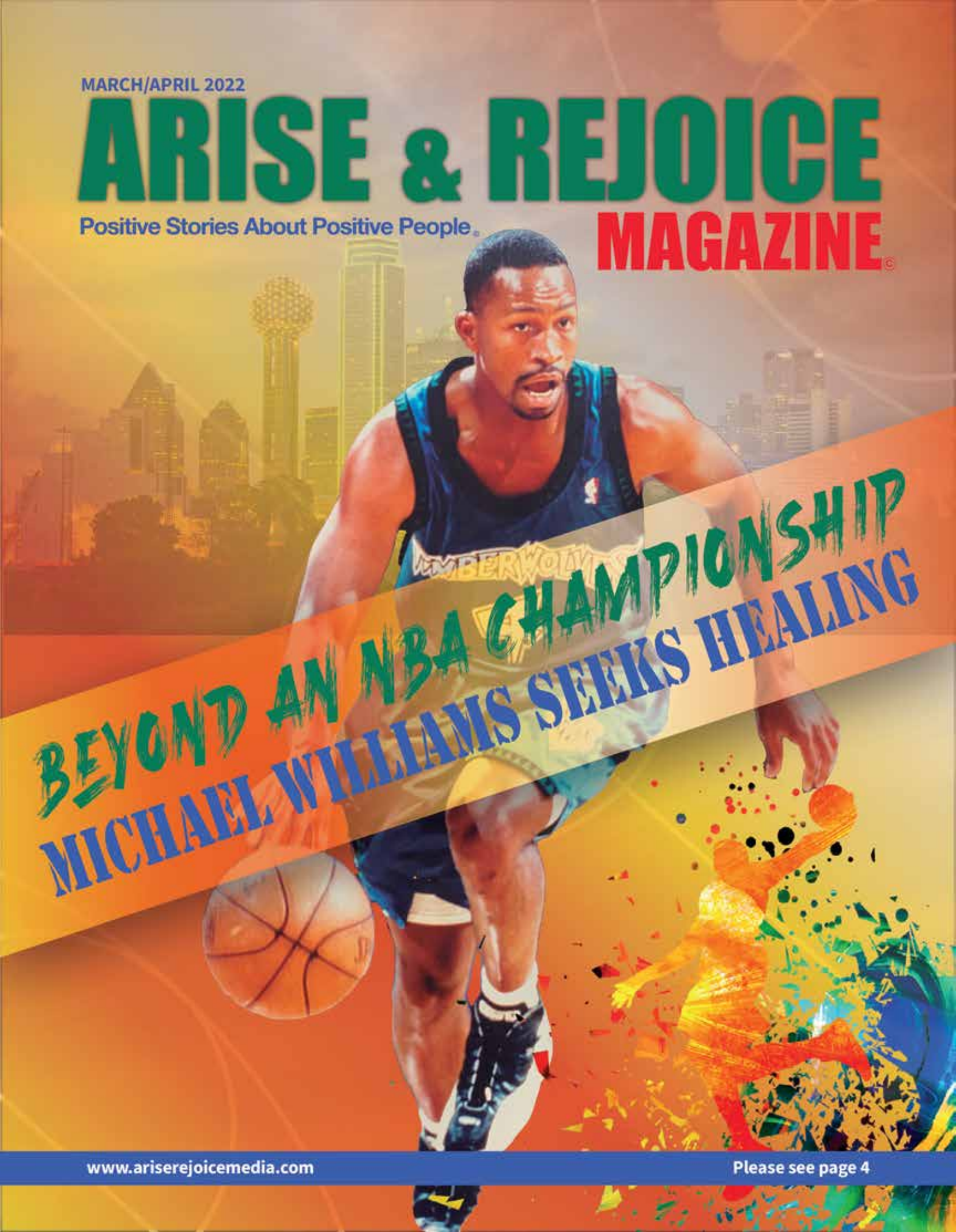


MARCH/APRIL 2022

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BEYOND AN NBA CHAMPIONSHIP
MICHAEL WILLIAMS SEEKS HEALING



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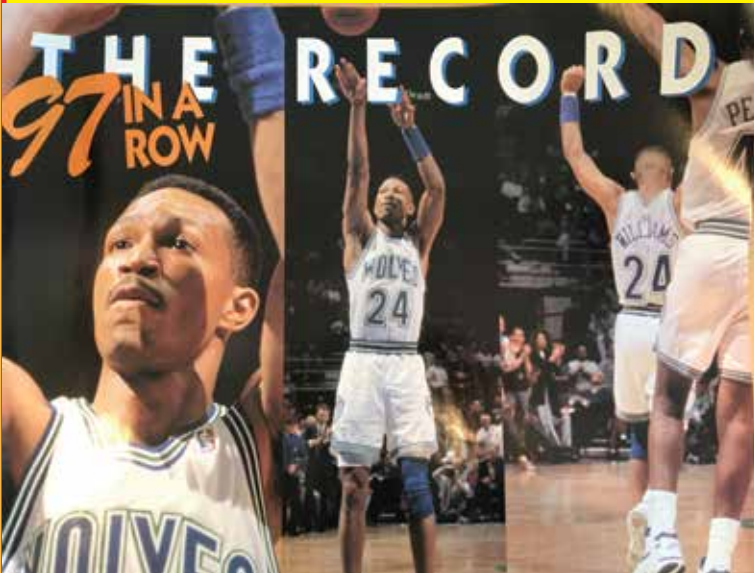
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MIKE WILLIAMS

STILL HOLDS THE NBA RECORD



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WE INVITE YOU TO VISIT THESE STORIES

- Mike Williams builds buildings, and encourages young people..
- Please see page 4
- Watch your blood pressure regularly.
- Please see page 5
- Sirjana is devoted to helping others.
- Please see page 6
- There are tremendous personal benefits to reading.
- Please see page 9
- President Roosevelt is the father of Social Security.
- Please see page 14



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HE REMAINS A CHAMPION!

Winning a professional basketball championship was something that Mike Williams' late father, Roosevelt Williams, told his son that he would achieve.

Williams, the president and CEO of 3I Contracting, a major North Texas construction firm, played ten years in the National Basketball Association where his record of 97 consecutive free throws still stands.

young people to careers and opportunities beyond the worlds of entertainment and sports," said Williams.

"I want the young people

daughters, Marriel, Amari and Holland.

"My wife, Tante, and I place God first in our lives," he said. "I advise college and

professional athletes to prepare themselves for their futures."

"The more times you get knocked down and return to your feet, the stronger and more confident you become," Williams said.

A founding member of BLEWS, a



Prayer and faith are fundamental in the life of the Williams family

A graduate of Baylor University in Waco, where he became an "All American" basketball player, Williams has owned his company for twenty years.

"My most cherished project these days is the foundation that we started to help mold the minds of young people," said Williams, who won his championship ring as a member of the Detroit Pistons in 1989.

His youth organization, the 'Mike Williams Assist 4 Life Foundation', "introduces

whose lives we touch to be successful," said Williams, the father of three



Mike Williams, left, and Isiah Thomas won an NBA championship while playing for the Detroit Pistons

dallas-area non-profit that encourages Black/Jewish fellowship and partnership, Williams said human beings must look beyond the superficial, and search for the hearts of people.

"There is much more that unites us in life than that which keeps us apart," Williams said. "That is something that we cannot afford to lose sight of."

"It is at the very heart of our survival as members of one human family." |AR

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If you have high blood pressure there are a number of steps you can take to help lower it!

Regular physical activity and exercise are very important to getting your blood pressure under control.

Eliminate salt from your diet, and stay away from canned foods as much as possible.

If you are a drinker or a smoker stop both habits!

Both of them contribute to high blood pressure!

Lose some of that excess weight and ask your doctor whether or not any of the medications you take contribute to high blood pressure!

Helping Others Succeed!

Sirjana Pokhrel, the founder of Paralegal Services of Tarrant County, helps individuals and families who are new to United States.

She helps them prepare legal documentation, introduces them to attorneys and helps with the citizenship process.

"When people come to a new country it is crucial that they understand its customs and its values," said the mother of three who has been a member of the Hurst, Euless, Bedford Rotary Club for two years.

"I believe in getting involved with positive people," she Sirjana who is a certified paralegal. She and her family live in Euless where her office is also located.

"As a member of the Rotary I have learned the importance of networking, volunteerism and getting to know new people," said Sirjana who was born in Nepal.



Sirjana and her husband, Ram, encourage their children Rawdeep, Shreeya and Simran to pursue excellence in school and life.

Now she has more than one hundred who utilize her services.

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- Paralegal Services of Tarrant County is a solo non-legal service provider to attorneys and clients from different origins in the DFW Metroplex

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Her work is her calling!

Tarrant County District Attorney Sharen Wilson decided that she would become a lawyer when she was in middle school.

“Growing up in Amarillo my parents worked blue collar professions, and my decision came as somewhat of a surprise,” said Wilson who is not seeking re-election in November.

“Both of our parents were extremely supportive of me and my older sister, Karen, who is also a lawyer,” said Wilson who has served as Tarrant County DA since 2015.



A former prosecutor and judge, DA Wilson believes that her work is her calling.

Wilson said that serving the people of Tarrant County as a judge and as their District Attorney has been personally and professionally rewarding.



DA Wilson said that transparency and honesty are essential for public officials.

“When I first ran for DA I promised the voters that I would be transparent, accessible and ethical,” said Wilson who went to undergraduate and law school at Texas Tech. She is also a graduate of Amarillo College.

“My office has encouraged rehabilitation for deserving first-time offenders and non-violent offenders through our Deferred Prosecution Program.”

“As a small girl I was taught the importance of faith,” she said. “My father was a Baptist deacon, and our church was our second home.”

The first job that DA Wilson was offered after law school was in the Tarrant County DA office.

“I am so grateful that I was offered a job in Tarrant County,” she said.

“ I have had a wonderful career serving wonderful people,” she added. | AR

The mother of four and grandmother of ten said that she looks forward to spending more time with her husband, their children and their grands.

PLEASE READ A BOOK!!

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**November/December 2021
Volume 4, Number 7**

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Arise & Rejoice is a publication that reflects the goodness and grace that abounds within all people. It seeks to bring all of us closer together, promoting understanding and reconciliation.

Arise & Rejoice believes in the development of a community of "we" where no one is seen as "the other" and where all people are acknowledged and respected!

More Than A Sports Hero



Star Defensive end Carl Nassib, is a champion on and off the football field.

A standout defensive end for the NFL's Las Vegas Raiders, Nassib, drafted in 2015, was an All-American defensive end in college for Penn State University.



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Dion Sanders

Former NFL Super Bowl Champion Dion Sanders shares all that he learned playing in the National Football League with the young college students who play for him at Jackson State University where he has been the head football coach for nearly two years.

"I expect great things from my players on and off the field,"

Sanders said. |AR

Thanks

so much!



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President Roosevelt and First Lady Eleanor

32nd

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cial Security payments for Americans.

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