The Iowa Association of Colored Women’s Clubs will be hosting the Central Regional Ohio, Indiana, Illinois, Missouri, Michigan, Wisconsin and Minnesota conference on July 28th – August 1st. Our theme for this years conference is “Loving one another, using the bridge of the past for the future.”

The banquet will be held July 31st at the Sheraton in West Des Moines, 1800 50th Street. Iowa night will be July 30th, also at the Sheraton.

For more information call Ann Landry at 515 276-0926.
Some summer tips for foot health

Summer may be a time to feel ‘footloose and fancy-free’ but it’s not the time to forget about your feet.

“Flip-flops - although the style right now, have no arch support of any kind. If worn for any prolonged period of time, they can cause severe arch pain or pain on the ball of the foot,” warned James Mahoney, D.P.M., associate professor of podiatric medicine at Des Moines University.

He said manufacturers are starting to add some arch raise to flip-flops but even with an arch, they offer no stability for the foot. This means the foot will move when walking, especially at the end of gait when coming off the toes, instead of remaining stable. As a result, blisters or pain on the ball of the foot can develop. Ballet-style flats are just as bad, he added, because they also have inadequate foot support. Flimsy shoe support shouldn’t be your only summer foot fear, however. Fungal infections and warts are more common during the summer months due to the increased heat and humidity of our environment.

To prevent fungal infections, Dr. Mahoney said you should take time to expose your feet, without socks, to the air exposed outdoors, they will get burned. Remember your feet when applying sunscreen. If your feet are exposed to the sun, they are not worth the benefits of barefoot comfort,” he added.

Dr. Mahoney sees puncture wounds when patients accidentally step on sharp objects. He said, “I know going barefoot in the summer is only natural. I may be overly paranoid, but having struggled mightily at times to remove foreign objects from the feet of frightened children and adults, I don’t recommend going barefoot outside the home.”

He said if you do step on something, it’s important to figure out what it was. If nothing is visible, don’t try to get it out on your own. Soak repeatedly in warm, soapy water and apply a topical antibiotic and gauze. Cleaning thoroughly is especially important if you step on something in a lake, stream or river or on a farm. If you feel like the object is still lodged in your foot, call your podiatric physician.

“The risk of getting a piece of glass or wood piece in your foot is not worth the benefits of barefoot comfort, ” he added. Last but not least, Dr. Mahoney said it is important to remember your feet when applying sunscreen. If your feet are exposed outdoors, they will get burned.

To find out more about the DMU Foot and Ankle Institute, visit www.dmu.edu/clinic/footankle.

Bush acknowledges his administration leaked CIA operative’s name

WASHINGTON (AP) - President George W. Bush on Thursday acknowledged publicly for the first time that someone in his administration leaked the name of a CIA operative, although he also said he hopes the controversy over his decision to spare prison for a former White House aide has “run its course.”

“ And now we’re going to move on,” Bush said in a White House news conference.

The president had initially said he would fire anyone in his administration found to have publicly disclosed the identity of Valerie Plame, the wife of former Ambassador Joseph Wilson and a CIA operative. Wilson is an outspoken Iraq war critic.
Patrick insists gaze not over horizon

An AP News Analysis

BOSTON (AP) - Michael S. Dukakis ran for governor three times but eventually succumbed to the presidential bug. William F. Weld won the Corner Office twice but soon had a hankering to be ambassador to Mexico. Paul Cellucci was elected governor afterward but ultimately found himself pulled to an ambassadorial posting in Canada. And Mitt Romney started focusing on the White House soon after he arrived at the Statehouse in 2003.

So it shouldn’t be all that surprising if Deval Patrick catches a case of Potomac Fever, or if he goes Hollywood on the Bay State.

The first Democrat to be elected governor in 16 years, the only black sitting governor in the country and a former member of the Clinton administration and two Fortune 50 companies is in hot demand - and he’s not about to pass up the opportunities that presents.

Just this past week, Patrick was in Canada for a regional meeting of U.S. and Canadian leaders, in Washington to kick off a nationally televised debate between the Democratic presidential contenders and in the jetsetter’s paradise, Aspen, Colo., for a 10th-anniversary celebration of the Aspen Institute’s Henry Crown Fellowship Program.

Around the Statehouse, it prompted questions about whether Massachusetts was turning the clock back to 2006, when Romney spent over 220 days outside the state as he laid the foundation for his Republican presidential bid.

Patrick bristled at the suggestion. “You cannot possibly compare me to a predecessor who, in the last year of office, spent almost 300 of those days out of state,” the new governor said, with the confidence that has been his trademark for the first half of his first year in office.

Patrick ran for office as a government outsider, someone new to the Beacon Hill scene and anxious to shake up the culture within the Statehouse. At the same time, he wasn’t afraid to highlight his roots both in politics and in business.

He was the top civil rights official in the Clinton administration Justice Department, and he served as general counsel to Texaco and Coca-Cola, all posts that carry high profiles and are not usually held by people with an aspiration deficit.

The government outsider with the insider connections was on display late last year’s campaign, when Patrick hosted fundraisers headlined by Sen. Barack Obama, D-Ill., and former President Clinton. Patrick may live in a house on his old high school paper route, but he’s traveled some power corridors since and it was evident on those occasions.

Nonetheless, Patrick has been wary of appearing to have wanderlust since his January inaugural.

He spent the first eight weeks of his term ensconced in his office, poring over the state budget and figuring out how to pay for his political proposals. Then he emerged from isolation and began a statewide tour to sell his vision for the Municipal Partnership Act, an education overhaul and a $27 billion state budget.

He told The Associated Press in an interview marking his first 100 days in office that he’s unlikely to endorse Obama or any of the other 2008 Democratic presidential contenders any time soon because he sensed public fatigue with governors who cast their eye on higher office.

On Thursday night, though, Massachusetts residents got a reminder of the national profile their governor enjoys. Patrick walked onto the stage at Howard University, a historically black college in the nation’s capital, to hearty applause. He looked out on nodding heads as he held up his election as an example to the nation.

“But beware,” Patrick added. “Discontent with Republicans is not enough to elect a Democratic president, nor should it be. We have to offer a more positive and hopeful vision for a united America, to run on what we are for, not just what we are against.”

Neil Savage, author of “Extraordinary Tenure,” a book chronicling the contribution of Massachusetts residents to the nation’s political leadership, said he didn’t think Patrick’s recent travels were part of any grand design to heighten his national profile.

At the same time, he said Bay State residents should not be surprised by their governor’s willingness to step onto the national stage when called.

“They should be surprised if he doesn’t,” said Savage. “When’s the last governor that left quietly?”

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Highlights in history on July 16th

1654 - Pope Leo IX delivers an excommunication to the patriarch in Constantinople. The patriarch then excommunicates the pope, resulting in the East-West Schism, where Christianity is split into Catholic and Orthodox churches.

1533 - Atahualpa, king of the Inca empire, is executed on orders of conquista dor Francisco Pizarro, after the Indian leader paid the Spaniard’s ransom demand... one ornamental of gold and two of silver.

1940 - Hitler gives orders to prepare the invasion of Britain.

1945 - First atomic bomb is exploded by the United States over desert in New Mexico, heralding start of atomic age.

1949 - Chinese Nationalists organize Supreme Council under Chiang Kai-Shek which begins to move forces to Taiwan.

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Sister 2 Sister Connections off the ground

The Juneteenth celebration held Saturday June 16th at Evelyn Davis Park marked the debut of the Sister 2 Sister Connections, a social network designed for, but not limited to, women 40 and over who are Saved, Single and Satisfied.

Although the Connection got off the ground it is only hovering at a few inches right now. The temperature on June 16th was one of the deterrents in getting women to take the time to find their areas of interests. The multi-colored folders looked pretty on the table but looking through each folder to find areas of interest was too time consuming. With the sun bearing down most folks were only interested in finding shade and more shade. Although the sign up was somewhat disappointing the concept is too good to get discouraged.

Women who did sign up had nothing but positive things to say about a social network. “Rome wasn’t built in a day”, and neither will be the Connection network. Doing this right is going to take some time and the possibilities are limitless.

A new web site for the Connection is under construction and should be finished before the end of July. The site will feature a home page, sign up page, a FAQ page, events page and contact information, pages for testimonials and pictures will get content, as those become available. Check out www.sis2sisconnections.com after August 1st and expand your horizons.

For more information about Sister 2 Sister Connections call 255-7723.

Weekly Meditation

“Our Rewarder”
Verse of Concentration: Hebrews 11:6

“When faith it’s impossible to please him; for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek Him.”

The word we want to focus on is “rewarder”. Meaning that, going after God, like you go after treasure, He’ll reward you, because that’s what He does! He sees that you’re pressing in on Him, chasing hard after Him, to get something from Him, and He says “I’ll give it to you”.

Paul in the first chapter of Colossians, understood the concept of being rewarded with Joy! It’s our inheritance. He tells the brethren in Colosse to walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and to increase their knowledge of God. Be strengthened in His might unto all patience and long-suffering with joy; for our Father has qualified us to be partakers of the inheritance! When we press towards and chase after the things of God, walking worthy and fully pleasing Him, He shows up and rewards us! Even through our suffering, He shows up to give us strength and patience in our long-suffering, with the reward of joy!

As obedient children, not conforming yourselves to the former lust - the things that we used to do, say, go or even be; as in our ignorance, when we were pressing in on Him to find out what we need to know, He shows up and rewards us with knowledge! If you don’t press or seek after Him you’re ignorant to the things He said He’d give us, those rewards, and the very promises of God. But as He who has called us is holy, so be ye holy in all manner of conduct. (1 Peter 1:14-15)

When we fall on our knees before God, who loves us and rewards us, he’ll give us in our suffering, all that we need to get through those moments – That’s the God we serve! The God that says, “I’ll supply your needs! Weeping may endure for a night, but I’ll give you joy in the morning. Seek me and I’ll reward you; I will come and sup with you, I will not leave you alone”. That’s the God we serve, a rewarder to them that diligently seek Him.
Red Cross urges caution as weather heats up

The temperatures for the next few days are predicted to be hot and humid. Many families will be trying to beat the heat by going to local pools and lakes. There are ways that you can be safer in the water and enjoy even the warmest days. The Red Cross urges you to take these basic Water Safety Tips:

- Obey “No Diving” signs.
- Watch out for the “dangerous too’s.” Take a break at the point of being too tired, too cold, or too far from safety, too much sun, too little hydration, too much strenuous activity.
- Don’t mix alcohol and swimming. Alcohol impairs your judgment, balance, and coordination.
- Pack a “safety” bag for a day at the beach or lake. Water-proof sunscreen with an SPF 15 or higher, water shoes to keep feet safer from the heat and sharp objects on land and plenty of water are musts.
- Pay attention to local weather condition and forecasts. Stop swimming at the first indication of bad weather.
- Learn Red Cross First Aid and CPR. While these tips can help prevent emergencies, it is important to know what to do if a situation arises.

For more information on staying safe in and around the water visit www.redcross.org or contact your local American Red Cross chapter.

Beware the dangers of summer heat. Minnesota Vikings offensive tackle Korey Stringer leaves the field on Nov. 12, 2000, in Minneapolis. Stringer died Aug. 1, 2001, from heat stroke, a day after he collapsed at the team’s training camp. The 335-pound Pro Bowl tackle developed symptoms of heat stroke including weakness and rapid breathing following the team’s morning practice Tuesday, when the heat index reached 110 degrees. (AP Photo/File, Tom Olmscheid)
Instructor Kenan Peters (Boone, IA) tore up the dance floor as he taught students how to hip hop June 23rd at the Gateway Dance Theater in Des Moines. They offered two classes. One for children under 12 and one for all ages. The classes focused on learning a choreographed routine and followed with a free style session. For more information on future events including Kenan’s next hip hop workshop July 21st contact the Gateway Dance Theater at www.gatewaydance.org.
of school desegregation plans once the districts achieved integration incrementally. Several large school districts took steps to end their desegregation orders after those decisions. The Harvard project found the effects most apparent in the South.

Harvard professor Charles Ogletree, who runs the university’s race and justice institute, says many school districts today look as they did during the period before Brown.

Ogletree, who was in court Thursday to hear Chief Justice John Roberts read the conservative majority’s opinion, said the Brown decision was the high point of the Supreme Court’s consideration of the issue of achieving racial equality in education.

“What we have seen in the subsequent 50-plus years are fractured, conflicting and awfully contradictory opinions,” he said. “A unanimous court in 1954 has been followed by fractured and fragmented courts in the last 50 years.”

The court last tackled the issue of race and education in 2003, when it upheld the use of race in admissions to the University of Michigan’s law school. Sandra Day O’Connor, the justice who wrote that opinion, since has retired from the court. She was replaced by the more conservative Justice Samuel Alito, who voted with the majority on Thursday.

Neither the Louisville nor Seattle school plan had been ordered by the courts. Rather, the districts developed and implemented them on their own. Parents sued after their children were denied admission, because of their race, to the schools they wanted to attend.

Lower federal courts had supported the districts; the Bush administration sided with the parents, arguing that while racial diversity is a noble goal it should be achieved only through colorblind means.

“It’s a good decision,” said Michael Rosman, general counsel for the Center for Individual Rights, which supported the parents in the case. He said schools in those districts were not about to suffer from “racial isolation,” meaning that race did not have to be a factor in their decision-making about school assignments.

Mary Frances Berry (pictured above), a former chairman and 25-year member of the U.S. Commission on Civil Rights, said Thursday’s ruling “just means that people are closed off from having any kind of goal at all in communities if they wish to desegregate, and if they think that their kids can benefit from a diverse student population.”

Two-thirds of black students and three-fourths of Latino students already attend segregated schools, as do whites, and Thursday’s decision does not help, Berry said. “It just makes it harder,” she said. “It’s already hard.”
Iowans Key in Making Miss Black USA Pageant a Success

The journey to The Gambia-West Africa for the staff and contestants of the Miss Black USA pageant began more than 20 years ago. It ended on June 1st, 2007 with the crowning of Miss Black Tennessee, Kalilah Allen Harris, as Miss Black USA 2007. A small but capable delegation of Iowans was there to witness this historic occasion and rejoice in contributions of service in the successful pageant event.

Iowans attending the Miss Black USA pageant in The Gambia included:
- Debra Carr, State Director-Miss Black Iowa USA and National Advisory Board member acting as Director of Pageant Operations
- Lori A. Young, Assistant Director of Operations
- Veola Perry, Associate Director of Operations
- Kat Bastian, First Lady of St. Paul AME Church, Administrative Assistant to the Pageant Founder
- Deborah Jones (very recent former Iowan), handled VIPs and Judges and also conducted an etiquette workshop for the contestants.
- Deb Engel of Winterset, author and President of GoldenTree Communications and co-founder of Tending Your Inner Garden
- Courtney Wolf, designer and writer at GoldenTree Communications and co-founder of Tending Your Inner Garden designed and published the pageant souvenir booklet. Deb also served a preliminary pageant judge.
- The eight-day visit was filled with appearances, media coverage, receptions, and tours. The contestants were imprisoned and held before taking the treacherous Middle Passage to America to become slaves. The Miss Black USA contestants stood in the tiny caves that our ancestors stood in for up to 3 weeks at a time before being wrenched from their families and homes. That day, many tears were shed and many souls transformed by the once-in-a-lifetime experience.

Next the contestants rejoiced on their cruise and traveled a little further down the Atlantic Ocean to the village of Juffureh where they were greeted by Kunte Kinte’s oldest living relative. The villagers, over 400 strong, greeted the contestants with song, dance, and gifts.

A lasting element to this journey is the “pen pals”. These are young, Gambian girls ranging in age from 13 – 21 who are exceptional students. Each young Gambian girl was paired with either a Miss Black USA contestant or Miss Black USA pageant official. The young girls went on all public appearance with their Miss Black USA pen pal, including the pageant preliminaries and final competition. Addresses and phone numbers were exchanged along with gifts of appreciation in hopes that these pairings will continue to live on for years to come. A bridge of love was built among a people, among sisters!

Miss Black Iowa – Ventra Boykin – Makes Us Proud

Miss Black Iowa USA 2007, Ventra Boykin, did an outstanding job representing Iowa on the national stage. She was selected as one of the top 15 semi-finalist and hence competed in all four pageant categories in the Gambia in front of an audience of hundreds. Ventra’s talent was particularly stunning as she delivered it with style and impact. Ventra also received a $5,000 cash award, as well as a full-tuition scholarship award to attend graduate school. Her gratitude to Miss Black USA and the people of the Gambia is deeply felt: “The loving reception from my Gambian family, the culture, and the phenomenal spirits of the people there – gave me a renewed sense of self, pride and history. I walked away with the true essence of completion and contentment. “The Royal Journey Back to Our Roots” was indescribable.”

For more information about Miss Black USA, the 2007 pageant, and the new reigning queen, visit their website, www.missblackusa.org.

Learn More & Get Involved in Miss Black Iowa USA

If you would like to learn more about Miss Black Iowa, from how you can volunteer, to entering the 2008 competition to be held in November this year, a free informational meeting and interested reception will be held on Saturday, July 28, 2007, 7:00 pm – 9:00 pm at the Des Moines Botanical Center. Ventra Boykin, Miss Black Iowa USA will be in attendance and share her reflections on the national competition and The Gambia.

Interested parties should RSVP by calling 515-830-1662.
Free Clinics of Iowa meets fundraising challenge

Free Clinics of Iowa (FCI) announced that it recently met a fundraising challenge posed by The Wellmark Foundation. In April, The Wellmark Foundation made a challenge gift to Free Clinics of Iowa in the amount of $100,000 with the stipulation that the organization raise an additional $100,000.

Thanks to the collaborative efforts of local companies, organizations, foundations and individuals, the non-profit organization was able to raise the funds. Free Clinics of Iowa extends great appreciation to the following groups, whose contributions helped support the continued provision of much needed medical care to uninsured Iowans:

- Iowa Clinic Healthcare Foundation: $35,000
- Mercy Medical Center: $25,000
- Iowa Health - Des Moines: $25,000
- Mid-Iowa Health Foundation: $15,000
- Des Moines Orthopaedic Surgeons: $5,000
- Greg and Suzie Glazer Butt: $5,000
- Iowa Annual Conference of the United Methodist Church: $2,000
- Sigler Employee Association: $1,000
- Other Independent Donor Contributions

Founded in 1994, Free Clinics of Iowa is a donor-supported, not-for-profit organization, consisting of 18 Member Free Clinics and an administrative office at Des Moines University. In rural and urban settings, FCI clinics provide basic health care services through volunteer physicians, nurses, pharmacists and other health professionals at no cost to patients. Services include but are not limited to, treatment of illnesses and minor injury care, well child check-ups and preventative care, immunizations for children, physicals for daycares, schools, and employers, sports physicals and referrals to other community providers. Free Clinics are generally located within community centers and churches and typically operate two to three hours each week.

Through FCI administrative efforts in 2006, more than $330,000 worth of donated pharmaceuticals and medical supplies were provided to member clinics. To learn more about FCI and its member clinics, visit their website at www.freeclinicoftowa.org.

For more information, contact Wendy Gray, executive director, 515-271-1642 or wgray@freeclinicoftowa.org.

Des Moines Library News

More Awards For Central Library

The Royal Institute of British Architects (RIBA) has announced the recipients of its annual RIBA International Awards (formally the RIBA Worldwide Awards), recognizing excellent architectural work conceived by RIBA members around the world.

From the list of the RIBA International Awards, three projects were also selected for the shortlist to the Lubetkin Prize, which is awarded to a building outside the EU by an RIBA member. They are the Des Moines Public Library by David Chipperfield Architects; the Hearst Tower by Foster + Partners; and the Southern Cross Station Grimshaw (working within the Grimshaw Jackson Joint Venture).

Three Chipperfield projects were nominated for awards: The Museum of Modern Literature in Marbach, Germany; The America’s Cup Building ‘Veles e Vents’ in Valencia, Spain; and the Central Library. Acting Director Dorothy Kelley hosted members of the jury for this award when they visited Des Moines in May to conduct an extensive, videotaped tour and interview.

The Des Moines Public Library recently won a silver award in the Building Design & Construction (US trade magazine) ‘Building Team Awards’. There were five overall winners, one gold, three silver and one bronze. The criteria included quality design and construction, as well as an element of community involvement in the planning.

Iowa Ghost Hunters!

Join in the fun of ghost hunting at a free program open to tweens, teens, and adults. Franklin Avenue Library: Thursday, July 19, 7:00 PM. Call the library at 283-4152 for complete details.

Adult Book Discussions

Whether you are looking for a great book to read at the beach, a little romance or cozy mystery, or just some inspiration, the library’s adult book discussion groups are a great place to discover new books and to recommend your favorite reads. Tuesday, July 10, 6:30 PM, Franklin Avenue Library: The Memory Keeper’s Daughter, by Kim Edwards. Ask at the information desk to borrow a copy.

Cool Off with Summer Movies

Enjoy the air conditioning along with a cool movie—It’s free at your library! Monday, July 16, 2:00 – 4:00 PM, East Side Library presents Monday Movie Madness: Lassie. Rated PG. Bring your popcorn and a pillow. Thursday, July 12, 2:00 PM, Franklin Avenue Library: Watch the movie, Finding Nemo. Rated G.
KBBG keeps Black Iowa informed!

Tune into “Black Iowa Today,” “Black Iowa Imperative,” and “KBBG’s Legislative Wrap.” “Black Iowa Today” airs the 1st and 3rd Monday of each month at 2:00 p.m., “Black Iowa Imperative” airs the 2nd and 4th Thursday of each month, and “KBBG’s Legislative Wrap” airs every Sunday at 5:00 p.m. on radio station KBBG 88.1 FM, Waterloo, Iowa or on the world wide web at www.kbbgfm.org.

The programs are hosted by Jonathan Narcisse, president of the State of Black Iowa Initiative.

Cornerstone Family Church

3114 SW 61st Street
Des Moines, IA 50321
Phone: 515-243-2852

Business Office
Monday – Friday, 8:30-4:40
Church Office 515-243-2852 ext 75

Our Purpose
Helping ALL people find and live their lives for Christ, bridging ethnic, cultural and denominational lines.

Sundays
Worship at 9:00 & 11:00 a.m.
Sunday School 9:30 a.m.
Youth Elevate 9:30 a.m.
Real Life – Ministry for Singles 18-29
Each Sunday at 9:30 a.m.
Transportation to Sunday Morning Worship services at 9:00 & 11:00 a.m.

Wednesdays
Bible Study: 7:00 p.m.
Spiri$tLife 7:00 p.m.
One Youth 7:00 p.m.

Saturdays
Worship at 5:00 p.m.
Merge – Ministry for Singles over 30
2nd Saturday of each month 6:30-9:00 p.m.

Radio Ministry
Fridays 11:30 a.m. & Sundays 7:30 a.m. on Praise 940 AM

Kids for Christ summer camp - July 16-20
For kids 2nd - 6th grades. Registration forms are available in the Dome, the Information Center and the CFC website. Cost of camp is $225. Fundraiser available. Counselors needed, it’s free. See Pastor Byron for more information.

IYC - July 20-24th
Iowa Youth Connection Summer Camp for students who have completed 7th thru 12th grade. Please see www.generationhero.com for more information and a registration sheet.

Save the Dates!
Membership Class - July 14th
Water Baptism - August 12th

Website: www.cornerstonefamilychurch.org
Church Listings & Weekly Schedules

Burns United Methodist Church
Rev. Dr. Curtis DeVance, JD, MDIV, Pastor
811 Crocker Street
Des Moines, IA 50309
Phone: Church 515-244-5883
Church Schedule:
Sunday Morning Worship: 11:00 a.m.
Sunday School: 9:45 a.m.
Wednesday Bible Study: 12:00 p.m. & 7:00 p.m.

Corinthian Baptist Church
Rev. Dr. Lee Zachary Maxey, Pastor
814 School Street
Des Moines, IA 50309-1207
Phone: 515-243-4073
Church Business Hours: Monday - Friday 9:00 a.m. - 5:00 p.m.
Transportation to Sunday School and Morning Worship Service
Verna Smith: 515-243-8740
“We are members of the body of Christ, Loving and living, giving and growing, teaching and learning, remaining faithful while on earth and looking forward to our Savior’s second coming”

Church Schedule:
Sundays - Worship at 8:00 a.m. & 11:00 a.m.
Sundays - Christian Education at 9:15 a.m.
Mondays - Boys Scouting & Cub Scouts at 6:30 p.m.
Wednesdays - Family Night Ministry for all ages
Wednesdays - Prayer Meeting at 6:15pm
Wednesdays - Bible Study at 7:00pm
Saturdays - Knitting Class at 12:00 p.m.
Saturdays - Men’s Fellowship and Bible Study 10:00am-12:00pm
Esther Circle Mission Society - 1st & 3rd Tues. of Every Month 1:00 p.m.
Busy Bees Mission Society - 2nd & 4th Sat. of Every Month 10:00 a.m.
Wednesday Prayer Service

King of Kings Missionary Baptist Church
Rev. Irvin Lewis, Sr., Pastor
619 S.E. 15th Street
Des Moines, IA 50317-7611
Phone: 515-262-3802
Address: 811 Crocker Street
Burns United Methodist Church
Rev. Dr. R.L. Daye, Pastor
515-262-1785
Transportation to Sunday School and Morning Worship Service
Donnie Williams: 244-4853 or Larry Welch: 771-4441
Mission Statement: Our mission is to win the lost, build the believer and
“Grow in a Christian community in order to become Disciples for Christ.”

Mission: Our purpose is to bring Christians and non-Christians together
Bro. White: 515-244-1741
Verna Smith: 515-243-8470
Phone: Church 515-244-5883
Church Schedule:
Sundays 9:00 a.m.
Morning Worship
Children’s Church
Nursery Available
Mondays 6:00 p.m.
Praise Dance rehearsal
Tuesdays
10:00 a.m.-12:00 p.m.
Computer Classes for seniors
12:00 p.m.
Bible Study
6:00 p.m.
Prayer Meeting
6:00 p.m.
Aerobics & Tai-Bo
7:00 p.m.
Bible Study

Good Samaritan Youth Outreach
Nursery Available
Wednesdays
5:30 p.m.
Women’s Ministry
6:00 p.m.
Youth Choir Rehearsal
Thursdays
6:00 p.m.
Aerobics
6:00 - 7:00 p.m.
Praise Team
7:00 p.m.
Unity Choir Rehearsal
Saturday
Morning Ministry - 1st & 3rd Saturdays of each month at 8:00 a.m.
4:00 p.m.
Traditional Service
For information please call 515-288-4419.

St. Paul A.M.E. Church
Rev. Derek E. Bastian, Pastor
St. Paul A.M.E Church
1201 Day Street
Des Moines, Iowa 50314
Phone: 515-243-4073
Ministry Days & Times
Sundays 9:00 a.m.
Sunday school
Children’s Church
Nursery Available
Mondays 6:00 p.m.
Praise Dance rehearsal
Tuesdays
10:00 a.m.-12:00 p.m.
Computer Classes for seniors
12:00 p.m.
Bible Study
6:00 p.m.
Prayer Meeting
6:00 p.m.
Aerobics & Tai-Bo
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6:00 - 7:00 p.m.
Praise Team
7:00 p.m.
Unity Choir Rehearsal
Saturday
Morning Ministry - 1st & 3rd Saturdays of each month at 8:00 a.m.
4:00 p.m.
Traditional Service
For information please call 515-288-4419.

Union Missionary Baptist Church
Rev. Henry Isaiah Thomas, Pastor
E. University & McCormick Street
Des Moines, IA 50316
Phone: 515-262-1785
Transportation to Sunday School and Morning Worship Service
Donnie Williams: 244-4853 or Larry Welch: 771-4441
Mission Statement: Our mission is to win the lost, build the believer and
“Grow in a Christian community in order to become Disciples for Christ.”

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Computer Classes for seniors
12:00 p.m.
Bible Study
6:00 p.m.
Prayer Meeting
6:00 p.m.
Aerobics & Tai-Bo
7:00 p.m.
Bible Study

Good Samaritan Youth Outreach
Nursery Available
Wednesdays
5:30 p.m.
Women’s Ministry
6:00 p.m.
Youth Choir Rehearsal
Thursdays
6:00 p.m.
Aerobics
6:00 - 7:00 p.m.
Praise Team
7:00 p.m.
Unity Choir Rehearsal
Saturday
Morning Ministry - 1st & 3rd Saturdays of each month at 8:00 a.m.
4:00 p.m.
Traditional Service
For information please call 515-288-4419.

...how are they to hear without a preacher? Romans 10:14

Burns United Methodist Church
Address: 811 Crocker Street • DSM, IA 50309
Phone: Church 515-244-5883
Pastor: Rev. Curtis DeVance, JD, MDIV
Sunday Morning Worship: 11:00 a.m.
Sunday School: 9:45 a.m.
Wednesday Bible Study: 12:00 p.m. & 7:00 p.m.

Corinthian Missionary Baptist Church
Address: 814 School Street • DSM, IA 50309
Phone: 515-243-4073
Pastor: Rev. Dr. Lee Zachary Maxey
Sunday Morning Worship: 9:00 a.m. & 11:00 a.m.
Sunday Church School: 9:15 a.m.
Wednesday Prayer Meeting at 6:15pm
Wednesdays - Bible Study at 7:00pm
Website: www.corinthianbaptistdsm.org

New Friendship Church of God In Christ
Address: 1317 Forest Avenue • DSM, IA 50314
Phone: 515-243-7097
Pastor: Rev. R.L. Daye
Sunday Morning Worship: 11:00 a.m.
Sunday School: 9:45 a.m.
Wednesday: Prayer and Bible Study 6:00 p.m.

Maple Street Missionary Baptist Church
Address: 1552 E. Maple Street • DSM, IA 50316
Phone: 515-262-1631
Pastor: Rev. Keith A. Ratliff, Sr.
Sunday Morning Worship: 10:45 a.m.
Sunday School: 9:30 a.m.
Wednesday Bible Study: 7:00 p.m.

Mount Hebron Missionary Baptist Church
Address: 1338-9th Street • DSM, IA 50314
Phone: 515-280-9163
Pastor: Rev. Bobby Young
Sunday Morning Worship: 11:00 a.m.
Sunday Church School: 9:30 a.m.
Tuesday Bible Study at 7:00 p.m.
Wednesday Prayer Meeting at 7:00 p.m.

Philadelphia SDA Church
Address: 1639 Garfield Avenue • DSM, IA 50316
Phone: 515-262-7467
Pastor: Rev. Marlon T. Perkins, Sr.
Sabbath (Saturday) Morning Worship: 11:00 a.m.
Sabbath (Saturday) Church School: 9:30 a.m.
Wednesday Prayer Meeting Service: 6:30 p.m.
Sunday Radio Ministry: 9:00 a.m., Praise 940 AM
Email Address: stpame@aol.com

St. Paul A.M.E. Church
Address: 1301 Day Street • DSM, IA 50316
Phone: 515-288-4419
Pastor: Rev. Derek E. Bastian
Sunday Morning Worship: 10:00 a.m.
Sunday Church School: 9:00 a.m.
Tuesday Bible Study: 7:00 p.m.
Sunday Radio Ministry: 9:00 a.m., Praise 940 AM
Email: stpame@aol.com

Union Missionary Baptist Church
Address: E.Univ. & McCormick • DSM, IA 50316
Phone: 262-1785
Pastor: Rev. Dr. Henry J. Thomas
Sunday Morning Worship: 8:00 a.m., 10:40 a.m.
Sunday School: 9:30 a.m.
Wednesday: Prayer and Bible Study: 7:00 p.m.

Send your church news to: iowabystanderarticles@yahoo.com
Sue Gibbons named Pathways Coordinator

Sue Gibbons has been named the Coordinator of Career Pathways, a Des Moines Area Community College (DMACC) program that will be part of the College’s Community and Workforce Partnerships Department. Career Pathways will be one strategy in the Regional Comprehensive Workforce System that is being built to address the impending workforce and skills shortage. Gibbons will work closely with business and industry leaders, the Greater Des Moines Partnership, Iowa Workforce Development, Iowa Employment Solutions at DMACC, higher education and school districts to provide job seekers and individuals looking for advancement with career opportunities and training to assist employers in finding qualified employees. Career Pathways will initially concentrate on four industry sectors—information technology, financial services, construction and advanced manufacturing. Gibbons was previously a DMACC Business Resources Training Consultant.

LaDainian Tomlinson dominates 2007 ESPY Awards

The top winner in the annual ESPY Awards was LaDainian Tomlinson, who won four trophies, including male athlete of the year for his record-setting season with the San Diego Chargers.

Tomlinson defeated LeBron James of the Cleveland Cavaliers, Indianapolis Colts quarterback Peyton Manning, Wimbledon champion Roger Federer and Tiger Woods for athlete of the year.

Tomlinson also won best NFL player, record-breaking performance, and the Like Nothing Else award. The NFL MVP scored 31 touchdowns and 186 points, both league records, and rushed for 1,875 yards.

Tomlinson declined to appear backstage to talk with reporters.