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# Dozens answered the call for Shelton's Bear Creek Cemetery

By Ruth Ferguson  
NDG Editor

Last week the *North Dallas Gazette's* cover story "A call for action to honor the dead buried in Shelton's Bear Creek Cemetery" spotlighted the plight of a significant part of African American and Texas history on the verge of being forgotten. Despite the fact, a cemetery that predates the end of the Civil War and was awarded a historical marker by the Texas Historical Commission, Shelton's Bear Creek was an eyesore with no respect shown for the former slaves and freed blacks buried there.

On Saturday, Nov. 19 many residents answered the call for help to cleanup Shelton's Bear Creek, showing up early on a crisp Saturday morning. One volunteer drove down from Lubbock to lend a helping hand. Together the volunteers, young and old alike, removed broken limbs, cleaned out creeping foliage and grass covering the gravesites and cleaned off the hidden tombstones and grave markers.

"We had over 50 volunteers on Saturday who cleaned a ton of debris from this sacred ground in a



Jason and Amariah were the first to arrive Saturday morning to help clean up Shelton's Bear Creek Cemetery. (Photo: Anthony Bond)

record time of 3.5 hours. It was awesome," a delighted Anthony Bond shared.

### Reflections from a volunteer

Martha Stewart was one of the volunteers on Saturday morning. Afterward, she posted a moving

video of the workers with music on her Facebook profile with this introduction:

"On Saturday, a group of volunteers, including myself joined to

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NDGtv

North Dallas Gazette takes a moment to reflect on the past with

### Historical Perspectives from Sister Tarpley



Hear what it was like growing up in a very different Dallas when Booker T. Washington was a black school. Sister Tarpley graduated from there and went on to college and later became a city councilmember in Carrollton.

Look for NDGTV at [NorthDallasGazette.com](http://NorthDallasGazette.com)



### Richardson preps for new rail line

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### O. Henry classic to hit Dallas stage

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### Win tickets for Mary J and Maxwell!

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COMMENTARY

## Democrats could lose even more seats in 2018

By Julianne Malveaux  
NNPA Columnist

The apprehension that I felt upon Donald Trump's victory in the presidential election has only increased as he has announced the appointments of his chief of staff, strategist, and cabinet members. As of this writing, he has mainly announced the selection of older White men, including the racist, Alabama Senator Jeff Sessions, to lead the Justice

Department. The senator's use of highly inflammatory racial rhetoric (including describing the NAACP as an "un-American" organization, and expressing support for the KKK) prevented his confirmation to the U.S. District Court in 1986. Now, he will be charged with law enforcement in our nation.

Equally troubling has been the selection of Stephen Bannon, his cam-

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Gwen Ifill



Sage Steele



Pfc Eloise Chambers

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## Gwen Ifill

By Lauren Victoria Burke  
NNPA Contributor

A low key, but solid strain of references to current affairs was heard in the eulogies for much loved and respected journalist Gwen Ifill at her funeral on November 19.

The name of the next president of the United States was never spoken, but the subtext of her death six days before the end of an unstable political season was a repeated refrain. Several eulogists noted that her passing was the end of a career fea-



turing clarity and objective reason, qualities that journalism is desperately in need of at this moment.

Ifill was a former reporter for "The New York Times" and "The Washington Post"

before joining NBC News and then PBS in 1999 as host of "Washington Week" and the "NewsHour."

Ifill's co-anchor on the PBS "NewsHour," Judy Woodruff, said her on-air partner was needed "more than ever" in light of current events. Her cousin NAACP Legal Defense Fund President Sherrilyn Ifill, mentioned the importance of the immigrant experience. Gwen Ifill was the daughter of immigrants from Barbados. After Sherrilyn Ifill spoke the words, "she was the daughter of immigrants" the crowd in the packed church delivered a standing ovation. Before those words former

Attorney General Eric Holder told the crowd full of journalists of the importance to live in the principles Gwen Ifill demonstrated in her journalistic career. Warning against losing principles and avoiding asking tough questions and instead choosing to sell out those principles for "access maintenance."

Ifill died at age of 61 on November 14 at a hospice in Washington, D.C. after battling endometrial cancer for a year. The faces and themes of her funeral were a tribute to a well-connected, busy life full of shared experiences with close friends.

Ifill's jarring death was another substantial loss in the

African American journalistic community just 86 days after the sudden death of former NNPA Editor in Chief George Curry on August 20. Many of Ifill's friends and co-workers were seen crying during and after the sometimes sober but often jovial service and the historic Metropolitan A.M.E church a few blocks from the White House.

The funeral was the second part of a series of tribute events for Gwen Ifill. The veteran journalist was a member of Metropolitan A.M.E. since 1989. Leaders of the historic church honored her by announcing the dedication of a pew in the

seventh row of the church. Ifill was eulogized by her friends including Woodruff, Holder and former New York Times senior editor Richard Berke and "Face the Nation" host John Dickerson. She was also eulogized by the first African American woman to be hired as a reporter at "The Washington Post," Dorothy Gilliam.

First Lady Michelle Obama, Mayor Muriel Bowser, Attorney General Loretta Lynch, Homeland Security Secretary Jeh Johnson, White House Senior Advisor Valerie Jarrett and Assistant to the President Brod-

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## Sage Steele

Sage Steele is one of ESPN's most popular and respected commentators, currently serving as the lead host for SportsCenter on the Road and for the weekend editions of NBA Countdown, preceding NBA Saturday Primetime on ABC and the ABC NBA Sunday Showcase.

Steele's lead role for SportsCenter on the Road includes on-site, day-long and pre-event coverage for the biggest sports events of the year, including the Super Bowl, World Series, The Masters, the College Foot-



ball National Championship and many more. Steele was named SportsCenter on the Road host in September of 2016. She was named NBA Countdown host prior to the start of the 2013-14 NBA regular season.

In addition to her ESPN position, Steele has co-hosted ABC's and ESPN's New Year's Rockin' Eve coverage during the College Football Championship and has been a featured guest host on ABC's The View. In 2015, Steele added 'mommy blogger' to her job portfolio, contributing several stories to Disney-owned Babble. She has also been a guest on Jimmy Kimmel Live and has been profiled by *Rolling Stone*, *Wall Street Journal*, *Vibe* and *Huffington Post*, to name a few.

Steele, who joined ESPN in 2007, served as a regular anchor for SportsCenter, the network's flagship news and

information program, until 2013. She also hosted the Scripps National Spelling Bee from 2010-2013.

In addition to SportsCenter, she also contributed to First Take and Mike & Mike, and been a guest co-host of ESPN2's SportsNation.

Prior to the 2013 NASCAR Sprint Cup Series Brickyard 400, the Indiana University graduate had the honor of driving the pace car at the famed Indianapolis Motor Speedway.

Steele began her television career at WSBT-TV in South Bend, Ind., as a producer and reporter (1995-1997). She then moved to

WISH-TV in Indianapolis where she was the beat reporter for the Indianapolis Colts, in addition to covering the 1997 NCAA Men's Final Four, NASCAR and the Izod IndyCar Series.

In August 1998, Steele moved to Tampa and worked as a reporter, anchor, and host for WFTS-TV. She was the beat reporter for the Tampa Bay Buccaneers from 1998-2001 and covered the 1999 NCAA Men's Final Four. In 2000, she joined Fox Sports Net in Tampa as a reporter and covered Super Bowl XXXV for the 2000-01 NFL season.

In April 2001, Steele became the anchor for the

debut of Comcast SportsNet, serving the Washington DC/Baltimore region. She anchored the flagship show SportsNite for six years and was also a beat reporter for the Baltimore Ravens from 2001-2005, hosting a magazine show for all five seasons.

Steele graduated from Indiana University in 1995 with a Bachelor of Science degree in sports communications. In her spare time, Steele volunteers with the Pat Tillman Foundation and is passionate about working alongside military veterans. She enjoys horseback riding and spending time with her husband and three children.

## Pfc Eloise Chambers

By Dusty Good  
Navy Office of  
Community Outreach

GULFPORT, Miss.- "We Build, We Fight" has been the motto of the U. S. Navy's Construction Force, known as the "Seabees", for the past 74 years. Today, Fort Worth, Texas native and a 1985 Everman High School graduate Petty Officer 1st Class Eloise Chambers builds and fights with the Navy on the Gulf Coast and around the world as a member of the Navy serving at Naval Construction Battalion Center, Gulfport.

Gulfport is the command headquarters that oversees all naval construction forces



based in the eastern half of the U.S. Land for the Naval Construction Battalion Center at Gulfport was acquired in April 1942, the same year the "Seabee" name was adopted for members of the Construction Battalions, a clever play on the CB initials.

Chambers is responsible for administrative work.

"I like that my job allows me to take care of other people," said Chambers. "I make sure their pay is right, their records are right, their evaluations are correct and they are mission ready."

"Seabees are some the hardest working Sailors in the Navy," said Captain Cheryl M. Hansen, NCBC commanding officer. "They are tough, bold, and ready, and they get the job done. They build and fight in some of the harshest and most hostile environments in the world."

For the past 74 years Seabees have served in all American conflicts. They have also supported humanitarian efforts, using their construction skills to help communities around the world following earth-

quakes, hurricanes and other natural disasters.

"I like that the Seabee's are flexiable," said Chambers. "They have to be extremely flexiable to be able to have mission success."

Seabees around the world will take part in a year-long celebration in 2017 to commemorate the group's 75-year anniversary. The theme of the celebration is "Built on History, Constructing the Future."

Today, Seabees continue their innovative traditions ensuring they always meet fast-paced challenges, according to Hansen.

Working with the Seabees and serving in the U.S. Navy has allowed Chambers to continue learning about the legacy she wants to leave to future sailors.

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P.O. Box 763866 • Dallas, Texas 75376-3866  
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**Publisher's Office:**  
publisher@northdallasgazette.com

**Sales Department:**  
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**Editorial Department:**  
editor@northdallasgazette.com

### Online:

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Minority Opportunity News, Inc.

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### Web Master

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### Contributing Writers

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## We must be at our best when things get bad

By Hank Sanders  
Alabama State Senator

I desperately called on my dear mother. Across the chasm of her death nearly 20 years ago, she reminded me of what she said to me and to her many children nearly sixty years ago. I felt her spirit moving within me. I was strengthened. Now, I can go on.

I will share with you why I called upon my mother on this occasion. However, before I share the why, I want to share with you what she said so many years ago. At the time, we were nine children, a mother and a father living in a three-room house. Mind you, not a three-bedroom house, but a three-room house – a kitchen, a middle room and a front

room.

When things got real bad, our mother would call us together in the front room. We had only one chair in the whole house. She would sit in the chair and make us children sit on the floor in front of her. She would go quiet until she had our full attention. Then she would say: “Children, things are always kind of bad with this big po’ family and all. But they are real bad now.” She would go quiet for a long moment, causing us to focus even more intently. Then she would continue: “But don’t y’all worry. I am at my best when things get bad.” It was powerful. It forged our strength. It prepared us to engage struggle. It lifted our spirits. It gave us hope. Even today, this memory brings

tears to my eyes, trembling to my being, and hope to my heart.

I called upon my mother on Wednesday morning when I heard that Businessman Donald Trump was now President-Elect Trump. I went really deep inside myself. I could sense the hard times coming. I had to call on my dear deceased mother to help me through the moment.

I hope and pray that I am wrong, but I feel hard times coming. Let me tell you why. The most critical thing a president does is to set the tone for the entire country. His/her every action stimulates millions of actions and/or reactions. His every refusal or failure to act stimulates numerous actions and/or reactions. And every action or failure to act is

viewed through the prism of everything that was said by the candidate during the election. Businessman Trump said and did many disturbing things as a presidential candidate. That’s why I see hard times coming. We must be at our best when things get bad.

The negative germinates, takes root, grows and produces bad fruit without cultivation. It is like weeds. The positive requires continuous cultivation to produce good fruit. It is like the crop we plant. Because Businessman Trump planted such negative seeds as a candidate, a President Trump’s mere presence in the most powerful position in the world causes those seeds to germinate, grow and bear bad fruit. We must be at

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paigned chairman, as chief White House strategist and senior counselor. Bannon is the Executive Chairman of Breitbart News, a news website that has been the home of the alt-right, the source of lies, hate, nastiness and racist rhetoric. President Barack Obama had to walk away from Minister Jeremiah Wright because one of his sermons was considered racist by some Whites. Trump openly embraces racists and is applauded for it.

The position that Bannon will hold does not require Senate confirmation, while the position that Sessions will be nominated for does. With 54 Republicans in the Senate, Sessions is almost certain to be nominated. Hopefully Democrats have retained enough of a backbone to raise questions about Sessions’ racism. Senate newcomers Kamala Harris (D-Calif.) and Catherine Cortez Masto (D-Nev.) may be among the first to raise the questions. Still, Republicans will have the votes to confirm anyone they want to confirm. Welcome to the age of Trump.

Will Republicans get more of an edge in the Senate when we go to the polls

in 2018? Thirty-three Senate seats will be up for grabs then. Republicans hold eight of them. Independents Bernie Sanders (I-Vt.) and Angus King (I-Maine), who caucus and vote with Democrats are both likely to be candidates for re-election. A whopping 23 seats currently held by Democrats could be flipped. If some of the states that went Republican in this year’s election can be tilted, Republicans can widen their margin in the Senate.

The Trump campaign (and its affiliated super PACs) have as much as \$60 million to spend, and can use it to build ground operations in states where Democrats closely lost this year. (Hillary and her affiliated super PACs may have as much as \$70 million to spend). Democrats lost Michigan, Wisconsin, Pennsylvania, Florida, North Carolina, and Arizona by less than five percent. Incumbent Democrats Tammy Baldwin (D-Wisc.), Sherrod Brown (D-Ohio), Bob Casey (D-Pa.), Joe Donnelly (Ind.), Amy Klobuchar (D-Minn.), Joe Manchin (D-W.Va.), Bill Nelson (D-Fla.), and Debbie Stabenow (D-Mich.) are

all in states that Republicans won in 2016. While many of them are popular, and incumbency is a challenging thing to overcome, we’ve just seen that the right kind of Republican candidate can prevail.

These candidates, and the Democratic Party, can’t afford to take incumbency or popularity for granted. They can’t afford to savor a polling lead and conclude that they don’t have to fight for every vote. If these folks want to go back to Washington, they’ll learn from the Hillary Clinton loss and work indefatigably, starting now, to keep their seats. They’ll make lots of visits back home, host town hall meetings, and make sure their voters understand what their contributions have been and what challenges they face.

If Trump and his team can brag of results, if his actions are perceived as “making American great again,” then incumbent Democrats may be in trouble. Virginia Senator Tim Kaine, also on the ballot, has described Democrats in the Senate as the “emergency brake” on Trump’s policy proposals. I expect the Democrats to vocally take Trump and his team on

when they revert to the racist rhetoric and proposed racist, misogynistic, and jingoistic policies that Trump promoted during the campaign, but will they? They may not want to be perceived as obstructionists (though Republicans surely didn’t mind being obstructionists with President Obama), and they will certainly need to pick their battles carefully, but they must speak out.

Midterm election turnout is always extremely low – it was just 36 percent in 2014, the lowest level in 70 years. Democrats must start now to educate and encourage people to turn out for the midterm elections. Voting rights organizations must begin now to reverse the voter suppression that kept millions from voting on November 8. If Democrats don’t get busy now, Republicans will, indeed, prevail in 2018. So, let’s stop wringing our hands and moaning. Let’s get busy!

Julianne Malveaux is an author and economist. Her latest book “Are We Better Off? Race, Obama and Public Policy” is available via [www.amazon.com](http://www.amazon.com) for booking, wholesale inquiries or for more info visit [www.juliannemalveaux.com](http://www.juliannemalveaux.com).

# Healthy Living Expo features Q&A with noted nutritionist and health enthusiast Dick Gregory

The Inaugural Healthy Living Expo, featuring health nutritionist and expert Dick Gregory, is Dec. 10 at the Black Academy of Arts and Letters in Dallas at 1309 Canton Street. The full day event is scheduled for 8 a.m. to 8 p.m.

The event organizers anticipate over 75 exhibitors and vendors along with activities

that include artist demonstrations, children's interactive art activities, a silent auction and a lecture series featuring Mr. Gregory, fitness and financial guru Bethel Johnson, members of the Dallas-Fort Worth Association of Black Journalists, Next Generation Action Network's Min. Dominique Alexander, and a host of others.

Vendor applications are being accepted in the areas of fine art, crafts, entertainment, amusement, independent distributors, jewelry, gifts, cultural items and clothing, author showcase, small businesses and non-profit and civic organizations.

Deadline for early bird registration is Nov. 30 and early registration is encouraged be-

cause the booth spaces fill up quickly. Artists and vendors can email [healthylivingex1@gmail.com](mailto:healthylivingex1@gmail.com) or call 214-941-0110 for more information.

Over the years, Mr. Gregory became devoted to health and fitness, adopting a vegetarian diet and completing long runs in a continuation of his favored sport from

his teen days. He became a noted university lecturer and looked at issues around diet within African-American communities. Gregory also regularly fasted in protest of particular world events.

Mr. Gregory revealed in 2000 he was diagnosed with lymphoma and he relied on factors like diet and alternative treatments to help put the

cancer in remission.

He'll share his testimonies and also tell how he has been able to help others with weight loss, drug addiction and other issues.

For late-breaking information about the Expo, go to Healthy Living Expo on Facebook or call 214-941-0110.

## Managing pain and opioid addiction in the Black community

By Patricia Maryland, Dr.PH  
NNPA Guest Columnist

As America grapples with prescription opioid addiction, an epidemic shattering communities across our nation, healthcare providers face a challenging question: How can we help patients treat and manage their pain while reducing the risk of addiction?

Pain management is a serious health issue, as chronic cases of pain now affect more Americans than diabetes, heart disease and cancer combined. Not only does persistent pain afflict the emotional and financial well-being of people and their families, it also exacts a significant strain on our country — in the form of healthcare costs, long-term disability and lost worker productivity.

Pain does not discriminate based on background or health status, yet research points to substantial disparities in the prevalence, treatment and outcomes of pain. For many African-Americans and other minorities, understanding why these disparities exist is paramount to achieving pain care equity and improving quality of life.

Minorities are not at a higher risk for pain-related conditions than their White counterparts, but African-Americans consistently re-

ceive less-adequate treatment for acute and chronic pain — even after controlling for age, gender and pain intensity. What's more, research also shows that minorities are more likely to be prescribed less-effective, non-opioid medications — or opioids at a lower prescription dosage — than Whites, even when pain severity levels are comparable.

That is not to say opioids are always the preferred tool for treating pain. Indeed, when appropriately administered, opioids can help patients relieve or manage their pain. However, the prescription of less-effective medications or lower dosages does signal a troubling gap in instances when opioids can be an effective, pragmatic solution for African American patients.

Many factors are at play in understanding why African American patients are more likely to receive inadequate pain treatment, but physician bias is perhaps the biggest factor. While most physicians are strong advocates for health equity, negative preconceptions can creep into how pain is addressed in the clinical setting. Eliminating these biases is one key way we can achieve better outcomes for African-Americans experiencing pain, and that starts by understanding

a patient's heritage and belief system. With greater cultural competence, physicians can better manage pain in a manner that's compatible with and respectful of patients' backgrounds.

Access is another instrumental lever in erasing the pain care gap. The Affordable Care Act (ACA) helped to increase access to healthcare considerably for African-Americans, but too many individuals remain uninsured or unable to access basic medical services, including pain relief. Encouraging loved ones to take advantage of the opportunities provided by the ACA can help them access the care and treatment they need to live comfortably.

But access alone is not enough. Equally important is building trust with the healthcare community — so that pain-related conditions can be treated, managed and prevented. We know some African-Americans continue to be skeptical of the healthcare system, and that lack of trust can lead African American patients to underreport their pain levels, only furthering inadequate pain management. African American patients must take charge of their health and feel empowered to honestly communicate and set expecta-

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Activist Anthony Bond shares with the gathered volunteers the importance of their efforts to preserve Shelton's Bear Creek (Facebook)

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gether to help preserve this historical landmark. A cemetery where it is all slaves. Let me tell you something, death could not hold them down. Their positive energy meets you at the entrance and the feeling is so overwhelming it can bring you to tears.

People say that slaves were taken from Africa, this is untrue, PEOPLE were taken from Africa and made into slaves. May these wonderful human beings rest easy and know they are cared for. Every volunteer I came across was hand picked from God. I am excited to have been a part of this group!"

**Civic partnership to finish the job**  
The City of Irving's Park and Rec. Dept. returned on

Monday and finished the job by sending a crew and a mulching machine to dispose of the debris gathered in the cleanup of the cemetery. Bond was on hand to take photos and thanks, Terry, Carlos, and Pedro as they gathered all of the tree

branches, shrub and other debris. Thanks to their efforts, these natural materials can be utilized to replenish the landscape for the cemetery and other locations throughout the city.

"Thanks to Ray Cerda, the Director, Mike Griffith, the Asst. Director and to Scott their Supervisor," Bond shared.

Bond enthusiastically

thanked all who came out to support the cleanup, "This whole effort by so many has made me so THANKFUL. Happy Thanksgiving to you all."

### Possible future oversight

The City of Irving could be voting in December on creating a new department which may bring further resources to bear for the cemetery..

"That department would be called the Department of Art and Culture, and it is taking our existing Irving Arts Center Department and expanding it to include museums and other historical designations identified from time to time," said Sharon Barbosa-Crain, a former Irving councilmember. "It could easily be that this cemetery could be part of this or we can even initiate through the City through our Real Estate Department, a contract with the property owner."

To view more photos visit  
[NorthDallasGazette.com](http://NorthDallasGazette.com)

# Richardson begins planning for Cotton Belt Rail Line's impact

Now that the DART Board has approved a financial plan that includes funding for the expedited construction of the Cotton Belt Rail Line, cities through which the line passes and DART have begun the work needed to meet the proposed 2022 completion date.

The City Council was updated Monday regarding



Proposed route for DART's Cotton Belt Rail Line (Image: DART)

Richardson's efforts as well as DART's.

Richardson City planners have already begun study-

ing several design components of the line in order to give timely input to DART on the City's preferences. Elements being studied include:

- Area rail station platforms (UT Dallas, City-Line/Bush) and how the Cotton Belt Line will interface with the Red Line
- US 75 rail bridge
- West Renner Road

pedestrian bridge, east of Synergy Park Boulevard

• Trail-by-Rail plans/interfaces

• Corridor aesthetic design elements

• Types of crossings at streets including Rutford Avenue, Custer Parkway and Alma Road

DART Board representative and former Richard-

son Mayor Gary Slagel was present at Monday's work session to give remarks from DART.

He reported that DART is conducting a parallel study along with Richardson's and that DART staff will be working with neighborhoods and cities to bring information to the DART Board.

## HelloFresh donates 28,900 Thanksgiving meals

The meal kit delivery service HelloFresh plans to donate 28,900 meals to the North Texas Food Bank, which is expected to serve thousands of local food-insecure residents this Thanksgiving. The meals, which will include turkey, cranberry sauce, apple and pumpkin pie, seasonal vegetables and potatoes, were

made possible by generous HelloFresh subscribers in the region though a company promotion encouraging its subscribers to donate their regular deliveries in honor of the holiday.

"With Thanksgiving just around the corner, the food from the HelloFresh food drive couldn't come at a more critical time," said

Simon Powell, Interim President and CEO of the North Texas Food Bank. "We are grateful to HelloFresh and their generous customers for helping us provide food for our neighbors in need. This donation will go a long way to help hungry children, families and seniors across NTFB's 13-county service

area."

HelloFresh expects to donate 85,000 meals nationally. As one of the leading meal kit delivery services, HelloFresh gives households the opportunity to enjoy healthy home-cooked meals without the associated hassle. To learn more, visit HelloFresh.com.



Everyone loves bacon, but don't pour the leftover grease down the sink drain!

## Carrollton offers free cooking oil disposal for residents

The City of Carrollton will hold a Cease the Grease event for residents to properly dispose of cooking oil, often left over from large holiday meals.

Stop by the City of Carrollton Central Service Center (2711 Nimitz Lane)

from 8 a.m. to 6 p.m. on Monday, Nov. 28 or Tuesday, Nov. 29 to properly dispose of grease and cooking oil for free.

Often times, plumbing problems can result from pouring grease and food scraps down household

drains. Pipe blockage can be prevented by scraping the excess from plates, pots, pans, utensils, and grills into a can or the trash. The garbage disposal is no place for grease. Proper disposal of grease will keep it out of the sewer system and away

from causing damage to sewage and drain pipes as well as the environment.

If everyone takes preventative measures, there will be less plumbing issues in homes and no sewage overflows into parks, yards, or streets.

## McKinney PAC brings more than Christmas music

The McKinney Performing Arts Center (MPAC), Historic Downtown McKinney's entertainment venue, has a full winter lineup of concerts and shows. From jazz and elegant ballads to 50's era tunes, the MPAC stage will be swinging this holiday season.

**Swing'n the Holidays:** The Jive Aces, 8 p.m. Friday, Dec. 2

The Jive Aces was the first band to reach the semi-finals of Britain's Got Talent in 2012, followed by performances for Her Majesty The Queen as part of the Diamond Jubilee celebrations

and the Olympic and Paralympic celebrations. The Jive Aces have established themselves as the UK's top jive and swing band. Tickets: \$38 adults, \$33 seniors, \$28 students and kids. Reserved seating.

**Friday Night Flicks:** Gremlins, 8 p.m. Friday, Dec. 9

The movie tells the tale of a gadget salesman looking for a special gift for his son and finds one at a store in Chinatown. The shopkeeper is reluctant to sell him the "mogwai", but sells it to him with strange warnings. Never

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## Frisco plans special election in to fill vacant city council

Candidates interested in filling a vacancy on the Frisco City Council will now have until Dec. 19 to file for office.

In a special called meeting on Monday, council members chose to move the special election date from Jan. 14 to Feb. 18, after both Collin County and Denton County election administrators were unable to offer a full-service contract to staff the January option.

As a result, the special election will be held Feb. 18, 2017. Early voting for the special election will take place Wednesday,

Tuesday, Feb. 14, 2017 (excluding February 4, 5 and 12).

The elected candidate would fill an unexpired term in Place 1 and serve until May 2018. The vacancy is a result of a Councilman Bob Allen's announcement in October to run for mayor.

Candidate packets are available via the City Secretary's Office, 6101 Frisco Square Boulevard, 5th Floor. For more information, visit frisco-texas.gov/elections, email CitySec@FriscoTexas.gov or call 972-292-5020.

## OPIOID, continued from Page 4

tions with healthcare providers in order to receive the right care at the right time.

At Ascension, we're working to achieve equitable pain management across all minority groups. We know our field is at a tipping point, and a failure to treat pain is not only poor medicine, it's denying our brothers and sisters a basic human right. That's why we are working

in concert with our patients to develop national, comprehensive guidelines to pain management — standards that embed healthcare equity with our understanding of patient history and cultural sensitivity.

Guided by this understanding and deepened by our relationships with our patients, we are committed to the highest standard of pain management along the care con-

tinuum. This work also requires we actively engage African American patients and explore all pathways to care — including non-medicine, integrated forms of therapy.

There is still much more work to do to truly and fully eradicate disparities in pain management, and every member of our community has a role to play. Too many of our family members, friends and neighbors are hurting — often in silence —

from pain in many different forms. Together, healthcare providers and the communities we serve can empower and support vulnerable patients along their pathway to relief.

*Patricia A. Maryland, Dr.PH, is the President of Healthcare Operations and Chief Operating Officer for Ascension Health, the healthcare delivery subsidiary of Ascension, the nation's largest non-profit and largest Catholic health system.*

# How to help children stay off the naughty list year-round

It's that time of year again when beleaguered parents constantly remind disobedient children that it's more important than ever to do the right thing.

Otherwise, they could end up on Santa's notorious naughty list – the one specially reserved for kids who fight with siblings, refuse to do their homework, throw temper tantrums and don't eat their vegetables.

While banishment to the naughty list has long been a handy tool in the disciplinary arsenal, any responsible parent wants their children to be good the rest of the year, too, when the threat of empty stockings holds less sway over those



Dennis Tang / Flickr

impressionable minds.

"I suspect most children deep down want to do the right thing, but they struggle with temptation," says K.J. Hales, author of *It's Hard to Be Good*, the first volume in the *Ellie the*

Wienerdog ([elliethewienerdog.com](http://elliethewienerdog.com)) series of educational picture books for children.

"A lot of it comes down to self-control – being able to control both your emotions and your actions when

things don't go your way or you don't get what you want."

Hales, who creates teachers' guides and educational activities to go along with the lessons in her books, says the earlier parents start teaching children to do the right thing, the better.

She says some of the ways they can reinforce good behavior and discourage bad behavior include:

Be generous with praise. Don't underestimate the importance of your words. It's easy to notice when children do the wrong thing and to chastise them about it. But take note when they do the right thing, too, and praise their good choices or

good behavior. "Everyone loves words of approval and children will want to please you as a result," Hales says.

Make good choices a fun activity. One way to encourage good decisions could be to set aside one week in which each day you ask your children to write or draw about a good decision they made or they saw someone else make. Hales says this is an activity she suggests for classroom teachers, but it can work in the home as well. Be sure to discuss those good decisions with the children.

Reward them. Discipline so often focuses on punishments for bad behavior, but children should also be re-

warded for good behavior. This doesn't have to be anything elaborate or expensive. A reward could be a picnic in the park or a favorite dessert after dinner.

"I'm sure every parent wants their child to gain independence, grow emotionally and learn to make good decisions about their own behavior," Hales says. "And this is important 365 days a year, not just in the weeks before Santa Claus comes to town."

*K.J. Hales (www.elliethewienerdog.com) is author of the Ellie the Wienerdog series of educational children's books for children.*

## Tips for preventing 'brain drain' over the long holiday break

While holidays are a time for celebration, time away from school can interrupt a child's learning. The break can be especially disruptive to children who are learning a second language.

Two Texas Woman's University professors say there are many things families can do to ward off "brain drain" during the holidays.

Connie Briggs, Ph.D., professor of reading, said parents can keep their children's reading and writing skills active by making holiday wish lists and comparing prices, writing a holiday letter or note to family members or writing "thank you" notes for gifts.

Children also could help write grocery lists for holiday cooking, and help organize the list by category to aid in shopping. These tasks would require children to use their reading, writing and critical thinking skills, Briggs said.

Math skills will come into play when children are encouraged to shop for the best bargains and compare the costs and sizes of products, Briggs said. They also could help in the kitchen by reading recipes and measuring out the ingredients using measuring cups and spoons.

"Parents can ask children

to write examples of one virtue — thankfulness, hope, kindness, love, joy, peace — each day on paper turkeys or snowmen and post them around the home," she said. "They also can start a family tradition of selecting a children's book appropriate to the holiday, and have the children read the text several times so they may present it orally to everyone before or after the family dinner."

Some of the holiday books Briggs recommends for children are:

- *Sharing the Bread: An Old-Fashioned Thanksgiving Story* (primary level) by Pat Zietlow Miller;

- *The Night Before Christmas* (primary level) by Clement C. Moore;

- *Oskar and the Eight Blessings* (primary, intermediate level) by Richard Simon and Tanya Simon;

- *Hanukkah is Coming!* (for preschool age) by Tracy Newman; and

- *Cork & Fuzz: Merry Merry Holly Holly* (for preschool, primary age) by Dori Chaconas

- *Ideas for children learning a second language*

For Mandy Stewart, Ph.D., assistant professor of bilingual education, her concern for bilingual/bicultural

students is "not so much about loss, but about not fully taking advantage of the language and literacy opportunities that exist."

Stewart is fluent in Spanish and is raising her children to be bilingual. Yet she believes even parents who do not speak other languages can use breaks to expose their children to other languages and cultures.

"Children can immerse themselves in a different language over the holiday break," she said. "You can go to the library and get books written in a different language or that contain a few words in another language. If possible, spend time with others who speak that language. Appropriate Internet sites also are a wonderful way to learn. Capitalize on all the language and multicultural learning opportunities that might not be widely available to your children in school if they are not in a bilingual education program."

For families that already speak a language other than English, Stewart suggests they encourage their children to speak their native language during the holiday break – while cooking, shopping, making lists or simply spending time to-

gether.

"This is a wonderful way to develop language skills so the students can work toward being totally biliterate (able to read and write in

two languages)," she said.

For adolescent students, Stewart encourages providing literature they want to read in the language they are less exposed to in

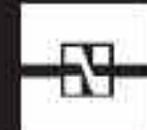
school.

"I believe their literacy skills will develop when they are reading what they want in any language," she said.

Register Nov. 28  
through Jan. 11.  
Classes begin Jan. 17.



[northlakecollege.edu](http://northlakecollege.edu)



**North Lake College**

DALLAS COUNTY COMMUNITY COLLEGE DISTRICT



## Irving seeks volunteer to fill ICVB board vacancy

The City of Irving recently opened applications for its Convention and Visitor's Bureau Board as the result of a vacancy.

Interested applicants must be a registered voter and have been an Irving resident for at least one year. Applications will be accepted

through Wednesday, Nov. 30, 2016, and interviews will be conducted Tuesday, Dec. 6, 2016.

The ICVB Board is composed of a 25-member board of directors, which consists of 13 voting members and 12 nonvoting members, three of which are ex officio mem-

bers. ICVB Board meetings are held the fourth Monday of each month at 11:45 a.m. at a pre-announced Irving location. The board of directors makes recommendations to the City Council about

convention facilities, assists with attracting visitors to the city and hires the ICVB executive director. It is a policy-making board.

Interested members of the public can apply online.

## Sixth annual Santa Run Texas scheduled for Dec. 10

My Possibilities, a non-profit organization dedicated to empowering adults with intellectual and developmental disabilities, is holding its sixth annual Santa Run Texas. This 5K Fun Run and 1-Mile Walk is a family and pet-friendly event that allows participants to dress up in a five-piece Santa suit (included with your registration). Santa Run Texas will be held at the Dr. Pepper Snapple Group Headquarters.



One-hundred percent of the proceeds will go back to the programs at My Possibilities. As a pioneering leader in vocational education for adults with cognitive disabilities, MP provides instruction for independent living skills, culinary skills, creative expression, health and wellness, as well as a variety of other enrichment programs, all of which are designed to stimulate the cognitive and creative abilities of their clients, lovingly referred to as HIPsters – Hugely Important People.

The first Santa-themed running event in DFW, Santa Run Texas has become a holiday tradition for those inter-

ested in helping adults with special needs and underprivileged children. This year, My Possibilities have set a goal of attracting more than 3,000 Santas to participate in the outdoor event.

Both the 5K Fun Run and 1-Mile Walk are presented by Dr Pepper Snapple Group, and will be held on Saturday, Dec. 10th from 8 a.m. to noon at the company's headquarters located at 5301 Legacy Drive in Plano. Park Place Jaguar Plano is bringing out two sleighs – luxury convertibles for Santa and his entourage of North Texas-based dignitaries – to lead the procession of Santas to the

starting line.

"Last year, we raised over \$106,000 which helped fund many of My Possibilities educational programs. With more than 200,000 special needs adults living in North Texas, high-quality programs are almost non-existent," said Charmaine Solomon, founder and Chairman of the Board at My Possibilities. "Proceeds from this fundraiser go directly towards the ongoing operations of My Possibilities so that we can continue to help this large and growing population."

There will also be a designated area called "Santa's Playland" that will include

plenty of other amusements for children, including the world's largest snowman bounce-house. An "official" Santa Claus is on hand to hear children's wish lists, and other family-friendly entertainment includes a balloon artist and face-painter.

To help other North Texas families, all festival participants are requested to bring a new, unwrapped toy to the event for the HIPster's annual Toys for Tots drive. Following Santa Run Texas, U.S. Marines will collect and distribute toys to underprivileged children throughout the Metroplex.

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## 'Beyond School Walls' mentoring program comes to Irving ISD's Lively Elementary

Students at Lively Elementary are the newest members of Big Brother Big Sisters' "Beyond School Walls" program.

The school is partnering with Celanese Corporation for this unique mentoring program that matches students with professionals for one-on-one interaction in the workplace.

So far, 21 pairs of "Bigs" and "Littles" have been created, connecting 3rd and 4th graders with a range of Celanese employ-



Employees of Celanese welcome the students of Irving ISD's Lively Elementary School for Big Brother Big Sisters' "Beyond School Walls" program at their Las Colinas headquarters.

ees.

Students visit the Las Colinas headquarters twice a month for an hour of ac-

tivities and conversation, all while exposing them to corporate environments and various career paths.

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Discover DALLAS ISD

## Community Briefs

### DALLAS

#### Pet photos with Santa

On Saturday, Dec. 3, Sunday, Dec. 4, Saturday, Dec. 10, and Sunday, Dec. 11, 10 a.m. to 4 p.m., pet parents are invited to the Kindness Klubhouse located at 13394 Preston Road, in Dallas for holiday photos with Santa.

Dogs, cats and the whole family are invited to sit on Santa's lap to pose. A helper will snap 10-15 photos per session. Pet parents can choose to have their favorite photo framed in a 4"x6" format for \$15, or receive a 4"x6" framed photo and a thumb drive with all of the photos for \$25.

These photos make great holiday cards, and all proceeds benefit Operation Kindness.

#### Christmas at the Bush Library

The George W. Bush Presidential Library and Museum at SMU invites guests to enjoy Christmas at the White House via their new exhibit. A Season of Merriment and Melody: Christmas at the White House 2004 spotlights decorations during their time living on Pennsylvania Avenue.

Former First Lady Laura Bush selected holiday music and traditional Christmas carols throughout the White House decor.

Guests can take a family photo in front of a replica of the Christmas tree displayed in the Blue Room at the White House in 2004 and even more.

Visit [Bushcenter.org](http://Bushcenter.org) for tickets and info.

### FRISCO

#### Skinny IT Holly Jolly toy drive

Holiday lovers are invited to the Skinny IT Holly Jolly Toy Drive and bring toys for the children at the Ronald McDonald House of Dallas. Just bring an unwrapped toy. Or two. Or twelve. Whatever you think will help children and families staying at the Ronald McDonald House have a happier holiday season.

Meet Bob & Dan from 1310 "The Ticket," play games and win prizes, and sample some of the area's finest food trucks, including Flaming Grill Barbecue, Fried Pies for All and



The Guava Tree.

The festive fun is scheduled for Thursday, Dec. 1 from 12 p.m. – 3 p.m. at the Skinny IT Warehouse located at 10570 John W. Elliot Drive, Suite 800 in Frisco.

### GARLAND

#### Sensory-friendly tree lighting

Children and adults with sensory disorders are invited to a special tree lighting at 6:30 p.m. Wednesday, Nov. 30, in the Downtown Garland Square. Experience a holiday tree lighting event without music, fireworks or crowds. Soft street lighting and easy-access parking will be available. Children also can choose to mingle with our special Santa! RSVP is required. For details and to RSVP, email [COTS@GarlandTX.gov](mailto:COTS@GarlandTX.gov).

#### Christmas on the Square

Celebrate the holidays at the City of Garland's annual Christmas on the Square, scheduled from 5:30 to 9:30 p.m. Thursday, Dec. 1, in Downtown Garland. In keeping with the long tradition of this special community event, Christmas on the Square will have its classic attractions with a few new surprises. As always, the attractions are free! Families can slide down real snow hills, take photos with Santa, enjoy holiday food vendors and create crafts in the children's activity area.

The tree lighting will begin at 7 p.m., followed by choir performances 7:30 p.m. See event details, schedules and

maps at [ChristmasOnTheSquare.com](http://ChristmasOnTheSquare.com).

### LEWISVILLE

#### Colorpalooza calling for artists

Artists, artisans, and craft exhibitors are invited to participate in the second ColorPalooza festival on Saturday, April 8, 2017. This outdoor festival will be held from 10 a.m. to 5 p.m. in historic Old Town Lewisville.

The City is looking for artists and exhibitors to display, sell, or create art on site. Space is limited and applications are processed on a first-come, first-served basis.

To qualify as an Artist/Exhibitor vendor, all products on display must be handcrafted, hand-stitched, homemade or manufactured by the applicant or applicant's representatives. Examples include paintings, sculpture, pottery/ceramics, textile arts, photography, hand-carved items, handmade jewelry, bead work, up-cycled materials, mosaics, hand-sewn quilts, crafts, leather-working, metalworking, stained glass and blown glass objects.

Application deadline is Friday, March 3. Vendor applications can be downloaded at [LewisvilleColorPalooza.com](http://LewisvilleColorPalooza.com).

### SACHSE

#### Tree lighting and proclamation planned

The Christmas season in Sachse officially kicks off on Dec. 1 when Mayor Mike Felix recites the customary holiday proclamation and flips the magical switch, lighting the

See BRIEFS, Page 9

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# Gifts of the Magi opens at Jubilee this week

Based on the classic O. Henry short story which many of us read in high school lit class, the story is now told through music and lyrics. *The Gifts of the Magi* features a tale of two very poor people who loved each other so much that each sold their most prized possession to buy the other a Christmas present.

In addition to their story, the audience learns about the lives of various city folk going about their holiday business. A modern twist is added to this production

featuring the hilarious plight of a cheerful bum named Soapy, who wants only to get arrested so he can spend the night in a cozy jail cell. The story is told by a tuneful newsboy-narrator, Willy.

*The Gifts of the Magi* kicks off the holiday theater season on Nov. 25 and runs through Christmas Eve at the Jubilee Theatre

Directed by the new Artistic Director of Jubilee Theatre, William (Bill) Earl Ray, the cast features six performers who will bring

the production about love and sacrifice to life through acting, singing and dancing.

You can save a bit of holiday shopping money by attending the \$19 Preview Performances running from Nov. 25 – Dec. 1. Opening Night is Friday, Dec. 2, and performances continue through Dec. 24 will cost an affordable \$25-\$29.

Evening performances are Thursday, Friday, and Saturday at 8 p.m. Matinee performances are Saturday and Sunday at 3 p.m. A spe-

cial matinee performance has been scheduled for the week leading into Christmas weekend, on Wednesday, Dec. 21 at 3 p.m. which offers a nice break from the bustle of the holiday season.

Tickets may be purchased online at [jubileetheatre.org](http://jubileetheatre.org), in person at the theater Box Office, located at 506 Main Street, or by calling 817-338-4411. Box Office hours of operation are Tuesday – Friday 12 p.m. to 6 p.m. and one hour before each performance.



*The Gifts of the Magi* is on stage at the Jubilee Theatre this holiday season (Courtesy photo)

## Win free tickets to see Mary J and Maxwell

Maxwell and Mary J. Blige will tour together for the first time ever on the co-headlining The King and Queen of Hearts World Tour playing arenas nationwide. The 24-show run of dates will include a stop in Dallas at the American Airlines Center on Dec. 2. Tickets are on sale at [Ticketmaster.com](http://Ticketmaster.com).

But NDG readers have a chance to win a pair of tickets to the show! For a chance to win first choose your favorite social network and then:

- On Facebook: Find the post at the top of the page and like it – THEN share on your timeline and tag a friend!
- On Instagram: Give the

post a little love by clicking the heart – THEN tag a friend!

So if you want to enjoy not only a few new tunes from Maxwell's 'black-SUMMERS'night' released this summer but a few of his classics or anything the legendary Mary J sings, then take a chance at winning a free pair of tickets!



## Another happy winner...



Ms. Mesia Davis is the winner of "The Nutcracker" puppet show at the Dallas Children's Theatre. Be sure and follow North Dallas Gazette on Facebook and Instagram to win tickets to the best events in DFW.

## BRIEFS,

continued from Page 8

large community Christmas tree.

Residents are invited to participate in the annual ceremony, taking place in the entry breezeway of the Sachse City Hall building, 3815 Sachse Road. The program starts at 6:30 p.m. with entertainment and refreshments.

Attendees will enjoy Christmas carols sung by the Sachse High School Madrigal singers and the Children's Choir of the Church of Jesus Christ of Latter Day Saints. Cookies and apple cider will be served free of charge.

It's a "Mixed Nuts" Holiday at DCT!

Enjoy the Peanuts Gang and the timeless Nutcracker classic with your family!



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Ages 5 and up



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# Move over sweet potato pie, try one of these holiday pie treats

The holiday season is fast approaching, which means party planning is in full swing. And, as everyone knows, no holiday party is complete without delicious, homemade seasonal pies.

Not a chef? Not a problem. The Rustic and Bowl & Barrel have got you covered.

Now through Dec. 31, those looking to impress family and friends can stop by either Dallas restaurant to pick up one of their decadent holiday desserts.

The Rustic in Uptown is preparing its delicious Peanut Butter Pie – a peanut butter crumb crust filled with peanut butter cream and a fudgy chocolate layer, topped with Spanish peanuts and drizzled with warm, bittersweet chocolate sauce. This perfect combination of salty and sweet is just \$27.95.

Prefer something even sweeter? Just roll on over to Bowl & Barrel, located in the Shops at Park Lane, for

a Butterscotch Pie – served with sweet vanilla cream, sea salt caramel and ginger snap crumbles. This rich and succulent delight can be all yours for just \$24.95.

Better yet, grab one of each and you're guaranteed to be a holiday hero.

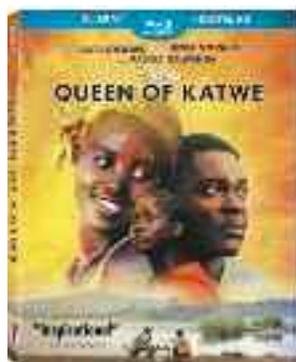
"I think we can all agree that every holiday get-together deserves a great dessert," said Kyle Noonan, co-founder and owner of FreeRange Concepts, which operates The Rustic, Bowl &

Barrel and other innovative restaurant concepts. "But making the perfect pie isn't as easy as it sounds. So this year, we're lightening your load by preparing our favorite pies for you. We won't tell where you got them if you don't!"

Please call ahead to reserve your specialty pies. For The Rustic's Peanut Butter Pie, call 214-730-0596. To reserve a Butterscotch Pie from Bowl & Barrel, call 214-363-2695.



The Rustic's Peanut Butter Pie



## Digital release for Disney's Queen of Katwe set for January

Although you will not be able to put it under your Christmas tree this holiday season, you can schedule a reminder to pick up Disney's Queen of Katwe on Jan. 10 when the Digital HD is released, followed by Blu-ray on Jan. 31.

Based on the vibrant true story of a young girl (Madina Nalwanga) from the streets of Uganda whose world changes when she is introduced to the game of chess, and, as a result of the support she receives from her family and community,

is instilled with the confidence and determination she needs to pursue her

dream of becoming an international chess champion. It is a story of perseverance

See QUEEN, Page 11

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**NDG Entertainment Ticket Giveaway!!! Follow North Dallas Gazette on Facebook, Twitter and Instagram to keep up on all the latest!!!**

# Big returns for entrepreneurs who plan for Small Business Saturday

Did you know 95 million Americans shopped on Small Business Saturday in 2015, spending more than \$16.2 billion on that day alone? Falling between Black Friday and Cyber Monday, this special Saturday — Nov. 26, this year — was established to encourage shoppers to support small businesses locally and online.

Small business owners should prepare in advance for this big shopping weekend, suggests Tina Mims, Ph.D., executive director of Texas Woman's Hub for Women in Business and member of Texas' Small Business Assistance Advisory Task Force.

"Small business owners have the opportunity to turn November 26 into a big revenue day," said Mims. "They can prepare for this day by displaying the Shop Small logo on all communication messages."

American Express offers free Shop Small marketing materials online at [www.americanexpress.com/us/small-business/shop-small/](http://www.americanexpress.com/us/small-business/shop-small/)

Mims also recommends entrepreneurs contact their suppliers to work out one-time terms to navigate potential cash-flow issues that can



arise when extra inventory is needed during a burst of sales this time of year. In addition, businesses should be set up to accept different forms of payment from customers.

TWU Marketing Professor Pushkala Raman, Ph.D., teaches a Small Business course each year, where senior-level students develop business and marketing plans for local entrepreneurs. Raman and her students provide these hints for owners to maximize returns on Small Business Saturday and throughout the holiday season:

**Trained and healthy employees can make a big difference.**

Hire seasonal employees in advance to ensure they are familiar with your product

and the business. Train them well and provide resources to keep them healthy as they work long hours and may be exposed to germs. Have part-time or on-call labor on stand-by.

**Prepare your storefront for the holiday sales.**

Keep your storefront open longer hours and on Sundays, if possible. Use food and beverages to entice people to come into your shop. Set up fast-selling items so they are visible and easily accessible. Place impulse-pur-

chase goods near your fast-selling items, not just on the check-out counter. Stock-up on every-day supplies, such as bags, printer ink and register tape, in addition to your inventory.

**Twenty is the magic number.**

When offering discounts, target 20 percent to grab the attention of potential customers as this is the threshold when they tend to take action. Offer smaller goods priced under \$20 for impulse buys.

**Digital marketing helps customers find your business.**

Use social media to advertise special deals during the holidays. Hashtags and images will attract customers when they search keywords. Ensure your website is current and easy to use for online purchases. Include directions, map links, hours and contact information so customers can reach you easily. Send email blasts to es-

tablished mailing lists.

**Follow-up with new customers to turn them into repeat customers.**

Develop a plan to entice customers to come back after the holidays. Add personal

touches to packaging, such as holiday-themed personalized notes and coupons good for their next visit. Contact customers to get their feedback on your products or services.

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## ← QUEEN, continued from Page 10 →

leave viewers feeling humbled and inspired.

According to director Mira Nair, "The triumph of the human spirit is not to weep for what we don't have but to focus on what we do have and

allow that to take us to a place we never imagined possible."

This bonus clip features Oscar winner Lupita Nyong'o sharing how this film showcases Africa in a different light.

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# Seven ways to give back to your community this Thanksgiving

By Mary Wong

Giving back to the community is always important, but this is especially true around Thanksgiving. While most people look forward to spending time with family and friends feasting on turkey and stuffing and watching the parades and football games, for others it's a very different story. Many people are alone this time of year. Others are homeless. Some are sick. Sadly, not everyone has a place to go and people with whom they can spend the holiday.

Many people want to be difference makers this time of year, but they're unaware of what to do and how to help. The first thing that comes to mind for most people is serving food at a local soup kitchen or shelter. This is indeed important because these organizations rely greatly on volunteers, but having a large number of people show up to help on the holiday can be overwhelming. With that said, there are a number of other



Bill McChesney / Flickr

ways to help out and give back to your community.

## Extend an invitation

Thanksgiving is a time to come together with friends and family, but not everyone has that opportunity. Is there someone you know that will be alone this year that you could invite to spend Thanksgiving in your home? Perhaps it's a neighbor who is a recent widow, someone who just went through a divorce, a military family who can't all be together this year, or anyone who lives by themselves and has no family.

## Visit patients in a hospital or nursing facility

Nobody wants to spend Thanksgiving stuck in a bed in a hospital room, but unfortunately, it happens. Go visit local hospitals and assisted-living facilities. Find

out when visiting hours are and make the rounds visiting people who can't be at home this year. Sitting and having a conversation will be the highlight of the day for many of these people, and it will make you feel good about yourself.

## Donate blood

The American Red Cross says that every two seconds, someone in the United States needs blood. This Thanksgiving, one of the best ways to give back to the community is to donate the precious gift of life. Blood donations are a critical part of saving lives, and you never know who your donation might help. Visit your local blood bank, roll up your sleeve and donate blood today.

## Thank law enforcement and military

This Thanksgiving, make sure and thank your local police officers and members of the military. Without them, you wouldn't have the freedom you enjoy every day living in this country. You can visit the local police station with pastries and coffee to show your appreciation to the men and women that protect the community and can't spend Thanksgiving with their families. You can send letters to our servicemen and women stationed overseas who can't be at home for the holidays. Or the next time you see a police officer patrolling your street, simply go up and say thanks for all that they do. Don't forget our firefighters, too.

## Give clothes, not food

There are plenty of shelters and soup kitchens that offer meals on Thanksgiving. A better way to give back is by donating clothing. The weather in many parts of the country is getting cold this time of year, so donate those old jackets, sweaters, scarves and

gloves that you don't use anymore. Help someone stay warm this year as the bitter cold gets ready to settle in. There are many organizations that will gladly take these items from you.

## Volunteer

Whether it's with your local library, religious organization, in your child's classroom, at a community nonprofit or wherever, give the gift of your time and volunteer. J.K. Rowling said, "We are only as strong as we are united." The fact is, many of these organizations rely heavily on volunteers. Even committing to as little as one to two hours each week can make a huge difference and would be greatly appreciated.

## Do something nice for a stranger

There's no better time than Thanksgiving to do something nice for a stranger. Maybe it's letting the person with the screaming baby behind you in line at the supermarket go ahead of you. Maybe it's leaving a few extra dollars for the waitress who is obviously

having a rough day. Perhaps it's helping a senior citizen cross the street. A small act of kindness can be a big deal to someone else. Doing something nice for someone you don't know is a great way to have an attitude of gratitude this holiday season.

Above all else this Thanksgiving, perhaps one of the best ways you can give back and get into the spirit of the holiday is to make sure and say "thank you" to all those special people in your life. We live in a fast-paced world and often take things for granted. Take a few minutes this Thanksgiving to say thank you to your spouse, children, parents, boss, neighbors, friends and other meaningful people in your life.

Mary Wong is president of the Office Depot Foundation, the nonprofit charitable giving arm of Office Depot Inc. To learn about the Foundation and its work, visit [www.officedepotfoundation.org](http://www.officedepotfoundation.org).

## Jarvis Christian College to host recruitment effort in Dallas



HAWKINS, TX — Jarvis Christian College's (JCC) Renaissance Adult Education Program plan to host a student recruitment effort in Dallas from 10 a.m. to 6 p.m. Dec. 9-10 in the Southwest Center Mall parking lot, 3662 W. Camp Wisdom Road in Dallas.

JCC has opened a teaching site at Friendship-West Baptist Church in Dallas for adult learners, offering academic degree programs in Religion, Criminal Justice and Business Administration. JCC

began offering classes at the church this fall. For the spring they are seeking to serve at add least 75 more students. The classes are offered in the evening on Tuesdays and Thursdays and every second and fourth Saturday. This event is an effort to raise awareness with the public regarding the availability to continue their education in a nearby community.

Pre-registration for Jarvis Christian College's Spring 2017 semester is already underway. Regular registration is Jan. 5-6 for new and returning students. For information, contact the Admissions Office at 903-730-4890, Ext. 2202. Classes start Monday, Jan. 9.

Financial aid is available if you qualify. Interested Veterans are encouraged to apply.

## BAD, continued from Page 3

our best when things get bad.

I fear that the seeds planted during the campaign will tell us how women and girls can be mistreated. We already have too much mistreatment of women and girls. Too many are abused verbally, physically and psychologically. To be fair, these seeds of abuse were planted eons ago But Businessman Trump has cultivated these seeds with the fertilizer of example, the waters of acceptance, and the warmth of election success. These seeds will grow and bear many and varied poisonous fruit. The challenges will be even greater and more widespread. We must be at our best when things get bad.

I am afraid that the seeds planted in the immigration fields will bear poisonous fruits for millions of immigrants, and not just undocumented immigrants. Sustained fear does terrible

things to us, especially to our children. When we blame complex economic and societal woes on those who appear different and are less powerful, it becomes extremely destructive. Already we see more children bullying other children of foreign descent. Some children passed out "deportation notices" to other children just days after the election. We must be at our best when things get bad.

I am fearful that health care will be completely denied to tens of millions of Americans and reduced for millions more. Businessman Trump has promised to repeal and replace Obama Care. We heard much about repeal and little about replace. I remember the old folks saying, "When you have your health, you have everything." Having our health may not be everything, but it lays the founda-

tion for us to get what we need in life. The growth of an anti-health care spirit for the left out will be very bad. We must be at our best when things are bad.

I am terrified that the fear of terrorism will mushroom. Businessman Trump whipped up that fear, tying terrorism to the 1.5 billion Muslims around the world. When terror and religion mix, it produces extremely bad fruit. We must be at our best when things get bad.

When the powerful are told over and over again that they are weak, it creates a terrible dynamic. The United States is by far the most powerful country in the world. Its economy is bigger than the next three countries combined. Its military is the most powerful, funded more than the next five countries combined. It dominates sports, winning more Olympic medals than any other country. Its culture is the most dominant by far, causing

more people from around the world to come to the United States than to any other country. Somehow Businessman/Candidate Trump convinced so many that we are weak economically, weak militarily, weak in status, weak in culture, weak in leadership. When the powerful feels weak, it creates a very dangerous dynamic. It is very bad when the most powerful attempts to prove its power out of a self-perception of weakness. We must be at our best when things get bad.

I am fully aware that most things we fear are not as bad as we feared. Neither are most things as good as we hoped. However, every now and then our worst fears are exceeded. So are our best hopes.

Hank Sanders has served as a member of the Alabama State Senate since 1983. You can reach Mr. Sanders by email at [hank23sanders@gmail.com](mailto:hank23sanders@gmail.com).

## Texas economy adds 13,700 jobs in October

AUSTIN -- Texas grew by an estimated 13,700 non-farm jobs in October. The state has added jobs in 18 of the past 19 months. Texas' seasonally adjusted unemployment rate decreased to 4.7 percent in October, down slightly from 4.8 percent in September, and remained below the national rate of 4.9 percent.

"Texas employers continue to demonstrate the re-

siliency of the Texas economy with 207,500 jobs added over the past year," said TWC Chairman Andres Alcantar. "TWC and our local workforce boards remain committed to implementing responsive, market-driven solutions and fostering partnerships with industry, education and other stakeholders to support our state's world-class employers as they continue to add

jobs for Texas workers."

The Trade, Transportation and Utilities industry recorded the largest private industry employment gain over the month with 8,200 jobs added. Financial Activities rose for a seventh consecutive month with a 4,400 job gain in October, and Manufacturing employment expanded by 2,000 jobs.

"Private-sector employment has been strong over

the year with an overall job growth of 162,700, including 13,300 jobs added in October," said TWC Commissioner Representing Employers Ruth R. Hughs. "I encourage all of our employers to take advantage of the programs we offer through the Skills Development Fund to help create jobs and train workers with the skills needed for today's job market."

## Slowing down to shop small this holiday season

By Nancy Flock  
Rural Enterprise  
Assistance Project  
Center for Rural Affairs

I recently attended the North Platte, NE, Shop Local Kickoff event, featuring state and local proclamations highlighting the importance of shopping local brick and mortar retail stores. The event made me think about my holiday shopping.

This year, I'm challenging myself to make local purchases and encourage everyone else to do the same. I say challenge because I get it - it's often faster and less expensive to go online. But that route wastes our power to use our purchases to make a difference in our communities.

Moreover, shopping on-



line is not always the best deal. Often, the price that drives you to click "add to cart" isn't so great after you checkout and pay shipping. After waiting for the item to arrive, you may not even like what you bought. When you shop at a local retailer, you know what you're buying, and who you're buying from. The local small business owner you support is creating jobs, paying local

taxes, and will often be one of the first to throw down sponsorship bucks for com-

munity events like a 5K fun run or a local celebration.

This shopping season, I'll be getting on my feet and into small businesses when I'm searching for gifts for my friends and family. I know I'll find something unique. By supporting a local business, I'm making a big impact in my own communities - that's what I call value. I hope you'll join me. When small businesses thrive because of your support, everyone wins!

## Looking for energetic interns in the Dallas Area

A local community newspaper has an internship position available. The goal is to provide students and aspiring writers an opportunity to gain published clips, experience and professional feedback. The position is for 20 hours a week at \$8.50 per hour. Assignments will include covering local events, phone interviews, and rewriting press releases.



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**November 24, 2016  
Have a blessed and Happy Thanksgiving Everybody!**

**November 27, 9:45 a.m.**  
You're invited to our Sunday Morning "Prayer and Meditation" followed by Morning Worship Service at 10 a.m. See what God is doing through and with us; you will be blessed.

**November 30**  
Join us in Wednesday's Prayer and Bible Study Class with Senior Pastor Woodson and Pastor Brenda Patterson teaching a series on "Design for Discipleship, Book 5, Chapter 4." Spiritual maturity is God's desire for you. It's Time to Grow; Ephesians 4:12 & 13.

**This Saturday, Don't Miss it!**

**December 3, 1-4 p.m.**  
Back by popular demand, ladies mark your calendars; W.O.R.T.H. Women are excited to present, again, "Brush It Up, the Christmas Edition, "Let Your Inner Artist Out!" Call the church for details.

Dr. Terrance Woodson,  
Senior Pastor  
1944 E. Hebron Parkway  
Carrollton, TX 75007  
972-492-4300  
[www.bethelbiblefellowship.org](http://www.bethelbiblefellowship.org)

**CHRIST COMMUNITY CHURCH IN RICHARDSON**

**November 27, 8:45 a.m. and 11 a.m.**  
You're invited to our Morning Services as we worship,

honor and praise God for His blessings.

**November 30**  
Join us at 12 Noon with Rev. Viveca Potter teaching on the Word of God; come back at 6:45 p.m. for Corporate Prayer and stay for Senior Pastor Autry at 7:30 p.m. teaching the Word of God. Our youth will come for Food and Fellowship at 7 p.m. followed by Bible Study at 7:30 p.m.

Dr. Terrence Autry,  
Senior Pastor  
701 Centennial  
972-991-0200  
Richardson, TX 75081  
[www.Christcommunityrichardson.org](http://www.Christcommunityrichardson.org)

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**November 27, 8 a.m. Every 4th Sunday**  
Calling All Youth! Join our Hype Sunday Worship (first service only) on our main campus at 200 West Belmont Drive and be blessed;

followed by our Sunday Worship Services at Bolin Elementary School in Allen, Texas 75002 and bring someone with you, you will be blessed.

**November 30**  
Join us in our Wednesday's 12 Noon-Day Live, Prayer and Bible Study and/or our Wednesday Night Live, Prayer and Bible Study at 7 p.m. to learn more about God's Word at the Joycie Turner Fellowship Hall, 200 West Belmont Drive in Allen. Be encouraged by God's plan for your maturity and His glory; and most of all, be prepared to grow.

Dr. W. L. Stafford, Sr., Ed. D.  
Senior Pastor  
5705 Cheyenne Drive  
at Bolin Elementary School in Allen 75002 for Sunday Morning Worship and the Admin. Building Address is 200 W. Belmont Drive Allen, TX 75013  
972-359-9956  
[www.theship3c.org](http://www.theship3c.org)

**INSPIRING BODY OF CHRIST CHURCH, Let's Go Fishing! MATTHEW 4:19**

It's a New Year and a new time. Mark your calendars; starting January 1, 2017 our new starting time will be 10 a.m.

**November 27, 7:30 and/or 11:30 a.m.**  
You're invited this Sunday as we praise, worship, honor and magnify God's Holy name.

**November 28, 7 p.m.**  
Join us in Monday School as we grow in God's Word and learn what God has to say to us.

Pastor Rickie Rush  
7701 S Westmoreland Road  
Dallas, TX 75237  
972-372-4262  
[www.Ibocchurch.org](http://www.Ibocchurch.org)

**MT. OLIVE CHURCH OF PLANO (MOCOP)**

**November 27, 10 a.m.**  
Join us for Worship Service as we praise and worship God for His Honor and His glory; and don't forget to comeback at 7 p.m. for our Brazilian Church.

**November 30**  
You're invited to our Wednesday's Bible Study class; you will learn what

God has to say to us. Come to be encouraged by God's plan for your spiritual growth and His glory.

**December 3, 10 a.m.**  
You're invited to our Annual Testimonial Tea Time. Call the church for details.

Pastor Sam Fenceroy  
Senior Pastor and  
Pastor Gloria Fenceroy  
300 Chisholm Place  
Plano, TX 75075  
972-633-5511  
[www.mocop.org](http://www.mocop.org)

**SHILOH MBC IN PLANO (WHERE COMMUNITY BECOMES FAMILY)**

**November 27, 8 a.m. And 11 a.m.**  
Join us for Worship Services and fellowship as we give God all glory, honor and praise.

**November 30**  
You're invited to our Wednesday's Bible Study to learn more about God's Word. Come and be encouraged by God's plan for your maturity and growth; it's all for His glory and His honor. We are, "Growing in Christ through the study of His Word."

**December 11, 2 until 6 p.m.**  
Mark your calendars for our **See CHURCHES, Page 16**



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# Four levels of Thanksgiving



Send email to: [businessoffice@northdallasgazette.com](mailto:businessoffice@northdallasgazette.com) to sign up for Sister Tarpley's weekly electronic newsletter.

There is turmoil in America today, people marching in the streets over the November elections, disasters (hurricanes, terrorism, mudslides, earthquakes, wars worldwide, life's uncertainty, etc.) many people are in a state of despair.

November is set aside for our Nation's Thanksgiving Day. The Scriptures says,

"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land. **2 Chronicles 7:14.**

It has been stated that there four levels of thanksgiving: Grammar School, Thanks to God for what He gives us. High School Level, Thanks to God for what He does through us. College Level,

Thanks to God for what He has done for and in us.

The Fourth Level of Thanksgiving is the **Graduate Level**. The highest level is when we give Thanksgiving to God for what He is to us.

When you reach this level, you are a "Born Again Christian." You know that you are saved by HIS grace.

You must first ask, "What is God to me?" Serle, an author, over 100 years ago wrote over 600 pages that deal with 41 names of our Lord that is in the Bible.

Later author Charles J. Rhoades wrote 84 names of our Lord in the scriptures. Each of these writers gave us an idea of what God is. I am going to talk about six names that can be found in the Bible.

The Lord is **my inheritance** (Psalms 16:5.) He is my wealth, my source, my bank, my reservoir, my supplier. David, the King, who was wealthy in his own right, said that he would by-pass all of his earthly wealth for Christ because God was his source.

The Lord is **my shield**

(Psalms 28:7.) He is a protector, a safety net. David, a warrior, said that God was his strength and shield; he knew the value of a shield.

In David's day there was an arm shield and a body shield, both for protection. Life is a battle ground. But in the end time, it will be God's, He is a protector.

The Lord is **the health of my countenance** (Psalms

43:5.) He is my make-up artist, meaning, what I am. I have peace **with** God which results in the peace **of** God within me which results in the glory of God on my face.

And, a God's satisfied face means there's something on the inside that is affecting my outside. It's good to know that God's peace is reserved power.

The Lord is **my helper**

(Psalms 54:4.) He gives me His promise, His love, His power, His presence; He is with me all of the time, and has delivered me out of all trouble.

The Lord is **my refuge and fortress** (Psalms 91:2-4.) Moses declared that from generation to generation that God has always been, is now, and will always be God to His people.

Refuge implies deliverance, read and study (Exodus 6:6 and 19:4.) He will bring you out, bring you up, and will bring you in.

God will deliver you from an environment, from bondage, from a strong

enemy, fear, lust, danger, or whatever has you bound (Psalms 18:16-19.) He has the power. Faith in God is the price you have to pay for His blessings. (Psalms 18:20 - 22.)

The Lord is **my strength** (Isaiah 40:29.) When I need God, He is there for me (Deuteronomy 32:12-14.)

The four levels of Thanksgiving brings my favorite scripture to mind: "Now unto Him that is able to do exceeding abundantly above all that we ask or think, according to the powers that worketh in us, Unto Him be glory . . ." (Ephesians 3:20-21.)



Ms. Erica Escalante, Instructor and First Lady Ve Woodson of Bethel Bible Fellowship Church in Carrollton at the first "Brush it Up" by the Women's Ministry; getting ready for the 2nd Brush Up on Saturday, Dec. 3.

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**NDGtv**   
North Dallas Gazette takes a moment to reflect on the past with **Historical Perspectives from Sister Tarpley**

Hear what it was like growing up in a very different Dallas when Booker T. Washington was a black school. Sister Tarpley graduated from there and went on to college and later became a city councilmember in Carrollton.

Look for NDGTV at [NorthDallasGazette.com](http://NorthDallasGazette.com)

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9:30 a.m.

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Allen, TX 75013   
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Pastor Dr. W. Stafford, Sr.

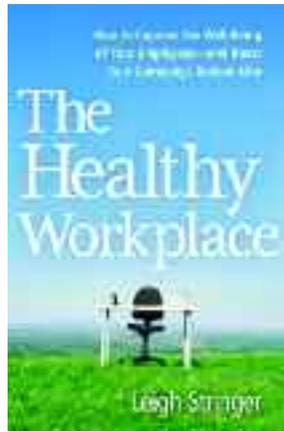
# NDG Book Review: *The Healthy Workplace* won't leave you cold

By Terri Schlichenmeyer

There's something going around the office this month.

It appears to be a cold; half the staff is sniffing, the other half is coughing, everybody's sluggish, and you're not feeling so well yourself. Will this affect your business? Maybe, but in "The Healthy Workplace" by Leigh Stringer, you'll find ways to minimize it next time.

As an overworked, over-stressed mother of two, Leigh Stringer didn't seem to be able to unplug until a minor crisis indicated to her that there wasn't much of a choice anymore. Stringer



had to learn "to stop working so hard and start working smart."

Once, she was a marathon runner, and she remembered how great that felt. Now, there were no hours left in her day, so no time even for the gym. What if, she

mused, work was exercise? What if there was a way to incorporate healthier practices on the job?

Healthy employees are more energetic, she says, more creative, more alert, and "are less prone to take sick days..." Mentally healthy workers are more focused and engaged. Productivity zooms when co-workers feel good.

To start achieving a healthier workplace, one of the easiest things is to encourage your employees to walk more. Urge them to walk around the room, down the hall, downstairs, or outside. Program elevators to work slower, making stairs "more attractive to

use." If you're purchasing new office furniture, consider buying treadmill desks; studies show that walking boosts creativity and lessens the chances of brain-lock.

Give your employees more autonomy. Allow more leeway on how and where they do their work. Consider telecommuting, flexible work hours, or job-sharing.

Carve out a place for employees to work out, including showers and bike storage. Create napping areas or quiet zones for employees to mentally unplug or de-stress. Offer classes on mindfulness or meditation. Rein in after-hours emails

and encourage employees to use vacation time. Remove fatty snacks from the break-room vending machine; replace them with healthy alternatives.

Finally, so you know this is working for you, too, calculate the ROI for your wellness program. Working smarter is smarter in more ways than one.

You'd like to think your workplace is progressive. You like to think you're on top of the trends. So are you ready for the ideas inside "The Healthy Workplace"?

You might be but, in the short run, it won't be cheap. Author Leigh Stringer has many, many great ideas that your employees would no

doubt appreciate, but few of those ideas can be done on a budget; some, in fact, may require extensive workplace remodeling. Even so, Stringer offers compelling reasons for business owners to at least look into better well-being programs – or, to at least look the other way if their employees are already taking initiatives on their own.

This is a provocative book and, because better health is a national concern, it's full of things you'll likely be hearing about for years to come. Whether it's immediately applicable to your business is up to you, but "The Healthy Workplace" won't leave you cold.

## MPAC, continued from Page 5

expose him to bright light, do not put him in water or feed him after midnight. What happens as a result of ignoring all of the warnings is something this small town will never forget and marks a Christmas Eve as a not so silent night. Concession and cash bar is available courtesy of Mom and POPcorn and Square Burger. Tickets are general admission, \$8 per person.

**Christmas Joy:** Erica Lane, 8 p.m. Saturday, Dec. 10

Popular vocalist Erica Lane will dazzle in the holiday concert "Christmas Joy," featuring exciting jazz tunes, elegant ballads and seasonal arrangements. Special guests

include Le Sorelle and Shoshana Renee. Tickets: \$18 adults; \$15 seniors 65+; \$11 children 4 to 12.

**Winter Dance Party:** Tribute to Buddy Holly, Ritchie Valens and the Big Bopper, 8 p.m. Thursday, Jan. 12

John Mueller's "Winter Dance Party" is the number one tribute to Buddy Holly, Ritchie Valens and the Big Bopper. Each live concert performance includes more than two hours of unbridled, high voltage entertainment featuring all the hit songs of the 50's era: *That'll Be the Day, Peggy Sue, Oh, Boy, Rave on, La Bamba, Chantilly Lace*, and many more. Tickets: \$35

"We're excited to host so many amazing and diverse artists to help us celebrate the holiday season," said Amy Rosenthal, Director of MPAC and McKinney Main Street. "There is a something for everyone to enjoy and the downtown square is the perfect location to grab a bite to eat or shop before the show. Make a whole evening out of it."

For more information on these events, please visit [www.downtownmckinney.com](http://www.downtownmckinney.com) or call 972-547-2660. Programming at MPAC is made possible through support from McKinney Community Development Corporation and Emerson Process Management Regulator Technologies Inc.

## IFILL, continued from Page 2

erick Johnson also attended.

Also in attendance during the memorial on November 18 and at her funeral the next day, were interim DNC Chair Donna Brazile, journalist Charlayne Hunter-Gault, Vernon Jordan, New York Times columnist David Brooks, Federal Housing Finance Association Director and former Congressman Mel Watt, Rep. Marcia Fudge (D-OH), NBC News' Chuck Todd, Ifill's close friend Michelle Norris and

Michele Martin, former CNN anchor Bernard Shaw, former ABC News producers Lynne Adrine, Rocci Fisch and Karen DeWitt, FCC Board member Mignon Clyburn, Omorosa Manigault, journalist Roland Martin, former NPR executive Madhulika Sikka, journalist Richard Prince, Children's Defense Fund President Marian Wright Edelman and PBS correspondent Jeffrey Brown.

The funeral ceremony ended with a "ceremony of

the sistahood." The ceremony was a silent prayer circle of seven of Ifill's female friends who held hands around an urn containing Ifill's ashes. At the end of the ceremony, the participants cried and hugged marking the end of the almost three-hour service.

*Lauren Victoria Burke is a political analyst who speaks on politics and African American leadership. She can be contacted at [LBurke007@gmail.com](mailto:LBurke007@gmail.com) and on Twitter at @LVBurke.*

## CHURCHES, continued from Page 14

Annual Christmas Banquet. It's always fun and inspirational. Call the church for details.

Our AWANA (Approved Workman Are Not Ashamed from 2 Timothy 2:15) is held from 6:30 - 8:15 pm, now through May. Kick-off was September 7th. There is no charge for registration for new participants! This is a Bible-based program for children and youth, ages three years old through the 12th grade. The

emphasis is on memorizing the Word of God and developing a personal relationship with our Lord Jesus Christ in a structured, safe and fun environment. Our church ministries offer opportunities for motivation and growth; join us and see. Be blessed of the Lord.

Dr. Isaiah Joshua, Jr.  
Senior Pastor  
920 E. 14th Street  
Plano, TX 75074  
972-423-6695  
[www.smbcplano.org](http://www.smbcplano.org)

## WESTSIDE BAPTIST CHURCH

**December 11, 3 p.m.**

You're invited to join us for an evening of joy, songs and praise by the 100 Voices Male Choruses from the DFW Metroplex, with special guest Nathan Myers

Minister Thomas Bessix  
Senior Pastor  
900 Bellaire Blvd.  
Lewisville, TX 75067  
972-221-5668  
[www.wbccchurch.org](http://www.wbccchurch.org)



## TOWN HALL MEETING Dec. 6

Representative Eric Johnson's Legislative Town Hall will be held on Tuesday, December 6th from 6:00pm - 8:00pm at the Dallas County Schools Building. (5151 Samuell Blvd. Dallas, TX 75228)

Mary Elbanna • Office of State Representative Eric Johnson  
[mary.elbanna@gmail.com](mailto:mary.elbanna@gmail.com) • 214-565-5663