

# North Dallas Gazette



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## 30,000 Dallas residents pull together for babies

(NDG Wire) This Saturday at White Rock Lake in Dallas, thousands of families and business leaders will join together in the March of Dimes' annual March for Babies—the nation's oldest fundraising walk honoring babies born healthy and those who need help to survive and thrive.

Laura and Todd Robertson will be presented as the 2010 March of Dimes Dallas Ambassador family. The Robertson's twin sons, Ryan and Reece, were born at 36 weeks with matching congenital heart defects and were treated at Children's Medical Center. They spent 2 weeks in the Neonatal In-

tensive Care Unit before being released. Today, Ryan and Reece are vibrant 3-year olds, and the Robertson family is dedicated to making sure every parent has the same happy ending. March of Dimes works to give babies like Ryan and Reece a fighting chance.

Chris Durovich, presi-

dent and CEO of Children's Medical Center is the chair of the 2010 March for Babies walk, and is leading the efforts to raise \$2.5 million for March of Dimes. "March of Dimes and Children's Medical Center share a commitment of taking care of children," said Durovich.

See BABIES, Page 4

## City of Carrollton's new police chief to start next week



Chief Rex Redden

(NDG Wire) City Manager Leonard Martin has announced the selection of Rex Redden as the next Police Chief for the Carrollton Police Department, with a start date of April 19, 2010. Redden has over 20 years of law enforcement experience, serving the last six years as Assistant Chief of Police in McKinney, Texas.

His career path demonstrates extensive experience in both line and supervisory positions, and he is experienced in budget preparation, strategic planning and operations management. He has extensive experience in Community-Oriented Policing, Problem Solving Policing and offers a progressive, ethical and

participative leadership style.

His professional education and training includes a Bachelor's degree in Business Management and extensive professional law enforcement management training such as: Master Peace Officer Certificate

See CHIEF Page 11

## Lenora "Doll" Carter, NNPA Publisher, mourned at 69

BY HAZEL TRICE EDNEY  
NNPA EDITOR-IN-CHIEF

(NNPA) Black publishers around the nation are mourning the sudden death of one of their own this week. Houston Forward Times Publisher Lenora "Doll" Carter, treasurer of

the board of directors for the National Newspaper Publishers Association, and a former NNPA Publisher of the Year, was found dead of an apparent heart attack on Saturday morning, April 10. She was 69.

"It is with a profound

sadness that I inform some and confirm for others, the NNPA and the entire Black Newspaper Publishing world's great loss of our National Treasurer, Lenora "Doll" Carter," announced NNPA

See CARTER Page 12



Lenora "Doll" Carter

COVER STORY

## Surprisingly unhealthy foods: what to choose instead!



See FOODS, Page 9



7th Stage Productions accepting new scripts for Stage Black: A Festival of New Plays

For more information see pg. 10  
[www.northdallasgazette.com](http://www.northdallasgazette.com)

COMMENTARY

## Will Obama fight for a liberal on the Supreme Court?

BY RON WALTERS

(NNPA) The coming resignation of Justice John Paul Stevens from the Supreme Court sets up a new fight for his successor and a question that I—and others—have is will President Obama appoint someone as liberal as Stevens has become. An indication of where the President might be coming from is the comment that he made

when the Citizens United case was decided last year.

Then, he said it was a victory for powerful interests like banks, oil companies and etc. that, "marshal their power every day in Washington to drown out the voices of everyday Americans."

He repeated this sentiment at his State of the

See COURT, Page 3

## INSIDE...

People In The News	2
Op-Ed	3
Health	4
Community News	5
Education	6
Community Spotlight	7
Cover Story	9
Arts & Entertainment	10
'Round About in the DFW	10
Business	11
Career Opportunity	13
Church Happenings	14
Sister Tarpley	15

## People In The News...



Julie Cunningham



Roy Hargrove



Gale King

See Page 2

## Julie Cunningham

Julie Cunningham is the President/Chief Executive Officer of the Conference of Minority Transportation Officials. Since her August 2001 appointment to this position, she has succeeded in working with COMTO members nationally to develop 14 new chapters in 12 states. She has facilitated strategic partnerships with several

national organizations including National Forum of Black Public Administrators, Women's Transportation Seminar, Airport Minority Advisory Council,

Amalgamated Transit Union and the National Transit Institute.

In her first days as President/CEO, she rallied COMTO members to develop a legislative agenda addressing Disadvantaged Business Enterprises, Environmental Justice and Workforce Development relative to the Reauthorization of the Transportation Equity Act for the 21st Century. She has also facilitated a partnership with the George Washington University to provide a professional development pro-



grams for COMTO members. Under her direction COMTO was awarded the 2005 Disadvantaged Business Advocate of the Year by the U.S. States Department of Transportation.

COMTO was also awarded a grant by the Federal Transit Administration to develop minority talent in the transportation industry.

Her professional career has also included positions in the energy and construction industries. She was employed as a senior consultant in the nuclear power industry with a national information management company and was responsible for developing both strategic and communication plans, implementing grass roots pro-

grams and facilitating work process improvements for nuclear power plants.

Ms. Cunningham served on the Board of Directors for Laketran, a county wide public transportation system based in Painesville, Ohio. Laketran won the 2000 Outstanding Public Transportation System Award 2000 from the American Public Transportation Association (APTA). She is former Chair of the Lake County, Ohio Branch NAACP Scholarship Committee, United Way Account Executive of the Year, and YMCA Nominee for Career

Women of Achievement. She is also a veteran of the United States Army.

Ms. Cunningham stated, "Our tag line is . . . building the people who build America, and we are frequently asked why we don't say 'building the people who move America?' But we are involved in much more than moving people. Our members are engaged in establishing legislation, setting policy, and building, maintaining and repairing our nation's infrastructure - all within the transportation industry. That's more than moving America, that's building America."

## Roy Hargrove

(NDG Wire) Internationally acclaimed jazz musician and Grammy Award winner, Roy Hargrove, will be the special guest artist when Townview Center presents its 15th Annual Elegant Evening of Jazz live at The Black Academy of Arts and Letters in downtown Dallas on Saturday, April 17, at 7:30 p.m. Hargrove epitomizes the level of achievement for the 100

boys and girls that will perform various jazz works from various jazz greats. These students are members of the 4 jazz ensembles at Townview Center that will be in concert on that evening.

Roy Hargrove, a native of Dallas, is a graduate of the famed Booker T. Washington High School for the Performing and Visual Arts. While there, he was exposed to many noted

artists, including Wynton Marsalis; but Hargrove also credits much of his success to Mr. Dean Hill. Mr. Hill was Hargrove's instructor during his early



Courtesy of Sandaga Jazz

training, recognized his potential and helped nurture his musical gift. In all these years, Mr. Hargrove has never forgotten the guidance of Hill - to the point that he influenced his brother to attend the Townview Magnet Center so that he, too, could be under the tutelage of Dean Hill.

The Elegant Evening of Jazz celebrates the rich history of Jazz music, its influence on American culture, and the constant evolution into its bright future.

Audiences will be treated to the spectrum of jazz music - from standards to new school. The students take pride in their diligence toward mastery of this complex art form; and the music staff takes the charge of training complete musicians very seriously. Many of these students receive music and

academic scholarships to nation's leading institutions and music programs, including University of North Texas, Howard University and Prairie View A&M University, among others.

Purchase tickets by calling 972-925-5918. with prices ranging from \$10 to \$50.

Townview Magnet Center in Dallas is a nationally recognized high school for academic and student achievement.

## Gale King

Gale King, executive vice president and chief human resources officer for Nationwide, was named to *Savoy Magazines* 2010 list of Most Influential Blacks in Corporate America. The annual list of black leaders was published in the spring issue of *Savoy*.

The list includes extraordinary professionals as well as entrepreneurs who lead by example and serve as role models to inspire future leaders and empower others within corporate America. King was selected among this year's honorees because of her position as a

Nationwide Insurance executive and her community involvement.

Gale plays a central role on our leadership team and is very deserving of this honor, said Steve

Rasmussen, CEO of Nationwide. She has risen through the ranks at Nationwide based on her outstanding work performance and highly effective leadership style. Her responsibilities include our entire workforce which is critical for our company, because it's our people who bring the On Your Side promise to life for customers.

Gale King was elected executive vice president and chief human resources officer for Nationwide in 2009. In this role, King is responsible for developing the company's human resources strategy and the full range of tools, policies and programs to enable 34,000 business leaders and associates throughout the United States to create exceptional *On Your Side* experiences for customers.

These services include

talent acquisition, talent management, compensation, performance management, associate and leadership development, organizational effectiveness, change management and diversity and inclusion.

King began her insurance career as a claims representative, then served in various leadership roles including administrative officer for the office of the president of Nationwide property & casualty, vice president for Nationwide Insurance human resources and senior vice president for property & casualty human resources.

She is active in the community and currently serves on the boards of the Columbus Urban League and Franklin County Children's Services. She is also a member of two national organizations, the Executive

Leadership Council and Insurance Conference Group. King graduated from the University of Florida with a

bachelor's degree in journalism and a master's degree in public administration.



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3401 Custer Rd., Suite 169 • Plano, Texas 75023

Phone: 972-516-2992

Fax: 972-509-9058

**Publisher's Office:**

publisher@northdallasgazette.com

**Sales Department:**

opportunity@northdallasgazette.com

**Editorial Department:**

editor@northdallasgazette.com

**Online:**

www.twitter.com/NDGEditor

www.facebook.com/NorthDallasGazette

**Website:**

Website: www.NorthDallasGazette.com

**STAFF****Chairman Emeritus**

Jim Bochum

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**Editor**

Ruth Ferguson

**Editorial Assistant**

Ivy N. Carter, MBA

**Published By**

Minority Opportunity News, Inc.

**Production**

Suzanne Plott

**Special Projects Manager**

Edward Dewayne

"Preacher Boy" Gibson, Jr.

**Contributing Writer**

Jackie Hardy

**Theater Critic**

Rick Elina

**Photography**

Laquisha Buchanan

Edna Dorman

**Religious/****Marketing Editor**

Shirley Demus Tarpley

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# Same sex marriage clearly supported by U.S. Constitution

BY ROBERT FRANKLIN

A topic sure to stimulate heated debate is that of same sex marriage. People have strong personal and religious feelings about this issue. But from the legal perspective, the United States Constitution sends a clear message that same sex marriages must be permitted. This assertion is based upon four constitutional provisions.

The First Amendment prohibits the adoption of any law regarding an establishment of religion or the free exercise of that religion. This means that no law can be adopted that is based upon a religious principle. Clearly, many of our laws are similar to religious principles, but they must be able to stand on their own as having a rational basis. Most religions condemn murder as a moral wrong, and most states condemn murder based upon main-

taining social order and security. Often, the religious principle and the legal principle are the same because they are rational for any society. But a law that is based purely upon religious principles, with no underlying rational purpose, cannot stand. Same sex marriage has no rational reason for being denied; its opponents can only argue emotional or religious reasons. No law based upon emotional or religious principles, absent some other rational purpose, can be allowed.

The Fourteenth Amendment requires that all persons receive equal protection of the law. Again, persons can be classified into special groups based upon a rational purpose, and the members of that class can be treated differently from other classes. For example, if a state issues driver's licenses, and a ten year old applies for one, he can be

treated differently than adults. But the prohibition requires he be treated no differently than another ten year old. If a state issues marriage license's, and two couples apply, but the only difference between the couples is the gender composition, does a state have a rational basis for granting one couple the license and denying the other couple? If the different treatment is based solely on gender composition, the act clearly violates the Fourteenth Amendment.

The Tenth Amendment states that the power of the federal government is limited to the powers granted in the Constitution, and all other powers reside within the states. The Constitution does not mention marriage, so this is clearly a state power. But no state can ignore the First and Fourteenth Amendments, so any state action must grant equal protection of the law to all

persons, and the state law cannot be based solely upon a religious principle.

Finally, Article Six of the Constitution states that it is the supreme law of the land, so any state law that tries to avoid the application of the First and Fourteenth Amendments is invalid, and therefore limits the Tenth Amendment. Other constitutional provisions, such as full faith and credit, further bolster the argument that a state prohibition on same sex marriage is invalid.

Sixty years ago, states tried to prohibit interracial marriages. The Supreme Court held that marriage is a fundamental right, and people cannot be denied the right to marry based upon race. It is not much of a stretch to argue the same rule should apply to gender.

Robert Franklin is a member of the North Dallas Texas Democratic Women www.nddw.org

## COURT, continued from Page 1

Union address and after the recent announcement by Justice Stevens that he would resign, saying Stevens' replacement would be "someone who knows that in a democracy, powerful interests must not be allowed to drown out the voices of ordinary citizens."

This theme assumes that the President will appoint someone who is clearly allied with the politics of the people rather than powerful interests.

But the pressures on the President are inexorable. The most important is the system of appointment which represented the sentiments of the white majority that are right-of-center. Conservative politics would not be as powerful without their support since most whites vote Republican. Justice Stevens, a Republican appointed by a Republican president, said that the Court had moved beyond him in becoming more conservative. So, when the advice by pun-

its and Republicans is for the President to pick a "centrist" or a "moderate" they mean someone within the ideological orbit of the dominant white majority.

I point to the dominant white majority as the arena where this decision will be made because Blacks and other peoples of color are largely excluded from the legislative debate and the decision power that determines who will sit on a court that ostensibly represents all Americans.

Blacks are largely missing in the Senate which confirms the Justices and the public debate routinely excludes their opinions. The last time I was interviewed on CSPAN I said that Justice Clarence Thomas was a product of the Conservative movement and an embarrassment to the African American community and I have not been invited back since.

With the Tea Party phenomenon having emboldened

the Republicans to begin thinking they will take back the House and Senate, Democrats are already running scared.

The contradiction however, is that the White House has to think about putting a vote on the Supreme Court that will protect the Health Care package just passed and signed into law, part of which may surely be challenged and some of it may reach the Supreme Court.

I think that the Black community should support Eric Holder. Now I know that some view this as a silly suggestion and that Obama can't make such an unsophisticated political choice. However, my mood is bolder and my political intelligence tells me that we didn't make strides in American politics through sophistication alone.

Thus, our support for Holder becomes a vehicle for intervening in that decision to bring some balance to a right-of-center debate and to repre-

sent the interests of the people that Obama says must be reflected on the Supreme Court. In other words, we have to help make him put as progressive a person on the Court as possible. Intervention is very important because the absence of Stevens will ironically weaken the liberal or progressive stance on the Court because a junior person will not have the status to negotiate a vote away from the conservative bloc to create a winning majority for progressive causes.

Since we live at a time when Conservative activists are tolerated and liberal activists are not, it will require a genuine mobilization on the Left to make sure that a liberal is nominate to the Court because "centrists" and "moderates" are untrustworthy in the current context. Also, since the current cast of prospects emerged from the last nomination fight, if not Holder this time, maybe next.

# For working moms who want to breastfeed, planning ahead can be a smart move

## TEXAS HEALTH & HUMAN SERVICES

Many women today are facing the same question: How can I keep breastfeeding my new baby once I've returned to work?

The question is more pressing than ever. Today, 60 percent of working women have children under age 3. As breastfeeding becomes more prevalent, workplaces are evolving to accommodate them.

Julie Stagg, is a nurse consultant at the Department of State Health Services (DSHS) educates employers and helps to create more "mother-friendly" worksites, setting policies to support a time and place to pump and store breastmilk.

Her advice to moms: Give it a try.

The first step is to talk to your employer.

Many employers know

the health benefits of breastfeeding, Stagg said. What they may not realize is that, by supporting it, they may reduce their health-care costs, lower absenteeism and improve employee morale.

Texas Instruments has an official onsite lactation support program, and says it's "a low-cost way to retain valuable employees." You may find that your boss also is willing to accommodate breastfeeding.

If you're nervous about broaching the subject, here are some tips:

1. Talk to other moms who found a balance between work and breastfeeding and ask how they did it.

2. Talk with your boss about pumping at work or nursing on site. If necessary, explain why breastfeeding is important to you and your baby. It might help to offer

to come in early and stay late to make up for the time you need to pump. If possible, be specific about how often and where you would pump and store your milk.

3. Discuss any questions or concerns your employer has.

Next, create a workable plan.

Assuming your employer supports your decision, you'll need to come up with a plan that satisfies both your job duties and your baby's needs. If telecommuting or working part-time are viable options, great. If not, here are some other ways to make your plan work:

*Getting started.* Start pumping about two weeks beforehand. Go back to work on Thursday for a short first week.

*Making the time.* Pump the same number of times

you breastfeed now. Use your breaks and lunch hour. It should take 15-30 minutes depending on the kind of pump you use.

*Storing your milk.* Use an insulated bag with ice packs and store it in a refrigerator. It will keep for up to 24 hours.

If you need to combine breastfeeding with formula feeding that's OK, said Stagg's colleague Tracy Erickson of the Nutrition Program for Women, Infants and Children. The point, she says, is, "Every ounce counts."

To learn how to help your work place become a Mother-Friendly Worksites, call 512-458-7111, extension 6917.

For breastfeeding help and information, call 800-514-6667. Or go to breastmilkcounts.com.

## HHS awards four Texas non-profit organizations nearly \$36 million in Recovery Act Funds

(NDG Wire) Health and Human Services Secretary Kathleen Sebelius recently announced a new round of awards totaling \$267 million to 28 non-profit organizations to establish Health Information Technology Regional Extension Centers (RECs) which will help states facilitate health information exchange and advance health information technology. The award recipients are:

The TAMUS Health Science Center Research Foundation, a non-profit organization located in College Station, which will receive \$5,279,970.

The University of Texas Health Science Center at Houston which will receive \$15,274,327.

Dallas-Fort Worth Hospital Council Education and Research Foundation,



a non-profit organization located in Irving, will receive \$8,488,513.

Texas Tech University Health Sciences Center, located in Lubbock, which will receive \$6,666,296.

Funded by the American Recovery and Reinvestment Act of 2009, today's awards are part of the \$2 billion effort to achieve widespread meaningful use of health IT and provide use of an electronic health record by every person by the year

**See FUNDS, Page 15**

## BABIES, continued from Page 1

"Money spent on research and prevention yields great returns, and the work of March of Dimes directly benefits the patients that we serve."

March for Babies is sponsored by Dean Foods, presenting sponsor, premier sponsors Children's Medical Center, CIGNA, Macy's, Vought Aircraft Industries, and Wells Fargo, and principal sponsors Balfour Beatty, Blue Cross Blue Shield of Texas, Citi, FedEx Office, Texas Health Resources, and Farmers Insurance Group.

"As a major employer in the Dallas area and an active supporter of nutrition and healthy lifestyles, it made perfect sense for Dean Foods to partner with the March of Dimes on the 2010 March for Babies," said Gregg L. Engles, Chairman and Chief Executive Officer of Dean Foods. "Helping families have healthy pregnancies and

healthy babies is a goal that we all share as parents, friends and neighbors in the Dallas community, and we are proud to join with the March of Dimes in supporting this vital mission."

Opening ceremonies for March for Babies will begin at 8:30 am and will be hosted by Fox 4 News anchor, Heather Hays. Hays will be joined by Dallas Mayor Tom Leppert, who will say a few remarks to the 30,000 plus walkers and release the starting shot. Gospel recording artist, Anita Jarrell Robertson, also a mission mom with a daughter born prematurely, will perform The Star Spangled Banner. March of Dimes will present a special award to The Good Grief Group, five women who were brought together by their NICU nurse because of the loss of their premature babies within a few months of each other. These women have

turned extraordinary grief into extraordinary volunteerism for March of Dimes by creating the Path of Hope signs that are displayed along the March for Babies walk route. The Path of Hope signs honor and remember babies that have been affected in the fight against premature birth.

Premature birth is the leading cause of death in the first month of life, and one in seven babies in Texas is born prematurely. At 13.6 percent, the premature birth rate in Texas is above the national average of 12.7 percent. In Dallas County, there are zip codes with prematurity rates greater than 20 percent.

Premature birth is the leading pediatric challenge and costs the nation more than \$26 billion annually. Average first-year medical costs for premature babies in Texas are \$1.7 billion and Medicaid funds 66.9 percent of pre-term birth costs. More than

\$1 billion is spent annually on special education services, which many premature infants often require. Average first-year medical costs for pre-term infants are ten times greater than for full-term infants.

Funds raised by March for Babies in Texas help support prenatal wellness programs, research grants, neonatal intensive care unit (NICU) family support programs and advocacy efforts for stronger, healthier babies.

The most urgent infant health problem in the U.S. today is premature birth. It affects more than half a million babies each year, with the number growing every day. This past November, March of Dimes issued a Report Card on Premature Birth, giving the nation a "D" and Texas the grade of "F." March of Dimes is committed to reducing this toll by funding research to find the

answers to problems that continue to threaten the health of babies.

To join in, visit marchforbabies.org, or call 972-

669-DIME(3463) to sign up as an individual; to start a corporate, family or friends team; or to donate to help babies be born healthy.

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## Scholarship fundraiser for metroplex students headed to Tennessee State University



(NDG Wire) The Dallas-Fort Worth Alumni Chapter of Tennessee State University will host its annual Jazz Scholarship Brunch and Auction on Saturday, May 1, 2010, 11:30 A.M. at the Radisson Hotel, Mockingbird Station, 6060 N. Central Ex-

pressway.

Tickets purchased in advance are \$40 and \$50 at the door. Tennessee State head football coach, Rod Reed, will be the guest speaker. The jazz combo, Majik Touch, will perform.

A sit-down brunch accompanied by champagne

will be followed by awarding of 2010 scholarships and announcement of the silent auction winners.

The auction will feature black art, collectibles, jewelry, and TSU memorabilia. Door prizes will be awarded.

## Live Radio Town Hall Meeting for Young African American Males

(NDG Wire) With violent crimes, unemployment, teen pregnancy and drop-out rates continuing to escalate, members of Delta Sigma Theta Sorority, Inc., North Dallas Suburban Alumnae (NDSA) chapter will be issuing a challenge to clergy, educators, community-based organizations, elected officials and regular citizens, to reach out and help young Black men become successful. The town hall meeting will focus on "Empowering Males to Build Opportunities for Developing Independence (EMBODI)."

EMBODI is a national program of Delta Sigma Theta Sorority, Inc. targeted at improving the plight of the African American male.

At the town hall meeting, Sunday, April 18, from 7:30 am - 9:30 am (doors will open at 7:15 am); an impressive panel will explore the issues effecting Black men and offer solutions. The program, which is open to the public, will take place at Harwood 609 Restaurant, 609 North Harwood, in Downtown Dallas and will be broadcast on Soul 73 KKDAAM. The event is open to the public.

Buffet Breakfast is \$10.

"Participants will learn how to balance their lives, and the many career and education options available to them outside of sports," said North Dallas Suburban Alumnae chapter President, Carolyn Y. Matthews.

Delta Sigma Theta is also participating in a nationwide campaign to get citizens to turn in their census forms. U.S. Census representatives will be in attendance and forms will be collected at the town hall meeting. Some lucky attendees, turning in their census forms, will walk away with

some really nice prizes and gifts, according to sorority members.

Realizing that options are important when discussing problems, the sorority is also partnering with Paul Quinn College and representatives will be providing information in hopes of encouraging attendees to attend Dallas' only HBCU.

Additionally, the Texas Workforce Commission will be attending to discuss open job positions.

For more information on this event, call 214-452-7835.

## Cowboys aim to blow off steam in Frisco

(NDG Wire) Yee haw, Frisco! The rough and tough antics of the cowboy lifestyle are yours to experience at Frisco Heritage Museum's Shaw-nee Cowboy Day, April 24. Immerse yourself in this iconic Old West culture and experience clashes between cattlemen and towns folk, which have provided the Western tapestry with colorful stories.

The Heritage Museum invites everyone to come on out and make their own family stories and memories from 10 a.m. until 5 p.m. at the Frisco Heritage Center. Take a stagecoach ride just like they did way back when, but watch out for stagecoach bandits. Witness authentic gun fights performed by the Trinity

River Desperadoes and experience what it was like to learn in a one-room school house.

Cowboy Randy, professional cowboy storyteller, musician and singer, is sure to delight kids and adults

alike with his own brand of roving performances throughout the day. While you're having all this interactive cowboy fun, don't forget to take a gander at the Museum's

permanent exhibits offering snapshots into Frisco's history.

Event admission is \$5 per person and available through the Museum Store the day of the event. Children ages 6 and younger are free. See the museum website for more information: [www.friscomuseum.com](http://www.friscomuseum.com).



## Be in-the-know and Get MORE @ the Live Green Expo

(NDG Wire) The Live Green Expo, presented by the City of Plano, offers North Texans a few important reminders to consider before the big event. The Live Green Expo will be held from 9 a.m. to 7 p.m. on Saturday, Apr. 17 at Plano Centre located at 2000 E. Spring Creek Pkwy. in Plano.

As always, the Live Green Expo and parking are absolutely FREE! General parking for the event is located at Collin College at Jupiter Road and Spring Creek Parkway (2800 E. Spring Creek Pkwy.). Shuttles run every 15 minutes from Collin College parking areas to Plano Centre. Shuttle service is available all day. Parking for volunteers, officials, media, special guests

and the handicapped is located in the east parking lot of Plano Centre. Entry to the east parking lot will require an event pass. No general parking is available at Plano Centre. General parking is conveniently located across the street at Collin College.

Water stations, sponsored by Culligan, are located throughout the Live Green Expo event area. Remember to bring your reusable water bottle and enjoy FREE water all day. The water stations are easy to find, just look for the Zero Waste stations.

Pre-register to learn how to make a rain barrel. The Rain Barrel Workshop (available for Plano residents only) provides the opportunity to learn all about rain barrels and participants take home

their own 55-gallon rain barrel. The class is available at the Live Green Expo. Pre-registration is required and is easy to do online. There is a \$20 registration fee. To register, visit [livegreenexpo.net](http://livegreenexpo.net).

Interested in starting your own grassroots environmental movement? Pre-register for Conversation Café and learn more about local foods, a farmers market, zero waste at public events, eliminating polystyrene and plastic containers at restaurants, organic composting, and recycling opportunities for people in multi-family residences. Register at [livegreenexpo.net](http://livegreenexpo.net) or contact [planogreeninitiative@yahoo.com](mailto:planogreeninitiative@yahoo.com).

The Live Green Expo initiated a recycling collection for new and gently worn ath-

letic shoes for the people of Haiti last month using social media such as Facebook and Twitter. The "Shoes for Haiti - Healing with a Sole" shoe collection campaign has shipped over 5,000 shoes to Haiti since its inception. The largest one-day collection event is at the Live Green Expo. Collection containers are located at all the shuttle stops in the parking areas at Collin College.

Be sure to bring your plastic shopping bags to the Live Green Expo and exchange them for a FREE reusable bag at the "Got Your Bags?" booth in the DIY Room.

For more information about the Live Green Expo, visit [livegreenexpo.net](http://livegreenexpo.net).

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# The Home Depot reveals the 2010 *Retool Your School* Campus Improvement Grant Finalists for Historically Black Colleges and Universities

(NDG Wire) Sixty-two Historically Black Colleges and Universities (HBCUs) from across the country have been announced as finalists in The Home Depot 2010 "Retool Your School" campus improvement grant program. The HBCU finalists are competing for \$150,000 in on-campus improvement grants and are counting on their communities and the public to help them win. From April 5 to May 15, supporters can visit [www.homedepot.com/retoolyourschool](http://www.homedepot.com/retoolyourschool) to vote for their favorite HBCU and help make a difference on the campuses.

"We know as well as anyone that the smallest change can have the biggest impact on the lives of others," said Frank Bifulco, senior vice president and chief marketing officer, The

Home Depot. "This program does more than just enhance the campuses of Historically Black Colleges and Universities. It also offers our communities the opportunity to show their support for these culturally rich institutions."

Some of the potential improvement projects entered by the HBCU finalists include upgrading a student greenhouse, creating an alumni remembrance butterfly garden and adding a baseball field. Each of the improvement projects entered will enhance campus life for current students and future generations.

To apply for the "Retool Your School" grants, Historically Black Colleges and Universities submitted applications on the "Retool Your School" Website by the March 15 entry dead-

line. One \$50,000 grant recipient and 10 \$10,000 grant recipients will be selected by votes submitted by the public and an advisory board of community influencers. The "Retool Your School" winning schools will be announced in June. Fifty-nine percent of the nation's HBCUs applied to the "Retool Your School" grant program.

As part of this unique program, The Home Depot also created three new commemorative HBCU "Retool Your School" gift cards to showcase inspirational moments experienced on HBCU campuses as well as how-to projects, from painting to landscaping. For each gift card sold, a donation equal to five percent of the face value, up to \$150,000, is being designated for the on-campus improvement grants. Consumers can purchase the specialty gift cards online at [www.homedepot.com/retoolyourschool](http://www.homedepot.com/retoolyourschool). An e-gift card, which will deliver a digital e-card instantly to the e-mail of the recipient's customer's choosing and traditional plastic gift cards can also be ordered and mailed for free. Instant e-gift card denominations start at \$10

and traditional gift card denominations start at \$25.

For more information

on The Home Depot "Retool Your School" grant program or to purchase a

"Retool Your School" gift card, visit [www.homedepot.com/retoolyourschool](http://www.homedepot.com/retoolyourschool).



## Summer, fall registration underway at TSTC Waco

(NDG Wire) *The Wall Street Journal* recently reported technical majors are seeing the most demand in a tight job market. Now more than ever is the best time to enroll in college, as Texas State Technical College (TSTC) began summer and fall registration this week.

Registration hours are 8 a.m. to 5 p.m. weekdays in the TSTC Student Services Center. Summer classes for the 15-week Term I are set to begin May 10; The 12-week Summer Term II

starts June 7. Registration for fall classes will be ongoing throughout most of the summer. First day of class in the fall is Monday, Aug. 30.

Students can choose from nearly 100 degreeed programs or certificates and online classes (distance learning). In addition, high school students can enroll in dual credit classes and get a jump on their college degree.

Because financial aid processing can take several weeks, especially for the

fall term, those seeking financial assistance should contact the TSTC Financial Aid Office immediately at (254) 867-4814. The TSTC Waco Web site [www.waco.tstc.edu](http://www.waco.tstc.edu) provides additional details, dates and an online application.

A schedule of classes is available at [www.waco.tstc.edu/admissions/cs/schedules.php](http://www.waco.tstc.edu/admissions/cs/schedules.php).

To find out about what's available at TSTC, call toll-free at 800-792-8784 or direct 254-867-2360 or go to [www.waco.tstc.edu](http://www.waco.tstc.edu).

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# Plant the crops, shear the sheep and take a literary trip this spring at Dallas Heritage Village

(NDG Wire) Dallas Heritage Village at Old City Park invites residents to join staff and friends in preparing homes, crops and animals for spring planting during Plow, Plant and Shear/Girl Scout Day on Saturday, April 17 from 10 a.m. to 4 p.m.

Help sow the fields, plant the crops and prepare the wool to become a pair of warm mittens. Pick up a shovel to help plant and tend the fields. Here's your chance to lend a hand to the Village's residents while they spring clean some of the Village's historic homes.

Witness an 1860s' style sheep shearing and feel the oily texture of the freshly sheared wool. Help clean the wool with a wool carder and spin it into yarn to be used for knitting or weaving. Observe spinning and

weaving demonstrations by the Dallas Handweavers and Spinners Guild.

Take a special trip through history by exploring the past through the eyes of Betsy Ray, the girl made famous in a series of ten books by Maud Hart Lovelace. The Betsy-Tacy

Betsy Ray through hands-on activities based on events in some of the books. We'll make Cat Masks and sing the Cat Duet, just like Betsy and Tacy did in Betsy and Tacy Go Over the Big Hill. We'll make Paper Dolls, just as the two friends did in

in Minnesota? Melissa Prycer, Director of Education, says "In a way, these books are the natural successor to series such as Little House on the Prairie—they explain what everyday life was like after the frontier was settled."

In October 2009, the Betsy-Tacy high school books, out of print for many years, were re-issued by Harper Collins with original cover art. In conjunction, many loyal Betsy-Tacy enthusiasts have organized and attended events throughout the country. Prycer, a proud member herself of the Betsy-Tacy Society, believes "these books tie in so beautifully with the stories we tell at the Village. I knew we had to host an event. The natural fit was Plow, Plant and Shear/Girl Scout Day."

Dallas Heritage Village

**Plow, Plant and Shear  
Girl Scout Day  
Saturday, April 17  
10:00 a.m. to 4:00 p.m.**

books tell the story about best friends growing up in Minnesota during the late 1800s. Dallas Heritage Village will have a drawing during the event for some lucky young history buff to take home all ten books in the Betsy-Tacy series.

During Plow, Plant and Shear, you'll get to know

Betsy-Tacy. We'll make a version of the herbarium Betsy and Tacy put off until the last minute in Betsy was a Junior. And we'll even make bookmarks! All activities fulfill certain badge requirements for participating Girl Scouts.

Why would Dallas Heritage Village highlight life



*Kids learning at the Dallas Heritage Center.*

is located at 1515 South Harwood, just one block south of Farmers Market. Plow, Plant and Shear special event admission is \$8 for adults, \$6 for seniors 65+ and \$5 for children ages 4-12. Children three

and under and members of Dallas Heritage Village are admitted free of charge. Parking is free. For additional information, call 214-421-5141 or visit [www.dal-lasheritagevillage.org](http://www.dal-lasheritagevillage.org).



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Vice President / Business Banking

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**Every Tuesday**

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

**Ongoing**

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

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

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

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

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

LimitNetwork.com or 972-898-5882.

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

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

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

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**Through April 10**

**Dr Pepper Dallas Cup XXXI** The Dallas Cup International Youth Soccer Tournament will celebrate its 31st Anniversary during the week of March 28 – April 10, 2010. In past years, teams and referees have traveled to Dallas from ninety-eight countries and six continents. Details at [www.dallascup.com](http://www.dallascup.com)

**April 17**

**Dallas Art Dealers Association's Annual Spring Gallery Walk** 2-8 p.m. at 35 of its members' galleries and non-profit art spaces. Panel discussions (topics and location to be announced)

The March of Dimes will hold its annual **March for Babies fundraising walk** at

8:45 a.m. at the Norbuck Park at White Rock Lake. Register online at [www.marchforbabies.org](http://www.marchforbabies.org) or call 972-669-3463.

**DallasKIDSRead!** at North-Park Center, 8687 North Central Expressway, Dallas. Event is free and open to the public. Info: 214-871-3028, [DallasKidsRead.org](http://DallasKidsRead.org).

In its fourth year, the **Live Green Expo** offers a new perspective on going green. From green jobs to organically grown food, from renewable energy to dynamic children's activities with extended hours and convenient off-site parking. FREE! For info, call 972-816-9489 or visit [livegreenexpo.net](http://livegreenexpo.net).

**Second Annual Basement Reunion** will be held at the Historic Lakewood Theater. Tickets are \$20 in advance (\$25 day of show) and are on sale through The Lakewood Theater box office at 214-821-SHOW (7469) or through all Ticketmaster.

**Free Bancroft Family Concert Series** at the Dallas Museum of Art at 3:00 p.m. The museum is located at 1717 North Harwood, Dallas, TX 75201. Auditorium doors open at 2:30pm for the 3:00pm concert. For information, call 214-520-2219 or visit [www.fineartschamber-players.org](http://www.fineartschamber-players.org).

**Business Basics training for entrepreneurs.** The PLAN Fund provides the key resources and valuable entrepreneur training which is vital as you start and grow your small business. Free for low income individuals who qualify. Discounts for unemployed. Info: 214-942-6698 or [www.planfund.org](http://www.planfund.org).

**April 16**

The Irving Black Arts Council is hosting **The Ron McCurdy Jazz Quartet** as they celebrate the legacy of Langston Hughes.

**April 18**

**World Balloon Convention** will feature more than 550 of the world's top balloon artists will come to learn, network, and compete from 11 a.m. to 3 p.m. at the Sheraton Dallas Hotel.

Delta Sigma Theta Sorority, Inc., North Dallas Suburban Alumnae chapter is hosting at town hall meeting **"Empowering Males to Build Opportunities for Developing Independence"** from 7:30 a.m. - 9:30 a.m. (doors will open at 7:15 a.m.) The program is open to the public at Harwood 609 Restaurant, 609 North Harwood and will be broadcast on Soul 73 KKDA-AM. Buffet Breakfast is \$10. Info@[dst-nds.org](mailto:dst-nds.org)

**April 19**

SMU presents the **George and Mary Foster Distinguished Lecture in Cultural Anthropology** featuring guest lecturer Larissa Adler Lomnitz. Presentation elements will focus on Lomnitz most recent book *Symbolism and Ritual in Mexican Politics*. 5 p.m. in McCord Auditorium in Dallas Hall, 3225 University Blvd. The lecture is free and open to the public.

**April 21**

**Eldercare Friends volunteer training** from noon to 1 p.m. at the Visiting Nurse Association's headquarters, the Patrick and Beatrice Haggerty Center, located at 1440 W. Mockingbird Lane in Dallas. Volunteer training can also be scheduled by appointment.

**Garland Chamber of Commerce's Women's Business Initiative Empowerment Luncheon** 11:30 a.m. - 1:00 p.m. at the Hyatt Place Dallas located at 5101 N. Pres. George Bush Hwy., Garland. Speaker: Dean Lindsay, and the cost is \$25 per person.

**April 22**

**Volunteer of the Year Lone Star Salute!** A celebration of volunteers from Collin County. Admission is \$25.00 For info contact Stacy Cooper at 972-365-3614 or [lonestarsalute2010@me.com](mailto:lonestarsalute2010@me.com)

**April 23**

Dallas Black Chamber of Commerce's **13th Annual Excellence in Education Scholarship Luncheon** Noon at the Dallas Convention Center. [www.dbcc.org](http://www.dbcc.org)

**April 24**

Friends of the SMU Libraries will host its annual fundraiser **Tables of Content**, in the Collins Executive Education Cntr., 3150 Binkley Ave. A cocktail reception will be held at 6 p.m. followed by a presentation of the Literati Award, dinner and live auction at 7:15 p.m. General admission is \$150 per person and \$100 per person for young literati. For info: 214-768-3225 or log on to [www.smu.edu/libraries/friends](http://www.smu.edu/libraries/friends).

**Women for World Peace** hosted by Congresswoman Eddie Bernice Johnson at the Women's Museum located at 3800 Parry Avenue from 1 – 3 p.m. RSVP by April 21, 2010 to Janis Brooke at [janis.brooke@mail.house.gov](mailto:janis.brooke@mail.house.gov) or 214-922-8885.

**Farmers Insurance's 2nd Annual Charity Poker Tournament** to benefit March of Dimes. "Farmers Agents for Babies" is an event with all of the proceeds going directly to March of Dimes at 5:00 p.m. at Rock Creek Ranch. Info: [www.farmersagentsforbabies.com](http://www.farmersagentsforbabies.com)

**April 27-29**

**J. Suzette Sample Sale** Thousands of Women's Clothing Items from 9 a.m. – 7 p.m. Everything \$5, \$10 or \$20, admission is free. Info: 972-359-0001.

**April 30**

**Party in the USA** Fathers and daughters (ages 11-15) will enjoy an evening of music and dancing in the Windhaven Ballroom. \$20 per person. Info: Plano Parks & Recreation Department 972-941-7250 or [www.plano.parks.org](http://www.plano.parks.org).

**May 1 – September 5**

**Modern Twist, Bamboo Works from the Clark Center and the Art of Motoko Maio** at the Crow Collection of Asian Art in Dallas

**May 1**

**1st Annual Douglass Senior Citizens Prom** for all seniors citizens 55 years of age and up at the Southfork Hotel-Plano, TX starting @ 7-11p.m. Tickets are \$30 per person, formal prom attire is required. Info: 972-941-7174

**May 2**

Delta Sigma Theta Sorority, North Dallas Suburban Alumnae presents an **Emerging Artist Showcase, A New Decade of Intellectual and Cultural Renaissance** at the Best Western Dallas Hotel, 8051 LBJ Freeway and admission is free and is open to the public.

**May 3**

Eisemann Center Presents **Celebrating CHOPIN!**, featuring concert pianist Jeffrey Siegel. *Chopin and the Future*, will be held in the Eisemann Center's Bank of America Theatre at 7:30 pm. *Chopin and the Future* will include the works of Chopin that both delight the ear and point to the future. Info: [www.eisemanncenter.com](http://www.eisemanncenter.com) or 972-744-4650.

**May 15**

**The Hamilton Park Historic Preservation Foundation** is hosting its first Hamilton Park Golf Classic at the Eastern Hills Country Club, 3000 Country Club in Garland. The shot-gun starts at 8:00 a.m.

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# SURPRISINGLY UNHEALTHY FOODS: *What to Choose Instead!*



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

What to eat? Seems like a simple question, but it's one that can vex even the most savvy eater, especially when trying to make sense of food packaging. How many times do you browse the grocery aisles trying to discern the best pasta, cereal or bread?

Most concerned healthy eaters know the obvious, like there is no fruit in Froot Loops." But what about grown up foods? You know, those labeled as whole grain, all natural or healthy?

## **Food Label Foolishness**

There is much confusion for consumers who rely on

the front of food packages to make their choices. Although natural should mean no artificial colors or ingredients, the term natural isn't a guarantee that the product contains whole wheat or any fruits or vegetables at all.

Cut through the confusion and read the package from back to front - read the ingredient label first! Heed these tips to shop smart amid:

**Natural:** In your quest to find foods that nourish, do you purchase foods labeled 100% Natural, Healthy, or No Artificial Ingredients without actually reading the ingredients? The USDA

says that the "natural" claim means that the food does not contain any artificial ingredients, coloring ingredients, or chemical preservatives, and, in the case of meat and poultry, is minimally processed. However, the meat may be full of natural flavors and naturally raised doesn't mean the animal isn't raised on a factory farm. A can of iced tea can read 100% Natural Tea, however the ingredients include filtered water, high fructose corn syrup and lemon flavoring.

**Multi-grain:** From breads to crackers to hot and cold cereals, multi-grain does not mean whole grain it

means just about nothing at all, except that the product contains an undefined amount of different types of grains. What you really want to look for is 100% whole grain, so you're assured you're getting all of the good nutrition from that grain's kernel the nutrients, including vitamin E and magnesium, and fiber.

To know what you're eating, read the serving size first, then the calories per serving, how much fiber and then how much sugar per serving (for example, a serving of shredded wheat and bran mini wheat's is 1 1/4 cup, has 200 calories, 7

grams of fiber and less than 1 gram of sugar!).

## **Low Glycemic Index:**

The glycemic index ranks foods based on the how quickly they elevate blood sugar levels compared to the same quantity of a reference food (pure glucose or white bread). In addition to not considering the amount of food usually eaten, the GI doesn't include the amount of fiber in the food. A medium baked potato has a higher GI (85) than a Snickers bar (55), and who'd say a candy bar is better than a baked potato? In the context of healthy" ignore the glycemic index and focus on

whole foods, with fiber, in portions that are right for you.

**Organic:** The truth is, if it's sugar, it's sugar organic or not, they are empty calories. I took a cruise through the breakfast aisle, and found "organic toaster pastries" but compared to conventional toaster pastries, there's just as much sugar, and making it "organic" doesn't make it lower in calories or higher in fiber. If you're looking for a healthy breakfast that's convenient and portable, choose a toaster waffle with whole grains.

**Fat Free foods:** Yes, we want to be free to eat what we like, and for many, that means fake foods that imitate sweets and desserts. However, foods labeled "low fat" or "fat free" does not make it calorie free.—The most important thing to look at when you're reading a label is not the calories, fat or sugar, but always, it's the serving size that must be read first.

## Buyer Beware!

Seemingly healthy foods such as yogurt and oatmeal may contain copious amount of added sugars; breads and crackers are often made with heart-unhealthy hydrogenated oils (trans fat). Miracle juices and energy" bars, touted as healthful, are usually just vehicles for added sugars and excessive calories. Consider this representative list of some surprisingly unhealthy foods:

**Yogurt:** Plain, low fat or nonfat yogurt is such a healthy food, because it's a delicious low fat source of calcium, vitamin D and magnesium and protein, but many manufacturers have taken liberties with yogurt! They've loaded it up with excess unwanted calories. Yogurt should have but two ingredients: milk and live cultures. Stay wholesome by staying simple, and that goes for kids' yogurts too.

**Tortilla and Taco Shells:** Generally low in fat, usually made from corn or wheat, or both but read the ingredient label first, because many brands are quite high in fat, and are often made with hydrogenated fat, or trans fat (hydrogenated oils). Trans fat can raise bad cholesterol but also lower good HDL cholesterol.

**Instant oatmeal:** Looking for convenience and nutrition, we make the mistake of reading the front of the package for descriptors such as wholesome and nutritious.

**Granola:** Granola may be natural"but it's also a typically calorie-dense food, not nutritionally desirable if it's full of oil and sugar. Stick with a high fiber, lower sugar cereal, and if you like granola, use as a topping on a yogurt and fruit parfait (nonfat Greek yogurt and berries).

**Miracle Juices:** There are no studies that show that drinking juice will prevent disease, and people who are

watching their weight need to remember that calories in fruit juice are equivalent to soda no fiber here, and a very quick way to get excess calories. Eat whole fruit, for more energy and fiber, and save your calories for fullness.

**"Energy" bars:** Another name for energy is calorie, and most bars are more akin to candy bars than nutritious snacks. The first ingredient is usually refined flour (not whole grain), then sugar, sugar, and more sugar, in a myriad of guises, including corn syrup, molasses, honey and more. For sustainable energy, grab a cup of 100-calorie yogurt and stir a cup of crunchy low-sugar cereal into the cereal; make a fresh-fruit smoothie with nonfat yogurt, milk and berries, or pack a tuna sandwich on whole wheat with an orange.

**Microwave popcorn:** Popcorn is a great snack, but not when it's loaded with hydrogenated fat (trans fat), artificial flavors and preservatives. Additives make it high in fat calories relative to volume, and often the microwave popcorn is loaded with hydrogenated fat. It's so easy, with an air-popper. For a heartier snack, toss the hot popcorn with some grated cheddar cheese.

**Rice cakes:** Although they're somewhat lower in calories than potato or Doritos chips, rice cakes offer little in nutritional value and certainly little fiber, and they're often are high in sodium and sugar (if they're flavored). Better: whole-wheat pita chips (make your own: slice into quarters, spray with cooking spray and toast) with some hummus or peanut butter.

Shop armed with information to help you read beyond the packaging and make weight-wise choices. And, of course, always shop with a list, never shop when you're



hungry, and read the ingredient label first. These three smart strategies help you keep the focus on healthy, good for you foods (that taste good, too). Making weight control second nature means shopping purposely, refusing to be swayed by advertising, and taking the time to enjoy the flavor of real food! Your payoff will be better taste, improved nutrition and good health.

Registered and licensed dietitian Susan Burke March, MS, CDE, is the author of "Making Weight Control Second Nature: Living Thin Naturally a book intended to liberate serial "dieters and make living healthfully and weight-wise intuitive and instinctual over the long term. Susan also serves as the Resident Nutrition Expert for [www.HeathyWage.com](http://www.HeathyWage.com), which empowers healthy living through incentives, social support, goal-setting and technology. She may be reached online at [www.SusanBurke-March.com](http://www.SusanBurke-March.com).



# 7th stage productions accepting new scripts for *Stage Black: A Festival of New Plays*

(NDG Wire)-7th Stage Productions, an emerging theater company dedicated to personifying the African American experience on-stage, is currently accepting scripts for the 1st Annual STAGE BLACK: A FESTIVAL OF NEW PLAYS. STAGE BLACK is a multifaceted event. Not only does it allow playwrights to get their works produced but it allows audiences to see and hear some of America's unearthed talent.

"I wanted to give a voice to today's African



R. King, II. "When it comes to the African American experience, many times we only see a one-dimensional story...slavery, Harlem Renaissance, religious or the gospel stage play. Those subjects have their place but I want to show the current pulse of the experience."

All submissions should

American experience," comments 7th Stage Artistic Director Jiles

comply with the following guidelines:

- Work must personify the African-American experience of today.

- Only unproduced works will be accepted. Plays that have had staged readings are eligible.

- Legal clearance of ALL materials not in the public domain is the full responsibility of the playwright.

- No adaptations, musicals, or children's plays.

- Cast size maximum: 8

- Length: 40 minutes

maximum, no minimum.

- Settings should be simple or suggested.

- Submit three (3) copies of the full script, typed and securely bound. Scripts will not be returned.

- Playwrights may make multiple submissions. They need not be made under separate cover. Only one play per author will be chosen.

- There should be no

identifying information within the script itself except the title.

- Include a cover page with title, author, author's address, author's telephone number, and author's email address.

- Also include a synopsis, cast breakdown and playwrights resume.

All submissions must be postmarked by May 15, 2010 and sent via mail to

Stage Black, Attn: Jiles King, Artistic Director; 7th Stage Productions, 550 Briarcliff Dr, Garland, TX 75043. We do not accept electronic (email) submissions. By submitting a play for consideration, playwright agrees that 7th Stage Productions has the right to produce the play with no royalty payment. Selected plays will be notified June 1, 2010.

## Have You Heard?



Oprah gay,  
were you surprised?

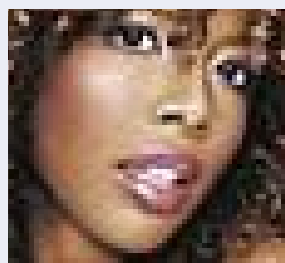
A tell-all book says that Oprah lies about everything and that she is gay.

*She sleeps with all her dance partners*

Cheryl of Dancing with the Stars has another man on her hook, Chad Ochocinco...why man why?

*Kelis just ain't right.*

We all she's the one that yelled on a track but she is also the one sucking Nas dry for child support.



Read more on the latest Have You Heard? topics at [www.northdallasgazette.com](http://www.northdallasgazette.com).



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## 'Round About in the DFW

### Concerts

4/16 - Rock and Worship Roadshow at the American Airlines Center at 7 p.m. Tickets are \$10. Info: [www.americanairlines-center.com](http://www.americanairlines-center.com)

4/16 - Irving Black Arts Council presents *A Night of Jazz* at the Irving Arts Center at 8 p.m. Info: 972-252-ARTS



4/18 - Kindal's The Soul Fusion Café Sunset Sere-nade Series featuring **Monica** at 9 p.m. Must be 21 and over. Info: 214-352-7685

### Fashion

4/17 - PACE Annual Scholarship Luncheon and Fashion Show at Brookhaven Country

4/21 - Bones Thugs-N-Harmony at the House of Blues at 8 p.m. and 10 p.m. Tickets on sale NOW! Info: [www.houseofblues.com](http://www.houseofblues.com)

Club at 10:30 a.m. Info: 972-416-8148

### Family

4/18 - 4/25 - *The Lion, The Witch and The Wardrobe* at the Dallas Children's Theatre. Show times are 1:30 p.m. and 4:30 p.m. Tickets \$16-\$23. Info: [www.dct.org](http://www.dct.org)

### Social

4/16 - Sting Ultra Lounge presents *Black Business Happy Hour* at 5 p.m. Info: 972-389-0888

4/17 - Live it up! Health and Wellness Tea at Ruthe Jackson Center in Grand Prairie at 10:30 a.m. Tickets are \$25 for

For more entertainment events this week, visit [www.northdallasgazette.com](http://www.northdallasgazette.com).



# ExxonMobil creates award to promote minority engineers

(NDG Wire) Exxon Mobil Corporation and the National Society of Black Engineers announced a new award to recognize university programs focused on retaining minority engineering students.

The Diversity in Engineering Impact Award, funded by a \$40,000 grant from ExxonMobil, will acknowledge universities that have developed innovative and successful retention programs targeting African

American, Hispanic American and American Indian students pursuing degrees in engineering.

Three universities will be awarded \$10,000 each in September to support their efforts and provide recognition to encourage other universities to duplicate or develop their own retention programs. The application process will begin in May.

We are grateful to have an involved partner such as ExxonMobil which works

with us to make a difference in the number of minority engineering students in the United States, Carl B. Mack, executive director of the society, said at announcement, made during the society's 36th annual convention in Toronto. This grant will allow us to reward successful university retention programs and help share best practices to increase the number of engineers of color.

The award program is

## ExxonMobil

one of many collaborative efforts between ExxonMobil and National Society of Black Engineers. Since the 1980s, ExxonMobil has partnered with the society to identify and recruit minority students for engineering programs and to support them as they begun their professional careers following graduation.

In addition to this pro-

gram, ExxonMobil has had a longstanding commitment to recruit and retain underrepresented populations in engineering and actively supports organizations including National Action Council for Minorities in Engineering, Southeastern Consortium for Minorities in Engineering, and Society for Hispanic Professional Engineers.

According to an analysis presented by the National Action Council for Minorities in Engineering and Commission on Professionals in Science and Technology, the retention rate for minorities in engineering programs is under 40 percent, compared to slightly more than 60 percent for non-minorities.

For more information on this award program and eligibility, visit [www.nsbe.org](http://www.nsbe.org).

## Freebirds World Burrito to open in Plano

*Freebirds opens at Headquarters Village with charity partner North Texas Food Bank*

(NDG Wire) Freebirds World Burrito, known for a range of create-your-own gourmet burritos and salads, will open its 31st restaurant on Thursday, April 22, at the Headquarters Village Shopping Center.

As part of the restaurant's commitment to the community, Freebirds and its charitable arm, Freebirds World Works, will conduct a food drive with the North Texas Food Bank (NTFB).



On Tuesday, April 20, two days before the official opening, Freebirds will provide a free burrito and fountain drink to the first 250 people to bring in a non-perishable food item. The food drive offer will be available at lunch starting at 11 a.m. and again at dinner starting at 5 p.m. The items

will help fill food pantries in the northern Dallas area.

The new Freebirds at the Headquarters Village Shopping Center will employ approximately 75 community members. The week prior to opening, Freebirds employees will volunteer at the NTFB by boxing and sorting food for distribution and provide overall assistance. It is World Works' mission

to help inspire both guests and staff to give back to the community. This is only the first of many initiatives that Freebirds will do to help better the Plano community.

Freebirds Freebirds is known for its signature "Freebird" burrito; however, three other sizes are offered ranging from the smaller, yet substantial Hybrid all the way to the Super Monster. The restaurant uses only the freshest ingredients in their gourmet bur-

ritos, salads and tacos—the chicken is fire-grilled, the pork carnitas are slow-roasted and the beef is always grass-fed. Veggies are hand cut, and the guacamole and salsas are made fresh daily.

Guests are invited to make selections from over 45 ingredients to create their own burritos, tacos, quesadillas, nachos, salads or burrito bowls as they walk the line.

The new Freebirds

restaurant is located within the Headquarters Village, 8240 Preston Rd. Suite 115 Plano, TX 75024. Hours are Monday-Thursday 11 a.m. to 10 p.m., Friday-Saturday 11 a.m. to 10:30 p.m. and Sunday 11 a.m. to 9 p.m. Freebirds will also offer online ordering and full service catering. For more information or to place an online order, visit [www.freebirds.com](http://www.freebirds.com) or call 214-705-6808.

## TXU Energy unveils new brand, launches 100% Texas wind plans

(NDG Wire) TXU Energy has unveiled a new brand designed to reflect TXU Energy's continued commitment to its customers and the Texas electricity market. TXU Energy, the leading retail electric provider in Texas, also launched a new suite of TXU Energy Texas Choice plans that offer 100% Texas

The new branding reflects a stronger commitment to consumers with an expanded product portfolio to better serve the needs of Texans. The new TXU Energy Texas Choice plans offer 100% wind energy



purchased from renewable Texas resources.

The entire Texas Choice suite of products also offers customers the opportunity to receive three percent cash back on their annual electricity purchases in the form of a Visa® prepaid card that they can spend as they choose. TXU Energy is the only electricity provider that offers cash back loyalty rewards based on customers' annual electricity purchases. Plus, customers can choose to lock in price protection for up to two years, without the risk of a variable rate plan. For more information on the new plans, customers can go to [txu.com/wind](http://txu.com/wind).

"As the number one choice for electricity in Texas, TXU Energy continues to connect closely with customers in the competi-

tive market," said Michael Grasso, chief marketing officer for TXU Energy. "Our new brand reflects who we are, the markets we serve and the innovation that differentiates us in our industry. We deliver innovative products into the market and offer new renewable energy options, all to ensure we provide our customers the opportunity to save money and help the environment."

The new, modernized brand reflects TXU Energy's business strengths and market-leading position. The new logo is indicative of our forward-looking stance, focusing on the company's renewed commitment to our customers, and representing our balanced approach to energy conservation.

TXU Energy will sup-

port its new brand positioning through an integrated marketing campaign, which includes a mix of television, radio, print, online and outdoor advertising across the state beginning April 5. The company's Web site, [txu.com](http://txu.com), is live today with

the new brand identity, and TXU Energy will immediately start changing the logo on products, facilities, and marketing materials.

For more information on the new brand visit [txu.com/newlook](http://txu.com/newlook).

### CHIEF, continued from Page 1

from TCLEOSE; Graduate 210th Session, FBI National Academy, Quantico, Virginia; Graduate: Senior Management Institute of Policing at the Kennedy School of Government, Boston, Massachusetts.

He is accomplished in developing and fostering both internal and community partnerships and has a record of community service including non-profit

organization management of Community Lifeline Center and involvement with UNIDOS, a Spanish community outreach program.

Redden said, "I am looking forward to this new opportunity and working with the men and women of the Police Department and the community to continue to keep Carrollton a safe place to live, work, and visit."



## CARTER, continued from Page 1

Chairman Danny Bakewell Sr. in a statement released late Sunday after speaking to her Houston family by phone. "Yesterday, I spoke with Doll's daughter Karen and gave her my sincere condolences and offered any help we could provide to both she and her family on behalf of all NNPA Publishers. As was the case with her mother, Karen is proving to be a very strong and poised Black woman during this time of sadness and challenge to her family."

The body of the Houston journalistic icon will lie in state on Friday, April 16, starting at 12 Noon at Holman Street Baptist Church, 3501 Holman Street, Houston, Texas 77004 with a celebration to be held Friday evening from 7:00 - 9:00 p.m. The Homegoing Celebration will be held on Saturday, April 17th at Holman Street Baptist Church at 10:00 a.m.

Karen Carter Richards, the youngest of Carter's two daughters, associate publisher of the paper who has worked alongside her mother for 28 years, said in an interview with the NNPA News Service that she went looking for her mother after she did not answer repeated calls to her cell and home phones Saturday morning. She found her in her room by the bed. "She was already gone," she said.

She said her mother had been on a regiment of high blood pressure medication.

"She believed in the Lord. That's what helps me to continue to stand and not completely fall to pieces because all I know is that she would expect me to be there Monday morning and get this paper out like always." Mustering spiritual strength reflective of her mother's, she said, "I know my Mom. We have never missed an issue in 50 years and we can't start now."

In their decades of working together as Black Publishers, Leavell was among the eye witnesses to Carter's soldier-like service to the Black Press. "Doll exempli-

fies the publisher that is dedicated to the Black press. She is active locally, but also consistently active on the national level through the National Newspaper Publishers Association. She truly deserves this honor, the highest honor bestowed by the NNPA Foundation," Leavell said of her colleague upon nominating her as publisher of the year.

In addition to being fellow publishers, Leavell quickly pointed out that she and Carter also "shared these serious relationships with our grandchildren. We shared those stories of our grandchildren and we kept up with what they were doing," she noted fondly. "She will be greatly missed, no doubt about it."

NNPA First Vice Chair John B. Smith Sr., who worked with Carter during the past four years as chair, also described the dedication of "my good friend and 'sister in the struggle."

A publisher, mother, grandmother, and community servant, Carter was also a devoted wife to James McDaniel to whom she has been married for 22 years.

"I had to share her," he lovingly recalled in a brief interview Sunday. "I had to share her with everybody. She was not all mine. It took me a little while to get to that point, but that was her."

With deep admiration, McDaniel described his wife's love for people from all walks of life. "She could talk with world leaders or she could talk with a guy unemployed. It just didn't matter," he said. "If you knew her and you were around her you were not a stranger long...She was like a magnet. People were drawn to her. She had a magnetic personality."

His sentiments were echoed by her daughter, Karen: "She was so many things to so many people...So much wisdom," she said. "We talked about anything. She was my best friend, we worked together every day, we traveled together. It is such a great loss."

The Houston Forward Times, founded by Carter's late husband, Julius Carter, in January 1960 will be commemorating its 50th anniversary in October this year. Carter had served as general manager and advertising director until his death in 1971. That year, she became publisher and CEO of the company. A biography on the paper's website, [www.forwardtimes.com](http://www.forwardtimes.com), lists her numerous awards and accomplishments. It reads as follows:

Lenora graduated from McNary High School in McNary, Arizona and attended Arizona State University majoring in Business Administration.

Mrs. Carter was a member of Eta Phi Beta Sorority-XI Chapter, National Women of Achievement, National Newspaper Publishers Association, and Texas Press Association. She served as Secretary of National Newspaper Publishers Association for eight years and also served on the Board of Directors of NNPA. She was an active member of Holman Street Baptist Church where Rev. Manson Johnson is Pastor.

Mrs. Carter's accomplishments have earned her numerous awards: Publisher of the Year (NNPA), NAACP Mickey Leland Humanitarian Award, Black Women in Journalism for Outstanding Accomplishment and Achievement in the Communication Industry (Pioneer Award) Alma Newsom Vision Award, NAMD Emphasis Award, Houston Medical Forum Recognition Award, Robert S. Abbott Award, Anheuser Busch W.I.S.E. Award for Outstanding Achievement as Publisher & Community Leader; Fred D. Patterson Leadership Award, Illustrious Potentate's Distinguished Service Award Doric Temple #76, Ethel Ransom Art and Literary Outstanding Leadership, National Association of Media Women.

She was recently awarded the Toombs-Brown Award from Professional Black Women's Enterprise, Inc., and the "Pace Setter"

Award from Sigma Gamma Rho Sorority, Inc., Gamma Phi Sigma Chapter and received the 2002 National Council of Negro Women Pacesetters Award.

Lenora Carter was born in Corrigan, Texas. She is the

mother of two daughters, Constance Yvette Carter and Karen Yvonne Carter Richards. She has three grandchildren, Jesse, Chelsea, and Nykayla. The services are under the direction of McCoy and Harrison

Funeral Home located at 4918 Martin Luther King Blvd., Houston Texas 77021, 713-659-7618. For additional information, please call Judy Foston of Foston International at 832-595-2544.

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## Senior Connection meetings offer help for older workers in job market

(NDG Wire) The Senior Source has announced the topics for *Senior Connection* meetings scheduled for April, May and September 2010. *Senior Connection* provides networking and support for job seekers 50+. Meetings are on the first and third Thursdays of the month from 10:00 a.m.-11:30 a.m. at The Senior Source, 3910 Harry Hines in Dallas. The topics

that will be addressed at the upcoming meetings are:

**April 15 – The Age Advantage** Dr. Helen Harkness, Career Consultant, Author and Lecturer

**May 6 – Age Discrimination and Employment: Practical Solutions for Success** Renae Perry and Claire Turner, Senior Employment Program

**May 20 – Age Discrimi-**

**nation and Employment: A Legal Perspective** Katrin Schatz, Jackson Lewis LLP & Joseph H. Gillespie, Gillespie, Rozen & Watsky P.C.

**June 3 – The Ins and Outs of Social Security** Tom Clark, SSA Public Affairs Specialist

**June 17 – Overcoming the 10 Biggest Blunders in Interviewing** Terry Turner, Vice President, Human Re-

sources, Texas Rangers Baseball

*Senior Connection* meets twice a month from and connects older workers to:

- job leads
- career counseling
- job hunting tips & hints
- the latest market information
- educational opportunities

Meetings are free and

parking is available at all locations. Please note: Open to adults 50+. RSVP is required. Contact Renae Perry at 214-823-5700 or SEPDP@TheSeniorSource.org

g. For more information on the Senior Employment Program and the eight programs of The Senior Source, visit [www.TheSeniorSource.org](http://www.TheSeniorSource.org).

## Career workshop puts the 'focus on the future'

(NDG Wire) Local educators and college or university students can get a sneak peek into the future job market at an upcoming Focus on the Future workshop.

Focus on the Future III: Making Connections will host a trio of special speak-

ers to discuss the job market outlook and how it will affect the community and education.

The free professional development workshop is set from 9:30 a.m.-3 p.m., Wednesday, April 21, at the Central Park Campus, 2200 W. University Drive in

McKinney. Carolyn Corbin, futurist and author, Dr. Vince Orza, dean of the Meinders School of Business at Oklahoma City University and entrepreneur, and Candy Slocum, labor marketing strategist and director of InterLink, will highlight trends in our com-

munities, in education and in the job market to help students prepare for their future.

Lunch will be provided. Visit <http://focusonthefuture3.eventbrite.com/> to register or call the Global EDGE for more information at 972-548-6723.

## Volunteers enhance experiences for hospital visitors

(NDG Wire) Volunteers put a lot of heart into the work they do – literally freely giving of their time and talents. Methodist Charlton and Methodist Dallas medical centers are among the many facilities and agencies throughout North Texas blessed by the contributions of countless individuals who volunteer out of their concern for others.

As Methodist celebrates Volunteer Week during April 18-24, community residents are invited to say thanks to volunteers every-

where – with a word of praise or a thank-you note. Those at Methodist are dedicated to making a difference in the hospitals for both staff and patients and their families.

“Methodist has been blessed for more than 80 years to have tremendous support from all our stakeholders in fulfilling our mission,” says Methodist Dallas Medical Center President Michael A. Mayo. “I know of no greater demonstration of support that our mission is important than for volunteers to give of

their time and talents to assist us in caring for our community.”

The combined contributions at the two facilities are extraordinary. A total of 1,185 volunteers have served more than 119,010 hours in 129 departments in the past year at the two facilities. Those serving as Ambassadors help thousands of wheelchair transports throughout the hospitals; information desk attendants answer thousands of patient information calls; hundreds of floral bouquets are delivered; and pauses are made to provide comfort and conversation in hundreds of visits with cancer and other patients.

In dollar value, these volunteers' contributions of time would equal almost \$2.5 million in paid service.

In human value, their contributions are beyond price.

“Volunteers are an integral part of helping fulfill the mission of Methodist Health System,” says Methodist Charlton Medical Center President Jonathan S. Davis. “Our patients and staff benefit greatly from the dedication, compassion, and teamwork

of our volunteers. Their unselfish gift of their time and talents is sincerely appreciated by all.”

Volunteers serve in an array of roles, manning gift shops, lifting spirits, supporting hospital fund-raising and administrative work, delivering mail and flowers, answering calls, directing and transporting patients, and other tasks. Auxiliary and Guild volunteers are also a vital part of the team.



A volunteer at Methodist Dallas Medical Center pauses to visit with a patient, bringing comfort and conversation.

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Small Community Newspaper looking for a parttime student graphic artist.

Prefer student (intern) that's available on a per project basis.

Must have knowledge of Quark and Indesign software.

Work will be done at company office.

Must be professional and dependable. Fax resumes to:

972-509-9058, or email to: [trj1909@tx.rr.com](mailto:trj1909@tx.rr.com)



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**AVENUE F CHURCH  
OF CHRIST IN PLANO**

**April 15, 12 p.m.**

Join us for a "Between Jobs Support Group" meeting at the Christian Works for Children, 6320 LBJ Freeway, Dallas, TX 75240. Call 972-960-99810 to register.

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

**DAYSTAR  
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MINISTRIES**

**On Going**

**9:30 – 11:30 am**

Visit Helen's House every Monday and Friday to receive, to give, to comfort and most of all to fellowship. The give-a-way of food, love and household items is given freely to all those who could use a little touch.

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

**FELLOWSHIP  
BAPTIST  
CHURCH OF ALLEN  
"THE SHIP"**

**On Going, 9 a.m.-4 p.m.**

**Monday – Friday**

Prayer Lines for those in need are 972-649-0566 and 972-649-0567.

Wednesdays Only  
Join us for Wednesday Night Live at our main campus @ 7 p.m.

**W. L. Stafford, Sr.,  
M.Div.**

**Senior Pastor**  
305 N. Alder Drive in  
Allen for Sunday  
Morning Worship  
Church Address is  
200 Belmont Drive  
Allen, TX 75013  
972-359-9956

**FIRST BAPTIST  
CHURCH  
OF HAMILTON PARK  
"FIRST CHURCH"**

**April 17, 4 p.m.**

Come to our Family Ministry Annual gathering at the Cottonwood Park in Richardson for an afternoon of fun, food and fellowship.

**April 18, 4 p.m.**  
Join us in the Chapel for the final session of True Love Waits and Daniel: "Spiritual Living in a Secular World." The Commitment Ceremony and Reception will immediately follow.

**April 24**  
You're invited to The Young Ladies of Purpose Mother & Daughter Tea to enjoy Christian fellowship, music, tea and delicious edibles. Call the church for registration fees and details.

**April 24, 7:30 a.m.**  
We will be looking for you at our Annual Golf Tourna-

ment at the Indian Creek Golf Course in Carrollton, Texas. Breakfast and Lunch will be served. Call the church for registration fees and details.

**April 25, 3 p.m.**

Join us at Faithway Baptist Church, 8219 Bunche Drive in Dallas, Texas with Pastor Derrick Bowman and his congregation.

**Pastor Gregory Foster,  
300 Phillips Street  
Richardson, TX 75081  
972-235-4235**

**FRIENDSHIP BAPTIST  
CHURCH  
OF THE COLONY**

**April 17**

Come to our Fun Run and Walk that is sponsored by our Health Ministry.

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

**GREENVILLE AVENUE  
CHURCH OF CHRIST**

**May 1, 8 a.m. – 1:30 p.m.**

Join us for our 25th 2010 Adolescent and Ladies Symposium. All preteen girls, ages 9 to 12; adolescent misses, ages 13 to 18; and adult ladies, ages 18 and up are invited to attend. Call the church for details.

**Brother S.T.W. Gibbs  
Minister**  
1013 S. Greenville Avenue  
Richardson, TX 75081  
972-644-2335  
**MT. MORIAH**

**EVANGELISTIC COGIC**

**April 25, 4 p.m.**

Join us for our Holy, exciting and spirit-filled 109th Church Anniversary.

**Pastor V. BroShone  
Champion**  
917 Manning Street  
Grand Prairie, TX 75051

**MT. PISGAH  
MISSIONARY  
BAPTIST CHURCH  
"THE ROCK"**

**April 14-16**

Join us for our Spring Refreshing Service with Pastor S. Veal from Temple Baptist Church in Cleveland, Ohio.

**April 17,**

**6:30 p.m.-11 p.m.**

Come to our Singles Outing "Ol' School Game Night"

**April 24, 10 a.m. – 2 p.m.**  
Join us for our Job and Enhancement Career Fair in our Education Building.  
**Pastor Robert Townsend**  
11611 Webb Chapel Road  
Dallas, TX 75229  
972-241-6151

**NEW MOUNT ZION  
BAPTIST CHURCH**

**On Going**

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

**April 16, 7 p.m. &  
April 17, 7 a.m.**  
We will walk in American

Cancer Society's "Relay for Life", Call Olivia Sewell @ 214-375-2916 for registration and details.

**April 17, 9 a.m.-12 p.m.**

Our Young Adult Ministry and Youth Department will host a Financial Workshop for all students in grades 9th-12th, college students and adults. There will be Financial Planners from Prosperity Bank with financial management information.

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

**NORTH DALLAS COM-  
MUNITY  
BIBLE FELLOWSHIP  
CHURCH**

**April 16 & 18**

You are invited to commune with God and enjoy a time of rest at our Women's Retreat at the Hilton Garden Inn Las Colinas, 7516 Las Colinas Blvd., Irving, TX 75063. Call the church for fees and details.

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

**SHILOH MBC  
IN PLANO**

**April 18th & 25th**

The New Generation Children's Church will begin a "Tweenagers" class for all 6th and 7th grade students

in room 208 with Minister Bryan McCray. Students will have help in discovering God's purpose for their lives.

**April 23rd & 24th, 11 am**

Join our Brotherhood Ministry for their FREE 2010 Men's Conference and Youth Summit; breakfast, lunch and dinner will be served.

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

**SAINT MARK MBC  
IN MCKINNEY**

**May 8, 12 p.m.**

And on Going Every 2nd Saturday of the Month All Senior Saints are invited to our Double Nickel (55 and above) Luncheon @ the Newsome Center on Amcott Street in McKinney. Activities include lunch, bingo and door prizes. Come and bring a friend. If you are homebound, we will deliver to you. Please call 972-542-6178 no later than the Friday, April 9th this month) before the luncheon and leave a message with your name, address, phone number and how many meals you need.

**Dr. Charles Wattlely  
Senior Pastor**  
1308 Wilcox Street  
McKinney TX 75069  
972-542-6178

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10:45AM Story Elementary  
11:50AM Edgewood - Allen, Tx

Wednesday Night Live  
Wed Prayer Service / Bible Study  
7:00 PM  
200 Belmont Dr - Allen, Tx



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







Sister Tarpley

*A Note from Sister Tarpley: The following chronicles came to mind this week. I believe they are appropriate at this time and they should encourage Christians or anyone to never give up on their dream or goal.*

Sometimes life seems hard to bear, full of trouble, sorrow and woe. It's then I have to remember that it's "In the Valleys I Grow." Because I remember, it takes two mountains to make one valley.

If I always stayed on the mountaintop and never experienced pain, I would never appreciate God's love and would be living in vain.

I do not always understand why things happen as they do, but I'm very sure of one thing, the Lord will see me through. My valleys are nothing when I picture Christ on the cross; He went through the valley of death, His victory is Satan's loss.

Forgive me Lord for complaining when I'm feeling so very low. Just give me a gentle reminder that's it's "In the Valleys I Grow."

Continue to strengthen me, Lord and use my life each day to share Your love with others and help them

find their way.

Thank you Lord for the Valleys, for this one thing I know, the mountaintops are glorious, but "It's In the Valleys I Grow."

**Forgetting Your Past:** "God has made me forget all my troubles . . ." *Genesis 41:51 (KJV)*. Have you been hurt? Are you struggling to get back on your feet? If so, begin taking these steps.

**First**, pray to communicate with God.

**Second**, refuse to be or live like a victim. When you decide to stop looking for sympathy and start looking for solutions, you'll begin to find them. God opens new doors, but when He does, walk through them and accept responsibility for your future.

**Third**, isolate the problem, not the person. Everybody's not the same. Don't let what one or two people did to you affect all your other relationships! Once you are able to isolate the event, you can stop the adversary from using your past to contaminate your future.

**Fourth**, let God's 'perfect love' heal your scars. His love for you is the only love that is perfect enough to cast all your fears away; *1 John 4:18 (KJV)*. Fear of what you say? Perhaps

## In the valleys I grow

it's the fear of trusting anyone else, or even yourself! Perhaps even the fear of being known and rejected. Only in the classroom of God's love can you build your self-worth and learn to make healthy choices.

**Fifth**, don't stop with God. God's love and acceptance is the prescription that will carry you through so that you can help others too. You can keep it only if you give it away! Listen: 'Joseph named his first born "Manasseh" and said, "It is because God had made me forget all my trouble . . ." The second son he named Ephraim and said,

"It is because God has made me fruitful in the land of my suffering." *Genesis 41:51-52 (KJV)*. And what God did for Joseph, He'll do for you!

Most people love to identify with a dream or a goal in life and contributing to something worthwhile. If a dream or goal is worthwhile and the belief in it is strong enough, the strength of the dream or goal will take over and keep a person moving forward even when they become physically exhausted. An individual may give out, but he/she should never give up.



Minister Raymond (Ray) Jackson, Sunday School Superintendent at the Word of Life C.O.G.I.C. and a "Soldier in the Army of the Lord"

## FUNDS, continued from Page 4

2014.

To advance this goal, RECs will be established throughout the country for health care practitioners to reach out to a local resource for health IT technical assistance, guidance, and information on best practices. RECs are designed to address unique community requirements and to support and accelerate provider efforts to become meaningful users of electronic health records (EHRs).

The four awards to

Texas now brings to 60 the total number of RECs which will provide nationwide outreach and technical support services to at least 100,000 primary care providers and hospitals within two years. The primary care provider is usually the first medical practitioner contacted by a patient. Studies have also found that primary care providers are at the forefront of practicing preventive medicine, an essential need to improving population health and reducing

overall health costs. More than \$375 million has been awarded to RECs to date under this program.

Additionally, all REC awardees have an opportunity to apply for a two-year expansion supplemental award. The supplemental awards would ensure that health IT support services are available to over 2,000 of the nation's Critical Access Hospitals (CAHs) and Rural Hospitals, both defined as having 50 beds or less. Approximately \$25 million is available through

this supplemental expansion program.

"Regional extension centers will provide the needed hands-on, field support for all health care providers to advance the rapid adoption and use of health IT. RECs are a vital part of our overall efforts to improve the quality and efficiency of health care through the effective use of health IT," said David Blumenthal, MD, MPP, national coordinator for health information technology.



Ramon Hodridge, Minister

### Avenue F Church of Christ

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

www.avefchurchofchrist.org

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

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



Dr. C. Paul McBride, Pastor

### Friendship Baptist Church

4396 Main Street The Colony, Texas 75056  
(972) 625-8186

website: [www.fbc-online.net](http://www.fbc-online.net)

Schedule of Services:

Sunday

Early Morning Worship-8:00 a.m.  
Sunday School Classes-9:30 a.m.  
Morning Worship-11:00 a.m.

Tuesday

Early Bird Bible Study  
- 6:00 p.m.

Wednesday

Morning Bible Study - 9:30 a.m.  
Prayer Meeting and Evening Bible  
Study - 7:30 p.m.

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Sunday Worship ..... 7:45 am & 11:00 am  
Sunday School ..... 9:45 am - 10:45 am  
Wednesday Bible Study ... 12:00 noon & 7:00 pm

#### Office Hours

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

#### Contact Info

Mt. Pisgah Missionary Baptist Church  
11611 Webb Chapel Road • Dallas, TX 75229  
Office: 972-241-6151  
Email: [info@mtpisgah.org](mailto:info@mtpisgah.org)  
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Two Sunday Worship Times  
**8:00am & 10:30am**  
Wednesday Night Bible 7:30pm



# Eastfield College presents Earth Day Film Festival

(NDG Wire) In observance of the 40th anniversary of Earth Day, a day designed to inspire awareness and appreciation for the Earth's environment, Eastfield College is hosting a day of environmental-related films. All films will be screened on April 22 in the Performance Hall, Building F, and are free and open to the public.

## 8-9 a.m. Paul Ehrlich and the Population Bomb

The human population is likely to double by the middle of the 21st century. How will all these people survive? Will there be enough resources to meet everyone's

needs?

## 9-9:30 a.m. Global Environmental Issues

There has always been a struggle to balance the goals of economic development with the need to protect the environment. As world population grows and global climate change threatens to affect us all, never has that balance been more important. This film teaches about the positive and negative effects of industrialization, and how international efforts are attempting to manage economic development in order to protect the global environment.

9:30-10:30 a.m. Rachel Carson's Silent Spring

Witness the life of passionate biologist and environmentalist, Rachel Carson, and how she exposed the effects of the unregulated use of pesticides and herbicides by the federal government, and sparked a revolution in environmental policy.

## 10:30-11:30 a.m. The Last Drop?

This documentary illustrates how the worsening problem of global water shortage leads to regional political and social conflicts, destruction or economies, and famine. Effects of water

shortages in the Middle East, South Africa, and countries along the Rhine are examined and solutions suggested by experts.

## 11:30 a.m. -1 p.m. An Inconvenient Truth

An award winning film by Former Vice President Al Gore that explains the facts of global warming, presents arguments that the dangers of global warming have reached the level of crisis, and addresses the efforts of certain interests to discredit the anti-global warming cause.

## 1-2:30 p.m. Human Footprint

This film takes a phase-

by-phase journey through life from infancy to old age to illustrate the enormous imprint every American makes during his or her time on Earth. The program reveals our level of consumption and the simple changes we can all make to reduce the impact of our ecological footprint on

the world.

For more information contact Don Hellstern, professor of Geosciences, at 972-860-7376.

Eastfield College, one of the seven Dallas County Community Colleges, is located at 3737 Motley Dr. in Mesquite, just north of I-30.



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www.ndcbf.org

Dr. Leslie W. Smith, Senior Pastor



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

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

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

**Wednesday Service**  
Intercessory Prayer 6:15 pm  
Bible Study 7:00 pm

**Dr. Robert E. Price, Sr.**  
Senior Pastor

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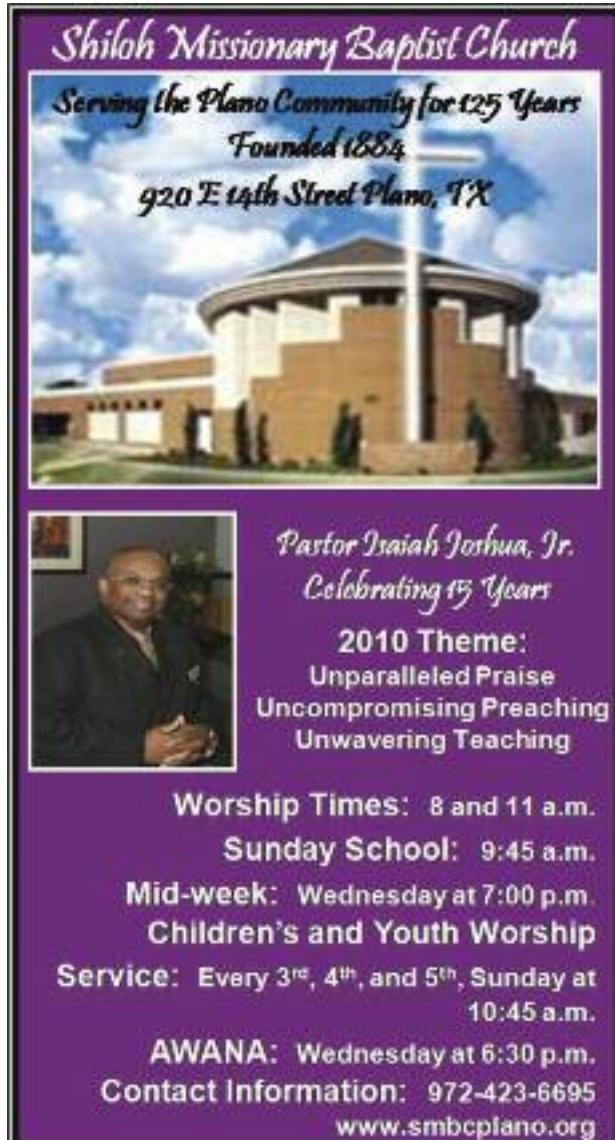
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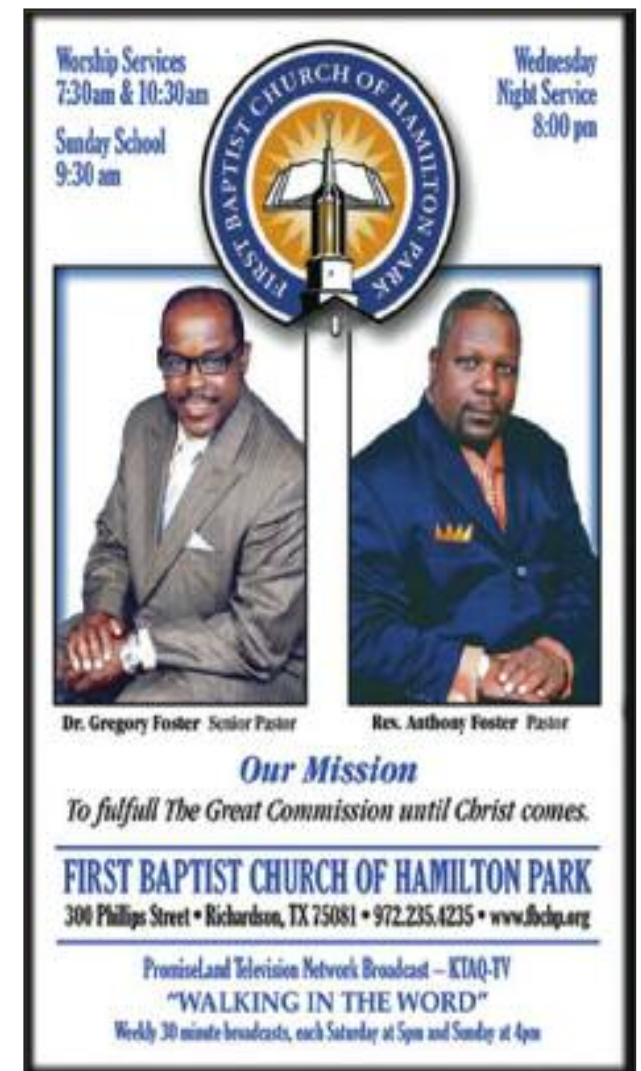


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**Mid-week:** Wednesday at 7:00 p.m.  
**Children's and Youth Worship Service:** Every 3rd, 4th, and 5th, Sunday at 10:45 a.m.  
**AWANA:** Wednesday at 6:30 p.m.  
**Contact Information:** 972-423-6695  
www.smbcplano.org



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Sunday School  
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Worship Celebration  
10:45 a.m.

**WEDNESDAY**  
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