the era of civil rights activism in the 1950s and '60s. The eldest of nine children, his step-father was a minister. At age 14, Baldwin became a preacher at the small Fireside Pentecostal Church in Harlem. After he graduated from high school, he moved to Greenwich Village. In the early 1940s, he transferred his faith from religion to literature. Critics, however, note the impassioned cadences of Black churches are still evident in his writing. Go Tell It on the Mountain (1953), his first novel, is a partially autobiographical account of his youth.

From 1948, Baldwin made his home primarily in the south of France, but often returned to the USA to lecture or teach. His essays and books were always giving voice to serious issues like, discrimination and the pursuit of equality. He also was an openly gay man, which for the time was very bold.

Source: <http://www.poets.org>

SOUTHERN FASCINATION...

Southern fascination ... the humor of the day ... people always making fun of others ... different in the smallest ways.

Big ears, small ears, big butt's too ... so much ... people can make a funny with just about anything pertaining to you.

Southern fascination ... great food always available to eat ... chicken backs, crawfish, coffee with chicory.

No one you'll find suffering from lack of imagination too ... have you heard the one about the voodoo witch or the rooster who could sing "I want to rock with you".

A great place for vacations ... warm people you'll find...but a ticket or two ... from the local police in blue. So don't speed or even look like you may have a little money on you ...

cause winter is coming on and Bubba has to save enough for the en-laws and bass boat for two. Southern fascination ...people always got a story to tell...

but no one gives us credit for the original way we cook, and make love on a crocodiles tail.

but no one gives us credit for the original way we cook, and make love on a crocodiles tail.

but no one gives us credit for the original way we cook, and make love on a crocodiles tail.

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ART: SISTERTALK

WOMENS HEALTH & WELLNESS

We have all heard the Public Service Announcements asking African American women to take care of themselves, because we are at greater risk of heart disease, breast cancer, stroke, diabetes, obesity and AIDS. Regular checkups can be the key to being aware of our individual health concerns. **So Stop Simply Listening To The PSA's...Make An Appointment With Your Doctor Today!**

10 Steps For Weight Management

1. Approach weight management with the concept that small steps will add up to make a big difference over time, then the idea of losing weight does not seem so complex.
2. Plan to succeed: Identify 10 food items that you currently purchase that you know are bad for you and that you can live without. Eliminate 2 of these items each week from your grocery list.
3. Contact a nutritionist: Every individual should have a customized plan tailored to their age, weight, height, metabolism and activity level. A nutritionist will work with you to create a plan that works best.
4. Schedule regular exercise: Make it a goal to double the distance that you walk each day until you are walking at least 30 minutes each day.
5. Set realistic goals: Rapid weight loss that can't be sustained only results in frustration. The goal should be to lose about 2 pounds a week. Over a year this would mean a substantial amount of weight lost.
6. Develop a support system: It is important to join a support group and to develop a network of individuals who are committed to your success.
7. Weigh in regularly: It is important to check your weight every week.
8. Positive Reinforcement: Feel good about your success with a small reward for yourself each week. (Examples, massage, buying a new CD or clothing).
9. Congratulate yourself: The goal is to stay focused on your goal even if there are small setbacks from time to time.
10. Love Yourself: while absolute weight loss is a goal, it is important to love yourself no matter what your size may be.

Source: <http://www.blackwomenshealth.com>


HEALTH TIPS TO REMEMBER

- Have an **HIV Test**. If you smoke, **STOP NOW!**
- Have your blood pressure and weight checked every 2-3 years (preferably every physician visit).
- If you are 18-39, schedule a routine physical every 5 years.
- If you are 40-49, schedule a routine physical every 2-3 years.
- If you are 50 and up, schedule a routine physical every 1-2 years.
- Have your cholesterol checked every 5 years starting at age 20.
- Have your blood sugar checked every 3 years starting at age 45.

How Much Calcium Do You Need Each Day?

- Ages 1-3: 500 mg/day
- Ages 4-8: 800 mg/day
- Ages 9-18: 1,300 mg/day
- Ages 19-50: Prior to menopause: 1000 mg/day, Premature menopause 1500 mg/day
- Ages 50-65: After menopause with estrogen therapy: 1000-1200 mg/day, After menopause without estrogen therapy: 1500 mg/day
- Over Age 65 - 1500 mg/day

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Kenna P. Parker, Publisher

What I Know For Sure...

When we are young we think we know everything. We look with certainty at our parents and other adults feeling we have the answers and we can't wait to share our wisdom! We can't wait to conquer the world. But as we all know...just keep living and suddenly your parents' words become your reality. And now you find yourself trying to share your knowledge with your own children...peering back at you though is the same look you gave your parents. The look that says..."What Do You Know About It?"..."What Do You Know About Life?"

What I know for sure is..."You must know where you have been... to know where you are going." That each day you wake is an opportunity to start over. That people do show you who they are and the standard they have for living their life...you have to accept them where they are or walk away. That as you age, you will find there are people who still work at excluding you from the party. They still have a need to minimize others and judge them from the outside...not the inside. That being true to yourself, can lead you to walk alone many a day on this earth. The good news is "Our Father" is always with us and in time what is for us in this world will be made so...regardless of who is in the road blocking our path.

"Our Voices™" continues to celebrate our history and culture. History can be a great motivator to knowing your own possibilities...inspiring your own dreams to be an author, artist, inventor, entrepreneur, educator, lawmaker, and leader in the pulpit or out. Role models like, Harriet Tubman, Nat Turner, W. E. Dubois, James Baldwin, Mary McLeod Bethune, Thurgood Marshall, Charles Fuller, Jesse Owens, Mary Ann Shadd Cary, Julian Bond, Alex Haley and our list of history makers go on and on to remind us we stand on shoulders of great abundance. Lastly, History can be a great teacher and remind us of the respect we showed our elders, women, children and the institution of marriage. Yes, history has the power to change many things, but it can't happen if we don't start the process by learning it and sharing it.

I do want to thank, the African American Museum, Lisa Pelt, Baldwin Press, Perry Woodard, Total Solution Realty and Alandus Johnson, Jr.; for their support of "Our Voices™". I am pleased to say we will again be able to make a donation on behalf of "Our Voices™" and Parker Originals & More to The African American Museum.

Finally, I know my dreams are made real by my works and deeds. I hope you enjoy this issue and keep this guide handy in your kitchen, on the coffee table, nightstand or business. **Enjoy and God Bless!**

THURGOOD MARSHALL - 1908-93

He was the first African American to serve on the Supreme Court. He was born in Baltimore and received his law degree from Howard Univ. in 1933. In 1936 he joined the legal staff of the National Association for the Advancement of Colored People. As its chief counsel, he argued more than 30 cases before the U.S. Supreme Court,

successfully challenging racial segregation, most notably in higher education. His presentation of the argument against the "separate but equal" doctrine achieved its greatest impact with the landmark decision handed down in Brown v. Board of Education of Topeka (1954).

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

PAUL ROBESON - 1898 - 1976

A man of principle and belief in the power of knowledge. He received a law degree in 1923 from Columbia Law School. He was a great actor and singer who performed all over the world. He spoke Spanish, French, German, Russian, Chinese, and Gaelic. He was a vocal critic of the many injustices suffered by blacks during this time and his career suffered for it. This never stopped his desire to be a voice of change and justice.



IDA B. WELLS BARNETT - 1862 - 1931

Ida B. Wells-Barnett was a fearless anti-lynching crusader, women's rights advocate, journalist, and speaker. She stands as one of our nation's most uncompromising leaders and most ardent defenders of democracy. She was born in Holly Springs, Mississippi in 1862 and died in Chicago, Illinois 1931 at the age of sixty-nine.



DATES TO REMEMBER

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

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

1917 - United States enters the Great European War; 300,000 African Americans serve.

1893 - **Daniel Hale Williams** performs the first open heart surgery in Chicago.

1864 - New Orleans Tribune is first black daily newspaper in the South.

1910 - **Jack Johnson** becomes the heavyweight champion of the world.

1881 - **Booker T. Washington** opens Tuskegee Institute.

1849 - **Harriet Tubman** escapes from slavery in Maryland.



ChildCHECK™...HEALTH MATTERS!

Taking care of our children's health is something we can't leave to chance. The issues are many from vaccinations, regular checkups, obesity and access to affordable healthcare...just to name a few. The following are a few health tips to remember for your child:

STAYING FIT...Obesity for America's children has increased significantly and is also linked to the growth in diabetes and high blood pressure in children. A healthy balance diet is still key to ensuring your child is getting the vitamins they need to grow a healthy body.

Eat lots of these - fruits, vegetables, breads, cereals such as rice & pasta, beans and lentils. **Eat some but not too much of these foods** - dairy products such as milk, cheese and yogurt, meat, chicken (without skin), fish and nuts. **Eat these foods on occasion** - sweet biscuits (2 small), chocolate coated bars (1 bar), potato chips (30g), ice cream (2 scoops), chocolate (30g) and cake/muffin (1 medium piece).

Exercising can be fun and can be a family affair- walking, bike riding, jump rope, dancing, team sports, swimming, tug-a-war, yoga, skating and aerobics are only a few ways to get your child moving and enjoying an active lifestyle.

-- SAFETY TIPS -- BABY PRODUCTS & TOYS

They shouldn't have any small parts such as eyes, wheels, or buttons that can be pulled loose, and it should be strong enough to withstand chewing.

Hand-me-down and homemade toys should be carefully evaluated. (may not have undergone testing for safety)

Don't give a child painted toys made before 1978; may have paint containing high levels of lead.

Stuffed animals/other toys sold or given away at carnivals, fairs, and in vending machines aren't required to meet safety standards.

Never give balloons to a child younger than age 8. (could cause choking)

source: <http://www.parent.net>

ANT ON A LOG

--Prep time: 5 minutes--

Ingredients:

- 2 celery sticks
- 6 tbsp. peanut butter
- 2 tbsp. raisins

Utensils:

knife (You'll need help from your adult assistant.)

DIRECTIONS:

Wash the celery and cut it into pieces (each piece should be about 5 inches long). Spread peanut butter in u-shaped part of celery, from one end to the other. Press raisins gently into peanut butter.

Serves: 2, Serving size: 1 celery stick
Nutritional analysis (per serving):

317 calories, 12 g protein, 24 g fat, 19 g carbohydrate, 4 g fiber, 266 mg sodium, 37 mg calcium, 1.2 mg iron

source: meals.com

AFRICAN AMERICAN FOLKTALE

"The Little Angels: Folktale told by Slaves"

(A story told by African slaves to remind their children of the value of truth and honesty.)

One day, all of the little angels were playing in a beautiful field. It was not only beautiful, it also had lots of things in it that little angels would like. The flowers were made of gum drops of different colors and the small stream running through it was chocolate milk. The clouds were marshmallows and so close to the ground that the little angels could reach them whenever they wanted.

As they played, the little angels were watched over by one grown up angel. Suddenly, the grown up angel remembered that she was going to have to leave for a short time. She called all the little angels to her and said, "I have to leave you alone for awhile. Please promise that while I'm gone, you will stay here and be good. And whatever you do, don't go hear the dark gloomy woods at the other end of the field." All the tiny, musical angel voices shouted at once, "We promise! We promise! Please hurry back!" The grown up angel then flew away.

What she didn't know, and neither did the little angels, was that the mean old devil was hiding in those dark, gloomy woods at the far end of the field. He had been peeking through the bushes and listening all of the time. When the grown up angel left, he said to himself, "Umm-umm, little angels sure do make a tasty snack. I think I'll go get me some while that big angel is gone."

He slunk down the field and no one saw him until he got to the little angels. Now, he didn't look like a devil; he looked just like anyone else. He just walked up to the little angels and said, "Hello, little angels. Whatcha doin'?" "We're just playing here and waiting for our friend to come back."

"This here is a real nice place to play, but I know of a better place. It's not only got gumdrop flowers, chocolate milk streams and marshmallow clouds; it's also got lollipop bushes, fat happy puppies and nobody ever tells you to git to workin' or when to go to bed. Wouldn't you just like to see a place like that?" The little angels looked at each other and finally one of them said, "Yeah, we would like that, but we promised the grown up angel we would stay right here."

The devil smiled real sly like and said, "Why we could fly there and be back before that ol' angel and she'd never know you went." "How we gonna do that? We just itty bitty angels with itty bitty wings. We can't fly that far or that fast". The devil starting scratching his head like he was thinking real hard. Then he says, "I know what. You all jump in my mouth and I'll carry you there that way."

The little angels looked at each other again and the one who was doing the talking said, "Alright. If you promise to have us back before the grown up angel gets back. Reckon she'd never know." And all the little angels jumped into the devil's mouth.

Now that old devil was standing in the field with his cheeks all puffed out 'cause he had his mouth full of little angels. He was trying to decide whether to fly off with them or just swallow right there when the Lord came walking by. "Hello, Mr. Devil. Nice day ain't it?" Old devil looks at the Lord outa the corner of his eye and says. "Umm hmm." The Lord don't think that's a very polite answer so He gives him another chance. "Think it's gonna rain?" Still looking at the Lord sideways, old devil says, "Umm-Umm."

The Lord don't think much of this answer, either, cause none of his creatures ever talk to him unpolite. He notices about that time that the old devil's cheeks are all puffed out like he's got his mouth full se he thinks to Himself, "I better git to the bottom of this." Then he slaps Old Devil on his back real hard and says, "Have a nice day!" When the Lord does that, the old Devil's mouth flies open and all the little angels fly away safe.

Just goes to show you, always keep your promises; always answer polite saying Yes ma'am, yes sir, no ma'am and no sir. Never say Umm-hmm or umm-umm cause them's words the devil made up. Never talk with your mouth full. And NEVER, NEVER go anywhere with some one you don't know, no matter how nice they look or what they offer you.

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

"Honesty is like a cool glass of water ... it feels good going down."

Source: "Life's Notes, A Viewpoint From Blackness", by Kenna P. Parker

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The Martin Luther King, Jr. Family Clinic

How To Create A Family Tree?

-We Are The Product Of Our Family Tree...Grow Good Fruit-

Interview your eldest living relative and any other willing family members

Check Internet genealogy sites to see if your family tree has been created by another relative. If there isn't one, set up a family site at MyFamily.com or another online location.

Find documents on the National Archives and Records Administration (NARA) Web site. Some census, naturalization, and military records are now available on the Web site. Most census records from earlier than 1930 must be viewed on microfilm, which can be purchased or rented from NARA. There also is a section in which to research slavery records called "Freedmen's Bureau."

Visit libraries to search their records. Public libraries can house valuable city census and other records. You may want to contact the Family History Center in Salt Lake City, UT, the largest genealogical library in the world.

Go to American Family Immigration History Center. You can look up immigration records from Ellis Island, create a family scrapbook, and search for names of passengers on ships that entered New York through Ellis Island as early as the 1890s.

Create a scrapbook of your findings. Paste in pictures, records, and other information you gather. You may also want to get quotes or family stories from your relatives and include them in your scrapbook. Then, share the book with your relatives and ask them to record their own thoughts and memories.

Create a video of your relatives telling stories about your family or talking about family traditions. Add to the video at holidays and other events when your family gathers together.

Hold a family reunion! Maybe it's time to meet those far-away relatives. Bring your scrapbook, video camera, and a curious attitude, and get to know more about those long branches of your family tree.

By making a family tree you find out more about yourself and those who lived before you. A family tree provides you with your own history and sense of roots.

Source: <http://www.family.samhsa.gov/get/tree.aspx>

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

"What I know for sure ...I know enough to know that...I don't know.", Thurman Jones, Publisher The Mongazette

"Injustice anywhere is a threat to justice everywhere.", Dr. Martin Luther King Jr. (1929-1968)

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

"What I know for sure ...You are Born, you Live and you Die. An individuals rewards and pains are defined by that which is exemplified by ones heart felt actions and beliefs. We Reap what we Sew. In other words , I know we are all Human! ", **Troy Smith, Dallas TX**

Mother's credo:
"There's no such word as can't", Constance Clayton, American educator



Mrs. Elmer Smith

LEADERSHIP AT WORK...

By, Kenna P. Parker

Mrs. ELMER SMITH, RN

"Mrs. Elmer Smith Heals The Mind, Body and Soul Through Grace And A Humbled Heart."

If you have not had a reason to visit The Martin Luther King, Jr. Family Clinic, you should make a point to do so this year. Then, you will meet this kind and generous soul, Mrs. Elmer Smith. She is the Nursing Director for the clinic and has been practicing nursing for more than 50 years. Her wisdom is ever present through each task she undertakes in the clinic and her desire to help the patients go beyond a shot and a bandage. She has a way of bringing calm into chaos and listens with her heart wide open.

She grew up in a small East Texas town called, Dangerfield. 1953 was the year she made Dallas her home and has been at the MLK Family Clinic since it opened in 1986. She has seen the clinic grow by leaps and bounds, offering a host of medical services to families throughout the DFW community. Whenever the opportunity presents itself, she shares her views on the importance of taking personal responsibility for your health. What she has realized over the years is just how important preventive medicine can be and the positive impact it can have on your life. She said, **"People shouldn't wait until they are ill. I believe going to the doctor for regular checkups should be a part of your daily life."** Mrs. Smith has seen first hand what happens when people do not make time to take care of their health and the health of their children. What is most endearing about her is that she really cares...she wants what is always best for her patients and she makes sure that they get it.

Mrs. Elmer Smith, a healer with a heart of gold! Our Voices™, salutes Mrs. Smith for her leadership always measured with compassion. We encourage readers to make their next appointment at The MLK Family Clinic, where every patient is treated with respect and their medical needs met with the highest standard of care. Learn more about the clinic online at, www.mlkfamilyclinic.org

WHAT I KNOW FOR SURE...

"I don't always know (the answer.) Always be open to other points of views! You may learn something that you did not know. Perception is truly reality."

-David Berry, Berry Homes, Inc.-

"I know that God keeps score! When you do something good, good comes back to you. When you do something bad, bad comes back to you. Karma is a surety!" -Betty Wafer, Wife, Mother, Daughter, & Friend-



A VOICE REMEMBERED...

Bebe Moore Campbell

By, Kenna P. Parker

While I have not met Ms. Bebe Moore Campbell in person, I felt a deep sense of loss when I heard she had passed on November 27, 2006; due to complications related to brain cancer. It was the kind of loss you feel, when it is clear the person who has passed on has left a void in the world that can't be filled. Her mark in history is clear and her contributions as a phenomenal writer can not be described merely in words. Her life is a reminder of how important it is to pursue your dreams with the commitment to succeed.

Bebe Moore Campbell

She understood the power of the written word and how it can be a catalyst to changing how we treat each other in our daily lives through the stories she would tell. Ms. Campbell lived her life with purpose, understanding there are many roles we must all play in the communities we live in. Her caring spirit was evident through her deeds, always using her work and her position to bring attention to social issues she cared about. Bebe Moore Campbell, used her time to change us with her words...evoking a response...empowering an action and leaving us wanting more for our own lives.

Ms. Campbell was born and reared in Philadelphia, Pennsylvania, and received a Bachelor of Science (B.S.) degree in elementary education from the University of Pittsburgh. Her books include: Brothers and Sisters, Singing in the Comeback Choir, What You Owe Me and Your Blues Ain't Like Mine. She also was the winner of the NAACP Image Award for Literature and her first children's book, "Sometimes My Mommy Gets Angry", won the National Alliance for the Mentally Ill (NAMI) Outstanding Literature Award for 2003. Again, a phenomenal writer who used her gifts well.

We were all blessed to have known Ms. Campbell...if only through her writings! Our Voices™, salutes her for living her life on her terms and inspiring other writers to see their own possibilities.

WORDS OF WISDOM ...

"Excellence is not an act but a habit. The things you do the most are the things you do the best." -Mava Collins, American educator-

Lose not courage, lose not faith, go forward.
-Marcus Garvey (1887-1940), Jamaican-born social activist-

AFRICAN AMERICAN HISTORY MAKER



AUTHOR ASHE - 1943 - 1993

Arthur Robert Ashe Jr. was born on July 10, 1943 to Mattie Cunningham and Arthur Ashe Sr. in Richmond Virginia. His mother died when he was six and he started playing tennis at the age of seven. In 1975, he defeated Jimmy Connors at Wimbledon, becoming the first African American to win the men's singles. 1985, he was arrested for taking part in an anti-apartheid demonstration outside the South African embassy in Washington.

It was a challenge to his health that forced Ashe to retire from tennis in 1980, following a heart attack and quadruple bypass surgery. 1992 Ashe contracted the AIDS virus, from a blood transfusion during a second open heart surgery in 1983. He started the Arthur Ashe Foundation for the Defeat of AIDS. Ashe died on February 6, 1993 of AIDS-related pneumonia, at age 49.

"I know I could never forgive myself if I elected to live without humane purpose...without recognizing that perhaps the surest joy in life comes with trying to help others." - Arthur Ashe-

Source: <http://www.black-collegian.com>

The Music Center

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

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MRS. CORETTA SCOTT KING
1927-2006

Mrs. Coretta Scott King...Her Legacy of Leadership That Help Change A Nation!

"Our Voices™" salutes Coretta Scott King! Her leadership is the definition of silent strength that moved a nation to change, embracing what her husband, Dr. Martin Luther King, Jr., stood for..."Activism Without Violence".

Mrs. King gave voice to issues that not only embodied the legacy of her husband, but spoke to what America could be for all people. Coretta Scott King was born April 27, 1927, in Heiberger, near Marion, Alabama. She spent her childhood on her parents' farm in Heiberger. The farm had been in the family since the Civil War, but they were not at all rich. They were so hard hit during the Depression that the children picked cotton to help earn money.

As a young child, Mrs. King walked five miles each day to attend the one-room Crossroads School. When she was older, she studied at Lincoln High School in Marion, nine miles away. Since this was too far to walk, her mother hired a bus and drove all the black students in the area to and from school - a most unusual course of action for a black woman in the 1930s. The alternative would have been for the children to stay in Marion all week, returning home only on weekends.

After graduating from Lincoln High School, she won a scholarship to Antioch College in Yellow Springs, Ohio, where she received her B.A. in music and elementary education in 1949. While at Antioch, she joined the local chapter of the National Association for the Advancement of Colored People (NAACP) and the Race Relations and Civil Liberties Committee. In 1951 she enrolled at Boston's New England Conservatory of Music, eventually earning a Bachelor of Music degree in voice. During her time in Boston, she met Martin Luther King, Jr., a doctoral candidate at Boston University's School of Theology. They would later marry in 1953 and a year later moved to Montgomery, Alabama, where Dr. King began his work as a minister.

Dr. King was assassinated in 1968, four day later Mrs. King led a march of fifty thousand people through the streets of Memphis, and later that year she took his place in the Poor People's March to Washington.

She continued to work hard to raise funds for the Martin Luther King, Jr. Center for Nonviolent Social Change in Atlanta, which would include an exhibition hall, a restoration of the King childhood home, an Institute for Afro-American Studies, a library containing King's papers, and a museum. The list of accomplishments achieved by Mrs. King are many, including her husband's birthday honored as a national holiday.

On 31 January 2006, Mrs. Coretta Scott King died in her sleep at a holistic health center in Rosarito Beach, Mexico. She was 78.

--Source: <http://www.galegroup.com>--



**Take Getting In Shape
Seriously...It Could Mean
A Longer...Active Life.**

7 Easy Ways to Add Daily Exercise To Your Life!

There are many things we do that we don't think of as "exercise" ...are actually "moderate level" physical activities that can boost our metabolism and burn calories.

Here are nine ways to do this:

1. TAKE THE SCENIC ROUTE. Add steps to your day. Park farther away from your destination (if it's safe). Take a longer route back to work after lunch. Walking only requires some decent shoes and it burns about 245 calories an hour.
2. RAKE THE YARD. Raking, sweeping and vacuuming involve arm and leg muscles and can burn up to 280 calories an hour. Sweeping the sidewalk for 10 minutes adds a half-hour of moderate physical activity to your day.
3. GO DANCING. An hour of ballroom, salsa or swing dancing qualifies as a low-impact aerobic workout. If you really "hoof it," you can burn up to 315 calories in an hour. You don't have to join a class. Turn on a CD-and dance in the privacy of your own home.
4. GET ACTIVE WHILE YOU'RE WATCHING TV. Jog lightly in place. Do leg lifts with ankle weights or arm curls with dumbbells. If you have a stationary bike, treadmill or stability ball, you can work out while you watch your favorite shows.
5. PULL SOME WEEDS. Gardening and other routine yardwork will strengthen knees, arms and hands. Mowing, pulling weeds and raking can build leg, arm and back muscles, burn up to 300 calories an hour-and get you out in the fresh air.
6. HOP TO IT. Jumping jacks can be fun. They also encourage balance and flexibility and burn up to 90 calories in one 10-minute session.
7. FILL YOUR WAITING TIME. Waiting for a pot to boil? Pushing against the kitchen counter, in and out, will work your arm and shoulder muscles. At the doctor's office, ask for an estimate on your wait time, then take a brisk walk around the building. While you're on hold on the phone or waiting for an elevator, work your abdominal muscles.

Source: <http://www.speakingofwomenshealth.com>

WHAT I KNOW FOR SURE...

"I know that all things are out of our control, however we have the power to make choices and with the right information we can make positive, fruitful choices." **-David Herman, Jr. President & CEO Preservation LINK, Inc.-**

Healthy Eating = A Healthy Lifestyle!

Healthy Can Taste Good Too!

You may like fried foods...but eating saturated fat is not healthy for your heart. Tips to put flavor back in and eat healthier.

- Baking, roasting, broiling, grilling, or oven-frying chicken or fish—season with herbs, spices, lemon, lime, or vinegar (*but not salt*).
- Cooking collard greens or kale with onions, garlic, chicken broth, bouillon, smoked turkey, turkey bacon, or turkey ham (*use broth, bouillon, and cured meats in small amounts because they are high in sodium*).
- Topping baked potatoes with salsa or low-fat sour cream. Making salads and casseroles with low-fat or fat-free salad dressing or mayonnaise, flavored vinegar like balsamic, or a small amount of mustard (*Note: mustard are high sodium*).

Why should you be concerned about saturated fat? Saturated fat raises blood cholesterol the most. Over time, this extra cholesterol can clog your arteries. You are then at risk for having a heart attack or stroke.

ORAL HEALTH CARE TIPS

Good oral health care is important for your teeth and general health.

Visit your dentist regularly for checkups. Brush after meals with a soft or medium bristled toothbrush, using a toothpaste with fluoride.

Use dental floss daily.

Limit the amount of sweets you eat, especially between meals.

Do not smoke or chew tobacco products.

Ask your provider how often you should get dental checkups.

Quick & Easy Healthy Meal

Garden Pasta Salad

Ingredients:

- 1 package (20 ounces) BUITONI Refrigerated Family Size Three Cheese Tortellini, prepared according to package directions, rinsed in cold water and drained
- 1 cup bottled fat free Italian salad dressing
- 2 cans (6 ounces each) tuna packed in water, drained and broken into chunks
- 2 medium tomatoes, chopped
- 2 cups broccoli florets
- 1/2 cup (2 ounces) BUITONI Refrigerated Freshly Shredded Parmesan Cheese or BUITONI Refrigerated Freshly Shredded Romano Cheese
- 1 package (10 ounces) Italian-blend torn mixed salad greens

Directions:

POUR dressing into large bowl. Add pasta, tuna, tomatoes*, broccoli and cheese; toss well to coat. Refrigerate or serve immediately over mixed greens. If desired, after chilling stir in a little more salad dressing to moisten pasta.

NOTE: If refrigerating more than 4 hours, stir tomatoes into salad just before serving.

Serving Size: 6

Source: Meals.com

This is also very cleansing for the soul...allowing a new foundation to be created and new experiences achieved. Remember the inventory is based on truth about what you want and need for your life's journey and with equal actions taken by you, success is imminent. Enjoy the journey and claim the life you want... **"It has always been yours to claim from the time you cam to be."**

Ask And Answer The Following Questions When Taking Your Inventory!

Who do I feel is inside of me trying to get out? (What have I been called to do?)

Am I surrounded by positive or toxic people? (The people in our lives can change who we are and how we see ourselves)

What are my beliefs, values and passions?

What gives me joy and pain about my life now?

What do I want to change and can change about my life?

What are my goals?

What resources do I have to make these changes? What do I need to make these changes? (Ex. life coach, professional services, faith based organization)

How long will it take for me to implement these changes and achieve my goals? (Remember this is your journey...stay true to it and success will come.)

When You ACT and LIVE your LIFE WITH PURPOSE...The following will manifest in your life.

- P - Positive View of the world and what it has to offer. People who are positive always seem to surround themselves with positive people. People who are active in school, church or community activities. People who see problems as opportunities...not roadblocks?
- U - Ultimate arbiter of your journey. Share the experience (Your Journey) to be an inspiration to others...we must remind others of their possibilities and God's plan for their lives.
- R - Respect for self...family...community...and this world we live in.
- P - Pride in what you do...no matter the task.
- O - Open to change and constructive criticism.
- S - Spiritual relationship with our Lord and Savior and understanding you must give service to others with a humble heart.
- E - Empowered to manifest your own destiny...because you are the final arbiter of your journey through life.

We were put here to live a purpose filled life. Act on it and expect it to show up!

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

Living Life With Purpose ...It's Yours To Claim!

By, KENNA PATRICE PARKER

Each day we are all bombarded with messages that say...WHAT OUR POSSIBILITIES ARE...WHO WE WILL BECOME...AND WHY WE SHOULD ACCEPT LESS FOR OUR LIVES, BECAUSE WE ARE NOT SPECIAL! These messages found in all forms of media, have become the model of what life should be in this land of milk and honey. This view of life seen from my window is one that doesn't provide inspiration to succeed or challenge the status quo. The standard for success is mirrored from the outside of oneself...the number of possessions acquired to illustrate your worth. This consuming mantra day in and out can suck the oxygen out of the room, until you have a chance to take a deep breath and renew your soul to God's purpose for your life.

I firmly believe in the power of intentions...the ability to choose your destiny. The destiny God has planned for each of us from the time we came to be. We are the arbiters of our journey and our tomorrows are full of promise, if we "ACT WITH PURPOSE". Purpose that is not manufactured through the television screen, tabloid cover, radio talk show or web blog. Purpose that is authentically created through your intentions. These intentions can be powerful and manifest whatever you believe is so. Sojourner Truth, Mrs. Coretta Scott King, Tom Landry, Tiger Woods, Bill Clinton and Oprah Winfrey are a very small sample of people who lived and are living their lives to "ACT WITH PURPOSE".

How does this happen, it happens when we first claim who we are...owning the good, the bad and the ugly. Defining ourselves through truth...truth that is experience when we are honest. Honest about what we want for our lives...not what other people want for us...what we want! Spending time with this one truth and understanding it...can be at the core of your life's purpose. What you will find is how freeing it is to be clear in your own mind about what you want for your own life. How the other issues in your life somehow have answers now, because you are moving to a place of order...*"The Natural Order Of Your Life"*. Order allows us to be decisive and clear of the objectives ahead and the process necessary for success.

It is time now to take an inventory of what is needed to claim the path you want for your life. This may include a number of things like; going back to school, reducing personal debt, reclaim a relationship with God, joining a professional organization, weight loss, finding a life coach, or letting go of old experiences that caused you pain.



BLACK INVENTORS

Jan Ernst Matzeliger

1852 -1889- invented a shoemaking machine that increased shoemaking speed by 900%.

Frederick Jones

Ticket Dispensing Machine, June 27, 1939

Starter Generator, July 12, 1949

Two-Cycle gasoline Engine, Nov. 28, 1950

Air Condition, July 12, 1949

Portable X-Ray Machine

George Washington Carver

1900-1943 - Invented 300 products from peanuts, 118 products from the sweet potato and 75 from the pecan.

Onesimus

1721 - Small Pox Inoculation (He Brought This Method From Africa Where Advance Medical Practices Were In Use Long Before Europeans Had Any Medical Knowledge)

Alice Parker

1918 - Heating Furnace

C. B. Brook

1896 - Street Sweeper

Elijah McCoy

1843 -1929 - invented an oil-dripping cup for trains. Other inventors tried to copy his oil-dripping cup. They didn't work as well as his, so customers started asking for "the real McCoy." That's where the expression comes from.

Lewis Latimer

1848-1928 - invented an important part of the light bulb — the carbon filament.

Latimer worked in the laboratories of both Thomas Edison and Alexander Graham Bell.

WHAT I KNOW FOR SURE...

"I know that God keeps score! When you do something good, good comes back to you. When you do something bad, bad comes back to you. Karma is a surety!"

-Ann Fields, Author-

PIECES...

We all are **pieces**...pieces of a pie, a puzzle and ultimate life... sewn together like a quilt that keeps us warm through the night. I feel the breeze coming in ...my spirit leaves and comes back...stronger and for the first time I expressed my mind.. I embraced the sunlight, the moonlight, candle light too. For we all are **pieces** of things we have done and have yet to do. Take my hand and walk with me through my mind... experience my **pieces**... experience of my pie. Eat it plentiful, fill yourself to the brim ... and from my **pieces** you'll find deep within ... we are all each cut from the same cloth ... sewn together in this country of ours to keep each other warm. The ultimate puzzle to figure out each day of our lives...that we are all **pieces** of this American dream we call apple pie.

pieces ...

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Source: "Parker Originals & More"
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Join Us Every Friday For Music Under the Dome!

Every MONTH for FREE you can hear a local band perform jazz, rhythm, and blues in the rotunda. Seating is available and complimentary soft drinks and wines are served. Visitors are also able to tour the galleries, as well as enjoy other Museum special attractions. For reservations to **Music Under the Dome on First Friday Nights** contact the African American Museum: 214.565.9026, ext. 313.

The Writer's Block
??...Call Ann Fields
(972) 223-3074
afields121@yahoo.com

Writer's Block meetings
3rd Saturday (every month)
11:30am - 1:30pm
St. Luke Community Life Center (East Grand Avenue)
MORE INFO. VISIT:
www.writersblockinc.org

Kufika, an African American Heritage Celebration. Kufika, a Swahili word that means "Arrival". Join us for our **2007 African-centric Heritage Gala**. Plus if your child would like to participate in the 2007 "**Kufika**" program, contact Patricia Maples at **214-823-9449** or email to LeagueLadies@aol.com.

Sickle Cell Disease Association

Join us Friday, April 6, 2007 for the **12th Annual Willis Johnson Sickle Cell Disease Golf Tournament** at the Cedar Crest Golf Course Dallas, Texas. The 18-hole, 4-Player Scramble tournament begins at 7:00 with registration and a continental breakfast followed by a shotgun start at 8:00 a.m. and concluding with an awards luncheon at 2:00 p.m. Call 214-942-1262 for more info.

www.sicklecelldallas.org

Southern University Alumni

Monthly meetings info:
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SUAFDal@aol.com

Annual Bayou Bash (June 07)

Tickets, Sponsorship & More. Info: 972-480-JAGS
SUAFDal@aol.com

Jimmy Walker Memorial

Golf Tour. (August 07)
Info: 972-412-5169

Black Dallas Remembered, Inc.

African American Heritage Workshop-(May). More Info: 214-670-8637



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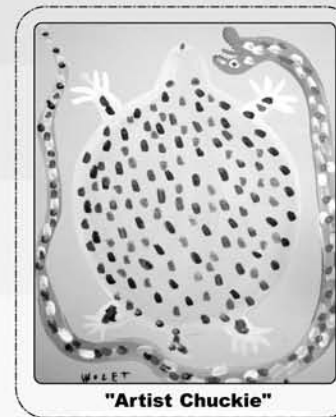
Call For More Info. Or To Arrange A Tour - 214-565-9026



GALLERY A

"ARTIST CHUCKIE"

Dec. 29, 2006 - Mar. 4, 2007
Folk Artist Chuckie... "**Artist Chuckie**" Williams began drawing at an early age in Shreveport, Louisiana and continued to produce art throughout his life. His works focus on the entertainment world and primarily the contribution of African Americans in the world of entertainment.



"Artist Chuckie"

you with stories and facts about who you were as a person. Ariston Jacks considers himself a visual griot.

CARROLL HARRIS SIMMS COMPETITION

Mar. 16, 2007 - June 24, 2007
The African American Museum initiated its first Biennial Southwest Black art Competition and Exhibition in 1976. The purpose of the competition and exhibition stemmed from the Museum's need to build a distinguish fine art collection and to provide black artists a venue to display their work.

ARISTON JACKS: FRESH BEGINNINGS
Jul. 6, 2007 - Oct. 21, 2007

A "Griot" is a human library, a storyteller, or a historian. In many African communities a griot is all of these things and more - a tangible link to the past, someone who not only could be touched, but could also touch

Origin and the Landscape: Prints and Drawings by LOU STOVALL

May 4, 2007 - Jul. 31, 2007
Master printmaker, Lou Stovall has taken the process of printmaking to another level. This exhibition is a collection of 52-color silk-screen, ink and pencil drawings embody the artist love and appreciation of nature, and his attempt to preserve it on paper.

FOLK ART GALLERY

Mose T A to Z: The Folk Art of MOSE TOLLIVER
Dec. 1, 2006 - May 6, 2007

Mose Tolliver was one of the most widely admired and best-known self-taught artists working in the United States. Among the qualities inherent in his work is a sense of humor that reflects his own personality.

African Beauties: Women of the Motherland Hand Built Clay Vessels by GLENDIA COOPER
May 26 - Aug. 26, 2007

Master potter Glendia Cooper feels that her work reflects her inner spirituality and love for travel to African villages and countryside. Her 40 hand built vessels in this exhibition feature the intricate and delicate working of her hands for shaping, embellishing and glazing.

GALLERY B

Carroll Harris Simms Permanent Collection
Jan. 19, 2007 - Apr. 15, 2007

This exhibition is a first time collective showing of the outstanding artwork acquired through the innovative acquisition program: The Carroll Harris Simms National Black Art Competition and Exhibition. The African American Museum will present the winning art works collectively.