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TEXAS INFORMER

May 2013
Volume VXIII Number 1

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Look Askance Before You Enhance

AUSTIN – Today, Director for the Center for Effective Justice Marc Levin released a new paper on sentencing enhancement called, “Look Askance Before You Enhance: A Checklist for Legislators.” The paper provides important questions that lawmakers should ask before they decide to enhance sentencing penalties for criminal offenses.

Each session of the Texas Legislature brings dozens of new sentencing enhancements. In the 2009 legislative session, out of one hundred bills passed out of the House Criminal Jurisprudence Committee, 40 percent of them increased penalties. The Foundation believes that lawmakers must first answer questions about whether such enhancements increase public safety, are necessary and actually lead to better outcomes.

Some of the questions the paper says lawmakers should ask include: Have Sentences Already Gotten Tougher? Is There Evidence That Current Penalties Are Ineffective? Will An Enhancement Deter the Conduct? Are There Other Solutions?

Levin commented, “We wrote this paper to ask lawmakers to think twice before they enhance penalties for crimes, given that the proposed enhancements may be redundant, unnecessary or costly. It is our hope that lawmakers will review this paper as they continue their work on criminal justice this legislative session.”

The full text of the two page paper can be read here. This paper is a follow up to a previous paper called “Analyze Before You Criminalize.”

The Texas Public Policy Foundation is a non-profit, free-market research institute based in Austin. Primary website: www.TexasPolicy.com Facebook page: www.Facebook.com/TexasPublicPolicyFoundation Twitter feed: www.Twitter.com/TPPF

Juneteenth Celebration scheduled

The Annual Juneteenth Celebration held in Rusk, Texas each year will be held this year on Saturday, June 15, 2013. The parade will begin at 11:00AM. The parade lineup begins at 10:45AM behind the Austin Bank parking lot. Speakers for the event are Emmerson Griffin, VFW post 3406 Commander and Ceron Ford Bill Gates 2013 Scholarship

Rachell Christopher Lucas author of Count It All Joy



Rachelle Christopher Lucas, Rusk native makes a difference in society at every opportunity.

See story page 3.

EDITORIAL/OPINION

Mother's Day



The second Sunday in May brings a day for which fathers and children everywhere scramble to prepare breakfast in bed, flowers, handmade cards, and presents for the mother of the home. This honoring of Mom and her hard work usually brings a smile to her face. Being able to celebrate motherhood and thanking Moms for all they do has become a national holiday. Other cultures have had holidays celebrating motherhood since ancient times. The ancient Greeks and Romans had their own celebrations to honor the mothers of their gods. In the 1600s, Mothering Sunday was the fourth Sunday of Lent when parishioners returned to their mother church to worship. Later it became a day when servants were sent from their duties to spend the day with their mothers and families. It is generally celebrated today as Britain's version of America's Mother's Day. Mother's Day in the United States was first conceived around 1870 in Boston, Massachusetts. Following her experiences in the Civil War, Julia Ward Howe attempted to publish a push for peace at international peace conferences. In 1872 she began

promoting her new idea for a Day of Peace for Mothers. She issued her "Mother's Day Proclamation" in an attempt to gather women together for the cause. In 1873, eighteen cities in America participated in this Day of Peace. It was most often a group of women whose families were affected by the Civil War that gathered to discuss the preference for peace. This continued annually for several years, but people eventually lost interest and the idea died down. However, she never gave up her push for disarmament and pacifism. In 1907, Mother's Day was brought to life yet again by Anna Jarvis in Grafton, West Virginia. She used the day to commemorate her mother's death in 1905. President Woodrow Wilson declared that there would be a national holiday dedicated to mothers. A flag could be flown in honor of those mothers who had lost their sons in war. With in a few years, the holiday had become popular.

Draw	Draw Date (Date)	1	2	3
1400	05/01/13 - Bond Sales 1 to 4:30	01	0040	00070
1401	05/02/13 - Bond Sales 1 to 4:30	01	0040	00070
1402	05/03/13 - Bond Sales 1 to 4:30	01	0040	00070
1403	05/04/13 - Bond Sales 1 to 4:30	01	0040	00070
1404	05/05/13 - Bond Sales 1 to 4:30	01	0040	00070
1405	05/06/13 - Bond Sales 1 to 4:30	01	0040	00070
1406	05/07/13 - Bond Sales 1 to 4:30	01	0040	00070
1407	05/08/13 - Bond Sales 1 to 4:30	01	0040	00070
1408	05/09/13 - Bond Sales 1 to 4:30	01	0040	00070
1409	05/10/13 - Bond Sales 1 to 4:30	01	0040	00070
1410	05/11/13 - Bond Sales 1 to 4:30	01	0040	00070
1411	05/12/13 - Bond Sales 1 to 4:30	01	0040	00070
1412	05/13/13 - Bond Sales 1 to 4:30	01	0040	00070
1413	05/14/13 - Bond Sales 1 to 4:30	01	0040	00070
1414	05/15/13 - Bond Sales 1 to 4:30	01	0040	00070
1415	05/16/13 - Bond Sales 1 to 4:30	01	0040	00070
1416	05/17/13 - Bond Sales 1 to 4:30	01	0040	00070
1417	05/18/13 - Bond Sales 1 to 4:30	01	0040	00070
1418	05/19/13 - Bond Sales 1 to 4:30	01	0040	00070
1419	05/20/13 - Bond Sales 1 to 4:30	01	0040	00070
1420	05/21/13 - Bond Sales 1 to 4:30	01	0040	00070

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Research at Charles R. Drew University of Medicine and Science Seeks to Reduce Health Disparities among Minorities

LOS ANGELES – Charles R. Drew University of Medicine and Science conducts a great deal of research and engages in significant outreach to help reduce health disparities among minorities and socioeconomically disadvantaged. Heart disease/stroke, cancer, diabetes and AIDS prevention remain among the top diseases that affect minority populations. While significant strides have been made to combat these diseases, there is still a long way to go. Though life expectancy and infant mortality rates have improved greatly for Americans, some minorities are disproportionately affected by preventable disease, disability and even death compared to non-minorities. There exists a great need to aggressively identify and implement new and more effective prevention and intervention strategies.

Currently, heart disease along with stroke is the leading killer across most racial and ethnic minority communities in the United States. Says Dr. David Martins, Assistant Dean for Clinical and Community Affairs at CDU, "Currently, we are exploring the role of vitamin D in the prevention of heart disease and diabetes, along with a regimen of diet and exercise. We are also exploring video game exercises as a means of heart disease prevention, especially for patients who live in communities where it may not be safe to go outdoors for exercise. High blood pressure is a large contributor to heart disease. People just assume because they feel well, they are well. We encourage everyone to get their blood pressure checked annually if normal. If not normal, they should be checked more often by a health care professional and if it is elevated, they should get care immediately. A tablet of aspirin a day reduces your risk of stroke and heart disease."

HIV/AIDS has had a devastating impact on minorities in the United States. Racial and ethnic minorities accounted for almost 71 percent of the newly diagnosed cases of HIV.

Cynthia Davis, Assistant Professor in the Medical Sciences Institute at CDU has been a trail blazer in HIV/AIDS community outreach and mobilization. Professor Davis has been involved in HIV primary prevention initiatives on a national and local level since 1986. Professor Davis initiated the first pilot demonstration mobile HIV testing program in Los Angeles County in 1991, and has provided HIV testing, counseling and referral services to over 60,000 community residents for the past 21 years. Says Davis, "In the third decade of the HIV/AIDS pandemic, HIV/AIDS continues to disproportionately impact African American women, youth, and men who have sex with men. This is a disease which is 100% preventable but due to denial, fear, stigma, homophobia, and lack of access to health care, HIV/AIDS continues to ravage our community. The CDC currently recommends that everyone aged 14 to 64 in the U.S. obtain an annual HIV test". Professor Davis is also involved in research which examines how factors such as HIV knowledge, alcohol abuse and childhood sexual abuse influence the rates of depression among HIV positive and HIV negative Latinos residing in South Los Angeles. In keeping with its mission to conduct education, promote wellness, provide care with excellence and compassion, and transform the health of underserved communities, CDU was one of the health partners that participated in KJLH Radio's Women's Health Forum this past month,

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Rachell Christopher Lucas author of new book "Count It All Joy"

Much discussion takes place these days about the morals or lack thereof, of the younger generation, their lack of concern about setting and meeting goals for their lives and for making a difference in the world.

The daily news is filled with crime committed by the younger generation and also for the age 18 to thirty-five group, the prison population is up and church attendance is down in most areas.

The facts are exaggerated and too much emphasis is placed on these negatives. There are many, many in this age group who have or are getting an education, serving in the military, gainfully employed, married and raising a family and making a difference in their community and the world as a whole. Those are the ones less talked about and given almost no recognition.

Rachell Christopher Lucas is one of those young people who is busy with raising her young son, teaching, mentoring to those who are in need, speaking at public affairs, and yes, writing books. She is the founder of Christian Tea Ministries.

Born and raised in Rusk, Texas, Rachell is a 1999 Rusk High School graduate. She graduated Stephen F. Austin State University with a B. S. degree in accounting. She worked for the Nacogdoches branch of Citizens 1st Bank while living in Nacogdoches and attending SFA.

While growing up in Rusk, Rachell kept a busy schedule at school, in her community and her church, Mt. Hebron Presbyterian. She taught Sunday School, and was the speaker for special occasion events. After moving to the Dallas area she went to work in accounting for a large corporation. She married Amery Lucas and they began to plant roots there.

Rachell now teaches in Lewisville ISD and balances a very busy schedule. She has added a new dimension to her life by becoming a published writer. About three years ago she says, "I could hear the Lord saying to me that people were hurting and that they needed to be



Rachell, her husband Amery Lucas and their son Cameron James Lucas.

that His joy is still available to them

God's word reminds us in James 1:2 to Consider it pure joy, my brothers, whenever you face trials of many kinds." At that time she wrote the book, "Count it All Joy". She says, "Count it All Joy" will remind you that no matter what you are going through there is still something to be grateful for. You have not lost it all. You still have a Savior and friend who is with you every step of the way. You will make it through! Lastly, the devil has no authority over your destination. The book may be purchased at <http://www.christianteaministries.wordpress.com/>.

She is the founder of Christian Tea Ministries Est. 2006, a ministry whose mission is to inspire, motivate, and teach God's word. Rachell continued by saying, "In Dec. 2006, God spoke to me and said, "open up your home to women and host bible studies." Without hesitation, but with much prayer, the first Christian Tea meeting was held March of 2007, at one of the area recreation centers. God began stirring up my passion to study his word and to teach. That first meeting was powerful and impacting; but I had disobeyed God's instructions. He said to open

up my home and I took it upon myself to take a short cut and have women meet in a recreational center. What he was desiring was a moment with his daughters that would be intimate, private, and inviting. The next meetings were held in our tiny apartment. Our apartment began to be filled and women didn't mind sitting on the floor to hear from God, to watch God and to witness the Holy Spirit moving in powerful ways. Throughout Christian Tea Ministries existence we've had the opportunity to adopt a USA soldier in Iraq and send care packages during his station. It was in 2011 when God spoke to me and said, "It's time." I was so convicted, He reminded me that I was sitting on all the gifts he had trusted me with and I was secretly ministering behind closed doors; but he now wanted the ministry inside of me to go public.

In March of 2011, I accepted my call into ministry and Christian Tea Ministries had a re-birth. This ministry's new vision is to inspire, encourage, motivate, and teach God's Word through the World Wide Web, public speaking, and small group bible studies. She went on to say, "Our mission is to provide an opportunity for people of every walk of life to understand and learn God's

Word and come to develop a deeper personal relationship with our Father, who is Almighty. We continue to host bible studies and Christian book studies as led by God. As a speaker, He frequently assigns me to preach and teach at prayer breakfast events, revivals, conferences, schools, and children and youth organizations.

My most enjoyable opportunity to share, inspire, and to motivate was in my home town at Rusk Intermediate. It was such a blessing to inspire children to dream and dream big. The theme and highlight of the assembly was to encourage students that "Stars Write Visions." God's purpose in this event was to inform them that they are special no matter the background, demographics, or economic status. Whatever visions that have, they are to write them and make them plain. Habakkuk 2:2

I am a minister on trial at Christian Chapel Temple of Faith, Dallas, Texas where I serve in various ministries. Alongside my husband, we have taught series for the Unity Marriage Ministry. Topics including: Tending to Your Garden, The Book of James, and Praying with Purpose. I currently serve as one of the core leaders for God's Daughters Women's

Continue page 10



The devil is in the detail

raise their Rebel Flags? It's time to pay attention. It's time to be about your business. Texas schools have begun to criminalize classroom offences that were once solved with a paddle, detention, In School Suspension (ISS) or just a firm talking to. Now whole generations of teenagers are being handcuffed in the classroom and ushered toward the penitentiary in a school-to-prison pipeline that most often involves minorities. Our children, offered no protection from this new and dangerous trend, are being "lynched" by the same public school system that should be educating them. So tell me again, why shouldn't Neo-Confederates raise their Rebel Flags?

Governor Rick Perry can often be found at prayer rallies whooping it up for Jesus. Yet by opposing the Affordable Care Act (a.k.a. Medicaid Expansion, a.k.a. Obamacare), Governor Perry stands as a stumbling block to 1 million uninsured Texans in desperate need of life-saving medical coverage. At a staggering 24%, Texas has the highest rate of uninsured people in the nation. My God says minister unto the poor, love one another and be courageous. All the while, our community sits in silence; encouraging injustice with our inaction. If you drop a lobster in boiling water it will cry out and resist. So the clever man gently places the lobster in cool, comfortable water and slowly turns up the heat. The water

Iwarms, then simmers and by the time the lobster realizes that trouble's brewing, it's already cooked. Our community is in a simmering pot.

While Governor Perry holds the bible in one hand, he uses the veto pen in the other to stamp out hope and mercy for the poor who also cry out to Him. The pot is on simmer. The Tea Party elects Neo-Confederates who talk succession and enact voter restrictions aimed at communities of color, the elderly and the poor. The pot is on simmer. The unemployment rate for African Americans in Texas is a crushing 11.4% while the state average is 6.3%. Stand Your Ground Laws amount to legal modern-day lynching. While African Americans are a resilient people and have learned to endure much, some of us are so beat down that we think all hope is lost. Not so. We have not forgotten God's promise. We have an obligation to stand against the boldness of the Neo-Confederate mentality whenever, wherever and

The poor are being burdened through policy decisions reminiscent of the Jim Crow South. The pot is on simmer and it's time to pay attention.

however it may occur. Our non-violent struggle must be waged on the public square, at the public meeting, in the media and most importantly in the ballot box.

Let me leave you with a little cud to chew on:

- In the last Governor's election, 1.1 million African Americans did not vote
- Governor Perry won by 631,086 votes
- African Americans alone have the potential votes to unseat Governor Perry, if we stand against injustice

So why shouldn't Neo-Confederates raise their Rebel Flags, when we, in our silence, have already given them the victory. The devil is in the details.



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Status Quo Is Not An Option

From page 8

How do we expect our communities and economies to thrive when our young boys and girls are not receiving the education and training that is needed to enter the workforce?

Texans Deserve Great Schools (www.texansdeservegreatschools.org) offers information on several national best education practices, which, if introduced together in Texas, could serve as an expedited fix for a system in utter distress. These include parents uniting to “trigger” change in a school, and, the most exciting in my eyes, the creation of a Texas Achievement School District, which would mandate intervention in schools failing to educate their students.

Prior to the adoption of a similar district structure in New Orleans, schools there were in dire straits. Graduation rates for Blacks hovered around 30 percent. Nearly 75 percent of the state’s failing schools were located in minority, lower-income neighborhoods, and roughly 95% percent of the students fell below basic proficiency in both math and reading.[4]

As a Black male, I am frequently reminded of the improbable odds men in our communities must overcome, sometimes by colleagues who opine, “Wow, he’s smart. He can speak literately, and he’s an Ivy League graduate of Cornell.” Other times, it’s by hearing the latest Rick Ross hip-hop song on the radio where one vocalist raps, “I’m part of the small percentage of negroes who made it out the ghetto.” The status quo must be broken, for there is no reason why we have to treat the educated, high-school graduate, college-bound young Black male as an outlier.

In 2003, New Orleans’ Achievement (Recovery) School District was that “radical idea” which interrupted the status quo. Through this structure, schools have shown a 100 percent increase in graduation rates in four years. This year, New Orleans schools’ four-year graduation rates are outperforming the national average for Black students, outperforming all schools in Louisiana, and outperforming the national average for White students, all because the New Orleans community collectively decided to intervene.[5]

Today, Black youth are entering high schools, passing their course exams, and leaving their schools not as dropouts or in chains, but as high school graduates.

Texas’ continuously failing schools could achieve these same results. It is time to say, “We have had enough; the status quo is not an option.”

Asa Craig is an education research and policy analyst at the Laura and John Arnold Foundation, a supporter of Texans Deserve Great Schools.

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TEXAS LOTTERY



Mr. and Mrs. Cody Glenn

WEDDINGS


Pictured above are Mr. and Mrs. Cody and Christina Glenn and their wedding party. Lisa Minnic, Eva Puukka, Saana Koljonen, Bailey Soucie, Marcus Vontz, Daivid Harvey, Ndamukong Suh, Jody Moak, Ramone Humber Zachery Potter, Makayla Glenn, Caden Houghtelling, Destyne Harris, Jason Houghtelling, Jeremy Houghtelling, Phillip Dillard, and Alonzo Whaley.

The happy couple was married in a beautiful double-ring ceremony on Saturday, April 27, 2013 at 4:00pm at the Church of Christ in Cambridge, Nebraska. Christina is the daughter of Ken and Beth Houghtelling of Cambridge. He is the son of Edna Glenn of Tyler and Kathy Harris of Rusk. Standing in as Cody's Honorary father was Richard Tucker of Rusk.



Earlisha Hackney to graduate Baylor University

Waco, Texas- Earlisha will be graduating with a Bachelor of Arts in Psychology with a minor Criminal Justice on May 17, 2013. She will be graduating on the Dean's List and receiving more honors regarding her academic achievements. Earlisha is very active with her church in Waco. She was the President for two years in their college outreach and evangelism ministry called C.O.R.E.

While at Baylor she has obtained over 300 hours of community service through programs, such as Habitat for Humanity's, Bridges to Life Prison Ministry, The Family Abuse Center, and McLennan County Courthouse. She is currently working as a Youth Development Specialist part-time where she mentors and counsels' students.

Earlisha has plans to attending law school to further her career endeavors. She is undecided on whether she will start in the fall or gain one year of professional experience by working. She has made a difference in the lives of others.

ENGAGEMENTS

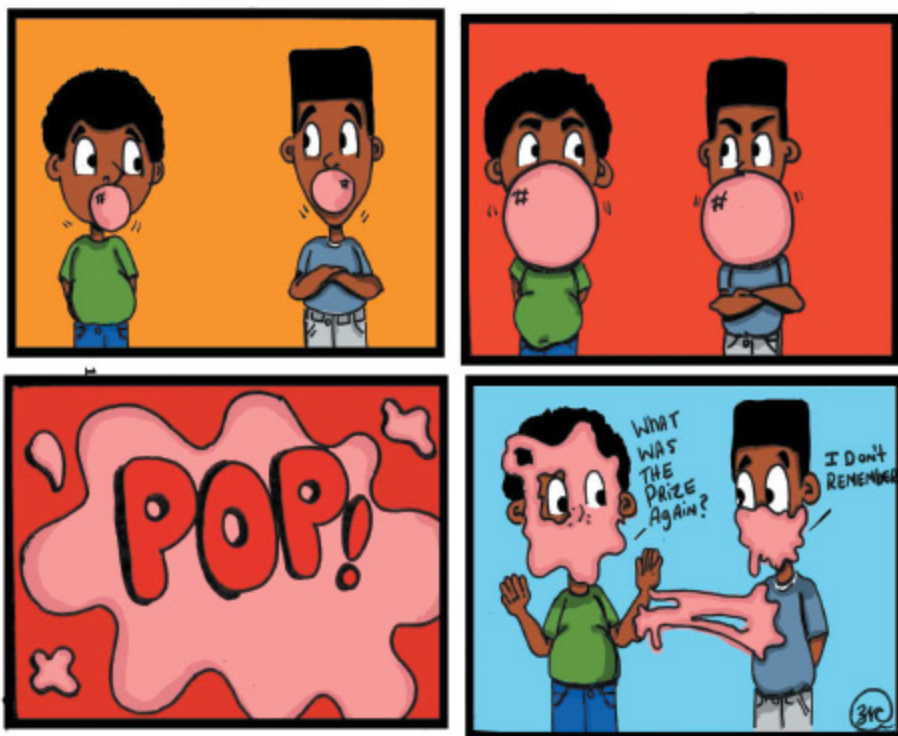
Nita Echa Polk and Regenalld Dickson Engagement Announced



Mr. & Mrs. Darrel Sturns and Mr. Johnny Polk announce the engagement and approaching marriage of their daughter Nina Echa Polk to Mr. Reginald Devon Dickson Saturday, the twenty second of June Two thousand thirteen at 6 o'clock in the evening at Covenant Church on the Hill, 475 County Road 1619, Rusk, Texas.

Beloved, if God so loved us, we also ought to love one another.

~ 1 John 4: 11



Crystal LaNita Ervin and Allen Christopher Announce Engagement



Crystal LaNita Ervin and Ray Allen Christopher, Jr. announcement their engagement and upcoming marriage.. The wedding is scheduled for Saturday, June eighteenth at six o'clock PM in the evening at Benson Memorial C. M. E. Church 922 Ellis Street, Jacksonville, Texas.

Chrystal is the daughter of Mr. and Mrs. Henry Ervin, Jr. and Allen is the son of Mr. and Mrs. Ray Allen Christopher all of Rusk.

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Religion



Can You See God In You?

~ Iyvanla Vanzandt

Our lives must reflect all the things we say God is. We are His hands, feet, eyes and His voice. Are we living a happy life? Are we thinking peaceful thoughts? The only way for God to demonstrate who He is, is for us to do it for Him. We must demonstrate what we know about God in the way we think, walk, talk, and live. God is peace. God is strength. God is mercy. God is forgiving. God is all-knowing, all powerful, abundant, radiant life. God is love. To know God is to be like Him.

All else is a figment of your imagination.

One good way to know whether something is working is to actually see it work. No matter what your philosophy, regardless how much you believe it, if it does not produce, it is worthless. God is the same way. We can talk about Him, sing about Him, pray to Him, for Him and about Him, but if His glory is not produced in our lives, what are we really saying? The only way for God to be seen is through our lives.

On Education: The Status Quo Is Not an Option

By Asa Craig

It is no secret that African-American boys and girls are disproportionately on the wrong side of the academic achievement bell curve. Education data illustrates the disheartening, unjust reality that schools across the State of Texas underserve young people like me.

The real injustice, however, is that the status quo persists. African-American boys and girls remain trapped in failing schools even though there are proven, expedited measures that would give every child a high-quality education.

Recent studies show that less than 1 percent of the students in several Dallas ZIP codes graduate at a college-ready level. Yes, that was not a typo: only 26 out of 3,000 students who started high sc

hool in 2007 were prepared to proceed to postsecondary classrooms.[1] Data has shown that at least 3,100 inmates sent to Texas correctional facilities are from those same ZIP codes.

Other parts of the state are not doing any better. Houston Endowment recently sponsored a study which tracked Texas eighth graders. Since 2000, only 20 percent have proceeded to receive any postsecondary certification or degree.[2] It is alarming considering that, in the next 10 years, 80 percent of the jobs created will require a postsecondary certificate or degree.[3]

Continue page 5

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Game #	Game Name / Odds	#	Official Close of Game	End Validation Date
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1402	Amazing \$5 - Overall Odds are 1 in 4.69	81	7/5/13	12/30/13
1424	Dallas Cowboys - Overall Odds are 1 in 3.67	85	7/5/13	12/30/13
1425	Houston Texans - Overall Odds are 1 in 3.66	85	7/5/13	12/30/13
1458	Lucky 3's - Overall Odds are 1 in 3.72	82	7/5/13	12/30/13
1472	Double Action - Overall Odds are 1 in 3.18	810	7/5/13	12/30/13
1475	Wild Double \$5 - Overall Odds are 1 in 4.56	81	7/5/13	12/30/13
1479	Match 3 Tripler - Overall Odds are 1 in 4.43	81	7/5/13	12/30/13
1481	Wild Cherry - Overall Odds are 1 in 4.56	81	7/5/13	12/30/13
1482	Neon 9's - Overall Odds are 1 in 4.14	82	7/5/13	12/30/13
1484	\$1 00,000 Whirlings - Overall Odds are 1 in 3.93	85	7/5/13	12/30/13
1485	\$100,000 Cash - Overall Odds are 1 in 4.20	85	7/5/13	12/30/13
1489	Blackjack Tripler - Overall Odds are 1 in 4.21	82	7/5/13	12/30/13
1503	\$50,000 Fast Cash - Overall Odds are 1 in 3.11	85	7/5/13	12/30/13

For detailed odds and game information, visit txlottery.org or call 1-800-377-LOTTO. Must be 18 or older to purchase a ticket. The Texas Lottery supports Texas Education. © 2013 Texas Lottery Commission. All rights reserved.

My life is actually better than it appears because of my inner peace. I used to be my own worst enemy. But that has changed. ~ Oprah Winfrey

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Attorney General Abbott Calls Ruling Declaring Kountze High School Cheerleaders' Religious Banners Constitutional a Victory for Religious Liberties

AUSTIN — Texas Attorney General Greg Abbott issued the following statement after a ruling today declaring the Kountze High School cheerleaders' religious football banners Constitutional and permissible:

"This is a victory for religious liberties and for high school cheerleaders who stood up to powerful forces that tried to silence their voices. The Freedom From Religion Foundation was wrong in trying to bully Kountze ISD into prohibiting the cheerleaders from displaying banners with religious messages. Our Constitution has never demanded that students check their religious beliefs at the schoolhouse door. Students' ability to express their religious views adds to the diversity of thought that has made this country so strong. The Kountze Cheerleaders are heroes who fought for principles, and won!"



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Fresh Air for Brain Health

~by Lauren Van Driel

Gardening has long been known as a great way to get outdoors and enjoy fresh air and sunshine. And gardening has hidden benefits that can boost your overall health including better brain health.

You don't need a big plot of land to enjoy gardening. Use containers
Lauren Van Driel

on a porch or patio to grow a wide variety of fruits or vegetables. A five-gallon bucket with holes for drainage can be used to grow a great crop of tomatoes.

Even if you aren't actively involved in gardening, just walking in a garden can give you a sensory experience that promotes relaxation and reduces stress. Here are several ways gardening boosts your health and well-being.

Low Impact Exercise

Gardeners love to get outdoors and work with their hands. Because of that, gardening keeps you exercising even when a gym may not work for you. Gardening is certainly not the same as pumping iron or running a marathon. But when you are digging, planting, and doing other tasks you have opportunities for low impact exercise. Gardeners who do more physical work like hauling wheelbarrows of rocks or dirt get quite a workout. No matter what level of exercise you do, gardening will help keep you limber.

Stress Reduction

When you walk among beautiful flowers and watch vegetables spring up, it's easy to see why gardening enriches the mind. But have you thought about gardening as a tonic for reducing stress? If not, you should. A recent study in the Netherlands suggests that gardening can fight stress even better than other relaxing leisure activities. Participants in the study either read indoors or gardened for 30 minutes. Afterward, the group that gardened reported being in a better mood than the reading group, and they also had lower levels of the stress hormone cortisol.

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30 Locations Throughout East Texas



Rachell Lucas from page 3

Ministry, the God's Daughter's Sunday school teacher, a team member of Covert Supplication & Intercession at Christian Chapel, and the Women's Jail Ministry."

Rachell resides in Providence Village, Texas. She and her husband Amery Lucas are the proud parents of one son, Cameron James Lucas. She is the sister of Allen Christopher, and the daughter of Ray and Polly Christopher all of Rusk. She and her family are looking forward to July of this year, when Rachell will be ordained and a licensed Minister. Rachell Christopher Lucas Gave an interactive presentation at Rusk

Intermediate School in February entitled "Stars Write Visions". While holding the students captivated, she explained to them that they could already be writers. She showed the students her recently published book and explained to them that she just wrote down her feelings. She also showed students excellent tips on how to prepare for higher education by showing up, listening, taking notes, obeying, getting plenty of rest at night, and eating healthy and practicing.

Lucas says she hopes to inspire students like she was inspired. She also talked about what inspired her to become an authoress. She told the students to hold on to their dreams for the future.



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Health Disparities

From page 2

April 27, 2013. The annual event is geared toward increasing minority women's health through lectures, free screenings and workshops.

About Charles R. Drew University of Medicine and Science CDU is a private, nonprofit, nonsectarian, medical and health sciences institution. Located in the Watts-Willowbrook area of South Los Angeles, CDU has graduated more than 550 medical doctors, 2,500 post-graduate physicians, more than 2,000 physician assistants and hundreds of other health professionals. The only dually-designated Historically Black Graduate Institution and Hispanic Serving Health Professions School in the U.S., CDU's mission is to conduct education, research and clinical services in the context of community engagement to train health professionals who promote wellness, provide care with excellence and compassion, and transform the health of underserved communities. For more information, visit <http://www.cdrewu.edu/>.

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Game #	Game Name / Odds	\$	Official Close of Game	End Validation Date
1286	Hit \$100 - Overall Odds are 1 in 4.38	\$2	7/3/13	12/30/13
1402	Amazing 8's - Overall Odds are 1 in 4.89	\$1	7/3/13	12/30/13
1424	Dallas Cowboys - Overall Odds are 1 in 3.67	\$5	7/3/13	12/30/13
1425	Houston Texans - Overall Odds are 1 in 3.66	\$5	7/3/13	12/30/13
1458	Lucky 3's - Overall Odds are 1 in 3.72	\$3	7/3/13	12/30/13
1472	Double Action - Overall Odds are 1 in 3.18	\$10	7/3/13	12/30/13
1475	Wild Doublet \$5 - Overall Odds are 1 in 4.56	\$1	7/3/13	12/30/13
1479	Match 3 Tripler - Overall Odds are 1 in 4.43	\$1	7/3/13	12/30/13
1481	Wild Cherry - Overall Odds are 1 in 4.56	\$1	7/3/13	12/30/13
1482	Neon 9's - Overall Odds are 1 in 4.14	\$2	7/3/13	12/30/13
1484	\$100,000 Win-a-Jag - Overall Odds are 1 in 3.83	\$5	7/3/13	12/30/13
1485	\$100,000 Cash - Overall Odds are 1 in 4.20	\$5	7/3/13	12/30/13
1489	Blackjack Tripler - Overall Odds are 1 in 4.21	\$2	7/3/13	12/30/13
1503	\$50,000 Real Cash - Overall Odds are 1 in 3.11	\$5	7/3/13	12/30/13

For detailed odds and game information, visit txlottery.org or call 1-800-37LOTTO. Must be 18 or older to purchase a ticket. The Texas Lottery supports Texas Education. © 2013 Texas Lottery Commission. All rights reserved.



Confederate Heroes Park in Palestine, Texas



The "Hanging Tree" known to many in the African American community residing in Palestine, TX, is legally protected.

On Saturday, April 13, 2013, a number of members of the Sons and Daughters of Confederate Veterans dedicated a park for their heroes who served in the armed forces of the Confederacy. Palestine NAACP Branch President Kenneth Davidson expressed disappointment that they chose a site that contains what is known to many in the black community as the hanging tree. In fact, Davidson says, "the tree is protected in the legal documents involving the land change that was filed with the county." State NAACP President Gary Bledsoe said "we respect their right to honor their heroes but we were taken aback by the commentary." One speaker said, "we are doing what Jeff Davis was doing in 1861 and we simply want to

be left alone". Another speaker said the South was right. Another said bless the State of Texas and the South [no mention was made of the United States]. And they raised 5 flags, none of them being a United States Flag while one was the Confederate Battle Flag that never flew over Texas and that has been used as a symbol by hate groups from after the Civil War up the current time." Texas NAACP First Vice President Bob Lydia said, "I'm disappointed that they wish to celebrate those who fought under the Texas Declaration of Causes and similar documents that made it unmistakable that the Confederacy was about white supremacy." Bledsoe warned that this is the first of many of these parks

that are proposed to be opened across the country. In fact, another is one pending approval for construction in Orange, Texas. Davidson said "it is very important that the public hears and understands what the Confederate battle flag means to average Texans or Palestine residents of minority descent. That flag remains a symbol of repression and a badge of slavery. The groups most closely associated with this symbol represent white supremacy organizations which have historically sought to intimidate people of color. We must remind everyone that this flag has been adopted and embraced by hate groups." Lydia said the National NAACP has long opposed the use of such symbols and is concerned anytime the government embraces them, whether by flying them on Capitol Grounds or when given historical designations. Lydia added that let us not forget that they took up arms against the United States Government and are to this day saying they were right. Branden Johnson, Longview NAACP President, said "the Confederate Battle Flag is a major problem in the East Texas Area and the prominent use of it will only undermine any potential towards reaching racial harmony." Bledsoe said he does not know why persons who have other esteemed ancestors who have fought in other American wars choose only to celebrate t

those that fought in this particular war and then only those on one particular side. "The discussion of the issues surrounding race and symbols of the Confederacy are complex and challenging. The use of these symbols creates hostility and division within communities. Leaders in our local communities and across the state understand the volatility of these issues and how they poison the ability of communities to work across eth-nines to address important current issues. We are working to address equity issues in such as access to public education and public health. Symbols which incite racial hostility make it more difficult to address the issues that must be addressed to achieve true freedom and access for all Texans. It is imperative that all Texans rally to build a dialogue which creates the best opportunity to address the real problems that confront this state and nation – eliminating poverty, ensuring that citizens receive a quality education, creating jobs that provide a wage that will sustain families, and achieving access to affordable health care. People of good will are assembling from across the state and nation to focus on building public dialogue which will heal the wounds of a divisive period of Texas history and give a legitimate opportunity to address the real issues confronting the State of Texas."



Sam Allen, a black confederate soldier speaking at the Confederate Heroes Park dedication that took place in Palestine, Texas this past month, Saturday April 13, 2013.