

I Messenger Media LLC



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Dear Committee:

The Share the Dream Healthy Living Expo (HLEX) is becoming an institution in Dallas, TX. Annually, the City of Dallas has a Dr. Martin Luther King Jr. Parade and most recently they partnered with our team and became a sponsor of the event, which is held immediately after the parade.

HLEX began with the legendary Dick Gregory and focused on healthy living: spiritually, physically, mentally, financially, and socially for our community. Elected officials, clergy, community organizations, other media organizations join us, in the spirit of Dr. King.

The Expo was actually where the parade ended so the thousands at the parade made their way to the historic African American Museum in Fair Park, where there were vendors, seminars, cooking demonstrations, bounce houses, live entertainment, contests, health screenings, mammograms and more.

The Expo was started because of the need to help our community. We wanted to build a better community so we had to look at the entire community and the societal ills that plagued us all. We promoted the event in our three publications, as well as other print, broadcast and social media entities and we were embraced wholeheartedly.

The event is definitely a family/community affair!

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Healthy Living Expo names Two Podners and Olive Garden as the BEST MACARONI and CHEESE in the METROPLEX!

Blogger Lindsay Tigar wrote: "A few days before MLK's assassination, he was due to have dinner with a pastor at the Monumental Baptist Church, Rev. Samuel Billy Kyles. Kyles and his wife had been preparing for this welcome dinner at their new home and wanted to make sure they served MLK's favorite foods. One of those was macaroni and cheese, which originated in the South."

<p>TRADITIONAL</p> <p>First Place: Two Podners Second Place: Elaine's Kitchen</p> <p>WITH A TWIST</p> <p>First Place: Olive Garden Second Place: Nicolette Bynum</p> <p>MEAT-LOVERS</p> <p>First Place: Olive Garden Second Place: Eatzi's</p>

This year at the Realizing the Dream Healthy Living Expo, in the quest to find the best Macaroni and Cheese in the Metroplex, the competition was on Monday, immediately following the annual City of Dallas' Dr. King March/Rally, at the African American Museum in Fair Park.

The winners were announced and then attendees were able to sample the entries in three categories:

"Traditional is the macaroni and cheese that your mother or grandma made," explained Expo founder Cheryl Smith, publisher of *Texas Metro News*, *Garland Journal* and *I Messenger*. "With a Twist is that special something you add, like asparagus, spinach, or a family secret that is not a meat.

"Then there's the meat-lovers, that could have anything from brisket or shrimp, to bacon, chicken or hotdogs!"

Dr. King also loved sweet potatoes and last year's Expo featured a Sweet Potato Pie Contest. Those winners were:
Traditional - Shelia James
With a Twist - Aunt Viv's Pralines
Diabetic Friendly - Uncle Larry Williams

Next year organizer Shonedra Redd said the competition, which will be held the same time and place, will feature another Dr. King favorite: collard greens. "Entry forms will go out February 1, 2020 and we'll be looking for the best greens made with Pork, with any other meat except pork, with a twist (non meat addition) and Vegan," said Ms. Redd. "Also cooks will have to specify if they use lard."

For more information, call 214-941-0110.

The Expo is sponsored by the Don't Believe the Hype Foundation and African American Museum, in conjunction with the City of Dallas' Dr. Martin Luther King Jr. Celebration Committee.

22. COMMUNITY ENGAGEMENT – 3RD PLACE

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