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Twitter: What is It Good For?

BY LATOYA WATKINS
NDG CONTRIBUTOR

Editor's Note: If you have news, story ideas or calendar updates, my Twitter ID is @NDGEditor.

Twitter, a free social networking and micro-blogging service, came onto the scene of the social networking world in 2006. Twitter has

received mixed criticism from users, but overall it still appears to be useful and highly used as a mode of marketing and social networking.

The service allows user to read each others' updates, which are also known as tweets. The updates are similar to phone texts as far as

limitations and content allowed are concerned. Updates can only contain up to 140 characters per tweet. The only users that can access the tweets are the users who have subscribed to the updating author's profile as followers.

Users can update their Twitter using various tech-

nologies ranging from cell phone, to TweetDeck, to the Twitter website. Users who opt to use cell phones may incur additional charges. If properly linked together, users with a blog can simultaneously post information on Twitter, LinkedIn, Face-

See TWITTER, Page 6

DCCCD Response to Obama Plan for Community Colleges

Dr. Wright Lassiter Jr., Chancellor Response to President Obama's Plan for Community Colleges

Today, President Barack Obama acknowledged the critical role that community colleges play in the economic and educational success of our country when he introduced the American Graduation Initiative during a visit to Macomb Community College in Warren, Mich. The Dallas County-

Community College District (DCCCD), along with more than 1,100 two-year institutions across the United States, has spent decades preparing students for both traditional and cutting-edge jobs as the economy and the global market have changed.

Many new jobs coming online - and many that al-

ready exist - do not require a four-year college degree. However, they do require training and hands-on experience. Community colleges like DCCCD have been and will continue to be the primary source for workforce training and professional certification that enable Americans to fill jobs that

move the nation's economy forward.

We are excited to see that the president and the nation as a whole are embracing the grassroots efforts of community colleges, which provide the tools for training and employment that stu-

See RESPONSE Page 6

Old Casket of Emmett Till Discovered in Cemetery Scheme



Emmett Till

BY DOROTHY ROWLEY (NNPA) The original casket of Emmett Till, a 14-year-old boy whose 1955 murder helped put the civil rights movement on a national stage, was found discarded during an investigation into a scheme at an Illinois cemetery.

Till remains buried at

Oak Burr Cemetery in Chicago, a historically Black gravesite. But, the original casket in which he was buried was found rusting in a dilapidated shack at the cemetery by investigators looking into reports of missing headstones.

According the Chicago Sun Times, a manager of the

cemetery and three last week with dismembering human bodies. Investigators said that the group may have pocketed as much as \$300,000 from the scheme.

The four removed caskets from certain plots, and the empty graves were resold off the books to unsus-

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SPOTLIGHT

A Woman On the Move



See WOMAN, Page 9



Maxwell Debuts At No. 1

For more information see pg. 10
www.northdallasgazette.com

COMMENTARY

Obama and Africa

BY BILL FLETCHER JR.

(NNPA) President Barack Obama gave another eloquent speech while visiting Ghana. Yet, after reading it carefully, I walked away feeling that, once again, he provided an incomplete, if not misleading context.

Just as in his speech in Philadelphia in 2008 regarding race, he seems to talk in the past tense about problems that are actually on-going. By framing the problems facing Africa as mainly being problems currently created by Africans,

he overlooks the fact that Western Europe and the USA continue to have a largely toxic relationship to the continent.

While President Obama acknowledges the legacy of colonialism on Africa, he largely acts as if that is entirely a thing of the past. He comments, for instance, that the problems of Zimbabwe cannot be blamed on the West.

They cannot? Even as someone critical of Zimbabwe's President Robert

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People In The News...



Dr. Regina Benjamin



Lorraine Elzia



Anjuelle Floyd

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Dr. Regina Benjamin

(AP) President Barack Obama turned to the Deep South for the next surgeon general, choosing a rural Alabama family physician who made headlines with fierce determination to rebuild her nonprofit medical clinic in the wake of Hurricane Katrina.

Dr. Regina Benjamin is known along Alabama's impoverished Gulf Coast as a country doctor who makes house calls and doesn't turn away patients who can't pay -- even as she's had to find the money to rebuild a

clinic repeatedly destroyed by hurricanes and once even fire.

"For all the tremendous obstacles that she has overcome, Regina Benjamin also represents what's best about health care in America, doctors and nurses who give and care and sacrifice for the sake of their patients," Obama said Monday in introducing his choice for a job known as America's doctor.

He said Benjamin will bring insight as his administration struggles to re-

vamp the health care system:

Saying she "has seen in a very personal way what is broken about our health care system," Obama said Benjamin will bring important insight as his administration tries to revamp that system.

Benjamin called the job "a physician's dream," and pledged to be a voice for patients in need -- and to fight the preventable diseases that claim too many lives each year, including nearly her entire family.

Her father died with diabetes and high blood pressure, her only brother died

of HIV related illnesses, her mother of lung cancer "because as a young girl, she wanted to smoke just like her twin brother could" -- an uncle now on oxygen as a result, she noted.

"I cannot change my family's past. I can be a voice in the movement to improve our nation's health care and our nation's health," Benjamin said. "I want to be sure that no one falls through the cracks as we improve our health care system."

The surgeon general is the people's health advocate, a bully pulpit position that a person with a forceful

personality can use effectively. Benjamin has that reputation.

Pushed by the need in her own shrimping community of Bayou La Batre, and its diverse patient mix -- white, black and, increasingly immigrants from Vietnam, Cambodia and Laos -- Benjamin, 51, has emerged as a national leader in the call to improve health disparities. She became the first black woman and the first doctor under age 40 elected to the American Medical Association's board of trustees, and in 2002 became the first black woman to head a state medical so-

ciety.

Medical groups welcomed her ability for straight-talk, whether to patients or politicians, about the dire health needs of much of the country.

See BENJAMIN, Page 4



Lorraine Elzia

Editor Note: Tulisoma South Dallas Book Fair and Arts Festival Featured Author, see www.tulisoma.com for more info.

Dynamic, Diverse and Deliciously full of flavor describe this Editor, Author, and Literary Artist. *Mistress Memoirs* is the debut novel for Lorraine Elzia, who has espoused the name *A Deeva*, and often writes under that pseudonym. She has al-

ways had an admiration for both the spoken and written word and has exercised that gregarious gift in various venues. That love affair of words, coupled with an addictive need to express herself, gave birth to a compulsion to write, which is a gift she is constantly nurturing.

In 2005, she added the title "Author" to her lists of accomplishments with the publication of her first

short story *Mommy and Santa* which was published in *Chicken Soup for the Single Parent's Soul* and her poem, *I am a Woman* was a Letstalkhonestly.com contest winner.

Those literary achievements were proceeded by a second publication in the *Chicken Soup* series in 2006 with the inclusion of her story, *Letters of Love* in the *Chicken Soup for the African American Woman's Soul Anthology*; inclusion in the *Katrina Anthology*, *Surfacing...Phenomenal*

Women on Passion, Politics & Pupose, and a poem,



Levitare in the Gumbo for the Soul Anthology.

In 2007, Lorraine continued to strike while the literary fire was still hot with *A Test of Faith* in the *Triumph of My Soul Anthology* and she is a contributing author in the upcoming second *Gumbo for the Soul Anthology*, with inclusion of her poem *Am I My Brother's Keeper*.

Lorraine is co-

owner of an editing company: Eve's Literary Services, contributing editor of the *Gumbo for the Soul* series; and co-moderator of *Essentially Women*, a writing group for African American women.

She is from Austin, Texas, by way of Motown (Detroit, Michigan) and it is her desire that through the written word, delivered in different genres, she will be able to inspire and motivate others to see the beauty that resides within all people.

Anjuelle Floyd

Anjuelle Floyd is author of *Keeper of Secrets: Translations of an Incident*, a collection of interconnected short stories, and a novel, *The House*, due for publication in Fall 2009.

The House is the story of how Anna Manning copes with the news that the freedom she sought from a cheating husband



of over thirty years is in her grasp only to discover her ex is dying of cancer with only months to live. Visit <http://www.anjuellefloyd.com/books/the-house/> to watch a book trailer.

A graduate of Duke University, she received her MA in Counseling Psychology from The California Institute of Integral Studies, San Francisco, she has attended the Dominican Institute of Philosophy and Theology, Berkeley, California.

Floyd received her MFA in Creative Writing from Goddard College, Port Townsend, Washington. She has also received certificates of participation from The Hurston-Wright Writers Week and The

Voices of Our Nations Writing Workshops. She teaches online fiction classes at Perelandra College.



A student of Process Painting for the last decade, Floyd has participated in The Art of Living Black Exhibitions 2004, 2005, 2006, 2007, 2008, and 2009 held at the Richmond Art Center, Richmond, California.

Floyd facilitates writ-

ing groups and provides individual consultation of fiction projects. She also gives talks on The Need for Family, The Writing Process as a Path Toward Self-discovery and Healing.

Floyd hosts the weekly blog talk radio show, *Book Talk, Creativity and Family Matters* <http://www.blogtalkradio.com/anjuellefloyd>. On the show Floyd conducts discussions with writers, artists, and entrepreneurs that broaden our understanding of the creative process, address the importance of family, and highlight the impact of books in our lives. In addition to registering for upcoming episodes you can listen to archived podcasts from previous broadcasts.

A wife of twenty-seven years, Floyd is the mother

of three, licensed Marriage and Family Therapist specializing in dream work.

Read Floyd's blog and more about her at <http://anjuellefloyd.com>.

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AFRICA, continued from Page 1

Mugabe such as me is keenly aware that both Britain and the USA broke an agreement from 1979 that was to provide funding for a land reform program. The failure to follow through on this agreement laid the basis for the current crisis.

None of this is to absolve Africa for its many ills. Corruption is an epidemic, with certain countries so overwhelmed by it that it appears to be an extension of the culture.

Certainly dictatorial regimes should not be tolerated and they cannot be blamed on the West alone. Yet what the President fails to acknowledge is that the West continues to tolerate the corruption, it not in many cases actually encourage it.

The problem is that when the President keeps talking in the past tense regarding problems that continue to be encountered he allows confusion to reign regarding the solutions. If, in the case of Africa, the West is no longer really a problem, then it is difficult to explain many of the current crises. It is difficult, for instance, to understand the 1994 Rwandan genocide as anything other than Hutu insanity and revenge unless one also understands the role of the French government and its active support of the genocideers.

Yes, President Obama is correct that Africa will need to settle its various crises and that it has the capability to do so. The problem is that insofar as we and others ignore the continuing role of the West in undermining Africa's efforts at development, we can at best only treat aid as charity.

This can be contrasted with an approach which emphasizes the need for an international commitment to repair the damage that has been done to Africa over hundreds of years.

Such an approach goes beyond traditional foreign assistance and recognizes that Africa was and continues to be the victim of a crime, rather than the criminal itself.

President Obama obviously does not want to touch an approach that emphasizes "repair" and, while he will acknowledge the colonial legacy, he seems more interested in presenting the current situation as the equiv-

alent of a blank slate on which anything can be written.

I think that another image might be appropriate: try a person thrown into a tank of water with weights locked to their legs. Yes, they might

be able to swim on their own and escape, but why were the weights there in the first place?

Bill Fletcher, Jr. is a senior scholar with the Institute for Policy Studies. Email him at papaq54@hotmail.com.

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African Americans: Lose Weight, Lower Risk for Type 2 Diabetes

BY THE NATIONAL DIABETES EDUCATION PROGRAM

If you have a family history of type 2 diabetes, you are at an increased risk for the disease. If you are overweight, you have an even greater risk for type 2 diabetes. Diabetes affects the lives of nearly 4 million African Americans and their families, but there's hope.

Studies show that losing a small amount of weight by being physically active for 30 minutes, five days a week and making healthy food choices can help you reduce the risk of type 2 diabetes by more than half. Take your first step today. Talk to your doctor about your family history of type

2 diabetes and other diabetes risk factors. Follow these tips from the National Diabetes Education Program's (NDEP) More Than 50 Ways to Prevent Diabetes tip sheet to lose weight and lower your risk for type 2 diabetes:

• **You can do it, Hewitt.** Set a weight loss goal you can reach before starting a weight loss plan. If you are at risk for type 2 diabetes, aim to lose 5 to 7 percent of your current weight – that's 10 to 14 pounds if you weigh 200 pounds.

Keep track of your daily food intake and physical activity in a log book and review it every day to see how you are doing. Ask family and friends for support.

• **Have a small meal, Lucille.** Teaspoons, salad forks, or child-size utensils may help you take smaller bites and eat less. Eat less high-fat and high-calorie foods less often.

Make a small amount of food look like more by serving your meal on a salad or breakfast plate. Keep meat, poultry, and fish portions to about 3 ounces, which is about the size of a deck of cards.

• **Eat right, Mike.** Make healthy food choices every day. Keep healthy snacks such as a cup of fat-free yogurt, celery sticks, or baby carrots at home and pack them when you're on the go.

To get more fiber, add fruits and vegetables to the

foods that you love. Add strawberries, blueberries, or bananas to whole grain cereal. Top pizza with pineapples, bell peppers, or mushrooms instead of high-fat meats such as sausage or pepperoni. Choose water to drink.

• **Move more each day, Faye.** Try doing activities you enjoy such as playing with your children, tossing a softball, walking the dog, or turning up the music and jamming while doing household chores.

• **Take action, Jackson.** Overcome your physical activity roadblocks. If you do not want to be physically active by yourself, form a group of people to walk, jog, or bike together. If you

prefer to stay indoors, work out using fitness videos or DVDs at home or walk around a shopping mall.

To order your free copy of the More Than 50 Ways to Prevent Diabetes tip sheet, contact the National Diabetes Education Program at www.YourDiabetesInfo.org or call 1-888-693-NDEP (6337); TTY: 1-866-

569-1162.

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organization.

BENJAMIN, continued from Page 2

"We want to emphasize prevention, primary care and early intervention, and we have somebody now who does that for a living," said Dr. Georges Benjamin, no relation, of the American Public Health Association.

Added AMA President Dr. James Rohack, who has known Benjamin for more than two decades. Dr. Rohack said "her recognition that if you don't have health insurance, you live sicker

and you die younger, she can bring the real-world perspective as surgeon general of the things as a nation we need to do to keep ourselves healthy."

Benjamin made headlines in the wake of Katrina, as photographs showed her laying patient charts out to bake in the sun and lamenting the lack of pricey but more hurricane-resistant electronic records. Her non-profit clinic was rebuilt by

volunteers only to burn down just as it was about to reopen. Benjamin later told of her patients' desperation that she rebuild again, recalling on woman who handed her an envelope with a \$7 donation to help.

"If she can find \$7, I can figure out the rest," Benjamin said last fall as she received a \$500,000 MacArthur Foundation "genius award," money she said she'd use to help finish that job.

Her nomination for surgeon general requires Senate confirmation.



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Summer is definitely in full swing as is evident by the crowding of the Plano Animal Shelter. As the walls begin to swell with great adoptable pets, the Shelter is offering special pricing of \$25 each to help get animals into loving homes more quickly. All adult dogs and cats that have been available for adoption at the shelter for more than two weeks are eligible for this discount offer. The \$25 price includes spay



and neuter, vaccinations, heartworm test for dogs and a microchip. (Full Press Release Attached)

If you have additional questions, please contact person listed in Press Release. Thanks for your assistance.

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**Suzette
Audia**

Ahhh! The infamous words spoken by my sister on Monday evening May 18, 2009. It was then I realized how my life "should" change. We all have a destiny. We get up each day trying to figure out if today is the day we are going to get there. However, deep into your day you come across many reasons to give up on the journey. The economy stinks. I am not good enough. I am not smart enough. I am getting too old. I have children. I am sick. I am tired. I don't have enough money. I am lazy. I had a terrible childhood.

I can sit at my computer all day and write pages and pages of reasons I should not go forward, but where does it take me? Where do I end up? Will I end up in a hospital room like Jack and Morgan on The Bucket List hoping to take one more breath before the cancer gets me completely? Hoping if I have one more chance that I could make out a list of things I really want, and then try and accomplish them? Isn't that what I was supposed to be

Don't Judge My Journey

doing in the first place? Shouldn't I have been crossing things off from the beginning? What got in my way?

"I got in my way" because I was not strong enough to look at myself and turn my back, for fear of being alone, unloved, ignored, and possibly ridiculed. I choose to travel the road most taken. The road that brings no joy. I was not strong enough to be the orchestra leader, to turn my back from the crowd so I could make beautiful music. The music of my life.

So in a moment, with the whisper of four little words, I got out of my bed ran to my computer and began to give myself a lesson. A lesson that I preach all day to friends, neighbors, clients, any one who crosses my path. I give them the courage to risk taking the journey. No matter how hard it may be, no matter what gets in your way. Life truly is a bucket list. But I do not want to wait until the end to receive the reward. There is no guarantee on our life. As Jack Nicholson said in the movie, "We live, we die and the wheels on the bus go round and round." Wow!

So in the grand scheme of life, does it really matter

what other people think?

Life is a book, and this is your chapter. Do with it what you want. Just because we will not travel to the moon or become a famous leader does not make our life less meaningful. Barnes and Noble are filled with thousands of books on every subject, of every ethnicity, every language you can imagine. So let your life be a book and fill the pages the way you want.

In the end, when it is all said and done and there are only moments til you take your last breath. Will it be then that you ask yourself....why? Why didn't I do that? Why didn't I say what I wanted to say. What if I had one more chance?

Well, this is your one more chance. So take it! Live it and be proud of it, because you are the author, the writer and the creator of your journey. The only way to reach the destination is to be proud of who you are, be courageous in your walk and be sure to stay strong the entire way, and the only thing you can ask of others is not to judge you along the way!

Suzette Audia can be reached at (972) 489-3536 or hairtalk@aol.com.

Every Baby Born In The United States Gets First Ticket To Ringling Bros.® Absolutely Free!

(NDG Wire) Every baby born in the United States is entitled to receive his or her first ticket to *The Greatest Show On Earth*® absolutely free! The program began in 1993 and the response was overwhelming.

Ringling Bros. received more than 600,000 responses in the first year alone. The circus feels strongly about commitment to family and believes *The Greatest Show On Earth* is a unique part of America. Every child born in this country should have an opportunity to see America's Living National Treasure®.

The free admission offer is good for one ticket that is redeemable at any time during the lifetime of the child,

whether at age 2 or 92.

To receive the child's free *Ringling Bros.* ticket, parents need only complete the registration form in the



"Special Offers" section of www.Ringling.com or mail their name, address, newborn child's name and date of

birth to: Baby's First Circus Program, Feld Entertainment, Inc., 8607 Westwood Center Dr., Vienna, VA 22182.

The parents will receive a certificate exchangeable for one admission ticket for any *Ringling Bros.* and *Barnum & Bailey* performance in any city in any year.

Ringling Bros. and Barnum & Bailey presents *OVER THE TOP*, which is coming to American Airlines Center, July 29-August 9, and Fort Worth Convention Center, August 12-16. For more information on this and other exciting community events and giveaways, become a *Ringling Bros.* DFW Facebook Fan or follow us at twitter.com/RBBBDFW.

Garland Adds Important Upgrades to CodeRED

The City of Garland has added two important upgrades to its CodeRED telephone notification system.

First, a new severe weather early warning system has been added, which automatically launches calls specific geographic areas that are in the path of tornados, severe thunderstorms and other hazardous weather developments. These automated warnings can provide critical preparation time when severe weather threatens.

Dorothy White, Public & Media Affairs Manager for the City of Garland says "As soon as the National Weather Service issues the warning, the calls begin going to the areas affected." Since these notifications are automatic, residents and businesses must

opt-in for these specialized notifications.

To 'opt-in' for the automatic weather warnings, go to the City of Garland website at www.ci.garland.tx.us, click on the CodeRED icon on the left side of the page and follow the prompts. Those who are registering for the first time can follow the same instructions.

When a CodeRED weather warning call is received, the number 800-566-9780 will be displayed by caller-ID.

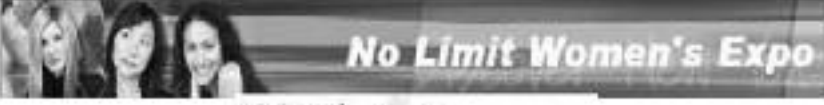
The City will continue to use CodeRED in other emergency situations such as a hazardous chemical spill, major utility outage, or an Amber or Silver Alert. But the number displayed by caller-ID will change to 866-419-5000, which a citizen can call back from the phone

that received the CodeRED alert and listen to the message again with a time and date stamp.

White says, "This is particularly important for citizens who may not have heard the message clearly when they answered their phone or those whose voice-mail greetings may have clipped part of the recorded message."

Caller-ID will also display the name 'Emergency Communications Network' for most telephone customers.

For customers without access to a computer or internet service, registration forms are available at City Hall, all branches of the Nicholson Memorial Library System, City recreation centers and other City government facilities.




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Crossroads Family Services To Partner With McKinney ISD To Combat Truancy

Truancy Intervention Program will be first of its kind in Collin County

(NDG Wire) Crossroads Family Services and McKinney Independent School District (MISD) have joined together to create a Truancy Intervention Program which will pilot during the 2009-2010 school.

Filing truancy charges against students who don't attend school often doesn't work. MISD and Crossroads Family Services have established a pilot program which will launch this fall.

MISD will invite parents and students to enroll in a deferral program administered by Crossroads Family Services instead of immediately filing truancy charges. If the parents agree to participate in the program, the filing of charges will be postponed pending the student's performance in the truancy program.

The Crossroads Family Services staff plan to meet

with all interested teachers, students, parents, and administrators to develop a comprehensive truancy prevention plan.

The plan can include tutorials, educational classes, counseling, attendance reports, community service, and other options. The cost to participate, which is much less than court costs and fines, will be paid by program participants. Money given by the Texas Bar

Foundation to Crossroads Family Services will also be used to help sustain the program. The program is offered without using any public funds.

"We have made it a priority to offer first class truancy prevention service to the community," said Crossroads' acting executive director Bob Fine. "This program is a continuation of that priority, and we are so glad that MISD has

the vision to take a new approach to truancy."

Crossroads will be at MISD's middle and high school campuses approximately 10 days a month. Students who participate in the program will have the opportunity to make up missed complete the program, will start with a fresh attendance record going forward.

"We are excited about the opportunity to partner

with Crossroads Family Services in the area of student attendance," said Keith Garinger, MISD assistant superintendent for administrative services.

According to Garinger, "This partnership will demonstrate MISD's commitment to student performance. We appreciate Crossroads choosing our district to pilot this very important venture."

RESPONSE, continued from Page 1

dents can afford as they seek to conquer a difficult job market. DCCCD and other community colleges are affordable, accessible, diverse and adaptable. We change with the times; provide the latest instruction for students who can fill today's and tomorrow's jobs; create a well-

trained workforce for business and industry; and sustain our communities through economic development.

We look forward to participating in the president's competitive grants programs, which stress the necessity of collaboration with businesses, other community col-

leges and high schools - an effort already under way at DCCCD through programs that involve the Texas

Workforce Commission, federal stimulus fund grants, the I-35 Green Corridor Collaborative and Tech Prep, to name only a handful of the partnerships we have culti-

vated. And we will be better able to track the success of our students, improve developmental and adult education, and keep more students in school.

DCCCD and other community colleges urge members of Congress to support legislation that will help two-year institutions teach Americans new skills and

knowledge, rebuild the country's workforce and solidify the nation's economy as we work on recovery efforts during this period of economic crisis.

TWITTER, continued from Page 1

book and other social media sites such as FriendFeed. Of course, to posting and reading updates via the Twitter website is free of charge.

Stephanie Ward, owner of Red Lime Media and Twitter user, said that even though she prefers Facebook for social networking, she loves Twitter for marketing and promotional purposes. Ward believes the ability to post so frequently gives users the opportunity for familiarity and exposure with their followers. "I think it's a very simple and great way to direct traffic to websites and businesses."

Gaining followers appears to be fairly simple. In most cases, it appears that if users follow someone who has not quite reached celebrity status, they will follow back. The interface is fairly simple, but as with any other social network there are advantages and disadvantages to the simplicity of the interface.

The network differs from MySpace and Facebook in that there is no place to store hordes of photos, videos, or music. Users using Tweetdeck can post pictures via a third party website TwitPic, but only tweets also using Tweetdeck will have the ability to see the posted photos, all others will receive a link to the web page containing the photos.

The individual twitter profile page can be challenging to personalize, however, several graphic artists have created templates that can be modified to include company info as well as contact info such as your email, LinkedIn and Friendfeed ID. Often it is easier to use a photo that will appear in the upper left corner, or set it as a tile and it will repeat to create a colorful background.

Users may be challenged by the 140 character limitation. Tweeters have the ability to repost and continue thoughts or messages longer


than 140 characters, but each time a user post a tweet, the previous tweet slides further down the page.

Some users may find advantages to the fact that everything is accessible from the user's homepage so there is no blind navigating and getting lost in the network. The sidebar has information that can be helpful for users and their followers. The ability to send and receive status updates via cell phone may also appeal to more mobile users.

Bestselling author of three books, Kandi L. Bates, posts words of wisdom quotes throughout the day while Jessica Robinson, author of *Holy Seduction*, posts tweets about everything from her journeys on the road, including stops at fast food joints, to Christian devotions throughout each day.

Ward commented, "I have it set it to where I can receive updates on my


See TWITTER, Page 12



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Volunteers Honored for Greeting 300,000 Troops in 5 Years

Call goes out for more volunteer greeters

(NDG Wire) DFW International Airport recently honored the community of volunteer greeters involved in its renowned *Welcome Home A Hero* program for completing five years of service to incoming soldiers,

have really made an incredible impact in our community and on the morale of the soldiers who have experienced their kindness," Fegan shared.

Organizers of the *Welcome Home A Hero* program, including the Air-

Home A Hero" Facebook page as part of the effort, and interested individuals and organizations can also log onto www.dfwairport.com/heroes for more information about how to participate.

"Thousands of North Texans have been enriched by this program, because they have taken time to come and shake a soldier's hand and say hello," said Jim Crites, executive vice president of operations for DFW. "The rewards come in the faces of the men and women in uniform who have experienced our Texas hospitality."

The U.S. military selected DFW in the summer of 2004 to begin receiving the daily 20-hour flights from Kuwait. Once the flights began at DFW, grassroots groups, schools, church congregations and a variety of businesses began to greet the troops on a daily basis. DFW fire trucks greet each military charter on the runway with a "Shower of Affection" to begin the celebration.



Lt. Gen. Rick Lynch, III Corps and Fort Hood, with the DFW Airport Interfaith Chaplaincy at DFW's 'Welcome Home A Hero' Fifth Year Recognition on June 16, 2009. (From left to right): Chaplain Andrew Jackson, Chaplain Veronica Brown, Lt. Gen. Lynch, Head Chaplain D.D. Hayes, Interfaith Chaplaincy Office Manager Marge Wick, and Chaplain Les Grounds.

and sounded a call for more North Texans to welcome home the troops.

Since 2004, the "Welcome Home A Hero" program's volunteers have greeted about 300,000 inbound soldiers to DFW as they make their way home for two weeks of rest and recuperation (R&R) from active duty in Iraq and Afghanistan. Hundreds of organizations and more than 10,000 volunteers have greeted over 1700 flights during the life of the program.

"The Welcome Home A Hero program is all about the amazing people who have made it their personal mission to make sure every soldier passing through DFW gets thanked properly," said Jeff Fegan, CEO of DFW.

"These volunteers, along with our Airport staff and Ambassadors,

port, the North Texas Commission and the DFW USO, are actively seeking to recruit new volunteers to the program. DFW has launched the "Welcome

Meals on Wheels Volunteers Needed in North Dallas



Meals on Wheels Volunteer Delivers Food in North Dallas

The Visiting Nurse Association needs Meals on Wheels volunteer drivers in the North Dallas area who want to help the homebound frail elderly, sick, and disabled.

Meals on Wheels volunteer training will take place July 20 from 10:30 a.m. until noon at the Visiting Nurse Association's headquarters, The Patrick

and Beatrice Haggerty Center, located at 1440 W. Mockingbird Lane in Dallas. There is no cost to attend.

For more information contact Betsy Cox, Director of Volunteers for the Visiting Nurse Association, at (214) 689-2210 or coxbe@vnatexas.org

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Ongoing

African American Republican Club of Collin County meets 3rd Tuesday of every month at 7 pm. (Doors will open at 6:30 pm.) Collin County Republican Party HQ, 8416 Stacy Road, McKinney. Call Fred Moses at 972-618-7027 or fred@tes.com for more information.

Collin County Black Chamber of Commerce, July 9, August 14 & September 10, CCBCC General Meetings for Summer Quarter, McKinney Public Library, 101 E. Hunt Street McKinney, TX 75069

Collin County Black Chamber of Commerce: Monthly Lunch & Learn - July 16, August 20 & September 17, \$15 for members, \$20 for non-members, 11:00am until 1:00pm at the El Fenix Restaurant, 3450 S. Central Expressway, McKinney, TX 75070. Info: (469) 424-0120.

DFW Financially Empowered Women meet monthly for lunch or dinner and a fun, informative seminar on various financial topics. For info: 469-942-0809 or meetup.com/378.

Marriage Prep Class 1st Saturdays monthly 423 West Wheatland Road Suite 101, Duncanville 75116 \$10 fee for materials. For more info call Karen Duval at 972-709-1180.

No Limit Network Business Networking Lunch 1st Thursday at 11:30 am - 12:30 pm every Thursday at Texas Land & Cattle Steak House 3945 N. Central Expy. Plano 75023 Must RSVP at www.TheNoLimitNetwork.com or 972-898-5882.

The National Business Women Enterprise Network (NBWEN) Learning Over Lunch Series: Monthly workshop and networking event giving mem-

bers and guests the opportunity to network, build relationships, present information on their business and services, and most importantly, learn different ways to improve upon and grow their business. 4th Saturdays, 11AM-1PM, ReMarkable Affairs Cafe, 2727 LBJ Freeway, Suite 140, Dallas, \$20 for members; \$35 for non-members, \$5 off for early bird registration. Visit <http://nbwen.org.ning.com> for more information.

Summer Melange: Business, Pleasure & Charity Networking Event Every 2nd and 4th Friday, 5:00 P.M. to 10:00 P.M. at Prince Bistro, 1201 E. Spring Creek Pkwy, Ste. 100, Plano, Admission is free Info: 972.422.9078 melange@cause360group.com

Summer 2009

Seniors Active in Learning hosting annual summer series including Brown Bag lecture series and a variety of classes and other activities. For a complete list and details of the Summer Learning speakers and events, call 972.985.3788, wjmartin@cccd.edu or www.cccd.edu/sailsite.

March 28 - October 25

The George Washington Carver: An Extraordinary Man With A Mighty Vision Exhibit at The African American Museum, 3536 Grand Avenue, Historic Fair Park, Dallas, TX, 214 565-9026, \$5-Adults, \$2 - Children www.aamdallas.org

July 18

A. S. Byatt & Philip Hass Booksigning 10 a.m. to noon on Saturday, in the Kimbell Art Museum's west lobby. The event will be followed by a panel discussion about the exhibition including Haas, Byatt, and the Kimbell's deputy director, Malcolm Warner, in the Darnell Street auditorium at 3333 Camp Bowie Boulevard in Fort Worth. Info: jbrandrup@kimbell

museum.org, 817-332-8451

Art Thinker's Day Interactive art activities for children inspired by the work of Texan photographers. Dallas Contemporary, 2801 Swiss Ave., 1 pm FREE education@dallascontemporary.org 214-821-2522

July 19

Free concert: Basically Beethoven Festival presented by the Fine Arts Chamber Players. All concerts are free to the public, including free admission and parking at the Texas Discovery Gardens, Fair Park, 3601 Martin Luther King, Jr. Boulevard Info: bbf@fineartschamberplayers.org 214-520-2219

July 19-24

Texas All-Star Jazz Camp Sunday-Friday at the Spring Creek Campus Conference Center, 2800 E. Spring Creek Parkway, Plano. Special guest artists include Bill Holman and Gregg Bissonette. Registration cost is \$265 and \$310 with lunch. Info: Kris Berg at 972.881.5108 or kberg@cccd.edu.

July 21

Sales Career Fair 9AM - 1:30 PM Embassy Suites Dallas - DFW International Airport South, 4650 West Airport Freeway, Irving, TX 75062, (972) 790-0093

July 23

CareerBuilder Job Fair 10AM - 3PM Renaissance Dallas Richardson Hotel, 900 East Lookout Drive, Richardson, TX

July 23 - August 2

Les Miserables is at Granville Arts Center 972-485-8884, www.garlandcivictheatre.org

July 25

The PLAN Fund is offering "Business Basics for Entrepreneurs" 9:00 am - 6:00 pm. Concepts covered are: Marketing, Forecasting, Cash Flow, Pricing,

and Business Planning. Upon completion of the training class, prospective members will receive a certification and become eligible for business loans. Location: Builders of Hope, 333 N. Stemmons Fwy., Suite 100, Dallas, TX 75207 Cost is \$40.00 if paid in advance, \$45.00 at the door. Register: www.planfund.org or 214-942-6698.

July 27

African Drum & Dance Mini Camp for children ages 6 and up at the Rosemeade Recreation, M-F, 7/27 to 7/31 Rosemeade Rec. Center, 1330 Rosemeade Pkwy. in Carrollton, TX 75007. Baba Kwasi and the Ayubu KAmay Kings \$ Queens 2-4 pm \$40 per student babakwasi@sbeglobal.net 972-466-9800

July 28

Putting America Back to Work Job Fair, New Cowboy Stadium, 925 North Collins, Arlington, TX 9:00 a.m. - 2:00 p.m.

July 30 - August 1

Friends of the Plano Public Library 26th Annual Book Sale First Nighter Sale, Thursday, July 30, 6 - 10pm, Entry fees: \$5 Individual, \$10 Family. Free Admission Friday, July 31, 9am - 9 pm, and Saturday, August 1, 9am - 1pm Over 75,000 new and gently used books. Hard-back books, DVDs and CDs: \$2. Paperback books: \$1. Videocassettes, audiocassettes, and records: 2 for \$1. No sales tax! All proceeds go to Friends of Plano Public Library. Info: 972-208-8002.

July 30 - August 9

Ringling Bros & Barnum & Bailey Show The American Airlines Center Thursday, July 30 7:30PM Friday, July 31, 7:30PM Sat., August 1, 11:30AM Sat., August 1, 3:30PM Sat., August 1, 7:30PM

Sunday, August 2, 2:30PM Sunday, August 2, 6:30PM Thurs., August 6, 7:30PM Friday, August 7, 7:30PM Sat., August 8, 11:30AM Sat., August 8, 3:30PM Sat., August 8, 7:30PM Sunday, August 9, 2:30PM Sunday, August 9, 6:30PM Info: www.ticketmaster.com

July 30

Diversity/Professional Job Fair 10AM-3PM Westin DFW Airport, 4545 W. John Carpenter Frwy, Irving (972) 929-4500

July 31

1964 The Tribute (to Elvis) Bass Performance Hall, 4th and Calhoun Streets in Fort Worth, TX, 8 pm 817-212-4280

August 2

2009 Taste Dance: Addison Style! 2-4PM, Addison Conference Center, 15650 Addison Road, Addison TX 75001. Cost: Adults \$8, Seniors & Students \$6 and children under 6 FREE

August 5

Arlington Professional Diversity Career Fair, LaQuinta Inn, 825 N. Watson Road, Arlington, 10-2 p.m.

August 7

"Music under the Dome" features the live band of "MuziQue" 7pm to 11pm located at the African American Museum in the Historic Fair Park of Dallas, TX. The \$10 admission includes food, refreshments, and entrance to the extraordinary "George Washington Carver" exhibit. Parking is FREE. Info: 214 563 9026, www.aamdallas.org/, www.dallasalphas.com/

August 8

The Wiggles! Tour NOKIA Theatre 1:30 & 5:00 PM

August 19

What a Wonderful World fun-filled family day, 1-

4pm Amon Carter Museum

August 21-23

"The 3rd Annual Fort Worth MusicFest" featuring legendary billboard-topping bands, Morris Day and the Time, The Bar-Kays and The Zapp Band. This three-day outdoor music event will take place in Fort Worth. Tickets are \$15 per day until August 14, 2009. Kids under the age of 10 get in free. More info: www.fwmusicfestival.org or 817.923-9300.

August 28-30

Tulisoma South Dallas Book Fair & Arts Festival

Tulisoma, Swahili for "we read", is a community based literary festival promoting literacy and the arts. Speakers include Dallas DA Craig Watkins, poet Sonia Sanchez and romance author Evelyn Palfrey. The fair will be hosted at the African American Museum and other venues, visit www.tulisoma.com for more details and registration.

September 5-6

2009 City of Bedford Labor Day Blues & BBQ Festival a feast for the senses. The two-day event re-turns with an entertaining lineup of local talent, blues legends Buddy Guy and The Fabulous Thunderbirds and a \$10,000 barbecue cook-off. Gates open at 2 p.m. each day

September 10

The Plano City Council Neighborhood Roundtable - District 4, 7:00 p.m. - 9:00 p.m. at the Plano Sports Authority StarCenter, 6500 Preston Meadow, Plano, Texas 75024

October 27

Jobing.com Career Expo Will Rogers Coliseum, 3401 W. Lancaster, Ft. Worth, 12 p.m. - 5 p.m.

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Product of a botched abortion from an adulterous relationship... sexually abused by my stepfather... unsuccessfully accosted by a woman who portrayed herself as a man... abandoned, then betrayed, stalked, and slandered by my ex-husband, the biological father of my two children. In and out of motels and transitional housing apartments for three years; and nearly destroyed by spiritual manipulation from a pastor that I thought I could trust.

BY KENDRA ANORUE
IN HER OWN WORDS

My name is Kendra. I am a 36-year old woman on fire for God. I am not famous, nor do I wish to be. I don't have a college degree (not yet); I don't (not now anyway) drive a BMW - the car of my dreams, my family doesn't live in our new 4-bedroom Home of Faith (not yet), and I don't (not yet) make a six-figure annual income.

But, what I do have is the Favor of God, His mark on my life. I have Jesus in my life. I have the Word of God hidden in my heart. My family and I "lack no good thing." When I pray, God answers, but hardly ever in the way I expect. When I intercede for someone else, I see evidence of my prayers in their lives.

God is awesome! The One and Only TRUE God. Many have tried to imitate Him - all have failed to duplicate Him. The more I get to know Him, the more mind-boggling He becomes. I used to think that I wanted to know what He knew - I asked Him that ONE time, and I vowed never to ask it again. None of us will ever really understand His ways.

For years I went through a season of God-given prophetic dreams and visions, as vivid and detailed as I am. In the

midst of my "death walk" God showed me visions of being a motivational speaker/exhorter; taking in babies that others did not want or could not handle; prophesying; walking in a room and seeing demons flee. Speaking in front of a group of women and marrying a REAL man of God.

I didn't pull a Sarah or a Thomas, I had a combination of a Moses-Abraham reaction to hearing about possibilities while in my impossible state.

Along with the burdens of the living hell I knew I was in, God had the audacity to give me a burden of a ministry, a calling, a life's purpose.

I asked, "How could I be hurting for abused and neglected children when I had two of my own whose father didn't want them without me? What kind of woman was I with a desire to protect and love damaged women and single mothers that I saw, while being one myself?"

What made me focus on the needs of others while in prayer - yet when I got off my knees and opened my eyes; I was still in a one-room, infested motel with my six-year old daughter and newborn son?

When your season of reaping manifests, when God's smile and a spotlight shines on you, when your morning comes, all

you can do is weep and stand in awe.

On March 6, 2006 in Malaysia, I married my REAL Man of God, Bro. Festus Anorue. On March 18, 2009, I successfully completed The City of Dallas' Community Emer-



Kendra Anorue

gency Response Team (CERT) Training program.

On December 28, 2008, God lead us to our true Spiritual Leader, Elder Gregory Voss, Senior Pastor at Word of Life COGIC in Carrollton; he teach and preach the Word of God.

CERT training emphasizes personal accountability for self, family and community by stressing

the importance of personal preparedness and accountability.

Prior to an emergency, CERT members are expected to have an awareness of their own neighborhoods, and to pre-determine possible evacuation sites that will facilitate effective, safe and rapid response to emergencies.

During a major emergency, when first responders are unable to respond immediately, CERT team members: 1) Assume leadership roles and coordinate spontaneous volunteers. 2) Assess situations and properly brief emergency responders when they arrive. 3) Recognize the potential hazards associated with a particular type of event and take ap-

propriate action. 4) Assist others with the emotional distress associated with major emergencies and disaster conditions. 5) Administer first aid and/or triage casualties.

On June 26, 2009 I received certification to work with children from Court Appointed Special Advocates (CASA), my most sought-after goal, and the flagship of my

ministry. I completed 30 hours of Volunteer Basic Training as an advocate for the best interests of abused and neglected children in Dallas County.

CASA is always in need of volunteers and community support. One of the many ways individuals can help now is through the 13th annual Parade of Playhouses, benefiting Dallas CASA. It takes place August 7-August 23, at NorthPark Center.

Each year, generous supporters of CASA design, build and donate a child's dream playhouse. The playhouses are displayed throughout NorthPark Center where visitors have the opportunity to support CASA by purchasing raffle tickets for their chosen playhouse.

The winning tickets for each playhouse will be drawn during the event's closing ceremony on Sunday, August 23, 4:00 p.m. This year's raffle includes a garage with a real SmartCar!

God told me that I am, A woman on the move. If I am not involved or challenged, I am bored. I am now a take-charge, strong, detail-oriented, bold, and powerful wo-man of God.

A complete 180-degrees from what I was just five years ago! Look at what the Lord has done!

I am a Holy Ghost filled; tongue talking, Word-walking Daughter of Zion. A woman of virtue, integrity, wisdom, and faith. The wife of a wonderful man of God, that praises me, the mother of two children, a daughter, Akhrysta, a Honor Roll student who will be a Freshman at Creekview High School in Carrollton. Also son, Akhion, who will be in the 3rd Grade at Rainwater Elementary in Carrollton; they will "rise up and call me blessed."

I am a warfare intercessor that has humbly ac-

cepted the assignment of leader of the Women's Prayer Group at my church, Word of Life COGIC, we meet every Thursday morning at 6 am (You are invited to join us in prayer at 2765 Trinity Mills Road in Carrollton with Pastor Voss.)

I believe that I paid a HEFTY price to get where I am today. I am now waiting on God to give me a new car to use for my CASA assignments and my CASA babies, the finances I need to do His work, our new house, and I have a desire for a Back-to-School event in August. I believe that my church and our community will help sponsor some families that need help.

Are you where I used to be? Do you think that God has forgotten you? Trust me, He has not. We all must be tried as silver and gold. A seed only grows if it dies first. If you are not tested, you can't be trusted. Let the Lord complete His work in you. Jesus' sacrifice was not in vain - pick up your cross and follow Him. Know that your latter will be greater than your past. Forgive yourself! Renew your mind in the Word! Isaiah 54:2-5 says, "Enlarge the place of thy tent, and let them stretch forth the curtains of thine habitations:.. For thy Maker is thine husband; the Lord of hosts is His name; and thy redeemer the Holy One of Israel; The God of the whole earth shall He be called."

For more information Sis. Kendra Anorue can be reached at her email address: ANORUEKD@GMAIL.COM or meet her at CASA's on Saturday, August 8th from 9:30 am - 2 pm, and at CASA's closing ceremony on August 23, 2009, 4 pm at the NorthPark Center Shopping Mall (Central Expressway @ Northwest Highway.)

Maxwell Debuts At No. 1

Maxwell makes big news on the Billboard 200 albums chart, entering at No. 1 with "BLACKsummers'night" and a career-high sales week of 316,000. It's his second chart-topper. The singer's last set, 2001's "Now," also opened at No. 1 with a then-best 296,000 copies sold.

The "Hannah Montana" parade on the Billboard 200 continues as the TV soundtrack "Hannah Montana 3" bows at No. 2 with 137,000. Earlier this year, the "Hannah Montana: the Movie" film soundtrack started at No. 2 with 139,000. The first two "Hannah" TV soundtracks both reached No. 1 on the Billboard 200 back in 2006 and 2007, respectively.

Rock band All Time Low has its all-time high week as "Nothing Personal" enters at No. 4 on the Billboard 200 with 63,000. It's the group's best sales week

and highest charting album. The Hopeless Records' band took its last album, "So Wrong, It's Right," to No. 62 back in 2007.



As for the rest of the top 10 albums on the Billboard 200, the "Now 31" compilation slips two spots to No. 3 with 101,000 (down 41%), while the Black Eyed Peas' "The E.N.D." holds on at No. 5 with 63,000 (down 10%). Brad Paisley's "American Saturday Night"

falls four positions to No. 6 with 44,000 (down 66% in its second week) while Rob Thomas' "Cradlesong" also falls four rungs to No. 7 with 41,000 (down 66% in its sophomore frame). Taylor Swift's "Fearless" climbs three slots to No. 8 with 36,000 (up 1%), Eminem's "Relapse" stands still at No. 9 with 34,000 (down 12%) and Jonas Brothers' "Lines, Vines and Trying Times" slips two spots to No. 10 with 34,000 (down 19%).

Overall album sales in this past chart week (ending July 12) totaled 7.27 million units, up 4.5% compared to the sum last week (6.96 million) and down 0.75% compared to the same sales week of 2008 (7.33 million). Year to date album sales stand at 188.7 million, down 14% compared to the same total at this point last year (219.5 million).

Noises Off is Right On!



By
Rick Elina

An esteemed Roman philosopher once said, "There is no great genius without some touch of madness." Lucius Seneca, circa 60 AD, had no idea at the time, that his cogitative commentary would span the centuries, from the glory days of Imperial Rome right into the very heart of the Plano, Texas theatre scene. Teatro delle Muse and Sibling Revelry's presentation of *Noises Off* by Michael Frayn abounds with madness and is therefore nothing short of genius. What is it about insanity that makes us laugh? This brand of British craziness is not grounded in the clinical sort of psychosis that might be found in *One Flew Over the Cuckoo's Nest*. Rather, *Noises Off* is pandemic with a more commonplace strain

of lunacy, the variety that presents itself anytime two or more (or in this case 14) people are thrown together with secrets and self interests to protect. This is a play within a play with actors playing actors. The characters they portray and the subtextual story line are of little or no consequence. The audience is allowed to see the play unfold through a voyeuristic peephole. This veneer of reality provides a behind the scenes look at actors while in the process of acting. After all, isn't acting just living out one's insanity?

With a large cast, Director Jamey Jamison, masterfully choreographs *Noises Off* with the precision of a Swiss Watch. The movements of the characters are so well timed and seamless, that the show's many moments of slapstick never feel forced or contrived. Be prepared to laugh until you hurt, especially as Act III reaches the final crescendo of the

play's inevitable implosion. You will not be laughing alone.

Almost all of the actors remain on the stage (or thereabouts) during the entirety of the play. Normally, in such a large cast you would expect to find one or two actors that emerge as standouts. That's not the case here. The entire cast seems balanced, in terms of talent and comedic timing. As the story line progresses over several months, each cast member is convincing as an actor playing an actor that's been touring with this show for a long time. Their chemistry is apparent.

This show is a must see!

Noises Off runs through July 26, 2009 at the Art Centre Theatre, Plano, Texas. For Tickets or more information, visit TeatrodelMuse.us or NoisesOff.net.

Rick A. Elina is a playwright based in Plano, Texas and is the Theatre Critic for *The North Dallas Gazette*.



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Own a Business? Put Retirement Plan in Place

If you own a small business, you have a lot to think about: sales, expenses, marketing, cash flow, competition — the list goes on and on. However, by spending so much time on the issues of today, you may overlook the concerns of tomorrow. That's why, if you haven't already done so, you need to choose a retirement plan for your business.

Which plan is right for you? It depends on different factors, such as how many employees you have and how much you can afford to contribute each year. Let's take a look at some popular retirement plans for small businesses:

- **Owner-only 401(k)** — Also known as an individual 401(k), an owner-only 401(k) offers you many of the same advantages of a traditional 401(k): a range of investment options, tax-deductible contributions and tax-deferred earnings growth. You may even be able to choose a Roth option for your 401(k), which allows you to make after-tax contributions that can grow tax free. In 2009,

you can contribute up to \$49,000 to your owner-only 401(k) or \$54,500 if you're 50 or older. (To make deductible contributions for the 2009 tax year, you'll need to set up your plan by Dec. 31, 2009.)

- **Solo defined benefit plan** — You may have thought you had to work for a big company to participate in a traditional pension plan, also known as a defined benefit plan, but you can set one up for yourself if you're self-employed or own your own business. This plan has high contribution limits, which are determined by an actuarial calculation, and your contributions are typically tax-deductible.

- **SEP IRA** — If you have just a few employees or are self-employed with no employees, and you're looking for a low-cost, low-maintenance retirement

plan, you may want to consider a SEP IRA. You'll fund the plan with tax-deductible contributions, and you must cover all eligible employees. (Employees themselves cannot contribute.) You can contribute up to 25% of compensation (if you're an employee of your own corporation) or 20% of income if you are self-employed, up to \$49,000 annually. And you can fund your SEP IRA with virtually



any type of investment you choose.

- **SIMPLE IRA** — As its name suggests, a SIMPLE IRA is quite easy to set up and maintain, and it can be a good plan if your business has fewer than 10 employees.

As the business owner, you must contribute in one of two ways: a dollar-for-dollar match of up to 3% of

salary or a contribution of 2% of employees' salaries (up to \$4,900 per year). Employee contributions are tax-deductible, and your matching contributions are generally deductible as a business expense.

Still, while a SIMPLE IRA may be advantageous for your employees, it's less generous to you, as far as allowable contributions, than an owner-only 401(k), a defined benefit plan or a SEP IRA. For 2009, your annual contributions are generally limited to \$11,500, or \$14,000 if you're 50 or older by the end of the year. You can also make a matching contribution of up to 3% to yourself.

To determine which plan is best for you, consult with your tax advisor and a financial advisor who has experience with small businesses. But don't wait too long to get started — you're moving closer to retirement all the time.

Please contact me at roger.behymer@edward-jones.com or 972-542-7045 if you have any questions.

Toastmasters Club Excels In Economic Downturn

(NDG Wire) Toastronix, a member club of non-profit organization Toastmasters International has achieved the Distinguished President's Club for the third year in a row. The Distinguished President's Club award is the highest accomplishment a Toastmasters club can achieve. This is remarkable considering that many organizations are experiencing a contraction in their business. Perhaps now more than ever, adding value is critical, and Toastronix members recognize that Toastmasters adds value.

Although Toastronix has lost members due to layoffs, "new members

seeking to expand their speaking and leadership skills have joined the team," says Fred Hartgraves, the President of Toastronix. "We focused the club's recruiting efforts on strategies for how new members could improve their public speaking and presentation skills. Improving these skills, adds value to the workplace," Mr. Hartgraves says.

"In this tight economy, people are looking for ways to reinvent themselves or distinguish themselves from the competition," says Rick Edenkranz, the VP of Education at Toastronix. "There is no other organization avail-

able which can offer a member so many opportunities to improve their professional image for only \$6.00 a month," says Mr. Edenkranz.

Although there are many Toastmaster clubs throughout the area, "our new members are attracted to Toastronix because of extra amenities the club offers which other Toastmasters clubs in the area do not. Video recording and a weekly first-come-first-served third speaking slot, are but two unique amenities which Toastronix offers," says Mr. Hartgraves.

Toastmasters International is a non-profit organization founded in 1924 by

Dr. Ralph Smedley. Their focus is to provide the members tools to overcome their fear of public speaking. Improving presentation skills is also discussed.

Toastmasters International has over 250,000 members in 12,000 clubs worldwide and has motivational speaker Zig Ziglar, Tim Allen of movie fame, *Apollo 13* astronaut Jim Lovett, and Peter Coors of Coors Brewing Company among its many famous and celebrated alumni.

Toastronix is open to the public and meets every Monday at noon at the Tektronix building in Richardson 1500 N. Greenville, 75081.

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CEMETERY, continued from Page 1

pecting families for cash. As many as 300 graves may have been desecrated and the bodies dumped into a mass grave, police said, but Till's was not among them.

The cemetery is owned by Tucson, Arizona-based Perpetua Inc. The scheme unraveled after authorities received a tip from a cemetery worker who was not in-

volved.

"All of us who were working on this for the last week were pretty distraught," Cook County Sheriff Tom Dat said. "You start with the premise of your own loved ones and how they are cared for after they are buried, but there is also a true significance to this particular cemetery."

A lawsuit filed on behalf of one of the families seeks appropriate reburial and damages for emotional distress.

"There should be ... a special place in hell for these graveyard thieves," said the Rev. Jesse Jackson, who appeared with authorities at a press conference at the cemetery Thursday.

Till, a Chicago native,

was kidnapped and murdered after he allegedly flirted with a White woman during a summer visit to Mississippi. Till's mother famously insisted on an open casket funeral to display her son's mutilated face.

Simeon Wright, a cousin of the slain teenager, said his family learned recently that the casket that once held their

late relative had been discarded and neglected at the cemetery.

The casket that originally held Till's body was replaced after his body was exhumed in 2005 as part an investigation his death. As is customary following exhumation, the body was placed in another coffin for reburial.

The Chicago Tribune reported that Till's relatives want a civil rights museum to take possession of the casket to keep it properly preserved.

In addition to Till, others buried at Burr Oak include jazz legend Dinah Washington, blues producer Willie Dixon and pianist Otis Spann.

TWITTER, continued from Page 6

phone. I had started following this person and I began receiving text all day long about random thing like 'I'm about to take a nap' and such, so I blocked the persons' tweets from coming to me."

While users like Ward are looking to market products, others are using Twitter as a social network, and while it can be momentarily annoying to receive business updates when you are social networking or social updates when you are business networking, the problem is simple to rec-

tify.

The first thing a user will want to do is decide what they are using Twitter for; marketing or social networking. Next the user will gain and create a followship based on purposes for subscribing to Twitter.

There are many ways to gain a followship too. Most Twitter users give out their Twitter information as contact information, but users also participate in the meme like #FollowFriday (where users recommend other Twit-

ter users in mass tweets on Fridays).

North Dallas Gazette asked Ward if there was money to be made by using Twitter and she cheerfully responded, "I think so. I think that if you are using this for promotional purpose or trying to market yourself, you can make money by gaining followers, or in my business-clients."

One very active community on Twitter are authors, publishing companies and readers. In fact, one author

recently disclosed her publisher contractionally required her to create and participate on Facebook and Twitter. Avid users of the social media networks can offer the best brand buzz. For those reason, companies such as Whole Foods, Sprinkles Cupcakes, Borders Books, Chik-Fil-A are rewarding customers with Twitter only specials or news.

Another key element of success for Twitter which has gained national attention is the site's ability to provide in-


stant news that spreads wilder than fire. The news of the election protests in Iran were available as they happened last month, with mainstream coverage coming several hours later.

This resulted in a great deal of discussion regarding the role of social media in the evolution of news coverage. It is rare to find any major publication, blog or news network that does not have a Twitter account. Many Journalists even have individual Twitter accounts.

Is Twitter better for social or marketing and promotional networking? This is all a matter of preference.

What is apparent is that the network is generating plenty of attention and even more users-some social and some marketing and promoting themselves.

Whether a user is tweeting to connect with old friends or meet new clients, it cannot hurt-after all the service is free. For more information about Twitter visit www.twitter.com.



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TWC Adds \$1 Million in Federal Funds to Apprenticeship Training Program

The Texas Workforce Commission (TWC) has added \$1 million to its Apprenticeship Training Program to prepare Texas workers for occupations in high-demand skilled trades. The additional funding from the U.S. Department of Labor Workforce Investment Act brings the total amount available for TWC registered apprenticeship training programs to \$2.6 million for Fiscal Year (FY) 2010.

The TWC Apprenticeship Training Program combines structured on-the-job training with related classroom instruction. Apprentices who successfully complete a registered apprenticeship training program can become certified and skilled journey workers. The program supported training for more than 4,000 apprentices in FY 2009.

"By increasing the funding for our apprenticeship program, we are able to prepare more workers in high-

demand skilled trades," said TWC Commissioner Representing Labor Ronny Congleton. "Apprenticeship is an outstanding training program, and I'm extremely pleased that we are able to expand."

Occupations supported by the TWC Apprenticeship Training Program include aircraft manufacturing, auto tech specialists, carpenters, cement masons, electricians, engine maintenance mechanics, iron workers, millwrights, painters, plumber, pipefitters and sheet metal workers.

TWC provides funds to

local public educational institutions to support the costs of related classroom instruction in registered apprenticeship training programs. For more information regarding class-

room instruction for adults in registered apprenticeship training programs, contact the TWC at apprenticeship@twc.state.tx.us or (512) 936-3059.

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Church Happenings

AVENUE F CHURCH OF CHRIST July 22-26, 7:30 pm

Join us for our Homecoming & Gospel Meeting with Minister Shelton Gibbs, III of Greenville Avenue Church of Christ Church. Our Wednesday through Saturdays' Musical begins @ 5 pm. Sunday's Bible study time is 9:45 am; Worship Service is 10:45 am and Fellowship meal is from 1 pm to 2:15 pm followed by our afternoon worship at 2:30 pm. Call 972-423-8833 for details.

Brother Ramon Hodridge,
Senior Minister
1026 Avenue F
Plano, TX 75074
972-423-8833

C. D. DIXON MINISTRIES

August 6 & 7, 7:30 pm

Join us for "The Prophetic Voice Speaks in 2009 with Apostle C. D. Dixon @ God's Tabernacle of Deliverance Event Center, 1020 E. Pleasant Run Road, Desoto, TX 75115.

Apostle C. D. Dixon
Founder
1020 E. Pleasant Run Rd.
Desoto, TX 75115
214-398-0340 (Church)

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Monday - Friday

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July 22-24, 2009

We will have our Vacation Bible School, come and bring the children.

July 31, 7 pm-10:30 pm

Calling all youth to our Gen-Ex Youth Explosion "Born to Worship" @ the Allen Civic Auditorium. There will be food, fellowship, fun and worship.

Rev. W. L. Stafford, Sr.
M.Div., Senior Pastor
1550 Edelweiss
(Sunday Worship Location)
200 Belmont Drive
(Church Address)
Allen, TX 75013
972-359-9956

FIRST BAPTIST CHURCH OF HAMILTON PARK

July 19, 6 pm

Agape Ministry presents the play "Chains" a play by Cleveland McLeish.

Dr. Gregory Foster,
Senior Pastor
Rev. Anthony Foster
Pastor
300 Phillips Street
Richardson, TX 75081
972-235-4235

FRIEND-WEST BAPTIST CHURCH August 20 - November, 2009

Come to our "Preparing for Marriage" Course. Registration is now through August 2. Call the church for schedule, fees, class days and time, etc.

Dr. Frederick Haynes, III
Senior Pastor

2020 W. Wheatland Road
Dallas, TX 75232
972-228-5200

GRACE MISSIONARY BAPTIST CHURCH August 7 - 9, 2009

Don't miss our FREE Back-to-School Gospel Explosion III, "Just the Beginning." Friday night Music is from 7-10 pm with various church choirs, B Holy, Da Chosen One, Monae Miller, RJ & Group, a church mime dancers and Adrian Peace. Saturday is our Health & Safety Fair from 10 am - 2 pm. And Sunday is "Raise the Praise" Service at 4 pm, our Youth Minister brings the message.

Rev. Maurice Floyd,
Senior Pastor
1602 College Parkway
Lewisville, TX 75077

GREENVILLE AVENUE CHURCH OF CHRIST August 1, 2009

Come to our Community Health Fair. For details call 972-816-3367.

Brother S.T.W. Gibbs, III
Senior Minister
1013 S. Greenville Avenue
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972-644-2335

HOUSE OF REFUGE WORSHIP CENTER July 19, 9:45 am

Join us for Worship Service this Sunday.

Rev. Randall Cain
Senior Pastor
2540 Avenue K, Suite 300

(New Worship Location)
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Plano, TX 75074
972-294-9368

OAK CLIFF BIBLE FELLOWSHIP July 24 & 25, 8:30 am - 4 pm

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Dr. Tony Evans, Sr.
Senior Pastor
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SANCTUARY OF PRAISE FELLOWSHIP July 16, 7:30 pm

Join us every Thursday for an "Hour of Power" Prayer and Worship and Bible study for all ages.

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say a little prayer
and jump right back in there.

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Over the years I have learned things that helped me on my life's journey. Here are two that I pray that you will be able to use.

Is Your Priorities Straight?



An expert in time management was speaking to a group of students and to drive home a point, he used an illustration those students probably will never forget.

As he stood in front of the group of high-powered overachievers he said, "Okay, time for a quiz," the expert pulled out a one-gallon mason jar and set it on the table in front of him. He also produced about a dozen fist-sized rocks and carefully placed them, one at a time, into the jar. When the jar could hold no more rocks, he asked, "Is this jar full?" Everyone in the class yelled, "Yes." The time management expert replied, "Really?"

He reached under the table and pulled out a bucket of gravel. He dumped some gravel in and shook the jar causing pieces of gravel to work themselves down into the spaces between the fist-sized rocks. He then asked the students once more, "Is the jar full?" By this time the class was on to him. "Probably not," one of them answered.

Good!" he replied. He reached under the table and brought out a bucket of sand. He started dumping the sand in the jar and it went into all of the spaces left between the rocks and the gravel.

Once more he asked the question, "Is this jar full?" "No!" the class shouted. Once again he said, "Good."

first, you'll never get them in at all.

What are the "big" rocks in your life—time with your loved ones, your faith, your education, your dreams, a worthy cause, teaching or mentoring others?"

Remember to put the BIG ROCKS in first or you'll never get them in at all." So, when you are re-

say to yourself, I have two choices today. I can choose to look at the positive side of a situation or I can choose to look at the negative side. Let your choice be the positive side.

Each time something bad happens, you can choose to be a victim or you can choose to learn from it. Learn something! When someone comes to you complaining, you can choose to accept their complaining or you can point out the positive side of the situation. Let your choice be to see the positive side of it.

Life is all about choices. Every situation is a choice. It's your choice how you react to situations. You choose how people affect your mood. You choose to be in a good or a bad mood. The bottom line: It's your choice how you live your life.

Make positive choices about life instead of reacting to it. Choose to live your life to its full potential. Attitude, after all, is everything.

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough troubles of its own." Just think, today is the tomorrow you worried about yesterday.

"He that diligently seeketh good procureth favor: but he that seeketh mischief, it shall come unto him."

Proverbs 11:27

Then he grabbed a pitcher of water and began to pour it in until the jar was filled to the brim.

He looked at the class and asked, "What is the point of this illustration?" One eager beaver raised his hand and said, "The point is, no matter how full your schedule is if you try hard enough you can always fit more things in it!" No," the expert replied, "That's not the point." The truth that this illustration teaches us is: If you don't put the big rocks in

flecting on this story, ask yourself this question: What are the "big rocks" in my life? Then put those in your jar first. — Author Unknown

"He that diligently seeketh good procureth favor: but he that seeketh mischief, it shall come unto him." Proverbs 11:27

Choose The Positive Side: Are you a natural motivator? If an individual was having a bad day, do you tell him or her to look on the positive side of the situation?

Each morning you can



Cousins: Nathaniel Tarpley, Jr. and Jarrell Tarpley at a family function celebrating life.

St. John Baptist Church Historic Dedication

(NDG Wire) The City of Carrollton and the Historic Preservation Advisory Committee will recognize St. John Baptist Church as the oldest African-American Baptist church in Carrollton. Representatives from both the City and the Advisory Committee will dedicate a local historical marker at 10 a.m. on Saturday, July 18.

St. John was designated historic by Carrollton City Council on March 24, 2009. The marker will officially recognize this designation.

During slavery, Negroes attended churches with their masters, many times to care for their children. After the Civil War, they were not allowed to attend church with white people.

This congregation formed circa 1890 with the original name "St. John Missionary Baptist Church" in response to this segregation. Site donated by Rev. Myers

of Carrollton. It took several years for congregation to acquire funds to purchase the building, which originally sat at the corner of Crosby Road and IH-35E.

Building purchased in 1921 from Fannie Mae Bush for \$250, payable in \$25 installments. Building remodeled in 1953 to add foyer and restrooms, rebuilt in 2005 with community volunteers and donations to remedy significant dilapidation and structural defects. Building re-dedicated on January 6, 2007.

This site was once part of a vibrant, if modest, black neighborhood in south Carrollton. Services have been held continuously since 1921 except during rebuild-

ing. For more historical information on the church or regarding the event, please contact Christopher Barton at 972-466-3040.



Ramon Hodridge, Minister

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Morning Worship-11:00 a.m.

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Wednesday
Morning Bible Study - 9:30 a.m.
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Sunday School 9:45 am - 10:45 am
Wednesday Bible Study ... 12:00 noon & 7:30 pm

Office Hours

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Tuesday, Wednesday & Thursday ... 9:00 am - 6:00 pm
Saturday & Sunday Closed

Contact Info:

Mt. Pisgah Missionary Baptist Church
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Letting Your Heritage Show



(NDG Wire) Schere, LLC a new Home Accessory Company has launched a new line of bathroom accessories in honor of President Barack Obama. This sleek and stylish shower curtain pays tribute to history, heritage and change.

The "Obama Shower Curtain" is made of 100% polyester, which is eco friendly product and easy to care for. It is designed in a collage of newspaper articles from across the globe in shades of black, white and gray of the historic Election Day on November 4, 2008, with a highlighted silhouette of President

Obama. This shower curtain speaks volume with a design that is hip, modern and sophisticated. A collectible gift for people of all ages.

Schere's owner Stephen Gilmore has merged history and art, in an artisan way with this new product, which can be purchased on-line at www.schereinc.com.

Schere is the result of Gilmore's 15-year dream of creating bathroom accessories inspired with art and ethnic designs. Schere's mission is to "Let Your Heritage Show", by paying tribute to the love of Art and honoring History.

What a great conversation piece to be inspired through art, ethnicities and history featured on shower curtains and bathroom accessories. Mr. Gilmore placed 3rd place in the *Black Enterprise Magazine-Elevator Pitch Competition* in May 2008.

Gilmore's diligence and perseverance has paid off. Schere is certainly on its way to becoming a trend-setter throughout households across America. Schere is taking home accessories to historic heights.

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Morning Worship
7:30 am & 10:30 am
9:00 am Sunday School

Monday Service
Men's Ministry 7:00 pm
Women's Ministry 7:00 pm
Young Adult Ministry 7:00 pm

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Intercessory Prayer 6:15 pm
Bible Study 7:00 pm



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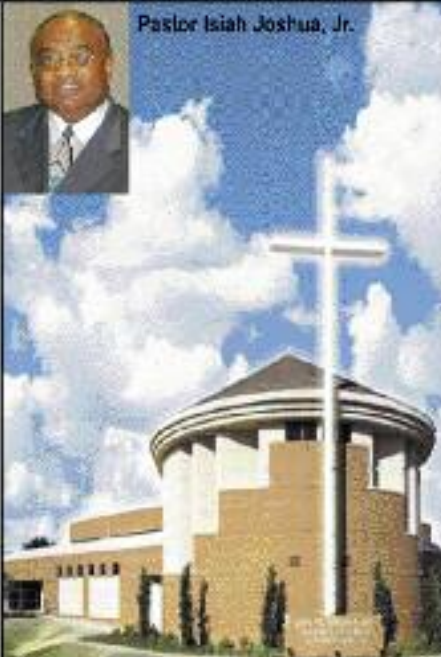
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Tuesday	7PM Bible Study & Men's Choir
Wednesday	7PM Mid-Week Service
Thursday	7PM Mass Choir

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