

North Dallas Gazette



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City of Plano announces upcoming sale of \$45.5 million bond and certificate offering

Investors Able to Purchase Tax-Exempt Municipal Bonds Starting January 21, 2010

The City of Plano announced last week it will sell nearly \$45.5 million of federal tax-exempt municipal bonds beginning Thursday, January 21, 2010. The sale will consist

of General Obligation Bonds, Tax and Revenue Certificates of Obligations and Municipal Drainage Utility Revenue Bonds. City residents will be given priority to purchase the

bonds and certificates. Proceeds from the sale will be used to lower the City's overall debt payments and fund various public projects, including upgrades to recreational facilities and

city streets, installation of a new radio system, and work on drainage and erosion projects.

Robert W. Baird & Co., RBC Capital Markets and

See OFFERING, Page 12

SPOTLIGHT

How to choose a diet program

See DIET, Page 9



Volunteer helps Haiti earthquake victim (Photo credit: Getty Images)

DFW Haiti Relief Fund

(NDG Wire) To preserve America's tradition of lending a hand to those in need around the world, DFW International Community Alliance has been asked by their member organizations to serve as an umbrella for local relief efforts to those in Haiti.

In the aftermath of the violent earthquake that de-

stroyed the already fragile nation, and as emergency relief begins to reach the capital city, many of our North Texas international organizations have decided to work together by:

- sending physicians through the North Texas based LEAP Foundation to help with the emergency

See HAITI Page 12



Golden Globe winners speak about Haiti and Abuse Victims

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

Former Irving police officer pleads guilty in HUD fraud case

(NDG Wire) Ramon Anthony Reyes, Jr. has pleaded guilty before U.S. District Judge Jane J. Boyle to one count of making a false statement to the U.S. Department of Housing and Urban Development (HUD) with regard to his participa-

tion in HUD's "Good Neighbor Next Door/Officer Next Door" mortgage program, announced U.S. Attorney James T. Jacks of the Northern District of Texas.

Reyes, 45, faces a maximum statutory sentence of two years in prison and a

\$250,000 fine. He is scheduled to be sentenced by Judge Boyle on April 29, 2010.

Under the terms of the "Good Neighbor Next Door/Officer Next Door" mortgage program offered through HUD, law enforce-

ment officers receive a 50 percent discount from the list price of a home in return for living in the property as their sole residence, for 36 months. Participating law enforcement officers also

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TRUTH CLINIC

Toward a deeper understanding of Dr. King's Dream speech

BY JAMES BREEDLOVE

Forty-six years have passed since Dr. Martin Luther King Jr. delivered his "I Have a Dream" speech on August 28, 1963 standing in front of the Lincoln Memorial during the March on Washington for Jobs and Freedom.

An estimated 250,000 civil rights supporters witnessed King's oration that is considered by many to be one of the greatest speeches in human history and still remains an inspi-

ration to millions of people around the world to this day.

The speech, though well received by the massive crowd, did not garner instant national or international acclaim. News reports following the event focused on the orderliness and non-violence of the participants. *The New York Times* headline was: "200,000 March for Civil Rights in Orderly Washington Rally - President

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People In The News...



Rochelle Alers



Daphne Lee



Jan Van Blarcum

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Rochelle Alers

Rochelle Alers has been hailed by readers and book-



sellers alike as one of today's most prolific and popular African American authors of women's fiction.

Alers was born and raised in Manhattan, New York. After earning degrees in sociology and psychology, she taught preschool for a time before entering the business world.

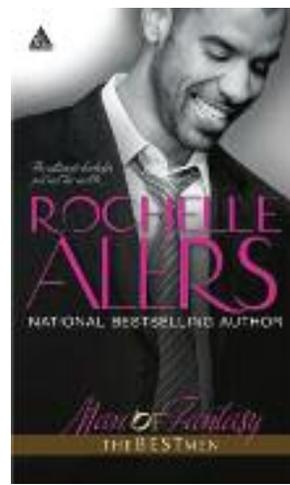
Alers began writing her first novel in 1984,

after a decade of reading romance novels. She finished her first manuscript, the novel *Hiway*, in 1985.

After several rejections because her work did not fit the formula of a category romance novel, Alers perfected her style and was first published by Doubleday Books in 1988.

She has since been published through St. Martin's Press, Ballantine Books, Odyssey, Arabesque, and Genesis Press, as well as through Silhouette's Desire line.

Almost two million copies of her novels are now in print, and they have regularly appeared on the



Waldenbooks, Borders, and *Essence* bestseller lists. Alers has received awards from the Gold Pen, the Emma Award, the Vivian Stephens Award for Excel-

lence in Romance Writing, the Romantic Times Career Achievement Award, and the Zora Neale Hurston Literary Award.

Alers writes for two hours every morning, before leaving for her full-time job as a Community Liaison Specialist for state-funded substance abuse programs on Long Island.

Alers latest book, *Sweet Deception*, released last month has received favorable response on www.Amazon.com.

Ten years ago, law professor Myles Eaton, Philadelphia's finest bachelor was engaged to a woman he swore he'd love

forever-until she left him to marry a powerful politician. And just when Myles is sure he's over her, Zabrina Cooper arrives back in his life.

In 2009 Alers released the popular Best Men Trilogy entitled *Man of Fate*, *Man of Fortune* and *Man of Fantasy*. Earlier in the year she also released *Naughty, Bittersweet Love*, and *Secret Agenda*.

Alers is appearing at Brooklyn Jazz Café located at 1701 South Lamar Street, Dallas at Noon on January 21 and that evening she will appear at the Dock Bookstop at 6637 Meadowbrook in Fort Worth.

Daphne Lee

Daphne Lee is an energetic technical trainer who has successfully developed technical training classes for training corporate staff, the professionally under-employed and seniors in computer operating systems and software applications.

Digital material comes to life when she highlights features and shortcuts of the various operating systems and the entire Microsoft Office Suite. Lee engages both the

corporate student and the retired student, making learning a functional software application fun and pleasurable.

Founded in 2006, the technology specialists at Coaching Computers, Lee's company, provide personalized technology coaching to area businesses and individuals. Topics such as Microsoft Office software, Microsoft Operating Software System and hardware are taught in the comfort of your home or

office.

A recent addition to the syllabus is Cell Phone instruction. Lee provides basic and intermediate cell phone training to area retirement communities and through SAIL (Seniors Active In Learning) at Collin College. She helps people of all ages learn to text and use features of their cell phones.

Lee and the professionals at Coaching Computers excel at patience with students who are timid around computers. One student noted, "I have learned so much more about

using my computer. Using it is now so much fun. I am no longer afraid to try different sites. Thank you, Mrs. Lee."

Recently, an 83-year old student used the Internet to contact a baking product manufacturer, looking for a 40+ year-old recipe. After receiving the recipe from the manufacturer, she made the recipe and restored it to her 60-year old collection of favorite recipes.

Lee is a subject matter expert in each of the Microsoft 97 Office Suites. Her talents also include synthe-

sizing the features of a software application, and directing each student as they focus on learning the new material. She makes the complicated simple and the highly technical, manageable. Recognized as an effective and motivational guide through the maze of files and folders, she adds humor and encouragement to her teaching, providing her students a relaxed learning experience. Lee also holds question and answer sessions so that senior students have a forum for discussing com-

puter experiences.

Call "the Coach" Daphne Lee at 972-200-5004 or email her at daphne@coachingcomputers.com



Jan Van Blarcum

(NDG Wire) Plano resident and educator Jan Van Blarcum suffered from dyslexia as a child. When she realized her own daughter was experiencing the same learning challenge, Van Blarcum decided to do something about it. She founded Creative Tutors, a national tutoring franchise company that specializes in customized, one-on-one, in-home tutoring services—in an environment that is positive, uplifting and inspiring. "Creative Tutors is about children because children are our future," Van Blarcum said. "Each child possesses unique talents and gifts that are waiting to be shared. Education helps unlock this potential and opens up a world of opportunity."

Since 1999, Creative



Tutors has been providing in-home, one-on-one tutoring through trained, degreed educators. Creative Tutors' customized approach, combined with one-on-one attention, allows students to experience less adjustment time; thus making their sessions more productive right from the start. One of Van Blarcum's educational missions is to change the stigma of tutoring.

"Tutoring is not just for kids who are struggling in school," she said. "Everyone can benefit from tutoring. Tutoring can help anyone reach for the stars, whether that means passing a class or making an A."

To that end, Van Blarcum created a cartoon strip called Timmy's Tutor, which approaches tutoring and education in a fun and light-hearted way. You can view the comic at www.timmytutor.com.

"At Creative Tutors, our mission is help each child reach their full potential and to make their dreams reality," Van Blarcum said. "We do that by providing individualized educational support to build a strong foundation for learning, growth and positive self-esteem."

Van Blarcum's passion for small business and the American Dream has roots

that come from how she grew up. A military brat, Van Blarcum lived in El Salvador, Panama, Colombia and Chile, while her dad was the was a high-ranking official with the U.S. Embassy's Defense Intelligence Agency. She saw life differently than people her age, and she grew up in a family where service to her country came first. Franchising, to Jan, is the opportunity to give business ownership to everyday Americans — like teachers — so they can have a higher standard of living while making an impact on the children she and her franchisees serve. All this, to help them prepare to be our nation's leaders, as they become adults and productive citizens.

The Creative Tutors franchise system — which was founded 10 years ago

— is growing and expanding. Based on the data at press time, system-wide tutoring sales in 2009 in-

creased 42 percent over 2008 total revenues. The

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Why abortion is the wrong fight in health care debate

BY REV. ANTHONY BUTLER

As a Baptist minister from Nebraska (born in Louisiana) I have watched from the pulpit as three formative events profoundly reshaped America's view of its destiny and possibilities: the 9-11 attacks, Hurricane Katrina, and the recent economic meltdown.

I hoped that last year, life would have been better for my congregants. While

standing with millions in Washington, D.C. listening to President Obama's inaugural address, I reflected on the fact that it heralded an end to the Reagan era: a time in which government was viewed as the problem.

Our new President instead promised us that government would be part of the solution – not the whole solution, mind you – but a critical part, including set-

ting new rules to ensure that more Americans would have a fair shake.

Fast forward a mere 12 months as the fight to enact health care reform and its promise of extending insurance coverage to 37 million uninsured Americans is on the ropes. Political pundits on talk shows are already hailing the demise as the collapse of a dream. But this is not 1994, and the era

in which cynicism about government can be mistaken for sound policy on governing should be over for good.

During Katrina, we saw what the commitment to small government meant for people stuck on rooftops and in the Superdome. Underfunded, unprepared and underutilized, the first re-

See DEBATE Page 4

DREAM, continued from Page 1

[Kennedy] Sees Gain for Negro." In most news accounts of the march, Dr. King's participation was buried deep inside the report.

There was an atmosphere of uncertainty and fear throughout Washington prior to the march. No one knew what to expect. People were afraid, sensing that a revolution was about to sweep the city. The administration had placed barricades along the streets and put troops out on alert in case something went wrong.

But the Baptist preacher from Atlanta, speaking passionately and powerfully on a personal level to the people, did not provoke the crowd to violence. Instead, his eloquent rhetoric became a universal vocabulary for people the world over to understand the social and political unrest that existed and what needed to be done for the true meaning of the Declaration of Independence to be realized.

Each year there are parades, prayers, musicals, dinners, and speeches to pay homage to Dr. King's legacy during his holiday celebration. The "I Have A Dream" speech is religiously recited on programs and excerpts are played on television and radio stations in solemn tributes. But 46 years later do those honoring the memory of Dr. King truly understand his Dream

beyond the mesmerizing poetry of the speech?

The following excerpts from an analysis of Dr. King's Dream Speech by Professor Hajji and his student Hassna Alfayez of King Saud University (KSU) in Saudi Arabia indicates not only the universal appeal of The Dream but the strong desire non-Blacks have to fully understand this oratorical masterpiece.

Dr. King knew the authorities were carefully watching him and scrutinizing every word that came out of his mouth. Despite all this attention, he delivered the speech flawlessly and without fear.

He does not use just ordinary language to convey his message. He makes use of a number of semantics to enrich and make his message bold. He speaks of having come to the nation's capital to cash a check and refers to the Declaration of Independence as a promissory note signed by the government.

Once a promissory note is signed one cannot go back on that promise and by this Dr. King was reminding as well as warning the government that they had to act on their promises and failure to do so would continue to be met with demonstrations across the country.

Dr. King reminds the authorities of having defaulted on their promissory

note and the black people's refusal to believe that there are "insufficient funds in the bank of justice" and that there are insufficient funds in the "great vaults of opportunity" of this nation. By invoking banking semantics Dr. King adds colorful meaning to his speech and keeps his audience attentive and wanting to hear more.

Martin Luther King chooses his words carefully to inspire in his audience the forceful attitude he wants them to adopt in their struggle for freedom while maintaining non violence. "We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again we must rise to the majestic heights of meeting physical force with soul force."

Words such as "dignity, discipline, creative protest, majestic heights, and soul force" inspire a sense of self worthiness and mature dignity in the audience.

Dr. King bonds with his audience when he tells them that he is not "unmindful" of their situation. He totally understands and shares their plight and hardship. He uses adjectives such as "storms and winds" in describing the audience's fight for freedom. It is like a typhoon that twirls them around and rips them apart but they have to endure it

with "creative and redemptive suffering" and go back to their towns, to their de-meaning jobs and to their ghettos to continue their dignified struggle for freedom.

While using stimulating words to inspire his audience to seek their lost freedom at the same time he chooses his words carefully to control the potential physical effect of his inspirational rhetoric. He was protecting his hearers from any form of violence and brutality that might erupt after the speech and cause the troop patrols to take action.

Today, 46 years after the exhortation in Dr. Martin Luther King's speech, Blacks and other minorities remain second-class citizens while being subject to political, economic, and educational stealth discrimination. This stealth discrimination is perhaps more dreadful and deadly than the overt discrimination that King addressed.

Dr. King has gone, but his dream and declaration on racial equality, freedom and justice remains to be fulfilled.

The key to making Dr. King's dream a reality is to first fully understand the dream and the secret of change embedded in the Dream Speech.

Comments or opinions may be sent to the writer at: www.truthclinic.com

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Save fifteen days a year and live sustainably with ORG home organization

(NDG Wire) Homeowners interested in healthy living and sustainability have an easy and satisfying way to help reach those goals. Living in an organized home relieves stress, and saves time and money. It also eliminates the need to consume fuel and make wasteful purchases to replace misplaced items that a homeowner actually has at home.

A 2008 consumer study by the National Association of Professional Organizers found that more than half of respondents would save upwards of 16 minutes to one hour a day if they were more organized. That translates into anywhere from two to 15 days a year being wasted.

Imagine having 15 more days a year to spend doing what you enjoy the most.

Living a more organized life not only saves time, it's a better scenario for mental and physical health than chaotically triple-checking rooms for a missing checkbook, or hunting for something critically needed.

Homeowners that go from knowing "it's somewhere," to knowing "exactly where," live a more efficient and less stressful lifestyle. "If you're organized, you're already thinking sustainably. Sustainability is ultimately a quest to live in a healthier household, community and global environment. Being organized is a good start towards achieving that goal and is an element of living sustainably that is often overlooked," said Jon King, Design Manager at ORG, a company specializing in

home organization solutions.

The solutions from ORG create efficiency and save space in a homeowner's closet, kitchen, garage, pantry, laundry and home office. ORG organization solutions are custom-designed, installed by an authorized ORG dealer, locally by Ultimate Closet Solutions of North Texas, to meet the homeowner's exact organization requirements, and also their aesthetic needs with a range of styles and finishes.

Being organized can make a difference with something as simple as baking soda or cinnamon. It's irritating to make a special trip to the store for something you discover wasn't needed after all. With an organized pantry, you see what you need, so ingredients won't be forgotten

and won't go to waste.

"By having a well designed space, you gain efficiency and ultimately there will be less waste," King said. "It becomes easy to be a more intentional consumer – you can see what you have in your pantry, closet or garage for example, eliminating duplicate purchases. And by integrating organizing systems for recycling and charity donations, it makes the process simple and can become part of your daily or weekly routine."

When it comes to building or buying a home, many families are choosing locations and attributes that help them be better environmental stewards – whether it's energy reduction, green products, or appropriately-sized dwellings. "We are seeing a



ORG's time-saving closet and home organizer systems allow homeowners to live more efficiently and sustainably, reducing waste in the home and contributing to a better lifestyle.

trend where people are downsizing and giving more consideration to the quality of the space versus the quantity," King said. "Among other things, this is an effort to reduce costs, provide a communal lifestyle, and to be more sustainable." Organization is critical for obtaining the most efficient use of space for smaller-footprint homes. Less material is needed to build these homes, and utility usage is reduced, which contributes to a more sustainable home.

While they provide solutions that deliver a greener lifestyle for homeowners, ORG products are manufac-

tured with eco-friendly materials that are less impactful to the environment and healthier for homeowners. The ORG panels contain 100 percent recycled and/or recovered wood fibers, and are certified as compliant with the California Air Resource Board (CARB) Phase I emission standards. ORG panels are Environmentally Preferable Product certified by the Composite Panel Association (CPA). In addition, ORG products offer a lifetime limited warranty and can be reconfigured and repurposed, but they won't have to be replaced, thus reducing waste.

Collin College offers free healthcare information sessions January 23

(NDG Wire) Collin College's Continuing Education will offer free healthcare information session on Saturday, Jan. 23 at the Courtyard Center for Professional and Economic Development, 4800 Preston Park Blvd., in Plano.

The information session

will provide insight into the various healthcare career paths that Collin College offers.

On Jan. 23, a general information session will be held from 9:30-10:30 a.m. followed by information sessions for health unit coordinator training from 11

a.m.-noon, nurse aide training from 12:30-1:30 p.m. and long term care activity director training from 2-3 p.m.

A personal fitness training information session is also scheduled from 11 a.m.-noon on Saturday, Jan. 30 at the Spring Creek

Campus in room I-112.

For more information about the healthcare information sessions, visit www.collin.edu/ce or e-mail Kelli Albrecht, Collin College's Continuing Education healthcare program director, at kalbrecht@collin.edu.

DEBATE, continued from Page 3

sponders' valiant, if insufficient, efforts proved to the world that America was capable of neglect and deep indifference towards the poorest among us. Although less visible to television viewers, the recession has wreaked a similar devastation upon American families, who are losing jobs, homes and their savings.

Given these high stakes, it is critical that voices of faith in the larger community understand that, with the health care reform debate as a proxy, we are choosing among possible futures for our country. Through our charities, schools and churches, we

have all seen the high costs of the lack of a social safety net for poor families. We are often the community that people in trouble turn to for help when government fails them. The question we now face is: will we live in a society that provides care for the sick and the injured, or one that continues on this path of callousness despite a widening gulf between the haves and have-nots?

As a person of faith, it shocks me that religious voices – those who should understand more than others what is being decided and what it means for poor and working families – are

choosing to put a narrow agenda item like abortion before the goal of expanding coverage. These same voices are evidently willing to threaten collapse of reform if their particular demands go unmet.

The religious leaders should stand up against this hijacking of the health care reform agenda, which has been about expanding, rather than restricting, coverage. Regardless of views on the issue of abortion, it is currently a constitutional and legal choice for women. A lack of coverage for abortion services may drive women to less reputable providers, and im-

poses hardships mainly on those who cannot afford health services.

Moreover, there were proposals assuring that no federal funding would cover abortions, and that millions of women who will be added to the Medicare and Medicaid rolls will be subjected to highly restrictive policies on coverage for abortion (limited to rape, incest and the life of the mother). Yet, for some, these stringent requirements were not enough.

It would be tragic if a handful of religious leaders in the U.S. Conference of Catholic Bishops, however

heart-felt their objections, ended up blocking health care reform passage. The margins for enactment are already thin from disagreements over how to make insurance affordable for more people and how to pay for the plan.

Picking a fight over abortion services coverage, and ultimately, choosing to put such restrictions before the protections that millions of American families need most in these troubled times, would be an intolerable abdication of religious leadership. Such a spectacle might cause many people of faith to think twice about the religious leaders that

claim to speak for them, and about the role of the church in the fate and future of our country.

Instead of blocking reform, religious leaders and people of faith must stand up for a larger vision: a more powerful role for government in protecting families and addressing the causes and problems of poverty. The stakes are too high, and the dream too important, to let mere politics get in the way.

Butler is a pastor at Gethsemane Missionary Baptist Church.

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Plano's District 1 neighborhood roundtable scheduled for February 4

(NDG Wire) On Thursday, Feb. 4, the Plano Mayor and City Council will meet with District 1 residents in a Neighborhood Roundtable discussion. The two-hour meeting begins at 7 p.m. at the Plano Centre, 2000 E. Spring Creek Parkway.

The evening's agenda will include:

- Budget Update
- 2009 Bond Referendum
- Oak Point Park Update
- Community Investment

Program and Street Improvements - District 1

- Downtown residential and commercial leasing activities
 - DART improvement plans
 - Parker Road and U.S. 75 Interchange Improvement Plans
 - Code Enforcement Overview
 - Question and Answer period
- The Council will receive

public comment and inquiry on items of interest not posted on the current agenda. Council and staff may respond to those items with only factual information or recitation of existing policy related to the inquiry or comment.

No deliberation on matters brought forward can occur because those items have not been posted; however, the Council may decide to place items on a future

agenda. The Mayor may limit the speaking time in order to provide sufficient time for all inquiries.

Neighborhood Roundtables are part of an ongoing outreach program to present information and answer questions regarding city services and programs. It is a working meeting where citizens help the City explore solutions to district concerns. Though the meeting is focused on District 1, all Plano

residents are welcome to participate. Light refreshments will be served.

The District 1 area is bound by the City's limit on the north, the City's limit on the south and the City's limit on the east. The western boundary is at Alma Drive. A map with all the districts is available at www.plano.gov/outreach under Council Roundtable. While on this Web page, residents can sign up to receive custom e-mail

notification of roundtable meetings, district specific information, and other city activities and events that fit their interests.

Neighborhood Roundtables are held quarterly and rotated through Plano's four districts to provide an opportunity for citizens to meet with Council members in the convenience of their home neighborhood. For information call (972) 941-7747.

Dallas arena football team to host tryout camp Saturday, January 23

(NDG Wire) The Dallas arena football team will conduct an open tryout camp on Saturday, January 23, 2010, at Pennington Field in Bedford. The tryout will be conducted by Dallas head coach Rich Ingold, one of the most successful head coaches in arena football.

Ingold owns a career record of 91-34 with two ArenaCup appearances and was named the greatest head coach in the history of arena football.

The 2010 season will mark the inaugural season for the Dallas arena football team, which will kick off play in April at the American Airlines Center. Every year athletes earn invitations to arena football training camps based on their tryout camp

performances. Many of those athletes have gone on to make significant contributions to their respective teams.

Testing will consist of the 40-yard dash and 20-yard shuttle. Participants will also be evaluated in 1-on-1 and group drills. Skill players will do an extensive amount of pass skeleton, while linemen will perform non-contact drills and be evaluated on "hands and feet".

Appropriate footwear for field turf and a mouthpiece should be brought by those participating in the tryout camp.

Registration will begin promptly at 10:00 a.m. at Pennington Field. The cost of the camp will be \$60, which can be paid via either cash or

money order.

Dallas is looking to fill its final few roster spots before heading into training camp, which begins in March. The team has signed a number of former Arena Football League stars, including Ironman of the Year Will Pettis, All-AFL linebacker Duke Pettijohn, and record-breaking fullback Josh "Zeus" White, who all starred in Dallas prior to the league's folding following the 2008 season. The Dallas arena football team has also added All-AFL performers Eddie Moten (defensive back), Phil Bogle (offensive lineman), and Derek Lee, along with long-time AFL quarterback Shane Stafford.

For information contact Ingold at 940.594.3241.

Dallas doctor indicted in kickback scheme

(NDG Wire) U.S. Attorney John M. Bales announced last week that a 52-year-old Dallas doctor has been indicted on charges of receiving illegal kickbacks in the Eastern District of Texas.

Harold Wagner, of DeSoto, Texas, was indicted by a federal grand jury on Jan. 14, 2010, charging him with seven

counts of accepting illegal kickbacks.

According to information provided by prosecutors, Wagner is alleged to have accepted cash payments, also referred to as kickbacks, from a Plano based durable medical equipment supplier in return for recommending power wheelchairs for Medicare and Medicaid

recipients that were his patients. It is a violation of Medicare and Medicaid rules for a treating physician to receive any compensation from a medical equipment supplier in return for referring patients for medical supplies.

If convicted, Wagner faces up to five years in federal prison.

FRAUD, continued from Page 3

may not own any other residential real estate property at the time they submit their purchase offer and for one year previous to that date.

The purpose of the program is to strengthen communities by encouraging employed, professional law enforcement officers to live in areas needing revitalization.

According to plea documents filed in the case, Reyes was employed as a police officer for the City of Irving

since 1998. In 1998, Reyes purchased a home located on Dorothy Drive in Grand Prairie, Texas, and began living there.

In 2007, Reyes purchased another home, located on Palo Alto Drive in Mesquite, Texas, using the "Good Neighbor Next Door/Officer Next Door" mortgage program.

To comply with the program's requirements, Reyes transferred title of this Grand

Prairie home to a relative and continued to live in the Grand Prairie home, maintaining all utilities in his name and paying the property taxes on the residence.

Reyes admitted that he made a false statement on the annual certification form for the program when he signed the form certifying that he had continuously resided at the Mesquite address, when he knew that he had not.

Wells Fargo Bank Presents The Urban League of Greater Dallas 2010 Annual Meeting Community Report Card Luncheon



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January 21 MLK Tribute Event "Free to Lead"

(NDG Wire) Plano ISD students will celebrate the legacy of Dr. Martin Luther King, Jr., at the school district's annual MLK Tribute event to be held from 7:00 to 8:15 p.m. on Thursday, January 21, 2010, at Plano Centre. Guests are encouraged to be seated by 6:30 p.m. at enjoy the salute to Plano ISD student leaders.

This year's program,

themed "Free to Lead," will showcase hundreds of students including Plano West Senior High School JROTC cadets, art contest winners, middle school students in the parade of nations, the Plano Children's Chorale, Plano Senior High School Wind Ensemble, Beaty Early Childhood School, student writers and speech students.

The program will also feature Superintendent of Schools, Dr. Doug Otto; School Board President, Lloyd "Skip" Jenkins; and the Diversity Advisory Committee Leadership Awards.

All of these cumulate in a program that will inspire our Plano community of present and future leaders.

American Airlines sponsors future pilots flight school's inaugural class solo flights

(NDG Wire) Eight students from the inaugural class of the American Airlines sponsored CRP Future Pilots Flight School took to the skies for their first solo flights the week of December 28.

Each student successfully conducted three takeoffs and landings of a Tecnam Sierra aircraft without assistance from their instructors at the Dallas Executive Airport. Four American Airlines pilot mentors were also on hand to present each student with a certificate of accomplishment immediately after their solo flight.

"American Airlines is proud to be a part of such an exciting chapter in the lives of these young pilots as they embark on their future careers in aviation," said Mark Hetterman, American's Vice President



American Airline pilots present certificates of accomplishment following the student's solo flights.

— Flight.

The CRP Future Pilots Flight School's inaugural class was made up of juniors and seniors enrolled at DeSoto High School in DeSoto, Texas. Participating students included: Blake Bozarth, 18; Xavier Christian, 17; Will Gardner, 16; Marisa Paramo, 17; Leedarius Robertson, 17; John Stephens, 17; Aisha Steward, 17; and

Jeremy Vargas, 17.

Founded in 2008, the CRP Future Pilots Flight School is dedicated to educating disadvantaged youth between eight and 18 years of age in the Dallas/Fort Worth area in aviation maintenance, piloting principles, as well as math and science. The school's curriculum consists of a Pilot program and an Aviation Maintenance Technical (AMT) program.

The CRP Future Pilots Flight School is among American Airlines most important community initiatives and receives support from the company at large, including counsel from senior executives, mentoring from pilots and mechanics, and communications assistance from public relations staff.



Young pilot prepares for takeoff on his solo flight in December.

Richland College offers new environmental systems technology program

(NDG Wire) Beginning with the spring 2010 semester, Richland College will offer a new program, environmental systems technology, which will prepare students for careers in pollution control and includes a specialized track in energy management for careers related to pollution prevention through emissions and waste reduction. The environmental science and protection job field, which includes environmental engineers, is expected to grow approximately 28 percent within the next decade.

Students in the new Richland environmental systems technology program will learn how to monitor environmental systems, investigate sources of contamination and perform corrective actions. They will also gain practical experience collecting and analyzing samples, testing and operating equipment, and developing waste minimization and contingency plans.

Through the program, Richland will offer an associate's degree in environmental systems technology as well as an energy man-

agement skills achievement award.

Richland is the only higher education institution in Texas which offers both an associate's degree and a certificate in energy management.

For more information, www.richlandcollege.edu/est or contact Cassandra Dillon, the program's coordinator, at cdillon@dcccd.edu or 972-761-6823.

Richland College is one of seven individually accredited institutions in the Dallas County Community College District.

SMU is seeking smokers

School also awarded \$2million in DOD funds for camera research

(NDG Wire) Southern Methodist University (SMU), in partnership with the University of Vermont, was recently awarded a \$2.3 million grant by the National Institute on Drug Abuse for a smoking cessation study. The focus is to improve the outcome of people who attempt to quit smoking.

The SMU Psychology Departments Anxiety Research and Treatment Program is seeking volunteers. To participate in the study, contact Michelle Bishop at 214-768-7848 or visit www.quitsmokingdallas.com.



m.

Also, SMU's research into smart, ultra slim camera technology has won an additional \$2 million in Department of Defense fund-

ing for 2010, which will allow electrical engineering professor Marc Christensen to explore emerging applications for High Tech Eyes for both homeland security and battlefield use.

The Department of Defense has already funded SMU's Lyle School of Engineering for development, field testing and technology transfer for the high performance small camera system with military applications for aerial drones and helmet cameras. The new allocation brings total DOD spending on the project to more than \$5.5 million.

VAN BLARCUM, continued from Page 2

newest franchise locations are Grapevine/Colleyville and Northwest ISD. Other locations in the Dallas area include: Allen-Lovejoy; Dallas-Highland Park; Frisco - Prosper - Celina ; Grape-vine-Colleyville; Keller-Argyle; McKinney; Plano; more locations in Houston and in North Carolina.

With TAKS testing just around the corner, the Creative Tutors team is poised to do what they do best: help students develop the skills and the confidence to pass — and excel — in all areas of the standardized test.

"We have wonderful success stories about kids who have passed the

TAKS test with the help of Creative Tutors," Van Blarcum said. "We walk them through their personal areas of improvement and get them ready for the challenge ahead."

For more information about Creative Tutors or to find a tutor near you, please visit www.creative-tutors.com.

Students' service to community honors former Dallas leader

(NDG Wire) A special group of students from the Dallas County Community College District knows what it means to be motivated. They study, learn and succeed every day both in the classroom and in the community. Those students – each representing DCCCD's seven campuses – have been recognized for their efforts as recipients of the 2010 Max and Rosa Goldblatt Endowment Awards in Community Service.

The students' efforts reflect Max and Rosa Goldblatt's dedication to community service, and their scholarships were awarded during a ceremony on Jan. 11. The seven scholarship recipients, their home towns and colleges are: Ina Bostick of Farmers Branch, Brookhaven College; Em-

manuel Faz of Dallas, Mountain View College; Sadia Gulzar of DeSoto, El Centro College; Edwin Hampton of DeSoto, Cedar Valley College; Wendy Jacobson of Balch Springs, Eastfield College; Sarah Perez of Flower Mound, North Lake College; and Dung Tran of Garland, Richland College.

The scholarship is given biennially to DCCCD students who show leadership in volunteer and community service work. Each awardee receives a \$600 scholarship (\$300 per semester) from the DCCCD Foundation, which administers the Goldblatt scholarship endowment. The seven DCCCD students who received Goldblatt scholarships this week have been involved in community service projects

such as medical reserve corps, toy drives, food drives, Veterans Day celebrations, blood drives, fundraising for service projects, hospice work and many other examples as well.

The scholarship was established in 1986 to honor Max and Rosa Goldblatt, who both served as former Dallas leaders and longtime supporters of DCCCD. Max Goldblatt served three terms as a Dallas city councilman and played a major role in the creation of DCCCD (then the Dallas County Junior College District). Rosa Goldblatt was involved in many community service projects and, together, the couple inspired their children to continue that tradition of service to others.



The 2010 DCCCD Goldblatt Award recipients recently gathered during a special ceremony in their honor: (left to right): Dr. Wright Lassiter Jr., DCCCD chancellor; Dung Tran of Garland (Richland College); Emmanuel Faz of Dallas (Mountain View College); Ina Bostick of Farmers Branch (Brookhaven College); Joe Goldblatt, donor family member; Wendy Jacobson of Balch Springs (Eastfield College); Edwin Hampton of DeSoto (Cedar Valley College); Leah Goldblatt Lahasky, donor family member; Betheny Reid, president of the DCCCD Foundation; Saida Gulzar of DeSoto (El Centro College); and Sarah Perez of Flower Mound (North Lake College).

Sewell Choice Raffle to benefit low-income residents with critical legal needs

(NDG Wire) The Dallas Bar Association and Legal Aid of NorthWest Texas have kicked off the annual "Campaign for Equal Access to Justice," which funds the Dallas Volunteer Attorney Program in providing free assistance to low-income residents with civil legal needs.

This year, a new twist has been added as a part of the Campaign. The Sewell Choice Raffle offers the winner a choice of three vehicles—an Infiniti G37, Lexus IS350 or a Cadillac CTS. Also new this year, one Runner-Up will receive a \$1,000 gift card, lunch for four at NM Café, and custom Natura Bisse gift basket from Neiman Marcus. A Second Runner-Up will receive a Bachendorf's stainless steel all-swiss automatic watch. Tickets are \$100 each, and no more than 1,500 raffle



DBA's 2010 President
Ike Vanden Eykel

tickets will be sold. The raffle drawing will be held January 23, 2010, at the Inaugural of the DBA's 2010 President Ike Vanden Eykel, a lawyer with the firm of Koons, Fuller, Vanden Eykel & Robertson, P.C., who specializes in family law.

The Dallas Volunteer Attorney Program is a joint initiative of the Dallas Bar Association and Legal Aid of NorthWest Texas. Recognized by the American Bar Association for its exemplary services,

DVAP conducts neighborhood clinics each month at four community locations, and provides a specialty clinic to assist the elderly with wills and other needs. DVAP recruits and trains volunteer attorneys, and provides staff support to the volunteers. Each year, DVAP provides free legal assistance to approximately 3,475 families in Dallas County. The Chair of this year's Campaign is Scott McElhaney, a partner with Jackson Walker LLP, and vice chair is Jerry Alexander, a shareholder with Passman & Jones, P.C.

To purchase your raffle ticket, visit www.dallasbar.org/dvap/raffle.asp. The raffle winner does not need to be present to win.

For more information, contact Alicia Hernandez, director of the Dallas Volunteer Attorney Program, at ahernandez@dallasbar.org or (214) 220-7499.

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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

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 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.

Group Business Seminars at 4907 Spring Avenue, Dallas, (214) 11:30 a.m. 12:30 p.m.; 3rdFriday 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 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).

Through February 7

Southwestern Exposition and Stock Show & Rodeo One million people from around the world will come to the Will Rogers Memorial Center for the nation's oldest livestock show and daily performances of the world's original indoor rodeo. The carnival midway thrills the young and not so young while fashions, home furnishings as well as farm and ranch equipment will be offered by more than 200 exhibitors. Food for every taste - including a new destination restaurant called Diego's Cantina - will be found over the entire Will Rogers Complex. The Fort Worth Stock Show & Rodeo - this thing is legendary!!! For times and ticket information, please visit www.fwssr.com

January 22-23

Chamber Music International Concerts featuring the enormous talent and virtuosity of pianist and Avery Fisher winner Alessio Bax; and violinist Nai-Yuan Hu, Gold Medalist in the Queen Elizabeth Competition in Brussels. The concert will take place on Jan. 22, 8 p.m., at SMU's Caruth Auditorium; and will be repeated on Jan. 23 at St. Barnabas Church in Richardson. For tickets and information call 972-385-7267 or go to www.cmi-tickets.org.

January 22

Relay For Life 2010 Community Kick-off in Historic Downtown McKinney at the McKinney Performing Arts Center at 6 p.m. www.mckinneyrfl.com

January 23

The Fifth Dimension will perform at 8:15 p.m. at the Eisemann Center - 2351 Performance Drive, Richardson. The reserved seating tickets \$14- \$80; Special rates for groups of ten or more; Add \$2 at the door. Call the Plano Symphony Orchestra at 972-473-7262 or visit www.PlanoSymphony.org.

UNCF's An Evening of Stars TV special screening party being held at the African American Museum. 7pm - 11pm. Tickets are \$40 donation and include food & beverages. Museum galleries will stay open late for guests. Tickets call 972- 234-1007. A limited amount of tickets will be available for sale at the door. Info www.uncf.org/dallas

Collin College's Continuing Education's free health care information session - including a new destination restaurant called Diego's Cantina - will be found over the entire Will Rogers Complex. The Fort Worth Stock Show & Rodeo - this thing is legendary!!! For times and ticket information, please visit www.fwssr.com

WFAA's Brett Shipp to host - **TeCo Theater's Dallas' Most Eligible Bachelors Auction** from 6 p.m. to 11 p.m. at the Bishop Arts Theater Center located at 215 South Tyler Street @ Jefferson Blvd., Dallas. Info: <http://tecotheater.org> or 214 948 0716.

January 25

The PLAN Fund "Getting Started: How to Start a Business the Right Way", 6:30 to 7:30 p.m. at 2801 Swiss Ave, Ste 120, Dallas. The session is free, call 214-942-6698 for info.

January 26

Live Healthy North Texas 100 Day Challenge Dr. Kenneth Cooper, "father of aerobics" and founder of the Cooper Aerobics Center is the guest speaker at the Richardson Chamber of Commerce Event beginning at 11:15 a.m. at the Hyatt Regency North Dallas-Richardson, 701 E. Campbell Rd. Richardson

Understanding the Holocaust: Changing Reflections in Film, Media and Beyond 7 p.m. at Temple Emanu-El, 8500 Hillcrest Road, Dallas. The admission is free. Dallas Holocaust Museum Director, will look at

how our understandings of the Holocaust have been presented on the silver screen as well as in other aspects of popular culture. Info: www.tedallas.org or call 214-706-0000.

January 27

Holocaust and Genocide Remembrance Day screening of award-winning documentary, The Reckoning at 6:30 p.m. at the Dallas Holocaust Museum Auditorium 211 North Record Street #100, Dallas. Admission is free. This film tells the story of the International Criminal Court, from the Nazi trials at Nuremberg to contemporary operations at The Hague. Assistant professor of law at Southern Methodist University, Anthony J. Colangelo, will introduce the film and lead the discussion following the screening. Info: 214-741-7500.

January 31

Plano Family Symphony Sundays Series presents **Silly Strings** at 3 p.m. at The Courtyard Theatre, 1501 Avenue H, Plano. TICKETS: Call 972-473-7262, prices range from \$7 - \$11.

February 4

Plano Mayor and City Council hosting Neighborhood Roundtable with residents of District 1, 7 p.m. - 9 p.m. at the Plano Centre, 2000 E. Spring Creek Parkway.

Herskovits: At the Heart of Blackness at 6 p.m. at the Studio Movie Grill, 11170 N. Central Expressway, Dallas. Admission is \$8. Presented by the Texas Black Film Festival, this documentary recalls the life and work of renowned Jewish anthropologist Melville Herskovits, who established the first African Studies Department in 1927. Visit www.texasblackfilmfestival.com for tickets and information on this event.

February 5

MTBC Mgmt Luncheon Series: Jim Keyes, Chairman & CEO, Blockbuster, Inc. Hyatt Regency North Dallas-Richardson, 11:15 a.m. 701 E. Campbell Road, Richardson, Pre-Paid Reservations Required. Cost: \$35 members, \$40 prospective members. <http://www.metroplexmtbc.org/>

February 11-13

NBA All-Star Jam family-fun event is one of the highlights of the NBA All-Star activities set for Feb. 11-13 at the Dallas Convention Center. Tickets are on sale at Ticketmaster.com, American Airlines Box Office or by calling 800-4NBA-TIX
TICKET PRICES: Adults: \$20; Children (3-12): \$12; Senior/Military (with valid ID): \$12; Children (2 and under): FREE

February 18

Nokia Theater Presents **Mariah Carey** in Grand Prairie, the show begins at 7:30 p.m. Tickets are on sale for \$59.75-\$150.73; Info 214-373-8000

February 19-20

6th Annual Weekend Festival of Black Dance, at Naomi Bruton Main Stage, in Dallas 8 p.m. Tickets \$10.00 Info: 214-743-2400

February 21

Plano Family Symphony Sundays Series presents **Brass-A-Palooza** at 3 p.m. at The Courtyard Theatre, 1501 Avenue H, Plano. TICKETS: Call 972-473-7262, prices range from \$7 - \$11.

February 23

History to Move Texans Forward at 7 p.m. at the Hughes-Trigg Student Center, SMU, 3140 Dyer Street, Dallas. Admission is free. This public forum will explore the purpose and passion behind the creation of the Texas Holocaust and Genocide Commission, the most important development

in Holocaust education in years.

February 26

Urban League Luncheon at the Hilton Anatole Hotel 11:45 a.m., tickets are \$50 at 214-915-4631.

February 27

UNCF's 11th Annual Red, Hot & Snazzy Benefit Gala being held at the Sheraton Hotel downtown Dallas. Reception/Silent Auction begins at 6pm. Dinner program begins at 7:30 pm. Individual tickets \$200. For details visit www.uncf.org/dallas

The Alpha Iota Iota graduate chapter of Omega Psi Phi Fraternity, Inc. presents its **7th Annual Scholarship drive**, Caribbean Cruise for two. Travel good for 12 months after drawing. Donation \$10, call 972 424-0930 to purchase tickets

March 3 - 7

Dallas Auto Show is the ideal opportunity to compare styling and pricing of every major line make under one roof in just a few hours. The Dallas Auto Show boasts more than 550,000 square feet of new cars, trucks and SUVs at the Dallas Convention Center and an attendance of close to 400,000 auto enthusiasts. More than 40 manufacturers will display more than 700 vehicles. Details at www.dallasauto.show.org.

March 5-7

Annual Dallas Home and Garden Show attractions include Vacation, Leisure & Outdoor show, NARI New Product Pavilion, Dallas County Master Gardener experts and Lectures, Kid's Corner, Cooking with Clive - Featuring Clive Berkman, Home Décor, Energy Efficient Products, Outdoor Storage Solutions, Builders & Remodelers, Kitchens, Bath & more, For information, see www.texashomeandgarden.com.

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How to choose a diet program

BY SUSAN BURKE MARCH, RD, LD/N, MS, CDE

(NDG Wire) Dieting is an extremely personal activity, and the one-size-fits-all approach rarely produces successful results. To help health seekers choose the best diet program to meet their unique needs, registered and licensed dietitian Susan Burke March, author of *Making Weight Control Second Nature: Living Thin Naturally*, offers these tips on how to select a plan based on individual lifestyle and food preferences, also citing imperative program components:

Food Preferences: Choose a program that features the foods you enjoy. If you feel deprived, you will not stick with it over the long haul. It is all about modification. If you love cereal and grains, a low carb approach is not the best way to get started on your weight loss program. Portion control is the secret to weight loss and maintenance.

Adequate Calories: Women need a minimum of 1,300-1,400 calories and men approximately 1,600 just to cover basic metabolic functions, and more when you incorporate more activity and muscle building exercises. Avoid very low calorie diets, because although you may experience quick weight loss, experts say that the quicker you lose it, the quicker you put it back on. Slow, gradual weight reduction - about one to two pounds a week - is more likely to be permanent.

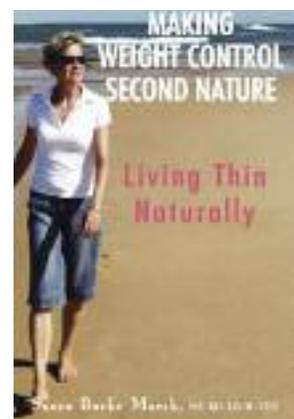
Fads: Avoid programs that require eating certain foods with other foods, such as: only eat fruit after meals, never with protein or other such unscientific recommendations. Very low carb diets produce quick and dramatic weight loss,

but are not intended to be sustained over the long term. If you choose a branded diet, be sure to follow the instructions and not set your own rules.

Meal Patterns & Meal-times: How do you like to eat? Respect your personal preferences, and your internal clock. Some people do fine with the traditional three meals daily, but I find that eating smaller meals more frequently helps dieters maintain energy and avoid the highs that follow big meals and lows from too many hours in between.

A good strategy is to take something from each meal to eat a couple of hours later, such as a cup of nonfat yogurt or a turkey rollup (a slice of turkey breast rolled up with tomato and lettuce).

Preparation: Dieting is hard enough. Do not choose a recipe-based plan if you do not have time to cook. The right plan suits your lifestyle. Meal replacements are ideal for portion control, and many successful weight maintainers use them consistently. Use quick cereals, individual portions of yogurt and



frozen entrees. They are balanced and nutritious and do not require too much planning or prep.

Balanced Nutrition: If you select a program that includes a variety of foods so you do not become bored and lose your motivation to

continue. High fiber vegetables, whole grains, lean protein and healthy, monounsaturated fat (from olive oil and fatty fish) are the ingredients of a healthy diet that you can maintain permanently.

Budget: An important consideration is cost, because some plans are very economical and others are more expensive to maintain. The most flexible and frugal is the recipe-type plan. Learn all you can about nutrition and replace any item in your menu with one that is on sale. Economize by purchasing large-sized portions of fish, vegetables, chicken or fruit. Pre-portioned prepared foods are more expensive, but for some, it is worth the price to enjoy the convenience and portion control.

Support: Support helps keep you on track and motivates you to reach your weight goal. Commit to meeting with an expert, a coach, a group or a friend, especially at the beginning of your behavioral change. Support may be face-to-face, or sign up for a free or fee-based online program. It is BEST to commit to a scheduled meeting time, or, better yet, a program that lasts at least 12 weeks with a continuing maintenance program. A face-to-face consultation with a registered dietitian who will stay in touch by phone or email is the best game plan.

Maintenance: Once you reach your goal, it is ideal to stay with the program you used for a year, modifying it to add variety so you may fully adopt your new healthy behaviors. The best program transitions to a maintenance program once you reach your weight goal.

Susan is a registered and licensed dietitian and certified diabetes educator

who has influenced the dietary health and well being of consumers worldwide, due in large part to her multi-year and faceted tenure with e-Health leader eDiets.com. As Vice President of Nutrition Services and Chief Nutritionist, she managed the creation and administration of the technology-enabled nutritional and wellness components of eDiets' products, programs and services. Susan is the author of "Making Weight Control Second Nature: Living Thin Naturally" (Paperback, \$26.95, ISBN 9781932421194), eDiets

Pocket Guide of Dieting & Weight Loss, eDiets Dining Out Guide, as well a contributing author for the eDiets Weight Loss Solutions magazine and more than 400 nutrition and diet-related articles that have appeared in leading media outlets worldwide.

With advanced certifies in adult and adolescent and pediatric obesity, Susan has also served as Chief Clinical Nutrition Manager at Mt. Sinai Hospital of Queens, New York. She is a media spokesperson for the Florida Dietetic Association and has re-

cently completed a two-year elected position as secretary for the Weight Management Dietetic Practice Group, a professional practice group of the American Dietetic Association, and serves as External Relations Assistant Director.

Susan now devotes her efforts to public speaking, counseling individuals and writing motivational and informative books and articles dedicated to helping people learn how to improve their health and accomplish their weight goals.

Diet program components should include:

Self Monitoring: The act of writing down or logging your diet, activities and thoughts about your progress helps you plan for change. You can share your logs with your diet coach, either face-to-face or online. Learn about calories in food and how your activities burn calories by logging on to a web-based program.

Cognitive Restructuring: Dump negative self-talk. Instead of striving for skinny or a certain number on the scale, strive for following the program and improving your weight and fitness. Replace with positive affirmations, such as I will walk every day for 30 minutes and stretch afterwards, or when I go out to eat I will order grilled, baked or broiled, and not fried food. Abandon the all or nothing attitude

that gets in the way of healthy lifestyles, and re-focus from weight to living well.

Stimulus Control: So, do you find yourself in front of the vending machine when you get hungry in the afternoon? Bring a healthy snack with you, and put the change in a jar on your desk where you can see it fill up - evidence of your new behaviors. Do you put off exercise until after work, but never seem to get to it? Schedule activity earlier in the day, and log it.

Stress Management & Problem Solving: Do you dread going to barbecues because you always overeat? Or do you have a big presentation due, and you have to work overtime and always overeat when you are tired? What really works is to plan in advance what you are going to eat and have a healthy snack before you go.

Being prepared to stay fueled over that long workday keeps you motivated. Controlling stress can help control weight, especially when overeating is used to assuage a stressful situation.

Physical Activity: It is important to start slowly, and enjoy your activities - that is what will keep you on track to permanent weight control. Choose activities you enjoy! Exercise means doing anything that gets your heart rate up, including dancing, biking or just walking briskly.

Relapse Prevention: Have strategies in place to prevent weight gain if you regain a few pounds. Return to a structured menu and increase your activities. Online may be a good solution for those who find the gold standard face-to-face programs out of reach financially and/or geographically.

Golden Globe Winners speak about Haiti and Abuse Victims

BY IVY N. CARTER, MBA
NDG STAFF WRITER

The glamour and accolades of the Golden Globe Awards were accompanied this year by celebrity appeals for help for Haiti's earthquake victims. With an estimated 200,000 dead and 1.5 million homeless, actors used the stage to highlight the desperate situation caused by the January 12 earthquake.

Academy Award winning actress Meryl Streep, won the best actress in a comedy for *Julie & Julia*, said she is taking the words

of her mother, "Thank God you have the money to do something," to heart, and is donating her Golden Globe attire to www.Artistsforpeaceandjustice.com. Other actors who are helping Haiti are Olivia Wilde of FOX series *House*, Amy Poehler, Jenna Fischer and *300*'s Gerard Butler.

George Clooney is working with major networks, including ABC, NBC and Fox on a fundraiser for the Haiti survivors called *Hope for Haiti*, and he used the Golden Globes as a platform to re-



Monique

cruit donors. The show will air on Friday, Jan. 22, 2010, and proceeds will benefit

Haitian-born Wyclef Jean's Yele Haiti Foundation, UNICEF, Oxfam America, Partners in Health and the Red Cross.

Queen of Comedy and BET talk show host Monique won her first Golden Globe for her supporting role in *Push by Sapphire*, and she gave an emotional acceptance for women and men of sexual, physical and mental abuse.

"It's now time to tell. And it's okay," said Monique as she dedicated her Golden Globe to those victims.

The Book of Eli can change lives

NDG Wire - Imagine living in a world with no order, no pride, no hope and violence at every turn. No, it's not President Barack Obama's platform, it's the apocalyptic movie by the Hughes Brothers, *The Book of Eli*.

Considered to be of epic proportions, the movie tells of one man, Eli, and his quest to listen and hasten to a voice he heard tell him to take a special book and travel west. That voice?

God.

Eli, played by Academy Award winner Denzel Washington, is steadfast and determined in his quest, and at any cost he travels west to take the only surviving copy of the special book - the Bible - to its destination. Eli believes the Bible has the answers to man's hopelessness, and said he was promised protection on his travels. It is his faith that keeps him going in a world out of control.

But Eli isn't the only

person who knows about the power of the Bible. That power is sought out by Carnegie, played by Gary Oldman. Carnegie knows the power of the word of God, but he wants to use it to control people.

This is a powerful movie, filled with fast moving action scenes and spiritual messages for those with ears to hear them. Although the action scenes are pretty much based on the staple of any war and action movie, the message is so powerful because it shows the source of hope in any situation.

The Book of Eli is a story that can change lives if we are all determined to walk by faith and not by sight.

Editor's note: Dwight Brown, NNPA Film Critic, believes the movie deserves only 1 1/2 stars. Check out his quite different perspective of the film on our website, www.northdallasgazette.com.



Teddy Pendergrass Dead at 59

(NNPA) - Legendary R & B singer and songwriter Teddy Pendergrass, popular for his classic R&B hits "Turn Off the Lights" and "Love T.K.O.," died Jan. 13 at the Bryn Mawr Hospital in Philadelphia. He was 59.

His son, Teddy Pendergrass II, told the Philadelphia Inquirer his father underwent colon surgery eight months ago and was going through a "difficult recovery," but that his father would "live on through his music."

Born March 26, 1950, in Philadelphia, Pendergrass' climb to superstardom began with Harold Melvin and the Blue



Notes. In 1977, he launched a self-titled solo album, and went on to earn numerous platinum albums and a Grammy nomination.

Pendergrass ushered in a new, electric era of R&B that blended passion, raw sexuality and romance into an eclectic sub-genre of R&B music. Donning skin-tight, multicolored pants; chest-baring blazers and a bevy of gold chains, Pendergrass laid the blueprint for today's urban music sex symbols.

But tragedy struck the crooner in 1982 after an automobile accident left him paralyzed from the

waist down. Despite the devastating turn of events, Pendergrass continued to record music and returned to the stage in 1985 for a Live Aid concert in Philadelphia. In 1998, Pendergrass founded the Teddy Pendergrass Alliance, a national organization dedicated to improving the lives of individuals with spinal cord injuries.

His investment in community service and other civic issues transformed Pendergrass' image from a magnetic ladies man to a philanthropic activist celebrated for his aplomb in the face of adversity.

Tickets to the 2010 NBA All-Star Celebrity Game are on sale

Basketball Crazy Celebs will team up with NBA & WNBA players

(NDG Wire) Tickets for the 2010 NBA All-Star Celebrity Game presented by FINAL FANTASY® XIII are on sale. A few of the biggest names in entertainment will take Center Court for the Celebrity Game tip off on Friday, Feb. 12 at the Dallas Convention

Center inside NBA All-Star Jam Session presented by adidas.

This year's celebrity participants includes, a cast of players from film, TV, and music who will be outfitted in retro 1986 NBA All-Star uniforms paying homage to NBA All-Star

1986 in Dallas. Game jerseys highlighting key players from the 1986 NBA All-Star game will be available at NBASore.com and at the NBA Store inside NBA All-Star Jam Session.

In addition, select celebrity jerseys will be auctioned off after the game on

NBA.com.

Tickets for the game can be purchased at 800-4-NBA-TIX (622849), Ticketmaster.com, and American Airlines Center Box Office. Ticket prices start at \$35 and include admission to Jam Session on Friday, Feb. 12, where fans of all ages can

shoot, slam, dribble and drive in over 11 acres of All-Star action, meet and collect free autographs from NBA All-Stars, score game changing tips from NBA players and legends and much more.

For the sixth straight year, ESPN will televise the

game, which will also feature former NBA players and current WNBA players, beginning at 6:00 p.m. CST.

The game rosters are subject to change without notice. Visit NBA.com/jam-session for more information.

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Rebuilding Haiti from the earthquake and from benign neglect

BY JULIANNE MALVEAUX

(NNPA) On Monday when many commemorated the birthday of Dr. Martin Luther King, Jr, United States troops were headed to Haiti to keep order and to provide the humanitarian aid that is desperately needed after the devastation of a 7.0 earthquake. President Barack Obama has pledged \$100 million of US aid, and other countries are pledging aid as well. People are sending supplies, and some of them are getting through. And, through their cell phones, people have given more than \$4 million for Haitian relief.

One does not have to wonder what Dr. Martin Luther King would say about Haiti. In a speech at Lincoln University in 1961, he spoke to our connectedness, "All life is interrelated. We are caught in an inescapable network of mu-

tuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. As long as there is poverty in the world, no man can be totally rich even if he has a billion dollars."

We are diminished by the tragedy in Haiti, but the fact is that we have been diminished by Haiti for decades. The earthquake's tragedy compounds the poverty of a nation that has been utterly neglected by the world. There is no infrastructure in Haiti, little ability to bounce back from a crisis. There is scant government, a law enforcement system that is helpless in the face of gangs, and a poverty that affects most of the country. If this were any other nation in the world, there would have been intervention and humanitarian aid a long time ago. But Haitian slaves

beat the French back in 1804, more than two hundred years ago, and they have not been forgiven for it since.

The United States has had an unreasonable policy on Haiti, allowing Cuban refugees, but not Haitian ones, here in the 1980s and

earthquake that killed more than 50,000 people and displaced three million can be called an "act of God", the weak infrastructure exacerbated the damage the earthquake caused. If we are honest, we in the United States must say that some of the blood that was spilled in

used the Monroe doctrine to intervene in Haiti and in other places in our hemisphere in the past. Now, let's use the Monroe doctrine to make a positive difference in Haiti.

Former President Bill Clinton, former Secretary of State Colin Powell, the artist and activist Wyclef Jean, Institute of the Black World leader Dr. Ron Daniels and so many others have an interest in the growth and development of Haiti. President Clinton's charity is among those that are funneling dollars and supplies to the island. Imagine that these diverse brains sat around a table, with Haitian brothers and sisters and strategize ways that Haiti can thrive. Perhaps former President Aristede could be part of such discussions, if only because of his strong connection with the poor in Haiti, a

connection that his successor seems not to have nurtured. Indeed, it has been interesting that President Preval has had low visibility as the world has responded to the crisis in Haiti.

President Obama deserves credit for his quick response to Haiti. So do many others – Doctors without Borders, the International Red Cross, Wyclef's organization, and more. It will take more than the distribution of bottled water, high-energy and high-energy biscuits to rescue Haiti, more than the clearing of rubble and the keeping of order. Haiti needs help rebuilding, not only from the earthquake, but also from decades of benign neglect.

Julianne Malveaux is President of Bennett College for Women in Greensboro, North Carolina.



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1990s, building concentration camps for those who dared escape from that country's economic challenges. We have offered a few dollars, but only a few, in humanitarian aid, and at times have actually withheld support to determine "democratic" outcomes, as if starving people should be bribed to embrace an elusive democracy. While the

Haiti is on our hands.

What must we do now? First of all, we clearly must provide as much humanitarian assistance as we can to offer immediate relief to displaced and starving Haitian people. Our next priority, however, must be to assist with infrastructure planning and development for our neighbors in this small island nation. We have

OFFERING, continued from Page 1

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HAITI, continued from Page 1

and to meet critical health needs of this very poor nation

- organizing teams to help in home reconstruction
- rebuilding a medical clinic in the capital city Port Au Prince (to be identified within a few days)

The public is welcome to be part of this effort, and to watch the clinic be rebuilt - a gift from the people of Dallas Fort Worth - and serve hundreds of people each week.

Efforts by each of the DFW International member

organizations will be done in their individual style. Fundraising projects underway include a Food Festival, evening cruises on our local lakes, collections at churches, meetings and concerts.

The nation of Haiti shares a common island with the country of the Dominican Republic, and we're grateful that our friends from the Sociedad Cultural Dominicana have taken the lead in this relief effort. 100% of all funds donated go directly to our medical clinic.

Donations may be made through any of the participating international community organizations, or checks may be sent to: DFW International Community Alliance, 12830 Hillcrest, Suite D 218, Dallas, TX 75230. Your contribution is tax deductible. To join the DFW Haiti Relief Fund email list, send an email to: DFW_Haiti-subscribe@yahoogroups.com.

Questions? Contact Vinicio Mota at 469-237-6237 or Anne Marie Weiss-Armush at 972-965-5727.



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North Dallas
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Career Fair in Plano January 26

Put yourself in front of the hiring managers of some of the best employers in the Dallas/Ft Worth area. The Dallas / Plano Career Fair, Tuesday, Jan. 26, 10:30 a.m. to 2:00 p.m. at the Plano Centre, 2000 E Spring Creek Pkwy, Plano, TX 75074

Get on the fast track. Preregister for quick access to this event at www.ChoiceCareerFairs.com. Dress for success and bring lots of resumes.

TEXAS DEPARTMENT OF TRANSPORTATION

NOTICE TO CONTRACTORS OF PROPOSED TEXAS DEPARTMENT OF TRANSPORTATION (TxDOT) CONTRACTS Sealed proposals for contracts listed below will be received by TxDOT until the date(s) shown below, and then publicly read.

CONSTRUCTION/MAINTENANCE/BUILDING FACILITIES CONTRACT(S)

Dist/Div: Dallas
Contract 0918-45-640 for CONSTRUCT PEDEST BRIDGE OVER IH 635 in DALLAS County will be opened on February 09, 2010 at 1:00 pm at the State Office.

Contract 0918-45-763 for INTERESESECTION IMPROVEMENTS in DALLAS County will be opened on February 10, 2010 at 1:00 pm at the State Office.
Contract 1068-04-151 for ACP OVERLAY AND LANDSCAPING in DALLAS County will be opened on February 09, 2010 at 1:00 pm at the State Office.

Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Prequalified Contractor's list, at the applicable State and/or Dist/Div Offices listed below. If applicable, bidders must submit prequalification information to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Prequalification materials may be requested from the State Office listed below. Plans for the above contract(s) are available from TxDOT's website at www.txdot.gov and from reproduction companies at the expense of the contractor.

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Dist/Div Office(s)
Dallas District | District Engineer
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Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TxDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national origin.



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Wingstop growth in 2009 translates to management team

(NDG Wire) In addition to celebrating 25 consecutive quarters of positive comp store sales, opening its first international restaurant in Mexico City and becoming the Official Wings of the Dallas Cowboys, Wingstop expanded its management team in 2009 through promotions and new hires.

Andy Howard was promoted from executive vice president marketing, purchasing, research and development to chief market-

ing officer, executive vice president purchasing, research and development

- Mike Sutter was promoted from senior director of training to vice president of training

- Bev Rich was promoted from director of franchise development to senior director of franchise development

- David DeLaGarza was promoted from director of real estate to senior director of real estate

- Sean Murphy was



hired as director of research and development

- Phillip Maldonado was promoted from senior

district manager to director of operations

- Jennifer Hubbard was promoted from purchasing manager to director of purchasing

- Patrick Campbell was promoted from associate director training to director of training

- Lisa Spooner-Whyte

was promoted from field marketing manager to senior field marketing manager

- Stephanie Petersen was promoted from franchise development coordinator to franchise development manager

“The dramatic growth of our chain as well as our success at the store level required that we continue building our management team,” said Jim Flynn, CEO of Wingstop. “Fortunately we were able to do much of that building from within as

well as bring in some highly successful industry leaders.”

Dallas-based Wingstop was founded in 1994 and began franchising in 1997. Today Wingstop has 433 restaurants open in 34 states. The chain recently received a Restaurants & Institutions’ Consumers’ Choice in Chains Award, which is based on customer satisfaction in food quality, value, atmosphere, cleanliness, reputation and convenience.

Five important facts about dependents and exemptions

(NDG Wire) When you prepare to file your tax return, there are two things that will factor into your tax situation: dependents and exemptions. Here are five important facts the IRS wants you to know about dependents and exemptions before you file your 2009 tax return.

1. If someone else claims you as a dependent, you may still be required to file your own tax return. Whether or not you must file a return depends on several factors, including the amount of your unearned, earned or gross income, your marital status, any special taxes you owe and, any advance Earned Income

Tax Credit payments you received.

2. Exemptions reduce your taxable income. There are two types of exemptions: personal exemptions and exemptions for dependents. For each exemption you can deduct \$3,650 on your 2009 tax return. Exemption amounts are reduced for taxpayers whose adjusted gross income is above certain levels, depending on your filing status.

3. If you are a dependent, you may not claim an exemption. If someone else – such as your parent – claims you as a dependent, you may not claim your personal exemption on your

own tax return.

4. Your spouse is never considered your dependent. On a joint return, you may claim one exemption for yourself and one for your spouse. If you’re filing a separate return, you may claim the exemption for your spouse only if they had no gross income, are not filing a joint return, and were not the dependent of another taxpayer.

5. Some people cannot be claimed as your dependent. Generally, you may not claim a married person as a dependent if they file a joint return with their spouse. Also, to claim someone as a dependent, that person must be a U.S. citizen, U.S. resi-

dent alien, U.S. national or resident of Canada or Mexico for some part of the year. There is an exception to this rule for certain adopted children. See IRS Publication 501, Exemptions, Standard Deduction, and Filing Information for additional tests to determine who can be claimed as a dependent.

For more information on exemptions, dependents and whether or not you or your dependent needs to file a tax return, see IRS Publication 501. The publication is available on IRS.gov or can be ordered by calling 800-TAX-FORM (800-829-3676).

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Why were you created?

“For thou hast possessed my reins: thou hast covered me in my mother’s womb. I will praise thee; for I am fearfully and wonderfully made: marvelous are Thy works; and that my soul knoweth right well. My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth.” Psalm 39:13 - 15 (KJV).

The best way to learn the purpose for your life and your work is to discover how God wants to use them; then you will know why you were cre-

ated. If you first start out trying to determine your purpose in life before understanding why you created, you will inevitably get hung up on the things you do as the basis for fulfillment in your life, which will only lead to frustration and disappointment.

I believe that first and foremost, God created all of us to know Him and to have an intimate relationship with Him. In fact, God says that if a man is going to boast about anything in life, “But let him that gloried in this, that he understandeth and knoweth Me, that I am the Lord which exercise loving kindness,

judgment, and righteousness, in the earth: for in these things I delight, saith the Lord.” Jeremiah 9:24 (KJV).

Man’s affiliation with God was lost in the Garden of Eve when Adam and Eve sinned. Jesus’ death on the cross, however, allows us to restore this relationship with God. The Apostle Paul came to understand this when he said, “That I may know Him, and the power of His resurrection, and the fellowship of His sufferings, being made conformable unto His death; If by any means I might attain unto the resurrection of the death.” Philippians 3:10 -

11 (KJV).

Establishing this type relationship with God is vital to understanding your purpose in life. If you don’t have this bond with God, you will seek to fulfill your purpose out of the wrong motives; such as fear, insecurity, pride, money, other relations, guilt, or unresolved anger, which is one letter from ‘danger’. God’s desire is for you to be motivated out of your love for Him and your to desire to worship Him in all that you do. As you develop your relationship with God, He will begin to reveal His purpose for your life and your work. “For I know the

thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.” Jeremiah 29:11 (KJV).

If you don’t know what your purpose in life is, ask God to help you to understand why you were created to discover your purpose. With this knowledge you will begin to see when your families and friends are hurting and you will learn to communicate better with them when wrong paths are taken.

Don’t forget to nourish the really important relationships in your life. Think and pray about peo-

ple who are rebellious and angry, there is a reason why they are that way. Think about and pray for people who are too busy, irritated, bitter or hurt. Ask God to word your mouth on what to say and what to do as a caring and concerned Christian. Learn to praise God for people that are happy, healthy and God-fearing; also, that love other people. Ask God to protect His children from the evil one and their enemies, to surround them with guardian angels and to keep them under His wings of love and guidance; also to help other people discover their purpose in life.

Bishop Paul S. Morton and the Full Gospel Baptist Church Fellowship Mass Choir Celebrate The Stellar Award win for Traditional Choir of the Year

This is the second year in a row that Bishop Morton and the choir nab this award

(NDG Wire) Bishop Paul S. Morton, along with the Full Gospel Baptist Church Fellowship Mass Choir, wins the award for Traditional Choir of the Year, announced at the 25th Annual Stellar Gospel Music Awards January 17, 2010. The golden Stellar statute represents the second consecutive year Morton and the Full Gospel choir are recognized for the inspiring

performance captured in their latest release, *Cry Your Last Tear* (Tehillah Music / Light Records).

The Stellar Awards presented an emotion packed show that kept the audience standing and praising. Serving as a time capsule, the stage was filled with performances, presenters, and hosts that have impacted the show in the past 25 years. Bishop Morton presented

The Allstate James Cleveland Lifetime Achievement Award to the 2010 recipients, Lee Williams & The Spiritual QC’s.

While in Nashville, Bishop Morton joined the Gospel and CCM community to record the heart gripping song for Haiti, *A Song For Pain*, by Kirk Franklin. Morton’s voice will be heard throughout the track which will be released the weekend

of January 23rd. All of the proceeds will go to the relief efforts for Haiti.

The Stellars remain a staple in the Gospel community as they congratulate those who share their musical talents with the world.

The show is syndicated in over 100 markets as well as on the Gospel Music Channel, which will air February 28th at 8pm ET/7pm CST.



Bishop Paul S. Morton



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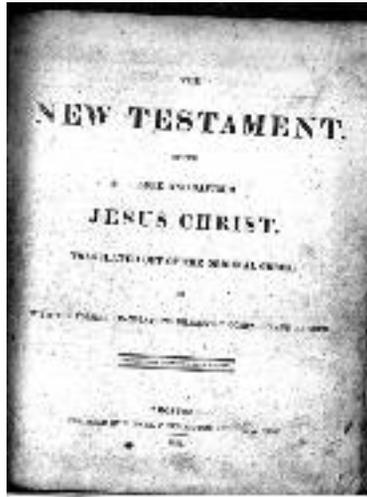


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Wednesday Night Bible 7:30pm

Understanding the language of the New Testament

(NDG Wire) The Bible—even in English—can be one confusing piece of literature, chocked full of symbolism, sacraments, scapegoats, double-edged swords, and spiritual semantics. When discussing the various translations of the Scriptures, inquisitive Christians often ask, "Did they leave out something; something very, very important?" or "Did the translator's own religious biases influence their interpretation of the original text?"

Food for thought, but if one is at all interested in



gaining basic knowledge of Koine Greek—the common

language of the New Testament—then Understanding the Language of the New Testament is of importance crucial to the questioning disciple of the Word of God. After all, there are well-nigh 137,000 words printed on the pages of the New Testament, which leaves plenty of room for 'human error' in the interpretation and ultimate understanding of the deep

meanings of biblical words. In studious devotion, author Clyde Wilton has acquainted himself with various versions of the Bible, biblical concordances and commentaries, the Septuagint (Greek translation of the Old Testament), the Latin bible or 'Vulgate' (Hebrew and Aramaic), different Greek texts, and other scholarly resources. The resulting wisdom and insight are contained within the covers of Understanding the Language of the New Testament: A Beginner's Guide To Koine Greek (published

by iUniverse).

Once completed, this apprentice's textbook will give the reader a foundation for translating the entire New Testament from its original language to English. From understanding the tenses and moods to the

cultural elements of the spoken language of the time, this book offers a gateway into the unvarnished meaning of the original text.

For more information, please visit www.clydewilton.org.

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Mid-week: Wednesday at 7:00 p.m.
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: 972-423-6895
www.smbcplano.org

New Mt. Zion Baptist Church of Dallas

Sunday Service
Morning Worship 7:50 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
Intercessory Prayer 6:15 pm
Bible Study 7:00 pm

Dr. Robert E. Price, Sr.
Senior Pastor

A Praying Church Family
"Watchmen on the Walls"

214-341-6459 (Phone) • 214-342-8403 (Fax)
9550 Shepard Road
Dallas, TX 75243

www.nmzh.org (Website) • newmzbc@aol.com (Email)

the mark *growing toward*

Charles S. Wattlely Senior Pastor

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

WEDNESDAY
Family Ministries 7:00 p.m.

Friendly Fellowship With a Family Focus!

SAINT MARK MISSIONARY BAPTIST CHURCH
1305 Wilcox Street • McKinney, TX 75069 • 972-542-6175
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