

# North Dallas Gazette

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## Reminder: TXU energy's summer moratorium on disconnects still in effect

*Customers must contact TXU Energy to sign up or special, more flexible payment plans*

(NDG Wire) As the hottest weather of the summer approaches us this week across Texas, remember the TXU has a summer

moratorium on disconnects are still effect and customers can still call us to sign up for this program. Customers must contact

TXU Energy at (800) 242-9113 to notify the company of their needs and to sign up for special, more flexible deferred payment

plans. These measures are in effect July 1 through September 30, 2010.

On May 5, TXU En-

See MORATORIUM, Page 11

## Cooper Wellness Offers Tips for Sticking With an Exercise Program



See PROGRAM, Page 9

## Time Warner Cable adds D210.TV, to texas channel

*Series created, produced by DFW resident, Vernon Hadnot*



Vernon Hadnot

(NDG Wire) Time Warner Cable has recently added *D210.tv*, a locally-produced and minority-owned cutting edge and fast-paced video/magazine show, to its lineup of exciting shows airing on its Texas

Channel.

The brainchild of Vernon Hadnot, a Wylie resident and Austin native, *D210.tv* is a 30-minute broadcast show that delivers entertainment, fashion, sports and community charity events to its

viewers while focusing on positive images and role models for today's young adults.

"This is an exciting time for *D210.tv* and our viewers," Hadnot, who is the first

See CABLE, Page 15



*The deal between Friendship West and terminated secretary collapses.*

For more information see pg. 7  
[www.northdallasgazette.com](http://www.northdallasgazette.com)

## Enough Already... Pay Black Farmers

BY GARY L. FLOWERS (NNPA) "When will we be paid for the work we've done" - The Staples Singers

The history of the Black farmer in the United States of America has been a "tough row to hoe." During the period of slavery Black farmers were considered property by law and thus had no legal rights. Following the end of the Civil War the question of what to do with confiscated Confed-

erate lands owned by slaveholders was a critical issue for President Abraham Lincoln. While Senators Charles Sumner and Thaddeus Stevens had argued for years to redistribute lands to newly-freed African Americans president Lincoln dispatched Secretary of War Edwin Stanton to discuss the issue with General William Tecumseh Sherman who had just suc-

See FARMERS, Page 3

## Viva Dallas! Hispanic Expo features new quinceañera and novia pavilion

(NDG Wire) The more than 30,000 Dallas area Hispanics expected to attend the Eighth Annual Viva Dallas! Hispanic Expo Aug. 7 and 8 will have access to hundreds of vendors and service providers to learn more

about health, education, green living and plan for a quinceañera or wedding.

In addition to the health and wellness, education and green pavilions popular in past years, visitors this year will have access to more than 250 vendors that

offer everything from decorations and dresses to cakes and music for a very special quinceañera or wedding.

The expo, presented by Chase Bank, will take place from 9 a.m. to 6 p.m. Saturday, Aug. 7, and from 10



See EXPO, Page 11

## INSIDE...

People In The News	2
Op/Ed	3
Health	4
Community News	5
Education	6
Cover Story	9
Arts & Entertainment	10
Business	11
Career Opportunity	13
Church Happenings	14
Sister Tarpley	15

## People In The News...



Walter B. Jones, Jr.



Cheryl Dorsey



Emmett D. Carson, Ph.D.

See Page 2

## Walter B. Jones, Jr.

(NDG Wire) A Dallas councilman and an executive with Parkland Health and Hospital System highlight speakers at the fourth annual Project Management Symposium, the largest of its kind in



North Texas.

The PM Symposium, Aug. 12 and Aug. 13, at the School of Management on The University of Texas at Dallas campus, offers up to 16 professional development units (PDUs) for practitioners.

Speaking to the project managers at 10 a.m. on Thursday, Aug. 12, will be Walter B. Jones Jr., the senior vice president for facilities at Parkland Health and Hospital System. His responsibilities

run from the nuts and bolts of construction and renovation to the strategic vision of the healthcare system. Parkland is in the midst of raising funds to replace the current hospital, built in 1954, with a new state-of-the-art facility. The \$150 million capital campaign will contribute to the \$1.27 billion project in an unprecedented public-private partnership.

At 8:30 a.m. on Friday, Aug. 13, David A. Neumann, chairman of the Dallas City Council's Trinity River Corridor Project Committee, will talk to symposium partici-

pants about his role in keeping tabs on this decades-long public works project for the City Council. The multi-agency, multidisciplinary development ([www.trinityrivercorridor.com](http://www.trinityrivercorridor.com) and [www.trinityrivercorridor.org/html/planning\\_development.html](http://www.trinityrivercorridor.org/html/planning_development.html)) encompasses flood protection, recreation, environmental restoration, economic development and transportation projects. Neumann serves as the City Council's point man overseeing the projects, progress and public funding.

"These are two dynamic individuals who are on the

forefront of redesigning Dallas into a 21st century city — one that reflects the best technology as well as the best natural resource management," says Jim Joiner, who will be introducing the speakers. Joiner, former Project Management program director at UT Dallas, is reprising his role as symposium host.

Also speaking will be Miles Shepherd, chairman of the International Project Management Association's executive board, and Francisco Székely, director of the Center for Responsible Busi-

ness and Sustainability at the School of Management. Speaking at 2:45 p.m. on Friday, Aug. 13, Shepherd will be talking about the effort to develop global project management standards. At 8:45 a.m. on Thursday, Aug. 12, Székely will talk about the need to embrace sustainability in order to maximize an organization's competitiveness while diminishing risks and costs.

Cost to attend the two-day program is \$500 (discounts apply for PMI members). Information is at [pm-symposium.utdallas.edu](http://pm-symposium.utdallas.edu).

## Cheryl Dorsey

An accomplished social entrepreneur with expertise in health care, labor issues, and public policy, Cheryl Dorsey was named President of Echoing Green in May 2002. She is the first Echoing Green Fellow to lead this global nonprofit, which has awarded more than \$28 million in start-up capital to over 450 social entrepreneurs worldwide since 1987.

In 1992, while training to be a pediatrician at Harvard Medical School, she

received an Echoing Green Fellowship. With it, she launched the Family Van, a community-based mobile health unit that provides basic health care and outreach services to at-risk residents of inner-city Boston neighborhoods.

As a public policy innovator, Dorsey served as a White House Fellow from 1997-1998, serving as Special Assistant to the U.S. Secretary of Labor, advising the Clinton Administration on health care and



other issues. She was later named Special Assistant to the Director of the Women's Bureau of the U.S. Labor Department, where she helped develop family-friendly workplace policies and spearheaded

the labor secretary's pay equity initiative.

Dorsey was most recently appointed Vice-Chair of the President's Commission on White House Fellowships, after serving as a team member of the Innovation and Civil Society subgroup of the Obama Presidential Transition's Technology, Innovation, and Government Reform Policy Working Group.

She was named one of "America's Best Leaders" in 2009 by US News & World Report and the Center for Public Leadership at

Harvard Kennedy School. Dorsey is a 2006 Henry Crown Fellow through the Aspen Institute, a 2007 Prime Movers Fellow through the Hunt Alternatives Fund, and a member of the John F. Kennedy School of Government's Visiting Committee.

Dorsey has received numerous awards and honors for her commitment to public service, including 2009 U.S. News America's Best Leader, the John C. Whitehead Social Enterprise Award, Pfizer Roerig History of Medicine Award, the Robert Kennedy Distin-

guished Public Service Award and the Manuel C. Carballo Memorial Prize.

Dorsey was featured on *The Non-Profit Times* 2010 Top 50 Power & Influence list.

She holds a B.A. in History and Science from Harvard-Radcliffe Colleges, an M.D. from the Harvard Medical School and an M.P.P. from the John F. Kennedy School of Government. She writes and speaks widely on minority affairs, social justice, social entrepreneurship, and maternal and child health issues.

## Emmett D. Carson, Ph.D.

Emmett D. Carson, Ph.D., is President and CEO of Silicon Valley Community Foundation (SVCF), a leading voice and catalyst for innovative solutions to the region's most challenging problems.

Prior to his appointment at SVCF in August 2006, Dr. Carson served for 12



years as president and CEO of The Minneapolis Foundation, where he pioneered several community initiatives and increased assets from \$186 million to over \$600 million. Previously, he served as the first manager of the Ford Foundation's worldwide grant making program on philanthropy and the nonprofit sector. He also has worked for the Joint Center for Political and Economic Studies and the Congressional Research Service.

Dr. Carson is internationally recognized as a catalyst for progressive social change. A renowned speaker, he has published

over 75 works on philanthropy and social justice. He also serves on several nonprofit boards, including the Blue Cross Blue Shield of Minnesota, Southern Education Foundation, and the University of Minnesota's Humphrey Institute of Public Policy. He briefly served on the board of The Synergos Institute in 2006. Dr. Carson is the recipient of several nonprofit leadership awards and has been recognized several times by *The Nonprofit Times* as one of the 50 most influential nonprofit leaders in the United States.

SVCF was created in July 2006 through the landmark merger of Peninsula Community Foundation and Community Foundation Silicon Valley, and launched in January 2007. Thousands of

individuals, families, corporations, nonprofit and government organizations, and community leaders work with SVCF to address critical needs and make an impact through effective programs and inspired philanthropy.

Dr. Carson has conducted workshops on endowment building for non-governmental organizations in southern Africa and participated in international efforts to develop best practices within the field of philanthropy. He has received numerous awards, including honorary degrees from Indiana University, Morehouse College and The National Hispanic University.

Dr. Carson was featured on *The Non-Profit Times* 2010 Top 50 Power & Influence list.

A native of Chicago, Dr. Carson received both his master's and Ph.D. degrees

in public and international affairs from Princeton University and his bachelor's degree in economics, Phi

Beta Kappa, from Morehouse College. He is married to Jacqueline Cope-land-Carson, Ph.D.

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The North Dallas Gazette, formerly Minority Opportunity News, was founded July, 1991, by Jim Bochum and Thurman R. Jones

# New office of minority and women inclusion offers hope for economic parity

BY CHARLENE CROWELL

Despite the civil rights legislation of the 1960s and the affirmative action programs that began in the 1970s, in 2010 race and equality remain a hot-button issue in America. From President Barack Obama's 'beer summit last year, to the U.S. Justice Department's challenge to Arizona's immigration law, and the more recent Shirley Sherrod incident -- race is still a stain on the promises made in this country's founding documents.

The newly-created Office of Minority and Women Inclusion, Section 342 of the historic Dodd-Frank Wall Street Reform bill, will ensure equal employment opportunity and racial, ethnic and gender diversity. It will also work to increase the participation of minority-owned and women-owned businesses in the programs and con-

tracts of each agency; and develop standards within each agency to assess diversity policies and practices in each federal financial agency, the 12 regional banks of the Federal Reserve, and the Fed Board of Governors.

The new office has also begun to attract coverage by main stream news outlets and conservative pundits alike. Over the past week, MSNBC host Ed Schulz and Politico.com have covered the creation of the new office. There are also voices who contend that the office will trigger a new trend of discrimination. Ironically, that position is held by a majority of the U.S. Civil Rights Commissioners.

Thankfully, organizations that joined California Congresswoman Maxine Waters in the push to provide access and economic parity to people of color are

now speaking to why the office is not only good for minorities and women, but the country as well.

In a July 28 Politico.com report, Gary Acosta, co-founder of the National Association of Hispanic Real Estate Professionals, and Marc Morial, president of the National Urban League shared their hopes for the new office.

"It is arguably the best part of the bill," said Acosta. "Inclusion is a good thing, always. And sometimes we have to be compelled to make changes."

Speaking to the expected benefits, Morial told Politico.com, "This statute means business -- you can no longer pay lip service and [play] pretend games."

Morial is absolutely correct.

Earlier this year, this column shared the nation's growing racial wealth gap that Brandeis University

found to be four-fold between blacks and whites. Even among African-Americans who have worked in well-paying jobs, a wealth gap still exists when compared to their peers in the workforce.

Earlier in 2006, I developed an investigative report on the State of Michigan's affirmative action programs spanning two gubernatorial administrations. My detailed review of data from the Michigan Department of Management and Budget found that even with affirmative action, the state's \$7.9 billion contracting opportunities only offered two percent or \$143.8 million to women and minority businesses. Moreover, among Michigan's minority groups, the only minority that fared worse than African-Americans in state contracting were disabled business-

See INCLUSION Page 4

## FARMERS, continued from Page 1

cessfully marched federal troops through the south defeating Confederates.

On January 12, 1866 Secretary Stanton, General Sherman, and twenty African American leaders met in Savannah, Georgia and agreed Special Field Order Number 15 or the "40 acres and a mule" order. The Field Order called for the redistribution of over 400,000 acres of land—from Charleston, SC through the Sea Islands of Georgia to Florida—to Black farmers.

However, after the Hayes-Tilden Compromise of 1877 the government began to renege on its promise of land to Black farmers.

Black farmers have been fighting for justice since the Civil War. In owning their own land Black farmers were empowered while southern Whites were embittered.

Many members of the Tea Party are descendants of southern whites whose Confederate land was redistributed by the federal government to African Americans. By 1920, there were over 1 million Black farmers.

However, many were forced into "sharecropping" arrangements where they worked the land and "settled up" with White landowners at the end of the year. Predictably, no matter how much they produced Black farmers usually "owed" the landowner money.

The discriminatory system of sharecropping lasted well into the 1970's in some parts of the south. Today are less than 25,000 Black farmers.

Failed government promises and racial discrimination have decimated their numbers. In 1995, the National Black Farmers As-

sociation was founded in Virginia to assist African American farmers retain their land. The Black Farmers Association worked with academic projects such as the Land Lost Prevention Project at North Carolina Central University School of Law to legally advocate on behalf of Black farmers. In 1996, a class-action lawsuit was filed against the United States Department of Agriculture in *Pigford v. Glickman* or "Pigford 1".

The lawsuit alleged racial discrimination in the Farm Service Agency's credit and non-credit programs between 1981 and 1996. Pigford 1 was settled with the agreement that Black farmers would receive payment. Not until 2008 did the United States Congress appropriate 100 million in the 2008 Farm Bill. As of July 2010 no money had been paid.

This week, however, the United States Senate finally is considering passing with unanimous consent a bill that will finally pay 1.25 Billion dollars to Black farmers. Under the payout "Track A" will provide quick relief of up to \$50,000 for credit claims or \$30,000 for non-credit claims, plus debt relief and payment of taxes.

The Obama Administration is on the case. Farmers with questions concerning application process should contact the Office of the Assistant Secretary for Civil Rights at the United States Department of Agriculture on 202.720.3808. On behalf of all Black farmers who have waited or have died waiting for payment, enough already...pay Black farmers!

Gary Flowers is executive director & CEO of Black Leadership Forum, Inc.

## Texas Health Dallas recognized for minimally-invasive women's surgeries

### Hospital named academic center of excellence for leading-edge gynecological surgery

(NDG Wire) Texas Health Presbyterian Hospital Dallas is the first hospital in Texas -- and one of only three in the United States -- to be named a Center of Excellence for gynecological surgery by the American Institute for Minimally Invasive Surgery

(AIMIS).

The recognition is being given to Texas Health Dallas for its high volume of minimally-invasive women's surgeries and superior patient outcomes.

"Being named a center of excellence is exciting, but it's most rewarding to

know we're doing what's best for patients," said Dr. David Bookout, Texas Health Dallas' chairman of obstetrics and gynecology. "The physicians on the medical staff pioneered many of these laparoscopic techniques, and they're committed to it because of

the benefits to patients."

Minimally-invasive techniques at Texas Health Dallas include laparoscopic and robotic surgeries for various medical conditions. During laparoscopic procedures, surgeons use tiny probes to operate inside the patient's abdomen; a cam-

era is inserted through a third incision. The AIMIS Center of Excellence designation recognizes Texas Health Dallas for excellence in various women's surgeries, most notably laparoscopic hysterectomies.

"Minimally invasive surgery usually means

shorter hospital stays and quicker recoveries for patients," said Dr. John Bertrand, an OB-GYN on the hospital's medical staff. "Thanks to these advancements, women can get back on their feet and back to their regular lives much quicker."

## Free Health Screenings by Methodist on August 17

(NDG Wire) Free health screenings will be sponsored by Methodist Health System on Tuesday, Aug. 17, at Golden Cross Academic Clinic, 122 W. Colorado Blvd, adjacent to Methodist

Dallas Medical Center.

Screenings will be from 5:30 to 7:30 p.m. and will include prostate blood test, cholesterol, sugar, triglycerides, and the (DRE) digital rectal exam.

These screenings are limited to once per year per person. Fasting is not necessary. Appointments are recommended.

To schedule an appointment, please call 214 947-4647.

## INCLUSION, continued from Page 3

people. Businesses owned by women, Asian-Americans and Latinos all fared better.

Today, Wall Street and high finance are perhaps one of the last bastions where minorities have yet

to gain widespread participation.

Congresswoman Waters had the vision and the political fortitude to ensure that the future of Wall Street will be different than its past. Progressive forces

must now remain watchful and vigilant to ensure that intent is met with actual practice.

Without economic parity we will never be truly free.

## Leaving kids in cars: dangerous, unnecessary—and against the law

BY TEXAS HEALTH & HUMAN SERVICES

Did you know a child's body heats up three to five times faster than yours when exposed to the same temperature? It's a major reason why seven Texas kids have died in the past five months after being locked in overheated cars—almost a third of the 23 deaths nationwide.

Johnny Humphreys, manager of the Texas Department of State Health Services (DSHS) Safe Riders program, says our blazing summer heat should be a rock-solid argument against leaving children alone in a car. But there are plenty more.

"For one thing, it's against state law to leave a child unattended in a locked car for more than five minutes, even with a window partially open," Humphreys said.

"Our position is, simply, don't do it under any circumstances. It's just too great a risk."

Another reason not to lock children in cars is that it's impossible to judge heat danger based on a thermometer reading. "You've heard of the greenhouse ef-

fect? Well, the same thing can happen inside a locked car," Humphreys explained. Heat comes in easily through the windows then gets contained there. Temperatures can rise incredibly fast."

According to the Texas Department of Family and Protective Services' See and Save child safety program, it takes only 10 minutes for the temperature to reach 100 in a locked car on a mild 75-degree day.

Dr. Lauri Kalanges, the medical director of DSHS' Health Promotion and Chronic Disease Section, said this can especially deadly for children. Their bodies get hot faster than an adult's because they're less efficient at dissipating heat through sweat, blood flow to the skin and vascular dilation.

Parental risk taking isn't the only factor in children's hyperthermia (overheating) deaths, Humphreys noted. Since 1998, more than half of the 467 American kids who died from heat-related causes in cars were left there by adult caregivers who just plain forgot about them. Many others gained entry to an unlocked vehicle

and became trapped inside.

Most of these tragic incidents could be prevented by a few simple precautions recommended by Safe Riders:

- Teach kids never to play in empty cars.
- Keep car doors locked at all times and store keys out of children's reach.
- Lock doors and trunks immediately after everyone has exited the vehicle.
- If you're carrying a

child in your back seat, put an important personal item such as your cell phone, briefcase or purse in front of him or her. This will ensure that you see the child before you leave the car.

- Set alarms on your cell phone and office computer to be sure you dropped your child off at day care. (Many accidental deaths happen when parents forget to drop a child off and instead go straight to work, leaving the child in

their car.) To double cover yourself, ask daycare employees to call you at work if you're even a few minutes later than usual.

- If a child turns up missing, make empty cars in the vicinity — including

trunks — the first places you search.

Finally, although parents and other adult caregivers are the best defense against accidental hyper-

See CARS, Page 12

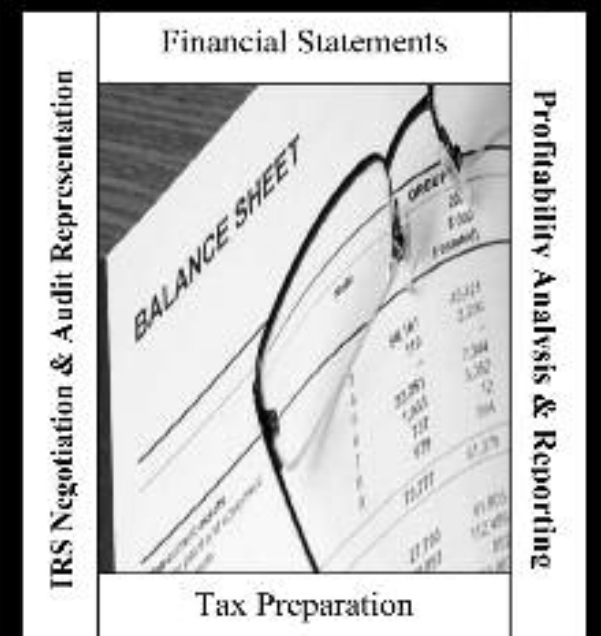
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## Concert fundraiser for Haiti

(NDG Wire) Locrian String Ensemble and the Royal Academy of Music join forces again with a new commissioned work which will honor the lives lost in the Haiti and Chile earthquakes. The composition is titled 'Earthquake Elegy' and includes sections of the respective national anthems. Composer Thomas Oehler, Manson Fellow of the Royal Academy of Music, whose works have been performed by the likes of the London

Sinfonietta has been commissioned to compose this "lush and somber" masterpiece. This composition will be

played in sync with a video montage of footage and images of the devastation that occurred. The evening celebrates its close ties with the Royal Academy of Music; the violist, Marcus Pyle, is a current student.

Locrian String Ensemble is not new to philanthropy. This is the fourth annual concert hosted by the LSE with donations benefiting the March of Dimes Organization. However, in light of the recent events, a portion of the

proceeds will also be sent to Haiti and Chile along with a recording of the „Earthquake Elegy”

which will be sent directly to the US Embassies. Also on the program are works spotlighting North and South America including Dvorak's 'American' String Quartet, Adagio for Strings by Samuel Barber, 'Company' String Quartet by Philip Glass, assorted tangos and selections from West Side Story. This unique program marks the return of the Locrian String Ensemble from the Hot Springs Music Festival as well as celebrates the centennial of Samuel Barber's birth.

For further information, call 214-668-9791 or go to [www.locrianstrings.webs.com](http://www.locrianstrings.webs.com).

## Irving library fundraiser at Barnes & Noble

(NDG Wire) Visit Barnes & Noble to support Irving Public Library during the Bookfair Voucher Weekend from August 6 through 8. The voucher to be presented at checkout is available by visiting the li-

brary's website. A percentage of your Barnes & Noble purchases will benefit Irving Public Library and Irving's Big Read.

The two participating Barnes and Noble locations are at Irving Mall at the cor-

ner of 183 and Belt Line Road, and in Las Colinas at 7615 N. MacArthur Blvd.

To support the library online, visit [bn.com/bookfairs](http://bn.com/bookfairs) and enter ID 10256238 at checkout.

## Girl's conference in Ft. Worth

(NDG Wire) Each year, almost 750,000 teenage girls/women ages 15-19 become pregnant. The numbers are alarming for young women who are a part of human trafficking as well. As adults, it is imperative to create opportunities to educate, support and encourage young women to make

wise, healthy choices that will serve as a positive foundation for their future. An upcoming Girls Conference that will equip young ladies for success!

The conference is for girls in 7th-12th grade to help them explore and define their personal values and to build skills that em-

power them with confidence and courage to make wise choices. The conference will be held in Fort Worth on September 10. If you or your company would like to be involved, email [info@shineonpurpose.org](mailto:info@shineonpurpose.org).

## Dallas lawyers answer legal questions – FREE!

(NDG Wire) Volunteer attorneys will answer legal questions at no cost from 5:30 p.m. to 8 p.m. on Wednesday, August 11 and Wednesday, August 18, via LegalLine, a call-in program sponsored by the Dallas Bar Association.

LegalLine is a community service for Texas residents, provided the second

and third Wednesdays of each month. On these designated nights, anonymous lawyers are available to answer questions in many law-related areas ranging from divorce and child support matters, to wills, insurance, employment and criminal law matters.

Residents needing assistance should call

LegalLine at (214) 220-7476 from 5:30 p.m. to 8 p.m. on Wednesday, August 11 or Wednesday, August 18.

Individuals may also receive referrals to local, legal, or social service agencies. LegalLine volunteer attorneys typically answer between 50 and 90 calls each night.

## Civic Center to host Oncor public outreach meeting

(NDG Wire) Oncor will be hosting an "Ask Oncor" event in August at the Richardson Civic Center to provide better access to people who have questions about the company.

"Ask Oncor" is a new public outreach program de-

signed by the electricity provider to explain facets of the utility business and the way it operates in our community. High-level Oncor managers and executives will attend and be available to personally answer questions and address concerns. Food

and door prizes are also being provided at the event.

Everyone is invited to participate at the meeting which will be held August 24, 2010 from noon until 2 p.m. at the Grand Hall in the Richardson Civic Center located at 411 West Arapaho.

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- Kids Activities
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**Date:** Saturday, August 14, 2010  
**Time:** 10am—4pm  
**Location:** Richardson Civic Center  
411 W. Arapaho Rd  
Richardson, TX 75080  
**Cost:** \$5 admission (Career Fair is Free)

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## Congresswoman Johnson supports academically-based social studies curriculum for public schools

(NDG Wire) Congresswoman Eddie Bernice Johnson has introduced a resolution (H. Res. 1593) that supports academically-based social studies curriculum standards for the nation's public schools. This bill was introduced in response to the Texas State Board of

Education's recently approved curriculum standards for social studies. After months of discussion regarding the curriculum this May, the Texas State Board of Education disregarded many academically-based recommendations and approved politically-biased

standards that are outside of mainstream scholarship.

"Whether or not one agrees with these particular ideas, they represent a view that is outside the mainstream of academic and historic scholarship," said Congresswoman Johnson. "They were not added by

experts and historians, but politicians. While it is fine to examine the many philosophical beliefs of the American people, it must be done in a balanced and responsible way."

Due to the size and influence of the Texas textbook market, curriculum

standards adopted in Texas have long exerted a strong influence on public school textbooks used around the United States.

"The politicization of public school social studies curriculum in Texas has garnered national attention. It represents a dangerous

precedent of skewed and selective historical perspective that could be replicated in any state. It should not be up to any politician to write history, rather teachers and experts in the field should be utilized to determine standards of curriculum," said Congresswoman Johnson.

### Back-to-School Teen Conference registration ends soon

(NDG Wire) Registration ends August 14 for the Sixth Annual Teen Leadership Purpose and Destiny Conference to be held Saturday, August 21, 2010, at the Collin County Community College Spring Creek Campus, 2800 E. Spring Creek Parkway, Plano, 8:30 a.m. - 3:30 p.m. Registration is required and space is limited. The conference is free and lunch will be provided.

The conference offers workshops with solutions for issues that many of today's teens face. Those topics include: College Preparation tips, Goal Setting, Money Management, Time Management, Communication Skills, Conflict Resolution, Peer Pressure Solutions, and Character Building.

"This Conference prepares teens for future as they actively engage in the training workshops. The

walk away with tools and resources that build their self-esteem and provide a plan to set goals for the future." Navolia Bryant, Executive Director of Training for Excellence.

Although registration is open until August 14, seats are limited. Registrations received by August 1, are entered into a drawing for a Wii. Register online at [www.trainingforexcellence.net](http://www.trainingforexcellence.net).

### Preliminary State Report Indicates High Ratings for Plano ISD

(NDG Wire) In preliminary school district accountability rating information released from the Texas Education Agency (TEA) last week, the Plano Independent School District rated Exemplary on all 25 academic indicators.

The "all students" group maintains an Exemplary rating in all five content areas (Reading - 98%, Writing - 99%, Social Studies - 100%, Mathematics - 97% and Science - 97%). At the campus level, 34 schools received an Exemplary rating, 26 were rated Recognized and 4 Academically Accept-

able.

"Expressing the pride I feel for our students and their accomplishments and the great efforts of our staff is simply a joy. This accountability rating is but one measure of our campuses and our district as a whole, and we realize its significance," said Dr. Doug Otto, superintendent of schools.

"Earning the anticipated Recognized rating will further indicate that Plano ISD is a place for learners and we are about student success. I congratulate our hard working staff, students and parents for being prepared

and for a job well done."

TEA will submit the final accountability report to the district in October. District and school ratings are computed by the Texas state accountability model that uses standards and guidelines established by TEA. Ratings are based on student performance on state tests, middle school dropout rates and high school completion rates.

The district anticipates a rating of Recognized for the 2009-10 school year. District and campus information is available on the TEA website.

### McKinney ISD earns Recognized Rating from State

(NDG Wire) McKinney ISD has earned the Recognized rating from the Texas Education Agency. Along with the district earning Recognized status, 96 percent of McKinney ISD campuses earned either Recognized or Exemplary ratings.

The most significant achievement was the overall growth for campuses and individual student groups. McKinney ISD students improved in every content area and in every student group.

Most encouraging were the gains made by the district's underrepresented populations, particularly economically disadvantaged students. Approximately 1 in 4 students in McKinney ISD is consid-

ered economically disadvantaged.

"This is a testament to the hard work of students and teachers," stated Dr. J.D. Kennedy, Superintendent of Schools.

"We are pleased with the results, but this is only one of many measures we use to determine how well our students are performing."

The District was also pleased to learn that McKinney High School shed the Unacceptable rating received last year, due to coding errors, and also received a Recognized rating.

"McKinney High School was tripped up last year by its completion rate which, admittedly, caught us by surprise," said Dr. Kennedy. "This past year an

aggressive and comprehensive dropout prevention plan was implemented, staff was dedicated to this charge, and efforts were expanded to extend the learning.

Overall, McKinney ISD also saw significant growth in both math and science. Elementary campuses performed exceptionally well and all but one McKinney ISD elementary campus earned the Recognized or Exemplary rating.

In addition, middle schools and high schools increased performance overall and each received a rating of Recognized. McKinney North High School missed the Exemplary rating by less than a dozen students.

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# The Women's Center delivers as a summer baby boom hits Sunnyvale

## *There were 110 births recorded in July and 15 so far in August*

(NDG Wire) Maybe it was the July heat or maybe it was just a particularly amorous October.

Whatever the reason, a baby boom hit in July and the stork was a more-than-

frequent visitor to The Women's Center at Texas Regional Medical Center at Sunnyvale.

A total of 110 babies entered the world in July with help of medical staff at The

Women's Center. That's 47 girls and 63 boys, and includes two sets of twins.

The previous record was 84 babies born in May.

The Women's Center opened earlier this year, delivering its first baby March 15.

The center includes a 10-bed baby nursery with the latest technology, eight private labor and delivery rooms, nine private postpartum rooms and a specific room for C-sections.

"With this baby boom, we are more than confident that the hospital will reach and exceed its

goal of delivering 815 babies in 2010," said Julie Martin, TRMC-Sunnyvale's director of business development. "The babies just keep coming."

The Women's Center had recorded 365 babies born as of 8 a.m. Aug. 2.

Jeanna Robbins-Armstrong of Lancaster, whose first child, Sean ZaKariah Armstrong, arrived July 28 and whose birth was 100th recorded for July, said she and her husband, Terry Armstrong, chose to deliver at The Women's Center after taking a tour of the hospital. The baby arrived a few weeks early, but is a healthy 6 pounds, 10.5 ounces.

"When Sean grows up, it will be nice to show him that he was part of something like this," Robbins-Armstrong said.

"It's a new beginning for everyone."

Texas Regional Medical

Center at Sunnyvale is a 70-bed hospital committed to offering the finest medical services to those in eastern Dallas County, Rockwall County and the surrounding communities.

The center offers well-

trained physicians, nurses and other medical professionals, as well as a full array of state-of-the-art medical equipment and a growing list of medical services.



*Terry Armstrong and Jeanna Robbins-Armstrong of Lancaster are proud parents of Sean ZaKariah Armstrong, the 100th baby born at Texas Regional Medical Center at Sunnyvale in July. The hospital, which opened The Women's Center earlier this year, is experiencing a baby boom.*

## The deal between Friendship West and terminated secretary collapses

BY RUTH FERGUSON  
NDG EDITOR

Last month in hopes of avoiding an ugly day in court, Friendship West Baptist Church reached a tentative agreement with Elizabeth Payne, the terminated secretary over her wrongful termination lawsuit.

However, on this week Susan Hutchinson, a lawyer representing Payne informed U.S. District Judge Jane Boyle the settlement between the two parties had fallen apart.

The only reason provided was the inability to reach an agreement regarding non-monetary provisions.

The matter was originally scheduled to go to trial on July 19, but on July 14 a settlement was announced.

Payne worked as an executive-assistant to Rev. Freddie Haynes for only seven months before she was fired in August 2008.

She alleges she was fired when church officials discovered she was exchanging sexually related emails with Rev. Jeremiah Wright and racism by the primarily African American staff. Payne is Hispanic.

The church however indicates racism was not a factor and they did not know anything about the email exchanges with Rev. Wright prior to Payne's firing. They maintain she was fired because of poor performance.

If the matter proceeds to court, the emails will be made public when entered as evidence during the trial.

Rev. Wright and Payne



*Rev. Jeremiah Wright*

met during one of his appearances at Friendship West, where he frequently appears due to his close relationship with Rev. Haynes.

During the 2008 presidential election, Rev. Wright was at the center of a firestorm surrounding

then Senator Barack Obama as a result of sermon clips discovered on YouTube.

Eventually Sen. Obama distanced himself from Rev. Wright and his family withdrew their membership from Trinity United Church of Christ.

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**Every Tuesday**

The Irving Public Library invites families to enjoy stories and music in both English and Spanish. **Family bilingual storytimes** are offered at 11 a.m. Tuesdays at the East Branch Library, 440 S. Nursery Road, and at 7:30 p.m. Thursdays at the Central Library, 801 W. Irving Blvd. For more information, call 972-721-2458.

**Ongoing**

**African American Republican Club of Collin County** meets 3rd Tuesday of every month at 7 pm. (Doors open at 6:30 pm.) Collin County Republican Party HQ, 8416 Stacy Rd., McKinney. Call Linda Wynn Drain, 214-498-7574 or website [www.aarcc.com](http://www.aarcc.com)

**Collin County Black Chamber of Commerce**, CCBCC General Meetings, 2nd Thursday of every month at 6:30pm. Call 469-424-1020 or email: [info@CCBlackChamber.org](mailto:info@CCBlackChamber.org) for location.

**DFW Financially Empowered Women** meet monthly for lunch or dinner and a fun, informative seminar on various financial topics. Info: 469-942-0809 or [meeetup.com/378](http://meeetup.com/378).

**Group Business Seminars** at 4907 Spring Avenue, Dallas, (214) 11:30 a.m. 12:30 p.m.; 3rd Friday of the month 11:30 a.m. to 12:30 p.m. for those interested in starting your own business, it is a Brown Bag Lunch with Free Parking

**No Limit Network Business Networking Lunch** 1st Thursday at 1 pm in Plano Must RSVP at [www.TheNoLimitNetwork.com](http://www.TheNoLimitNetwork.com)

LimitNetwork.com or 972-898-5882.

**The National Business Women Enterprise Network (NBWEN) Learning Over Lunch Series:** 4th Saturdays, 11am-1pm, Remarkable Affairs Cafe, 2727 LBJ Fwy., Suite 140, Dallas. \$20 for members; \$35 for non-members, \$5 off for early bird registration. <http://nbwenorg.ning.com>.

**North Dallas Texas Democratic Women Regular Meetings** 4th Thursday, 6:45 p.m. Northaven United Methodist Church, 11211 Preston Rd (between Forest & Royal Lanes).

**Target Second Saturdays at Latino Cultural Center** On the second Saturday of every month family-friendly activities celebrating Latino arts and culture. Come in for one hour, or stay the whole day.

**Target Second Saturdays at Latino Cultural Center** On the second Saturday of every month family-friendly activities celebrating Latino arts and culture. Come in for one hour, or stay the whole day.

**Business Empowerment Sessions.** Learn to grow a successful small business. 1st Thursday of each month at Christian Chapel Temple of Faith, 14120 Noel Rd., Dallas. Call 214-942-6698 for details.

**How to start a business.** Free sessions on getting started the right way. Sessions held the last Monday of each month. Call The PLAN Fund for details 214-942-6698.

**Thru August 8**

**Ringling Bros. and Barnum & Bailey®** at the American Airlines Center

**Thru Aug. 28**

**Mesquite Championship Rodeo** Every Friday and Sat-

urday night in 2010 (thru August 28th) thousands of visitors will witness the thrills of the original western sport: the rodeo! Families with children can enjoy face painting, cowboy autographs, visit the western store, eat at the BBQ pavilion or experience either a pony ride or petting zoo. The rodeo will open with an exciting new laser show followed by all the rodeo events: Bull Riding, Saddle Bronc Riding, Bareback Riding, Barrel Racing, Tie-Down Roping, Steer Wrestling, and Team Roping. Visit [www.mesquiterodeo.com](http://www.mesquiterodeo.com) for more information.

**Thru September 5**

**Constructive Spirit: Abstract Art in South and North America, 1920s-1950s** at the AMon Carter Museum of Art [www.cartermuseum.org/exhibitions](http://www.cartermuseum.org/exhibitions)

**Thru Sept. 6**

**Gaylord Texan Summer-Fest Wonderland Adventure** brings to life author Lewis Carroll's original vision of the magical place called Wonderland. Guests will enjoy fun-filled exhibits, performances and games for both the young and the young at heart! Journey Down The Rabbit Hole 3-D Black Light Maze, PHOTO with ALICE and the Cheshire Cat, Rock Band Bar Nights, wine and cheese tastings, family dive in movies, fireworks and more. Visit [www.gaylordhotels.com](http://www.gaylordhotels.com) for more information.

**Thru November 7**

**Amon Carter Museum's Ansel Adams: Eloquent Light** features 40 photographs by the artist. Admission to the Carter is free.

**August 5**

**14th annual Mayor's Back To School Fair**, presented by Walmart and Sam's Club, on Thursday, August 5, from 8 a.m. - 3 p.m. at Fair Park. Free and open to the public,

the Mayor's Back To School Fair is a one-stop shop providing school supplies to students who meet specific eligibility requirements, plus free services, information and entertainment for everyone.

**August 7**

**In Business 2 Win** are FREE Entrepreneur Expo & Workshops from 9 a.m. - 2 p.m. at the Commings Community Center located at 2976 Cummings.

**August 13-14**

**The 15th Annual Summer Homeschool Conference** features educational seminars, opportunity to network with other Homeschool parents, and explore the latest educational tools, products, and services. Info: [www.NTHEN.org](http://www.NTHEN.org) or 972-772-7798.

**August 14**

**Career Fair at the 6th annual No Limit Women's Expo** 10:00 a.m. - 4:00 p.m. at the Richardson Civic Center, 411 W. Arapaho Rd, Richardson. Admission to the Career Fair is free for job seekers. General admission to the other activities at the expo is \$5 or \$3 with a canned food donation benefiting the North Texas Food Bank.

**Entrepreneur Training** from 9 a.m. to 6 p.m. at Christian Chapel Temple of Faith, 14120 Noel Rd., Dallas, \$45.00; free for low income. Register at [www.planfund.org](http://www.planfund.org) or call 214-942-6698. Info: Tarsha at [tpolk@planfund.org](mailto:tpolk@planfund.org)

**August 16-22**

**KRLD Restaurant Week** presented by Central Market. Get acquainted with DFW's hottest menus, while supporting local restaurants and charities. Summer dining deal features three-course prix fixe meals priced at only \$35/person (tax, tip and drinks billed separately).

Reservations required. Founded by KRLD Radio, the 13th annual promo benefits the North Texas Food Bank in Dallas and the Lena Pope Home in Fort Worth (\$7 of each meal goes to charity). See [www.krld.com](http://www.krld.com) for more details.

**August 17**

**Southwest Learning Summit & Exposition** explores the latest training and development tools and products and hear recognized speakers on a variety of current, hot topics including social media and employee engagement. Breakfast Event only \$25; \$80 for ASTD members / \$100 non-members walk-ins on August 17 (no lunch guaranteed). Info: contact Chapter Administrator: [info@dallasastd.org](mailto:info@dallasastd.org), 972-755-0956 [www.dallasastd.org](http://www.dallasastd.org).

**August 20 - 21**

**Women of Faith's 2010 event, Imagine.** This 2-day event is to imagine what it would be like if the God who created us was willing and able to provide exactly what we need. Why would He do that? Because He loves us. He loves YOU. Imagine that. Imagine having two days focused on God and His love for you. Info: [womenof-faith.com](http://womenof-faith.com)

**September 3 - 7**

Dallas D.A.N.C.E. Swing Competition welcomes you to attend the biggest and most exciting **Swing dance competition** in the country on Labor Day Weekend. Held at the Fairmont Hotel and Towers in Dallas, this event features a 5,000 sq. ft. dance floor, colored skyline backdrop, projection TV monitors, superb sound system, and open seating at cozy 18" wide tables that allow close-up viewing of all the competitions. Details at [www.dallasdance.com](http://www.dallasdance.com).

**September 10**

**9th annual Freedom Run & Festival** will be staged in the Dallas City Hall Plaza.

The Attacks of September 11, 2001 were intended to divide our country through fear and intimidation. The Freedom Run not only pays tribute to the victims and heroes of that fateful day, but also to boldly declare that our nation is even stronger today. Our response is LET FREEDOM RUN. Bring the whole family and celebrate Freedom together! Dallas Police Department will have S.W.A.T. vehicles, police horses, fire truck and police officers on hand distributing identification kits for children. Details @ [www.thefreedomrun.com](http://www.thefreedomrun.com).

**September 11**

Texas Publisher's Association is hosting the **Black Publisher's Luncheon** at the Courtyard Marriott - 2383 Stemmons Trail, Dallas Northwest Highway at Stemmons and I35E at 12:00 noon. The Honorable Senator Roy West is the speaker for the occasion.

**October 2 - January 2, 2011**

**American Modern: Abbott, Evans, Bourke-White** at the AMon Carter Museum of Art [www.cartermuseum.org/exhibitions](http://www.cartermuseum.org/exhibitions)

**October 23**

**2010 C.C. Rousseau Scholarship Black and Gold Gala** at 7 p.m. at the Sheraton Hotel (Downtown Dallas). Tickets are \$65.00 per person or \$650 per table. This is a Black Tie event. : [DallasAlphas.com](http://DallasAlphas.com) or : [jabari156@gmail.com](mailto:jabari156@gmail.com)

**November 12-13**

The Ricardo Miller Children's Ministries are hosting the 2nd Annual Children's Ministry Symposium, a city-wide meeting for Children's Pastors, Children's Workers, Coordinators, and individuals interested in being trained in Children's Ministry. The CMS will be held November 12-13 at Pathway of Life Church in Dallas. [www.richadomiller.com](http://www.richadomiller.com)

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# Cooper Wellness Offers Tips for Sticking With an Exercise Program

*Irregular stop-and-start programs are counterproductive, Cooper experts say*

(NDG Wire) At some point, you may have started a diet-and-exercise plan with the best of intentions, only to abandon it several weeks later because you pushed yourself too fast and hard. During healthy stay-overs at Cooper Wellness, certified trainers explain how to stick with an exercise program over the long haul.

Losing interest weeks after starting a program can occur if early results don't meet high expectations. Lack of patience and discipline, particularly when it comes to working out in a gym, are other reasons.

Results can't be forced, and a new regimen may be inconvenient or even uncomfortable. Exercise programs started after New Year's often fall by the wayside before February.

"The best exercise plans and diets let you ramp up slowly, to get accustomed to change gradually," says Todd Whitthorne, executive director at Cooper Wellness.

"It may take six or eight

weeks before you start to see real results." He adds that you need to stay focused during that time, and don't want to get into a stop-and-start pattern.

A study by the Lawrence Berkeley National Laboratory in California found that weight gained during an exercise hiatus can be tough to shed when activity is resumed at a later date.

The study, conducted by the lab's Life Sciences Division, revealed that the key to staying trim is to stay active year-round.

Dr. Kenneth Cooper, founder of The Cooper Institute, advises starting a fitness program slowly and speeding it up gradually. Accept the fact that it will take time, he says. That way you will avoid injuries that can result from beginning too fast.

Think of fitness as a journey, not a destination, he advises. Since people get out of shape over time, it takes a while to become fit again.

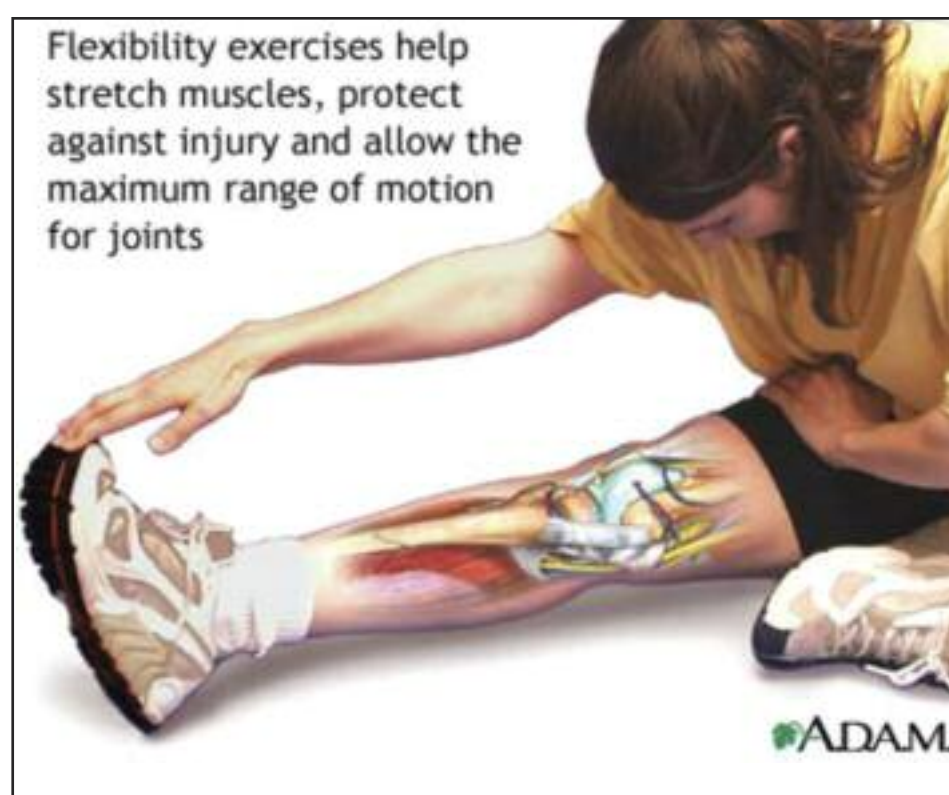
Weeks into an exercise

program, some individuals feel better and may see their clothes become a little looser. Their workout performance improves. But after a while, doing the same routine at the same intensity doesn't produce the same results and can feel monotonous.

"If an exercise regime becomes a chore, you've probably hit a plateau, and then it's time to mix up the routine with cross training," says Susie Kania, exercise physiologist at Cooper Wellness. Cross training methods like stair-stepping, taking a spinning class, hiking or swimming, can relieve the boredom.

"In your workout, include types of activities that achieve similar results," advises Dr. Riva Rahl, medical director at Cooper Wellness.

"If you're doing a cardio workout, you could start with an exercise class followed by jogging on the treadmill," she says. Or, during the week, alternate by days. You might bike on Monday and Wednesday



and work out on equipment the other days.

"Try different machines or outdoor sports to use muscles in different ways," she says.

Kania says another tip is to focus all your attention on the exercise in order to keep at it. Using "pre-suggestion" techniques, you can accomplish almost anything, she says. "Tell yourself: I'm going to do this as well as I can. I'm not going to think or worry about anything else for the next ten minutes." The mind instructs the body to get going with the exercise at hand.

Someone who has taken time to start a fitness program has already shown that they're interested, Kania says. But the fire to work out must be kept alive, and it can be fueled by concentrating on the health benefits of exercise. By regularly practicing pre-suggestion techniques and reminding yourself of the many benefits of working out, you should start to enjoy exercising more.

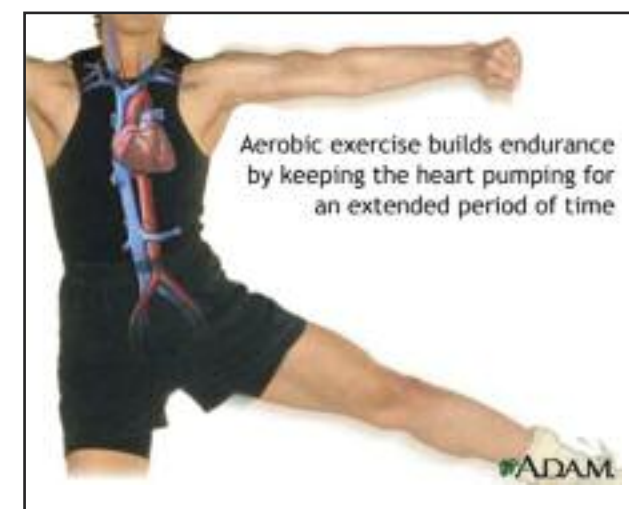
Whitthorne says an in-

dividual's performance should not be compared to that of others in a gym, on a track or in the pool. "People join fitness programs for various reasons," he says. "And you don't know how long others have been coming to the gym. It can be discouraging to compare your own physique with those of long-time regulars."

To keep motivated, it helps to notice any recent changes in your body and muscles as the weeks progress. But don't get discouraged if you're not the

size or shape you want to be, Cooper Wellness trainers say. And keep a record of your progress, noting dates and times. Facts to include in your record are the ease with which a movement can be done, the number of times an exercise can be performed without tiring, and changes in your weight or muscle measurements.

Remember, too, that finding the time to exercise may call for alerting family members and employers about your plans and soliciting their cooperation.





## Garland Civic Theatre to present *My Cousin Rachel*

(NDG Wire) The first MainStage production of Garland Civic Theatre's 2010-2011 season will be a staging of Daphne du Maurier's best selling novel, *My Cousin Rachel*.

This enchanting story is set in a great house in Cornwall which has been inherited by young Philip Ashley on the death of his uncle and surrogate father. His uncle had gone to Rome, married a young Italian widow of short acquaintance and then died under mysterious circumstances.

The widow, "cousin" Rachel, comes to visit Philip and her charm and grace soon wins her friends and the ardent devotion of Philip himself. As his attraction for the alluring Rachel increases, Philip's health declines, confirming

to him the fear that Rachel is actually poisoning him. The mounting tension leads to the famous twist ending which leaves nagging doubts as to where guilt and evil should fairly be assigned.

*My Cousin Rachel* was adapted for the stage by Diana Morgan. The theatre's Artistic Director, Kyle McClaran, is directing the production and designing the costumes and the set and the light design is by Catherine Montgomery. The cast includes Brandon Simmons as Phillip Ashley, Evelyn Davis as Rachel Ashley, Gregory Phillips as Kendall, Kristin DiFrancesco as Louise, Daniel Anderson as Antonio Rainaldi, and Emily Hunt as Mrs. Secombe.

The production will run

Friday through Sunday, August 20 – September 11, 2010 with Thursday performances on August 19 and 26 at the Granville Arts Center, 300 North 5th Street in downtown Garland. Call the Arts Center Box Office at 972-205-2790 for tickets.

All tickets are \$20 which includes service fee. There are discounts available for KERA members and groups of 10 or more. Tickets for the preview on August 19 are \$15. Note that Thursday performances are at 7:30 PM, Friday and Saturday evenings are at 8:00 PM, and matinees are at 2:30 PM.

Visit the GCT website at [www.garlandcivictheatre.org](http://www.garlandcivictheatre.org) or call 972-485-8884 for additional information.

## Amon Carter Museum Adds 'of American Art' to Its Name

(NDG Wire) Museum Director Ron Tyler announces that the Amon Carter Museum has modified its name: the longtime institution is now known as the Amon Carter Museum of American Art.

"The museum was established in 1961 to house Amon G. Carter's collection of paintings and sculpture by Frederic Remington and Charles M. Russell, the two greatest artists of the American West," Tyler says. "But from the beginning, the Amon G. Carter Foundation and the Carter family intended the museum to be a vibrant and evolving institution.

"Mitchell A. Wilder, the museum's first director, believed the history of American art could be interpreted as the history of artists working on successive frontiers, both geographic and artistic. The Carter's mission would 'no longer be limited to western art,' he said in an interview in

1967. Indeed, 'to understand the West,' he said, 'the East must also be studied.' In this new spirit of collecting, the museum acquired that year the modern masterpiece *Blips and Ifs* (1964) by Stuart Davis, and

the museum's holdings have continued to grow since then in fascinating ways."

The museum now houses 300,000 objects, in-

See MUSEUM, Page 12

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## UT Dallas grad's photos win awards for quirkiness

(NDG Wire) Photographer Carlo Zinzi only recently graduated from The University of Texas at Dallas with an MFA in Arts and Technology (ATEC), but he is already making his mark on the art world with his surreal take on Americana.

Zinzi, who imbues his work with a sense of humor and whimsy, was awarded the Juror's Selection Award in Consumption, an exhibition that ran this month at The Center for Fine Art Photography in Colorado. The winning image, *Resort*, depicts a hot dog, a recurring theme in Zinzi's work, soaring through a garden.

"The current series I am working on, *Thru*, involves floating and levitating fast food," Zinzi

said. "It is an attempt to give hot dogs and hamburgers a second chance."

"Seeking to subvert the status of the iconic hot dog, I wanted to re-translate the metaphors imbued in what we eat, like tiny edible narratives. We need more stories about food that don't involve hospitals and doctors. I discovered that my attempt to create a violently whimsical commentary of American imagery was actually more of a process for me to deconstruct a cultural legacy," Zinzi said.



Carlos Zinzi's current series of photos revolves around floating and levitating fast food.

Zinzi's work was also accepted in the Houston Center for Photography's 28th Annual Juried Membership Exhibition, which is on view through Aug. 22.



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## Thirteen area Chambers of Commerce partner to present Small Business Summit on September 9

(NDG Wire) Chambers from across North Texas including the Greater Irving-Las Colinas Chamber have announced their partnership in an event focused on small business development.

The second Annual Breakfast of Champions, sponsored by Sam's Club, will take place September 9 at the Sheraton Grand Hotel DFW Airport North.

The event features a

keynote presentation by Ken Yancey Jr., CEO of SCORE, a national free and confidential business mentoring organization. Yancey will speak on topics such as entrepreneurship, nonprofit management, small business trends and mentoring. Additionally, breakout sessions will focus on the health care bill and its impact on small business, avoiding costly HR mistakes and using social

media for business success.

"It is estimated that there are more than 65,000 small businesses in North Texas and their success is vitally important to the health of our local economy," said Chris Wallace, President / CEO of the Greater Irving-Las Colinas Chamber and Vice Chair of the North Texas Chamber of Commerce Executives. "There was a real need within the North Texas

business community for a summit that addresses the needs of our region's small businesses.

With Mr. Yancey's expertise and with the outstanding breakout sessions we have lined up, the Breakfast of Champions fulfills this critical need."

The thirteen participating chambers represent the communities of Allen, Arlington, Coppell, Grapevine, Irving-Las Colinas,

Lewisville, Richardson, Rowlett and Weatherford. Additionally, the Canadian-American Chamber of Commerce, the German-American Chamber of Commerce, the Irving Hispanic Chamber and the U.S. / Mexico Chamber of Commerce are participating.

Sponsorship opportunities are available and sponsoring companies will receive a number of benefits including a display-ready,

custom Wheaties box with their company or logo on the front if received by August 20.

Individual tickets are \$45 and are available via the calendar page at [www.irvingchamber.com](http://www.irvingchamber.com).

To learn more about this event and for sponsorship opportunities, contact Nancy Brown at 214-217-8486 or [nbrown@irvingchamber.com](mailto:nbrown@irvingchamber.com).

## EXPO, continued from Page 1

a.m. to 5 p.m. Sunday, Aug. 8, at the Dallas Market Hall. Information will be available in English and Spanish.

"Viva Dallas Hispanic Expo is the premier event in the metroplex for Hispanics who want to learn about the latest products the market has to offer in everything from health to green construction," said Rick Ortiz, chairman of the board of the Greater Dallas Hispanic Chamber of Commerce. "This year, we are including a pavilion that is very important to the culture and traditions of the Hispanic community everywhere—the quinceañera and novia pavilion. We are proud to be able to include this important rite of passage to our community in Viva Dallas!, making it a truly family event."

In addition to the quinceañera and novia pavilion, hundreds of exhibitors in a variety of fields in the Health and Wellness Pavilion, Green Pavilion, and the Education Pavilion will provide visitors with free health screenings, information on higher education, information on environmentally friendly cleaning products, office supplies, and more.

Expo visitors will be able to get valuable tips on how to make their homes more energy efficient and what they can do to help the environment at the Re-

gional Hispanic Contractors Association Going Green Pavilion. Exhibitors will have information on environment-friendly construction supply companies, eco ideas for the home, recycling, energy savings, water conservation, going green in the bathroom, transportation, environment-friendly cleaning products, and much more.

In the Education Pavilion, sponsored by The University of Texas at Arlington, families will have the opportunity to speak directly with college and university representatives, who can answer their questions about admission requirements, scholarships, financial aid, and housing. School district representatives also will be on-hand to talk to students and parents about how to be successful in middle and high school and how to make a smooth transition to college.

Expo visitors will be able to receive free mammograms and breast health information, participate in a blood drive, view exercise demonstrations on stage, and receive vision, spinal, kidney and dental screenings and many other tests from physicians from area medical centers like The University of Texas Southwestern Medical Center—Dallas, Baylor Health Care System, Carter BloodCare, Baylor College of Dentistry, American Cancer So-

ciety, American Heart Association, Children's Hospital, American Red Cross, D/FW Area Health Education Center, the Dallas County Affiliate of the Susan G. Komen

Breast Cancer Foundation, Methodist Health Systems, Metrocare Services, National Kidney Foundation of North Texas, North Texas Poison Center, YMCA and YWCA of Metropolitan Dallas, and Parkland Memorial Hospital.

"You can't find this sort of resources anywhere these days," Ortiz said. "This is a great opportunity for all Hispanics to come meet with health providers and businesses that understand our community's needs and are happy to work with us to offer the best services possible—all in one place. I can't think of a better way to find out how to make your house more energy efficient and plan a quinceañera."

Communications and entertainment companies will offer information and demonstrations about the latest products. Chase and other financial institutions will offer expo participants information on savings, loans and bank account options.

Local radio and television stations will have live remotes from the Dallas Market Hall and several exhibitors will have free giveaways and product demon-

strations.

Other Viva Dallas! Hispanic Expo sponsors include State Farm, Verizon, Coca Cola and Texas Lottery.

"Thanks to everyone at the Hispanic chamber, the

Regional Hispanic Contractors and our generous sponsors, the Viva Dallas! Expo promises to be the place to be the weekend of Aug. 7 and 8," said Mike Trevino, Chairman of the Board of the Regional Contractors

Association. "It is a one-stop-shop for all the information Dallas Hispanics will need to improve their health, their education, and the environment. No one should miss it."

## City Of Irving among Dallas Business Journal's Best Places to Work

(NDG Wire) *The Dallas Business Journal* has announced the 2010 finalists for its annual Best Places to Work awards program. The City of Irving is among those recognized.

Other companies with a significant Irving presence who are recognized include: Administaff, Allstate Insurance, Balfour Beatty Construction, Baylor Health Care System, the Beck Group,



Catapult Systems, Darling Homes Inc, IdGroup and Shermco Industries.

A number of commercial real estate enti-

ties who manage properties and/or work extensively in Irving-Las Colinas are also recognized including CB Richard Ellis, Grubb & Ellis, Jones Lang LaSalle and Transwestern.

Companies that have earned the Best Place to Work distinction will be honored at an awards luncheon September 23, and in a special DBJ publication on September 24.

## MORATORIUM, continued from Page 1

ergy declared a summer moratorium on disconnects for customers designated as low-income, ill or disabled or who are at least 62 years of age this summer. Customers can call TXU Energy to be added to our summer moratorium do not disconnect list. This is the

fourth consecutive year the company has offered protections to eligible customers.

TXU Energy has recently launched a website at [txu.com/billhelp](http://txu.com/billhelp) designed to give consumers the ability to identify common causes of high elec-

tricity costs and provides a number of easy-to-use tools to help consumers learn about and manage their energy consumption. This website also provides information and resources for customers on how to get help with their electricity bill.

EarthTalk®

# From the Editors of E/The Environmental Magazine

**Dear EarthTalk: What are some simple things I could do to green the office I work in?**

**-- James Raskin, Framingham, MA**

No matter how green your office may be already, there is surely room for improvement somewhere. Here are 10 suggestions to help get you and your co-workers further along on the path to of-

fice sustainability:

(1) Take your Office's Green Footprint: The website TheGreenOffice.com, an online retailer specializing in green office products, makes available a free Office Footprint Calculator to gauge what kind of effect you and your co-workers are having on the environment and identify how to make improvements.

(2) Save Trees: The average office worker uses 10,000 sheets of copy paper a year. Refrain from printing when you can, use both sides of a sheet, and recycle so that the recycling industry will have raw material.

(3) Power Down: Artificial lighting accounts for almost half of all office electricity use. Turn off lights that are not being used. Better yet,

install motion sensors that do it automatically when no one is in the room. Also, shut down computers overnight, and set them to go into sleep mode when sitting idle.

(4) Minimize E-Waste: Upgrade or repair the office computers instead of junking them. So-called "e-waste"—toxin-leaching computers and electronics—is a huge problem all over the world

now.

SEND YOUR ENVIRONMENTAL QUESTIONS TO: EarthTalk®, c/o E-The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; earth-

talk@emagazine.com. E is a nonprofit publication. Subscribe: [www.emagazine.com/subscribe](http://www.emagazine.com/subscribe); Request a Free Trial Issue: [www.emagazine.com/trial](http://www.emagazine.com/trial).

## CARS, continued from Page 4

thermia, Humphreys said an alert public can add even more protection.

"If you're walking through a parking lot and see a child alone in a car, call 9-1-1 right away, even if they don't appear to be

suffering from the heat. EMS crews have the training to determine a child's status. Don't hesitate, just make the call. This is a case where we all can be part of the solution."

For more information

on preventing hyperthermia deaths, click on the hyperthermia link on the Safe Riders website: [www.dshs.state.tx.us/saferiders](http://www.dshs.state.tx.us/saferiders). Or, call Safe Riders at 800-252-8255.

Hyperthermia informa-

tion and safety promotion materials also are in the Hot Cars section of the Department of Family and Protective Services' See and Save website: [www.dfps.state.tx.us/seeandsave](http://www.dfps.state.tx.us/seeandsave).

## MUSEUM, continued from Page 10

cluding landmark works by such paramount American artists as Winslow Homer, Georgia O'Keeffe, and John Singer Sargent. The museum also houses one of the largest collections of American photography in the country.

"Our new name doesn't signify a shift in mission, but rather a clarification of what we've offered since the mid-1960s," Tyler says. "The name change is a way to better communicate what visitors can expect when they come to the museum."

With the museum's 50th anniversary approaching in January 2011, Tyler says it was the right time for a name change.

"As we mark our 50th anniversary, we want to remind the public of all we have to offer," Tyler says. "We have fantastic exhibitions and programs planned for the year, including a community celebration in August 2011. If you've never visited us before, we invite you to visit. And if you have, we hope to see you often in 2011. It will be a great year of American art."

Admission is always free to the Amon Carter

Museum of American Art, located at 3501 Camp

Bowie Boulevard in Fort Worth. For more informa-

tion, visit [www.cartermuseum.org](http://www.cartermuseum.org).



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## Viva Dallas! Hispanic Expo

**Saturday, August 7 • 9 a.m. – 6 p.m.**

**Sunday, August 8 • 10 a.m. – 5 p.m.**

**Dallas Market Hall • Main Hall**  
2100 Stemmons Freeway, Dallas, Texas

## Viva Dallas! Consumer and Health Expo 2010

Presented by

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Viva Dallas! features Consumer, Health and Wellness, Education, Quinceañeras & Novias, and Going Green pavilions

### New to Viva Dallas! Quinceañeras y Novias

■ Community health awareness ■ Free health screenings ■ Live TV and radio broadcasting ■ Bridal and fifteen dresses ■ Product samplings ■ Live entertainment ■ Children's activities ■ Free give-a-ways ■ Formal wear ■ Food court ■ Celebrities

**30,000+ expected • Free admission • Over 250 exhibitors**

Exhibitor and vendor registration deadline is **June 23, 2010**. Register today to reserve your space. Visit [www.gdhcc.com](http://www.gdhcc.com) or [www.hcadfw.org](http://www.hcadfw.org) to download a registration form. For more information, contact the GDHCC at 214-521-6007 or [gdhcc@gdhcc.com](mailto:gdhcc@gdhcc.com).



## THE UN-COMFORT ZONE: The First Million

BY ROBERT WILSON

Until I was thirty years old, I wasn't much of a fisherman. I'd take a rod and reel along on a camping trip, but I never expected to catch much of anything. In my mind, fishing was a relaxing past time you enjoyed with friends and beer.

Then my buddy Brian asked me to go fishing. I took him to a lake I knew that was hidden in the woods; and he taught me how to fish for bass. He showed me how to cast my lure along the edge of the lake; how to give the line a couple of tugs to "jig" the lure and attract the fish; then to reel it back in quickly.

I accepted his instructions affably, but with little faith, then popped open a bottle of beer and started to

get into the rhythm of relaxation. Cast, tug, reel. Swig. Cast, tug, reel. Swig. Cast, tug, reel... Whoa! Something hit my line. Hard. Really hard! I'd never felt anything like that before. My line started spinning out of the reel with a high-pitched whining sound. I cranked it back in as fast I as could, but the drag was set too low and the fish was pulling it back out faster than I could turn the handle.

Suddenly, a hundred feet in front of me, a bright green monster burst out of the lake. It was a large-mouth bass that came full length out of the water. Shimmering in the sunlight, he shook his head back and forth in an attempt to break free from my hook, then splashed back beneath the surface. I couldn't be-

lieve it - it was just like I'd seen on television - and it was happening to me.

Afraid that I'd lose the fish, I yelled at the top of my lungs, "Brian, Help!" He was nearly halfway around the lake, but he dropped his own rod and charged toward me; yelling instructions all the way. I tightened the drag and reeled the fish in a little, then let him pull the line back out to tire him. It felt like an hour, but was probably less than ten minutes, before I finally got him in. He was 18 inches long and weighed eight pounds. The bass was-

n't the only one to get hooked that day; I was too - I couldn't wait to go fishing again!

For the first time in my life, I had experienced fishing success. Success in anything is very motivating. It builds confidence and encourages you to keep pursuing that particular endeavor.

In sales, getting to that first closed deal is critical for getting people to stay in that profession. When I started out in my first sales job, I recall becoming deeply discouraged by hearing "No," over and over again. I mis-

takenly took the rejection personally, and wanted to give up too soon. I recall the old timers advising me, "It's just a numbers game - you have to get a certain number of rejections before you'll get a sale."

Over time, I realized that was not really accurate. It is only a numbers game in that every single sales attempt is a baby step up the learning curve. You learn how to read body language; and how to listen carefully to what your prospect is telling you about his or her needs. Then from these things you gain clues in

how to share your expertise so that your customer has enough confidence to buy from you. Eventually, you go from baby steps to giant steps. Wealthy, successful people have always said, "The first million is the hardest to make."

*Robert Evans Wilson, Jr. is a motivational speaker and humorist. He works with companies that want to be more competitive and with people who want to think like innovators. For more information on Robert's programs please visit [www.jumpstartyourmeeting.com](http://www.jumpstartyourmeeting.com).*



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972-205-2415

### McCarthy

requests bids for the  
**DISD Bid Pkg #13**

**Seagoville High School  
Addition & Renovation  
Dallas, TX**

be submitted before

**2:00 pm Tuesday, August 10, 2010**

Construction includes the Addition & Renovation of buildings.

Bid documents are available for review at McCarthy Private iSqFt planroom or from Southwestern Blueprint, Phone: 214-939-0546 and other area Plan rooms.

For a complete list contact McCarthy. Insurance per bid documents. A payment and performance bond may be required. McCarthy is an Equal Opportunity Employer and encourages all MBE/WBE/DBE/HUB

firms to submit bids to McCarthy Bldg Co  
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Dallas, Texas 75243

Phone (972) 991-5500 Fax (972) 991-9249

email: [bidtex@mccarthy.com](mailto:bidtex@mccarthy.com)

[www.mccarthy.com](http://www.mccarthy.com)



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Small Community Newspaper  
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Prefer student (intern) that's  
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Must have knowledge of  
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Work will be done  
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dependable. Fax resumes to:  
972-509-9058, or email to:

[trj1909@tx.rr.com](mailto:trj1909@tx.rr.com)

**AVENUE F CHURCH  
OF CHRIST IN PLANO**

**August 5, 12 p.m.**  
Join us for a "Between  
Jobs Support Group"  
meeting at the Christian  
Works for Children, 6320  
LBJ Freeway, Dallas, TX  
75240. Call 972-960-9981  
to register.

**August 7, 7 a.m.**  
All ladies are invited to  
our Ladies Prayer and  
Breakfast meeting at the  
IHOP Restaurant, 933 N.  
Central Expressway,  
Plano, TX 75075. Call  
Sis. Misty Rockwell @  
214-244-1142 or Sis.  
Deadra Pete @ 469-667-  
5865 for details.  
**Brother Ramon Hodridge,**  
**Minister**  
**1026 Avenue F**  
**Plano, TX 75074**  
**972-423-8833**

**DAYSTAR  
DELIVERANCE  
MINISTRIES**  
**On Going**  
**9:30 a.m. – 11:30 am**  
Visit Helen's House every  
Monday and Friday to re-  
ceive, to give, to comfort  
and most of all to fellow-  
ship. The give-a-way of  
food, love and household  
items is given freely to all  
those who could use a little  
touch.

**Pastor Minnie**  
**Hawthorne-Ewing**  
**635 W. Campbell Road**  
**Suite 210**  
**Richardson, TX 75080**  
**972-480-0200**

**FELLOWSHIP  
CHRISTIAN  
CENTER CHURCH  
IN ALLEN**

**"THE SHIP"**  
**On Going,**  
**9 a.m.-4 p.m.**  
**Monday – Friday**  
Prayer Lines for those in  
need are 972-649-0566  
and 972-649-0567.  
**Wednesdays Only**  
Come get your praise on in  
the middle of the week at  
our Wednesday Night Live  
at our main campus @ 7  
p.m.

**August 6,**  
**7 p.m.-10:30 p.m.**  
Calling all youth; you're  
invited to an evening of  
worship, fellowship, food  
and fun at our GenNEX  
Youth Explosion – "Born 2  
Worship" at the Allen  
Civic Auditorium. Call the  
church for details.

**Rev. W. L. Stafford, Sr.,**  
**M.Div.**  
**Senior Pastor**  
**305 N. Alder Drive, in**  
**Allen for Sunday**  
**Morning Worship.**  
**Church Address is**  
**200 Belmont Drive**  
**Allen, TX 75013**  
**972-359-9956**

**FIRST BAPTIST  
CHURCH  
OF HAMILTON PARK**  
**"FIRST CHURCH"**  
**August 7, 11 am**  
**And Every First**  
**Saturday In Each Month.**  
Join us for "Prayer With  
Pastor." Come to pray for

our world and hear Pastor  
Gregg's inspiring message.  
**Pastor Gregory Foster,**  
**300 Phillips Street**  
**Richardson, TX 75081**  
**972-235-4235**

**FRIENDSHIP BAPTIST  
CHURCH  
OF THE COLONY**

**August 22, 11 a.m.**  
Join us as we celebrate our  
Pastor's & Wife's 27th An-  
niversary. Pastor Joe  
Fields of New Beginnings  
Baptist and his members in  
Lewisville, Texas are our  
guests. Anniversary color  
for 2010 is any shade of  
blue.

**Dr. C. Paul McBride**  
**Senior Pastor**  
**4396 Main Street**  
**The Colony, TX 75056**  
**972-625-8186**

**INSPIRING BODY OF  
CHRIST CHURCH**

**August 8, 7:30 a.m.**  
**And 11 a.m.**  
You're invited to our Sun-  
day Morning Worship  
Services.  
**August 9, 7 p.m.**  
Join us for Monday School  
as we learn about, worship  
and praise God in our new  
facility.

**Dr. Rickie G. Rush,**  
**Senior Pastor**  
**7701 S. Westmoreland Rd.**  
**Dallas, TX 75237**  
**972-372-4262**

**MT. PISGAH  
MISSIONARY  
BAPTIST CHURCH**

**"THE ROCK"**  
**August 13-14**

Join us as our Youth Min-  
istry presents "Don't Be a  
Bench Player" S.T.A.N.D  
Conference 2010.

**August 22, 5 p.m.-6 p.m.**  
You're invited to our Back  
to School Drive. Call the  
church for details.

**Pastor Robert Townsend**  
**11611 Webb Chapel Road**  
**Dallas, TX 75229**  
**972-241-6151**

**NEW MOUNT ZION  
BAPTIST CHURCH  
OF DALLAS**

**On Going**  
You are invited to visit our  
Job Resource Center on  
Tuesdays and Thursdays  
from 10 a.m. to 12 p.m. in  
our Computer Training  
Room in the Educational  
Building.

**Dr. Robert Price, Sr.,**  
**Senior Pastor**  
**9550 Shepherd Road**  
**Dallas, TX 75243**  
**214-341-6459**

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ready to provide emotional  
and spiritual care in all  
your trials and tribulations  
when you need them. Call  
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for details.

**August 6-8**  
Join us for a pure life  
weekend at our 3rd Annual  
Purity Conference.  
Theme: Pure Heart, Pure  
Mind, Pure Life from  
Deuteronomy 6:5-8. Call  
Pastor Terren Dames @  
972-437-3493, Ext. 152  
for registration fees and  
other details.

**Dr. Leslie W. Smith,**  
**Senior Pastor**  
**1010-1020 S. Sherman St.**  
**Richardson, TX 75081**  
**972-437-3493**

**SHILOH MBC  
IN PLANO**

**August 7, 7 p.m.**  
Join us for our 4th Annual  
Chosen Generation Youth  
Explosion. In anticipation  
we would like to organize  
a 100 Voice Youth Choir  
between the ages of 12-18.  
Call Matthew Berry, Youth  
Pastor for details.

**Every Wednesday**  
**In August, 7 p.m.**  
You're invited to our Mid-  
Week Service as we praise  
and worship God for His  
blessings.

**Dr. Isaiah Joshua, Jr.**  
**Senior Pastor**  
**920 E. 14th Street**  
**Plano, TX 75074**  
**972-423-6695**

**WORD OF LIFE  
CHURCH OF  
GOD IN CHRIST**

**Every Tuesday**  
**In August 2010 @ 7 pm**  
Join us for our anointed  
Pastoral Night and be en-  
couraged by Words from  
Heaven.

**August 6, 8 p.m.**  
Inviting all to join us and  
see Sister Donna Murray,  
our dance instructor for  
our youth and adults, in a  
Mahogany Dance Theatre  
of Texas production at the  
Music Hall at Fair Park,  
Dallas, Texas, benefiting  
the Amazing Grace Urban  
Arts-in-Education Initia-  
tive in North Texas. Tick-  
ets available at all Ticket-  
masters locations.

**Dr. Gregory Voss,**  
**Senior Pastor**  
**2765 Trinity Mills Road**  
**Building 300**  
**Carrollton, TX 75006**  
**214-514-9147**

*Faith is being sure of what we hope for  
and certain of what we do not see.  
... By faith we understand that the  
universe was formed at God's  
command, so that what is seen was  
not made out of what was visible.*  
Hebrews 11:1,3

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7:00 PM  
200 Belmont Dr - Allen, Tx

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10:00 am  
Wednesday Nights  
7:15 pm

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Hear Pastor Sam on: "Truth Made Simple"  
KGGR 1040 AM, Monday - Friday @ 5:25 pm - 5:30 pm

Pastors Sam & Gloria Fenceroy





Sister Tarpley

*"And Moses built an altar, and called the name of it Jehovah-nissi: For he said, Because the Lord hath sworn that the Lord will have war with Amalek from generation to generation."* **Exodus 17:15 & 16 (KJV)**

In the book of Exodus, the Word of the Lord says that the Amalekites came and attacked the Israelites at Rephidim and God instructed Moses to stand on top of the hill with the staff of God in his hand. Moses' staff represented something that God said He would use to bring glory to Himself. The staff represented what Moses had done for most of his life--shepherding. It was his life and vocation. When God first called Moses at the burning bush, He told him to pick up the staff; He would perform miracles through it.

God wants to perform miracles through each of our lives and vocations. At Rephidim, God defeated the Amalekites only when Moses held his staff to Heaven. It was a symbol of dependence and acknowledgment that God was the source of the Israelites' power. However, when Moses dropped his hand, the power was removed and the Is-

raelites began to lose the battle.

Each day Christians are challenged to reach toward Heaven, seek God and allow Him to be the source of victory in their lives or be defeated. God calls Christians to let His banner (standard) reign over their lives and in their workplace so that others may know the source of their victory. *"And the Lord said unto Moses, Write this for a memorial in a book, and rehearse it in the ears of Joshua: for I will utterly put out the remembrance of Amalek from under heaven."* **Exodus 17:14 (KJV)**

The Lord wants those behind Christians and around them to know that He is the source of their power and the success in their lives. With each victory is a testimony that is to be shared with family and co-workers.

Christians need to thank God and honor Him for being an orderly, powerful, understanding and loving God. Christians must face difficult people in this world, some of them can be avoided but some cannot, therefore, Christians need to go to God in prayer each day for guidance in dealing with people. They need to ask God for knowledge, maturity and wisdom to enlighten the minds of people that are doing wrong. Ask God to

speak to their hearts and to break down the strongholds that prevents them from doing what is right and to follow His will.

Christians need to hold up the banner (standard) of God. They need to have the courage to stand up for their beliefs when confronted with moral issues. They need to pray that they will know when, where, and what to say and do to let their voices be heard. They need to be involved in their communities, schools, and governments. They need to rely on the power of the Holy Spirit to do what is right, what is biblical, and what honors God. Christians need to thank God for the guidelines that He has given them through the Holy Bible.

Scriptures to Ponder: The Christian life is a battleground, not a playground. **Philippians 3:13-14.** Only the bread of life can satisfy man's spiritual hunger. **Matthew 6:11 & Isaiah 55:2.** The dreadful wages of sin are never changed but by receiving Christ you can avoid "payday." **Romans 6:23 & John 1:12.**

Gossip is like soft soap—mostly lye! **Leviticus 19:16.** Safety does not consist in the absence of danger, but in the presence of God. **Psalm 57:1.** A hypocrite is a person who is not himself on

Sunday. **2 Kings 17:33.** The feeblest knock of faith will open Heaven's door! **Mark 5:28.**

Paying your vows with praise will delight the Lord and double your blessings. **Psalm 22:25.** The way to face trials is to begin praying, continue watching, and end in praising. **1 Peter 4:12-13.** The greatest thief is one who will rob you of the truth! **John 14:6 & John 8:32.** There is an answer in God's Word for every circumstance in your life today. **Psalm 121:1-2.**



*Mrs. Juanita Rainwater, speaking words of wisdom at a scholarship fund-raising for high school students.*

**Now Ponder This--** When we are in the will of God, whatever happens will be for our good.

**Happy Birthday to:** Phemia Tinner, July 31st; Theresa Simpson, August 1st and Juanita Rainwater, August 6th.

## CABLE, continued from Page 1

Texas independent producer to contribute programming to TWC's statewide network, said. "Having our show picked up by Time Warner Cable is a tremendous opportunity. We look forward to continuing to produce quality material that your entire family will enjoy."

Viewers in Dallas (Channel 185), Waco, Austin, San Marcos and San Antonio (Channel 888), Corpus Christi and the Rio Grande Valley (Channel 100) can see new *D210.tv* episodes every Saturday at 5:30 p.m. and again at 10 p.m. Episode reruns air on Sundays at 11:30 p.m.,

Mondays at 11 p.m. and Wednesdays at 6:30 p.m.

Since *D210.tv*'s first episode aired on June 5, the show and its hosts -- each living in the DFW metroplex -- has featured teen pop sensation Justin Bieber, Shawn Marion of the Dallas Mavericks, Shirin Askari, Project Runway designer from Sea-

son 6, actor Bill Paxton, NSNYC's Chris Kirkpatrick and the Dallas International Film Festival, among much more.

For more information call 866.264.2854 or visit [www.D210.tv](http://www.D210.tv), or contact The Mauzo Group at 214-280-0796 or [www.themaugroup.com](http://www.themaugroup.com).



Ramon Hodridge, Minister

### Avenue F Church of Christ

1026 Avenue F • Plano, TX 75074  
972-423-8833

[www.avefchurchofchrist.org](http://www.avefchurchofchrist.org)

Early Sunday Morning.....8:00 am  
Sunday Bible Class.....9:45 am  
Sunday Morning Worship.....10:45 am  
Evening Worship.....3:00 pm  
Wednesday Bible Class.....7:00 pm

Radio Program @ 7:30 am on  
KHVN 970 AM Sunday Mornings

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E-mail: [pastor@hljcm.org](mailto:pastor@hljcm.org)

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AUGUST 14TH  
10:00A.M.-2:00P.M**

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Sunday 9:30a.m. Bible Study  
11:00a.m. Morning Worship  
Friday 7:00p.m. Prayer

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Wednesday Bible Study ... 12:00 noon & 7:00 pm

**Office Hours**

Monday & Friday ..... 9:00 am - 3:00 pm  
Tuesday, Wednesday & Thursday ... 9:00 am - 6:00 pm  
Saturday & Sunday ..... Closed

**Contact Info**

**Mt. Pisgah Missionary Baptist Church**  
11611 Webb Chapel Road • Dallas, TX 75229  
Office: 972-241-6151  
Email: [info@mtspisgah.org](mailto:info@mtspisgah.org)  
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Wednesday Night Bible 7:30pm**



# The Trial Gardens

(NDG Wire) The Dallas Arboretum and Botanical Garden, 8525 Garland Road, hosted the 9th annual Plant Trials Field Day, Wednesday, June 23, 2010. Over 400 industry attendees from 18

states came to learn about the best new plants on the market.

The Dallas Arboretum Trial program is internationally known as one of the premiere places to test plants for

extreme weather conditions, especially high heat and humidity. "The unique climate of north Texas really puts plants to the test," says Jimmy Turner. "Our tagline 'Trial by Flower--If we can't kill it, no one can!' started as a tongue-in-cheek comment, but really resonated with people who have experienced the weather of North Texas. Only the best-scoring heat-tolerant varieties are presented the coveted "FlameProof Plant" award by Turner and his staff each year. This information is then made available to local nurseries and a great service the community and

local gardeners.

Jimmy Turner, Dallas Arboretum's Senior Director of Gardens, and Jenny Wegley, Research and Greenhouse Manager, discussed the highest scoring plants in the Trial Gardens. In addition, the 2009 FlameProof Plant Awards were presented. Mr. Turner also spoke about the plants that will be promoted in the upcoming years via articles, web, and presentations. Dr. Brent Pemberton of the Texas A&M Agrilife Research & Extension facility in Overton, Texas joined the lecture with a presentation on the North Texas Winner's

Circle winners that are a collaborative trial between the two sites. The lectures were concluded after a select few of the breeding companies presented their new 2010 introductions to the industry attendees. The Field Day continued with a tour of the Trial Gardens, a tradeshow, and

dinner under the canopy of trees in the gardens.

Home gardeners can find out more information about the Dallas Arboretum's Trial Program and plant promotions by visiting the plant trials website at [www.Dallas-PlantTrials.org](http://www.Dallas-PlantTrials.org) or [www.FlameProofPlants.org](http://www.FlameProofPlants.org).



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MONDAY SCHOOL  
7:00 PM  
TUESDAY  
MUSIC FELLOWSHIP  
7:00 PM

**INVITED BY:**

**Worship Services**  
7:30 am & 10:30 am  
**Sunday School**  
9:30 am

**Wednesday Night Service**  
8:00 pm

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**Children's and Youth Worship**  
**Service: Every 3rd, 4th, and 5th, Sunday at 10:45 a.m.**  
**AWANA: Wednesday at 6:30 p.m.**  
**Contact Information: 972-423-6695**  
[www.smbcplano.org](http://www.smbcplano.org)

**New Mt. Zion Baptist Church of Dallas**

**Sunday Service**  
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

**Wednesday Service**  
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Bible Study 7:00 pm

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pressing forward

**Charles S. Wattley Senior Pastor**

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Education Ministries  
9:30 a.m.  
Worship Celebration  
10:45 a.m.

**WEDNESDAY**  
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7:00 p.m.

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