

# North Dallas Gazette

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## If you are really angry about immigration...

BY BILL FLETCHER, JR.

(NNPA) If you are really angry about immigration ...then you should be asking questions about US foreign policy.

In the aftermath of the extremely racist Arizona anti-immigrant legislation—SB 1070—and the

fact that opinion polls seem to indicate that a majority of the public supports this obliteration of basic human rights, it is worth asking a few tough questions. Let's start with these:

1. Was the financial collapse in the fall of 2008 caused by immigrants—

documented or otherwise?

2. Has the decline of the US auto industry, and the corresponding loss of thousands of jobs, been the result of immigrants?

3. Has the U.S. lost its shipbuilding industry due to immigrants?

4. Is there any recession (or depression) on

record that can be attributed to immigrants?

If you cannot demonstrate that immigration has had anything to do with the declining economy and its impact on working people, then you need to look for other culprits.

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## Kicking hunger

*Taste of the NFL launches '20 in 20' campaign to raise money for hunger*

(NDG Wire) Taste of the NFL has announced its newest initiative to kick hunger in the United States — its '20 in 20' campaign. As a launching pad for its 20th season, TNFL is asking people to go online by May 31 and make a donation to combat this serious

issue facing millions in our country.

The goal: generate 20,000 donations in 20 days that can be immediately disbursed to help feed Americans who have turned to their local food shelves for assistance.

According to the na-

tional office of Feeding America, donations to this initiative have multiplying effects. Every \$1 donated helps provide seven meals for men, women and children.

"Hunger statistics are alarming in our country," said Wayne Kostroski,

TNFL's founder. "Approximately 38% of all current food bank patrons are first-time visitors, which is a direct reflection of the recent economic conditions."

TNFL's '20 in 20' campaign will accept donations through May 31 at [www.TasteoftheNFL.com](http://www.TasteoftheNFL.com).



## Garland enacting new fencing requirements for pit bulls

(NDG Wire) Garland Animal Services is preparing to enforce new fencing requirements for pit bull dogs or pit bull crossbreeds. Pit bull dogs or crossbreeds thereof have been responsible for the most dog bites since statistics have been

kept (2004). Additionally, 27% of the dogs caught while running at large are pit bull dogs. In response to this growing public safety problem, Garland Animal Services has developed an ordinance based directive that requires owners of pit

bull dogs to maintain the animals within a six foot fence.

Specifically, the fence must meet the following requirements:

- The fence must be six feet tall, measured from

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COVER STORY

## Simply delicious real food recipes



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For more information see pg. 10  
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COMMENTARY

## Blame Obama all the time

BY RON WALTERS

(NNPA) I couldn't believe the headlines in a recent issue of the Los Angeles Times which asked whether President Obama had responsibility for the oil spill on the Louisiana, Miss. coastline.

Of course, as president, he has a responsibility to see that it is cleaned up, first by the resources of BP, the company that made the mess, but ultimately by the US Govern-

ment.

But at this stage of the crisis, the article felt decidedly like there was some culpability of Obama for not having had his Minerals Management Service regulate oil drilling more vigorously. This doesn't wash, because it's like blaming the Obama administration for not being able to see into the future, but it is consistent with the way in which

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## People In The News...



Juanita Bynum



Sunshine Prior



Na'Kisha Crawford

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## Juanita Bynum

International acclaimed recording artist, speaker, minister and best-selling author Juanita Bynum has joined Music World Entertainment with a management and joint venture recording agreement. Bynum will record under a newly formed joint venture with the company's premiere faith-based label, Spirit Rising. Her highly-anticipated album, *The Diary of Juanita Bynum*, is scheduled for a 2010 fourth quarter release on Spirit Rising/Son Flower Records. Bynum is the

owner of Son Flower Records.

Juanita Bynum is a respected international figure with over 25 years in ministry. She is the founder and President of Juanita Bynum Ministries based in Norcross, Georgia. An acclaimed music artist since 2000, her albums have included gospel classics, inspired original songs and holiday recordings.

"Dr. Juanita Bynum has built a solid foundation with her ministry leading the way to her music and literary accomplishments. Her

global brand potential is extraordinary," said Mathew Knowles, President and C.E.O. of Music World Entertainment. "She exemplifies the strength of human character and has the passion and talent to inspire."

"I am elated about what the ingeniousness of Mathew Knowles mixed with the gift that God has given me is about to produce," said Juanita Bynum. "It's a new day, I'm a new Juanita Bynum and I'm ready for this new start."

A *New York Times* best-selling author, Bynum, has sold hundreds of thousands of groundbreaking books.

Her popular writings offer powerful leadership inspirations with hope, strength and spirituality. Her innate charisma and enlightening sermons have drawn thousands to conferences and events around the world. She has made regular appearances on the Trinity Broadcast Network, Daystar and The Word Network. *Ebony* and *Jet* have featured her in their magazines and she appeared on magazine covers such as *Essence* as well as leading Christian magazines including *Charisma*, *Ministries Today* and the *Spirit Led Woman*.

As a recording artist, Juanita Bynum, ministered across the country on the "Sisters In The Spirit" music tour along with Yolanda Adams and Sheila E.

Fueled by a deep spirituality, Juanita Bynum delivers thought provoking and relevant messages in her writings, within the media and through her powerful and anointed voice in music. Her ministry has in-



spired multicultural and intergenerational audiences worldwide.

## Sunshine Prior

Sunshine Prior of Plano is a step closer to her goal of becoming a mental health counselor and advocate for the deaf. She has received a prestigious Fulbright fellowship to study and conduct research abroad.

Beginning in March 2011, the SMU alumna will work toward a master of science at Victoria University of Wellington, New Zealand. Prior, who works as a community education coordinator

for The Turning Point Rape Crisis Center of Collin County, intends for her research "to improve the quality of life for deaf communities and deaf women across New Zealand, and ultimately worldwide."

Prior's research will take advantage of Wellington's Deaf Studies Research Unit to explore and compare issues of mental and social health among New Zealand deaf majority women and



Maori deaf minority women. "While problems with mental and social health issues are difficult in hearing societies, they are often ... even more prevalent and more se-

vere in deaf communities," she wrote in her Fulbright application.

Prior is one of about 1,550 American students and young professionals selected this year to study abroad through the U.S. State Department's Fulbright program. More than 40 SMU students have been awarded the fellowship in the last 35 years.

Prior discovered her interest in deaf culture while taking classes in American Sign Language as a student at North Dallas High School.

She attended Southern Methodist University on a Dedman Scholarship, available to four North Dallas High School students each year through a gift from the late Robert H. Dedman Sr., a North Dallas and SMU alumnus. Prior graduated in 2006 with Bachelor's degrees in psychology and anthropology from SMU's Dedman College of Humanities and Sciences.

During her undergraduate career, Prior did volunteer work with deaf elementary school students and served as

a counseling assistant at the Deaf Action Center of Dallas. But she became aware of the cross-cultural aspects of hearing disorders during her studies in the SMU-in-Copenhagen program.

"I saw how different it was to be deaf in Denmark than in the United States," she says. "The deaf had many more opportunities than in the U.S., as well as fewer obstacles. When I found Wellington's program in cross-cultural psychology, it looked like a perfect fit for my interests."

## Na'Kisha Crawford

Na'Kisha Crawford, M.Ed., Dip LC is widely recognized as a leading expert on personal growth and development and relationship building. As a best selling Author, Life Coach, Inspirational Speaker and Entrepreneur her goal is to inspire others to experience the journey and find happiness along the way. She has spoken to thousands of people from various backgrounds on topics that range from personal and professional growth to the development of healthy love and

interpersonal relationships. With an interest in a more holistic approach to happiness, she strives to enable individuals to identify, clarify and define their own image of success so that they can create success in their relationships.

Her latest work, *So Good It Hurts...The Pain. The Fight. The Love.* is an all inclusive journey of her love and relationship story over the past 10-15 years where she shares both her personal triumphs in relationships as well as her bad decisions in men and relationship circumstances. *So Good It Hurts* is ultimately about loving yourself, being true to who you are and what you deserve so that you are prepared to do the work necessary to be successful in any relationship.

Crawford's knowledge

on her subject is thorough and her expression is opinionated and passionate. Her interview style is captivating to both interviewer and audience and she never fails to share inside tips and helpful ideas from which her audience can gain immediate benefit. She relates well to people from several backgrounds and perspectives yet she remains true to herself.

Crawford holds a Bachelor of Arts Degree in Sociology and a Master of Arts Degree in Education. Also a licensed Real Estate Broker and finance consultant, she is co-founder of a real estate investment and appraisal firm, serving as corporate officer and CEO.

In addition, she has taken on a variety of roles that emphasize healthier and more positive lifestyles including being an expert life coach and national spokesperson for a Downy Simple Pleas-

ures national campaign designed to improve the daily lives of working women. She has lectured collegiate level courses as well as written and implemented lesson plans for high school students. She has facilitated individual and group counseling sessions in addition to workshops on developing effective counseling techniques and she has conducted open forums for men and women on topics related to love and relationships. These experiences have provided her with critical knowledge about the possibility of overall success in relationships and in life.

Crawford's creative energy and passion drive her to keep pushing forward to a healthy and balanced transition toward success. Her debut book, "I Want It Now!" made critical acclaim stamping her as a national best-selling author and her sophomore project, *So Good It*

Hurts, is sure to follow suit with her new dose of "Real Talk" on love.

She is affiliated with

Delta Sigma Theta Sorority, Inc., Toastmasters International and Publisher's Marketing Association.



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# Financial Reform - The Devil's in the details

BY JULIANNE MALVEAUX (NNPA) Late last week, the United States Senate passed a financial reform bill by a vote of 59-39. Two Democrats crossed party lines, as did four Republicans to come up with the result. Now, the House, which has already passed financial reform legislation, and the Senate, will have to reconcile their versions of the bill.

Now is the time for consumer advocates and others to counter the aggressive lobbying that will be done by banks and the auto industry to minimize the effects of legislation. This may also be an opportunity for the Congressional Black Caucus to raise its voice on the side of the many con-

sumers who have been damaged by this financial crisis. While legislation is not meant to look backwards, but instead forward to prevent future crises, the CBC are among those who advocate for the least and the left out. Their perspective on financial regulation is badly needed.

The House would create a consumer protection agency that is freestanding; the Senate would house the agency inside the Federal Reserve Bank. In some ways having the Fed run consumer protection is like having the fox patrol the chicken coop. Isn't this the same Fed that was part and parcel of the 2008 financial meltdown, the same Fed (then led by Alan

Greenspan) that turned a blind eye to predatory and sub-prime lending and the market distortions that emerged from the packaging of substandard loan paper?

The Federal Reserve theoretically already deals with regulation around credit cards and mortgages and to date they've not done a good job. What will change when they now have a consumer protection agency? Hearings, anyone?

The House would exempt auto dealers from regulation, but the Senate would not. Why should auto dealers get a special break? Some say that we need people to buy autos to stimulate economic recovery. Shouldn't they buy

autos on fair terms? The lobbyists are lining up to make the case for auto dealers, but who is lining up for consumers?

This financial regulation reform makes it clear that the people have little power to affect legislation when lobbyists are involved. Too many are so happy that this financial reform legislation has been passed in both houses that they won't look closely at the details or at reconciliation.

If we looked closely enough we might find that payday lenders, you know those folks who charge interest rates that veer into the triple digits, were able to stop a proposed provision

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## OBAMA, continued from Page 1

he has been viewed increasingly.

The Obama administration has increasingly found it difficult to claim that it inherited a mammoth set of problems that they have tried to fix by applying federal resources to them. That is the issue about oil drilling. Remember the Republican mantra, "drill baby drill" and oil executives being secretly shifted into the White House to help vice president Chaney set energy policy?

This was especially evident in the attempt to characterize the recent elections as a referendum on the Obama administration, but it was thwarted because the Republicans failed to nationalize the election sufficiently, so that it turned out to be a referendum on the Tea Party instead. Nevertheless, Obama was referred to nearly as a pariah, someone whom candidates should have been reluctant to campaign with because of the faulty view that the Health Care act was unpopular with the American people. Strikingly, in this way, they made an incorrect parallel to similar feelings many Republican candi-

dates had toward George Bush in the last year of his administration.

But, it was not realistic for Democrats to respond to the pariah painting of Obama when he has passed historic legislation with Democratic majorities in both Houses of Congress that will benefit millions of people. What happened is that the media overplayed the Tea Party phenomenon, blowing up the anti-Obama sentiments of a relatively small segment of the electorate and proposing that Obama's association with Democratic candidates would have a negative effect. In a May 23rd article, the dean of political journalists, David Broder of The Washington Post, characterized the Obama administration this way: "...the fundamental tension in the political system is becoming clear. A liberal government is struggling to impose its agenda on an electorate increasingly responsive to an activist conservative movement operating inside the Republican party."

He should know better. Maybe he does.

The problem with being President of the United

States is that ultimately the big problems will land in your lap. And so, whether or not Obama inherited a horrendous set of problems, they eventually will become his the longer they go unresolved. The difficulty here is trying to determine whether this happens naturally or whether people are placing things in his lap in a blame circus designed to complicate his governance and eventually bring him down. The degree of the Obama blame game is indeed withering, almost everything is found to have been related to some fault of the manner in which it was handled by his administration.

One of the most amazing things is the references – by people who should know better -- to Obama as almost a singular decision maker who is inexperienced and mistake prone, ignoring the fact that he deliberately brought into his own close company in the White House and into Cabinet agencies experienced people who have a major role in running the government.

What the Obama administration must now know as a result of the fight over

health care is that it is not enough to do something good for the American people and have it speak for itself. Why the Republican minority has been able, time and again, to define the actions of the administration is not a puzzle, the Obama administration – and the Democratic party in general -- is horrible at message discipline. Republicans all sing from the same hymn book while Democrats are all over the map and even supporters are often left confused about what the various spokespersons are attempting to communicate and how what they say attacks their opponents successfully.

Democrats have to get better at message competition because I don't expect the blame game to let up any time soon.

*Dr. Ron Walters is a political analysts and Professor Emeritus at the University of Maryland College Park. His latest book, edited with Toni-Michelle Travis is: Democratic Destiny and the District of Columbia (Rowman and Littlefield Publishers) rwalters@umd.edu*

# What do acne and strawberries have in common?

BY P. PIERO D.D.S.

NDG SPECIAL CONTRIBUTOR

Bacteria are found on both acne and strawberries.

The bacteria associated with acne are actually present in everyone's skin. The problem is that some people have more of these bacteria which in turn set off a process that end up with the skin and pores inflamed. The bacteria on the surface of strawberries (that can cause dysentery if not properly washed off) are differ-

ent, but still bacteria. Although most bacteria we live with are good, there are many that are pathogenic – causing illness, infection, inflammation and sometimes death.

Chlorine dioxide (ClO<sub>2</sub>) is a chemical that can safely kill micro organisms such as bacteria, virus, mold, mildew, fungus and spores. Around for over 100 years, it has been used in large water treatment facilities and air handling systems.

Until recently, it was only used as and thought of as a gas. It most commonly is found in industrial settings, manufactured on site with complex expensive equipment. (It was used to decontaminate the buildings after the 2001 anthrax attack and to eradicate mold in homes after Hurricane Katrina.) Today, there is a new way to manufacture the ClO<sub>2</sub> to produce a tablet, making the product more stable and safer to use by the average

person. Once activated with water, the resulting product can be used to remove micro organisms on a wide variety of surfaces. It is safe to use on skin, in the mouth, on fruits and vegetables. (Unfortunately it is still thought of predominately in a gas state.)

The tablets are available on line at [www.bacteriabegone.com](http://www.bacteriabegone.com). Acne is not the only skin affliction that can be treated. Abscesses, dandruff, ear infections,

scratches, lacerations, athlete's foot, etc. can all benefit from chlorine dioxide. Fruits such as strawberries, apples, melons, oranges, etc can be sprayed or dipped in the solution to remove harmful bacteria. Chlorine dioxide also works well on vegetables that will be eaten raw such as carrots, celery, peppers, tomatoes, etc. (Remember that even fruits and vegetables that will have the outer peel removed can transfer bacteria to the inner

flesh when cut.)

Today, there is higher degree available to keeping you and your family healthy with the use of Chlorine Dioxide.

*Dr. Piero is a practicing dentist for over twenty years, inventor of Dental Air Force and devotes his life to focusing on the control of micro organisms in and out of the mouth and educating other on the subject. He can be reached at 616-399-8511 or [pia@dentalairforce.com](mailto:pia@dentalairforce.com)*

## 7 strategies for creating a new life after widowhood

(NDG Wire) According to the United States Census Bureau, there are 11,398,000 widows in the US. This represents almost 25% of the single woman populace of 57,756,000 over the age of 15. Furthermore, 41.9% of women 65 and older are widows.

Susan Beer, herself a widow, found undiscovered strength at the time of her loss and now shares it in her new book, *Move On Without Me* (Hatherleigh Press, 2010). *Move On Without Me* is an honest and touch-

ing book about the first year of widowhood and explores all the moments of heartache, fear, anger, grief, and, later, insight and courage experienced as the author came to grips with the monumental changes in her life brought about by her husband's sudden passing.

Each chapter explores a unique topic, from how to face challenges, ways to express gratitude, and what strength means. Susan also reexamines the word "widowhood" and moves be-

yond the traditional, bleak connotation of a widow to a new definition of hope in spite of heartache. *Move On Without Me* helps widows come to grips with the past and the present, so they can embrace the future.

Susan offers these simple, hopeful approaches:

Focus on the positives. He is forever in your heart and in your memories. What was enhances you, not depletes you. So, focus on what you gained, not what you lost and be grateful. Start a gratitude list.

Congratulate yourself on your accomplishments. It may just be getting through the day but you did it. One step, one day, after another. Praise yourself as you discover hidden strength.

Acknowledge regrets. You will have regrets. We all do. Transform them into learning experiences.

Make yourself the priority. Be honest with yourself, and others. Only you know what you need, where you are, how you are. No one can answer this or do it for

you.

Get up, get dressed and get out. Do something that makes you feel good about you: take a walk, exercise, get your hair done (or even better have your hair restyled), have a manicure, have lunch or dinner with a friend. And while you are out there, smile. Not only does it make you feel good, it attracts more of the same.

Be human. It's okay to be needy. It's like the pregnant woman who craves ice cream with pickles. It's normal. You have suffered a

most horrific loss.

Realize that friendship changes as do friends. Some are there for a reason, some for a season and others for a lifetime. Some will bring you grace. Some are waiting for you to say "I am ready." Some are afraid. Some will leave. Some will come. It is simply the way it is.

Moving on is without choice. Be it positively or woe is me, your life continues. How you do so is your choice.

## Heavy alcohol use, binge drinking might increase risk of pancreatic cancer

(NDG Wire) Heavy alcohol use and binge drinking could increase the risk of pancreatic cancer in men, research from UT Southwestern Medical Center suggests.

In a study available online in *Cancer Causes and Control*, researchers found that the more alcohol a man consumed, the higher his risk of pancreatic cancer compared with those who drank little or no alcohol.

"If this relationship continues to be confirmed, reducing heavy and binge drinking may be more important than we already know," said Dr. Samir Gupta, assistant professor of internal medicine at UT Southwestern and lead author of the study, which was conducted at the University of California, San Francisco.

Researchers found that men who consumed alcohol increased their risk of pan-

creatic cancer by 1.5 to 6 times compared with those who didn't consume alcohol or who had less than one drink per month. The increased risk depended on the amount and frequency of alcohol consumption. Researchers found that the risk was greater no matter when in the past heavy drinking occurred.

They also found that men who engaged in binge drinking had a 3.5 times greater likelihood of developing pancreatic cancer. Their risk also was greater regardless of when the binge episodes occurred.

Researchers defined one drink as a can, bottle or 12 ounces of beer; a 4-ounce glass of wine; or one shot of liquor. Each of these servings contains about 14 grams of alcohol. The heaviest drinkers consumed 21 to 35 drinks per week. Binge

drinking was defined as consuming five or more drinks during one drinking episode.

Researchers did not find the association among women, possibly due to the lower proportion of women who reported heavy or binge drinking, said Dr. Gupta, who also is affiliated with the Harold C. Simmons Comprehensive Cancer Center at UT Southwestern.

"Pancreatic cancer is one of the deadliest cancers, so any risk factor that can be identified and addressed may save lives," Dr. Gupta said. "Our research found that large and frequent amounts of alcohol consumption may be risk factors for pancreatic cancer."

Previous studies inconsistently have linked alcohol and pancreatic cancer. Dr. Gupta said his study is different, however, because the researchers collected more de-

tailed information on alcohol consumption and binge drinking than other studies and because the researchers were able to analyze the data for multiple factors that previously hadn't been considered in great detail.

In the current study, researchers used structured questionnaires to interview pancreatic cancer patients in the San Francisco area diagnosed between 1995 and 1999 and compared those results with those of control participants matched by sex, age and county of residence.

The 532 cancer patients ranged in age from 21 to 85, with the majority between 60 and 80 years of age. Fifty-five percent of study participants were men; 83 percent of them were Caucasian; and most of them were of normal weight with some college education. The 1,701 control participants were of similar

demographics.

Dr. Gupta said more research is needed to under-

stand the differences in pancreatic cancer risk between

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## Fashion show fundraiser to raise dollars for scholars and local community programs

(NDG Wire) The North Dallas Suburban Foundation for Life Development and Community Involvement will host a Fashion Extravaganza on June 27 from 3 p.m. to 5 p.m. at the Brookhaven Country Club in Dallas, Texas. The cost of tickets is \$35 per person. Proceeds generated by the event will support the organization's scholarship fund

as well as area community programs. The Foundation awards scholarships to graduating high school seniors, provides funds to support youth programs and collaborates with other organizations on fund raising activities.

"The community has been greatly enhanced by the support and services provided by the members of

the North Dallas Suburban Foundation. I am very proud to be associated with any programs resulting from the Foundation's visionary leadership," said Cheryl Smith, talk show host and producer for KKDA and executive editor-at-large for The Dallas Weekly, who will serve as the mistress of ceremony.

"The mission of the

Foundation is to support the development of strong 'neighborhoods' through collaborative planning, community action and policy advocacy," said Delores Wilson, chairperson of the North Dallas Suburban Foundation. "The Fashion Extravaganza is a festive activity where business and pleasure come together to raise the funds necessary to

support activities that will address current and future needs. We hope that the community will support the Foundation's activities so that the Foundation can continue to support the community."

The Extravaganza will provide attendees the opportunity to enjoy fashions for all ages ranging from the young at heart to the

seasoned fashionista showcasing designs for business class, city chic, real women, summer fun, and Sunday best. An added benefit to the Extravaganza is to provide local merchants a venue to promote their businesses and provide attendees the opportunity to fulfill their various shopping needs and desires.

## Plano Memorial Day observance

(NDG Wire) The City of Plano Memorial Day Observance will be held Monday, May 31, 8:30 a.m., Plano Municipal Center, 1520 K Avenue. Memorial Day Observance Chair Mayor Pro Tem Lee Dunlap will be joined on the dais by U. S. Congressman Ralph Hall along with other local dignitaries and representatives from all branches of the military. The Program includes musical selections by the Plano Community

Band, a children's flag march, a wreath-laying ceremony, and a 21-gun salute.

Featured will be keynote speaker Leila Hunt-Willingham, the sister of Army Specialist Jason Dean Hunt, one of 13 soldiers killed when a gunman opened fire November 5, 2009 at a Fort Hood soldier readiness center. The incident also left 32 persons wounded in the worst mass shooting at a United States military base.

The Observance will be broadcast live on Plano Television Network through Time Warner Cable channel 16 and Verizon Fios channel 30/31. Replays are set for June 2 (9 a.m.), June 3 (8 p.m.) and June 6 (1 p.m.). The Observance can also be viewed via Plano Television Network live video streaming on [www.plano.gov](http://www.plano.gov). Click on the "City Departments" menu, Plano Television Network.

## Pools open, city offices closed May 31 for Memorial Day holiday

(NDG Wire) Memorial Day marks the first day of summer for most McKinney families. To coincide with the start of the summer, City of McKinney pools will be open. City offices and many city facilities also will be closed on Monday, May 31, in observance of the Memorial Day holiday.

The refuse and recycling collections will change for the holiday. There will be no pick-up on Monday, May 31. Pick-up will slide one day for the rest of the week. Monday's pick up will be on Tuesday; Tuesday's on Wednesday; Wednesday's on Thursday; Thursday's on Friday; and Friday's on Saturday.

For questions, please contact IESI at 469-452-8000 or the City Environmental Services at 972-547-7385. In case of an emergency involving Public Works operations, please call 972-547-7350. For life-threatening emergencies, call 9-1-1.

## FENCING, continued from Page 1

the ground.

- The fence must be constructed of wooden planks at least ½ inch thick or 11 gage chain link fencing.

- There may be no gaps or openings larger than 2 inches.

- Fencing must be firmly attached to brace posts buried no less than 18 inches deep.

- All gates must have a locking mechanism that

keeps the gates securely closed.

These directive requirements become effective August 1, 2010.

Pit bull dog owners are exempt from the aforementioned requirements if their dogs are properly registered prior to August 1, 2010 and if they maintain compliance with all applicable Animal Service Ordinances such as the display of city tags and not allowing the dogs to run

at large. Pit bull dogs not registered prior to August 1, 2010 must be maintained within an enclosure that meets these requirements. Owners who obtain pit bull dogs after August 1st must consider the cost of fence construction as a cost of owning a pit bull dog.

For more information, contact City of Garland Animal Services at 972-205-3570 or visit [www.GarlandAnimalServices.org](http://www.GarlandAnimalServices.org).

## Ultimate sustainable resource – volunteers

The Live Green in Plano Volunteer Program is a free series of training classes designed to educate residents on green living topics and enable volunteers to share their expertise with others.

Live Green in Plano volunteer training is scheduled for 7 to 9 p.m. on Thursday and Friday, Jun. 3 and 4; and from 8 a.m. to 5 p.m. on Saturday, Jun. 5 at Parkway Service Center, 4120 W. Plano. Pkwy at the Commerce Rd. intersection.

Classes are taught by City of Plano staff, local experts, knowledgeable resi-

dents and volunteers. Topics include water quality and conservation, air quality, basic composting, recycling, conscious consumption, water-conscious and chemical-free yard care, alternative energy sources and conservation techniques.

Live Green Volunteers are trained partners of the City of Plano's Sustainability and Environmental Services department. "Volunteers assist in the expansion of the City's environmental education and community outreach program by providing other residents with simple

tips for a greener, cleaner lifestyle," said Deb Bliss, Sustainability Volunteer Coordinator.

The Live Green in Plano Volunteer Program provides 12 hours of instruction and attendees are required to complete 24 hours of volunteer service. Volunteers maintain demonstration gardens, speak to civic groups, staff the reuse center, research and write articles, and participate in the Live Green Expo.

Register by contacting Deb Bliss at 972-769-4313 or [debb@plano.gov](mailto:debb@plano.gov).

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## Fry Scholarship helps children of parents killed in the military action

(NDG Wire) The children of military personnel who died in the line of duty since Sept. 11, 2001 can apply for an educational scholarship similar to the new Post-9/11 GI Bill. Benefits are retroactive to Aug. 1, 2009.

The scholarship, which is administered by the Department of Veterans Affairs, are named after Ma-

rine Gunnery Sergeant John David Fry, 28, a Texas native who died in Iraq in 2006 while disarming an explosive. He was survived by three young children.

VA began accepting applications for the Fry scholarship on May 1, 2010.

For more information or assistance applying, call toll-free 1-888-GIBILL-1 (1-888-442-4551), or visit

the VA GI Bill Website at [www.gibill.va.gov](http://www.gibill.va.gov).

VA estimates nearly 1,500 children will receive benefits under the Fry scholarship program in 2010. Recipients generally have 15 years to use their benefits, beginning on their 18th birthdays.

Eligible children attending institutions of higher learning may receive pay-

ments to cover their tuition and fees up to the highest amounts charged to public, in-state students at undergraduate institutions in each state.

A monthly housing allowance and stipend for books and supplies are also paid under this program.

VA will begin paying benefits under the Fry scholarships on Aug. 1,

2010.

Eligible participants may receive benefits retroactively to August 1, 2009, the same day the Post-9/11 GI Bill took effect.

Eligible children may be married. Recipients are entitled to 36 months of benefits at the 100 percent level.

When dependents also serve in the military, the re-

serves or are Veterans in their own right, eligible for education benefits under the Montgomery GI Bill for Active Duty, the Montgomery GI Bill for Selected Reserves or the Reserve Educational Assistance Program (REAP), then they would relinquish their eligibility under those programs to receive benefits under a Fry scholarship

## TWU graduate student selected for Fulbright-Hays Program in China

(NDG Wire) Elaine Cho, a Texas Woman's University Ph.D. student in rhetoric, is one of 17 educators in the nation selected for the 2010 Fulbright-Hays Seminars Abroad: History and Culture in China Program.

The National Committee on U.S.-China Relations organizes the program, which runs from the end of June through July and focuses on China's history, culture, changing society and rapid economic growth. This summer, participants will visit Beijing, Xi'an, Hong Kong, Shanghai and another city to be decided.

"As an educator and a student, I consider it a privilege to be a part of this group and to have the opportunity to experience the rich culture and history of China first hand," Cho said.



Elaine Cho

Cho of Garland is an English professor and the coordinator of the Asian-American/Middle Eastern-American Studies Program for Eastfield College in the Dallas County Community College District. She will develop a curriculum project

based on her China trip and will share this with her students at Eastfield College. She also plans to use the project as part of her TWU dissertation research.

Cho received both her bachelor's and master's degrees in English from TWU.

The Fulbright-Hays Seminars Abroad: History and Culture in China Program is funded by the U.S. Department of Education and has been administered by the National Committee on U.S.-China Relations since 1981. For information, [ncusr.org/?q=programs/fulbright](http://ncusr.org/?q=programs/fulbright).

## White House Internship application deadline approaching

(NDG Wire) The application deadline for the White House Internship Program's Fall 2010 session is Sunday, June 6. Please take the time to think of five future young leaders you believe would serve as great White House Interns, and personally encourage them to apply.

Visit the White House Internship website: <http://www.whitehouse.gov/v/about/internships/>

Apply to the White House Internship program: <http://www.whitehouse.gov/v/about/internships/apply/>



A White House Internship provides a unique opportunity to gain valuable professional experience and build leadership skills. This hands-on program is designed to mentor and cultivate today's young leaders, strengthen their understanding of the Executive Office and prepare them for future public service opportunities.

Learn more about the selection process: <http://www.whitehouse.gov/v/about/internships/selec-tion/>

## New principal in MISD named

Sharon Havard served as the assistant principal of Eddins Elementary School from 2004 to 2009. This fall she will return to Eddins as the school's new principal. The position became available after current Eddins Principal, Melanie Raleeh, was named principal of the newly opened McClure Elementary School. Most recently, Havard served as the assistant principal of Burks Elementary School. Sharon Havard has over 23 years experience as a teacher and administrator.

**FOCUS** on your future.

Whether you're an undecided high school grad, want to return to college, or just want to brush up on your job skills, we have what you need to get ahead.

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## Plano book wins two publishing honors

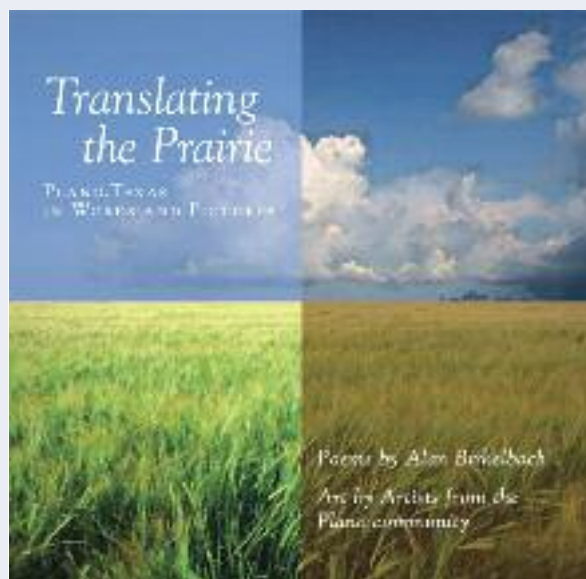
(NDG Wire) *Translating the Prairie: Plano, Texas in Words and Pictures* has recently been recognized with two distinctive book awards. It was the winner of a 2010 North Texas Book Festival Award during the 10th Annual North Texas Book Festival on April 16, 2010.

It is one of three books in the festival to be given this highest honor, as the finest in the category of General Trade Non-Fiction.

The esteemed regional award yearly recognizes excellence in books in independent publishing ([www.ntbf.org](http://www.ntbf.org)).

In May, it was a Finalist in the 2010 Next Generation Indie Book Awards in the Regional Non-Fiction category, presented by the Independent Book Publishing Professionals Group ([www.indiebookawards.com](http://www.indiebookawards.com)).

These awards honor the most exceptional inde-



pendently published books in 60 categories, and have gained national notoriety.

*Translating the Prairie* expresses the history of Plano through poems by Alan Birkelbach, a Texas Poet Laureate, Plano resident and author of six published books of poetry. Original artwork, inspired by and accompanying each poem, was created by artists who live, study or

work in Plano.

The full-color, hard-cover book is for purchase (\$24.99 plus tax) at city recreation centers, city libraries, Barnes & Noble retailers in Plano, Legacy Books or online at [www.planopublicart.com](http://www.planopublicart.com).

For more information, contact Christine Eubanks at [christinee@plano.gov](mailto:christinee@plano.gov) or 972-941-7740.

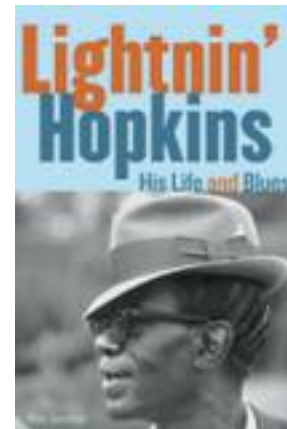
## Alumnus wins Guggenheim for photography research

(NDG Wire) Writer and folklorist Alan Govenar, who earned his doctorate in arts and humanities at UT Dallas, has received a fellowship from the John Simon Guggenheim Memorial Foundation to support research for his upcoming exhibition "The Folk Art of Community Photography."

The project is related to an exhibition he is curating, "Jasper, Texas: The Community Photographs of Alonzo Jordan," which opens in January at the International Center of Photography (ICP) in New York City and will run through May 2011. Steidl, in association with the ICP, will publish his book, also titled "Jasper, Texas: The Community Photographs of Alonzo Jordan."

"I will be conducting interviews in Texas and consulting with photographic historians and curators in New York and Paris," Govenar says. "The Guggenheim fellowship will help defer some of the expenses of travel and also covers some of the basic costs of living and working, leaving more free time to devote to thinking and writing."

Govenar, the president and founder of Documentary Arts, a non-profit organization that presents new per-



spectives on historical issues and diverse cultures, received his award in the humanities category for the folklore and popular culture field of study. In its 86th annual competition, the foundation has awarded 180 fellowships to artists, scientists and scholars in the United States and Canada.

Govenar is a writer, folklorist, photographer and filmmaker. He has a BA with distinction in American Folklore from Ohio State University, an MA in Folklore and Anthropology from The University of Texas at Austin, and a PhD in Arts and Humanities from UT Dallas. He is the author of more than 20 books, including *Texas Blues: The Rise of a Contemporary Sound*, and *Stompin' at the Savoy: The Story of Norma Miller*. His book *Osceola: Memories of a Sharecrop-*

per's Daughter won first place in the New York Book Festival (Children's Non-Fiction), a Boston Globe-Horn Book Honor, and an Orbis Pictus Honor from the National Council of Teachers of English. The off-Broadway premiere of his musical *Blind Lemon Blues*, co-created with fellow UT Dallas graduate Akin Babatunde, received rave reviews in *The New York Times* and *Variety*.

On June 12 Changing Directions Christian Center's (CDCC) is hosting their First Annual Run, Walk or Crawl-ATHON at the Lancaster Recreation Center Trail located at 1700 Veteran's Memorial Parkway, Lancaster. The walk-a-thon begins at 7 a.m. followed by a health fair at 9 a.m.

CDCC is a cutting-edge ministry dedicated to the betterment of the whole person. This event is specifically designed to highlight our community's need to get focused on becoming physically healthier. Immediately following the walk, CDCC will be hosting a Community Health Fair at the church with health screenings and lots of information.

CDCC is located at: Changing Directions Christian Center, 1615 N. Hampton Rd., DeSoto, Texas.

## Free Chair Massages by Massage Envy Spa at FC Dallas Local Business Night at Pizza Hut Park, June 5

(NDG Wire) The Massage Envy Spa in Frisco (5105 Eldorado Parkway, Suite 100, Frisco, TX 75034) will offer free chair massages by its licensed therapists at the FC Dallas game on June 5. The service is part of FC Dallas Local Business Night during the professional soccer match between FC Dallas and the San Jose Earthquakes.

Attendees can score free

chair massages from Massage Envy Spa at the FC Dallas Local Business Night on June 5. Three Massage Envy Spa therapists from the Stonebriar location will be available for chair massages before, during, and after the FC Dallas-San Jose Earthquakes soccer match. There will also be a drawing for a free one-hour massage session. Massage Envy Spa associates will be available to

answer questions.

An estimated 100 Dallas-area businesses are expected to feature their products and services at Pizza Hut Park's Vendor Village along the park's concourse.

A one-hour introductory Massage Envy massage for non-members is only \$39, a one-hour introductory Murad signature spa facial is only \$49. Members can enjoy a one-hour massage session

## GP&L customers to pay less for electricity

(NDG Wire) Just in time for the hot summer months, GP&L announces that customers will pay less for their electricity. Beginning June 1, the Recovery Adjustment Factor (RAF) component of the rate for electric service

will go down a penny, from \$0.0644 to \$0.0544 per kWh.

The average GP&L customer uses 1,550 kWh during the summer months. At this usage, the electric bill will decline from \$192.12 to \$176.62.

The RAF component of the rate allows for the recovery of the electric system's total revenue requirements not recovered under the Customer Charge and Energy Charge.

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\$44K or more may qualify.  
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**CHIP | Children's Medicaid**  
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**Every Saturday**

**Pure Saturdays** 2026 Commerce Street 23 & up preferred DJ Steve Nice in The Mixx. Doors open @ 10 p.m. Info text or call 214-810-5483.

**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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**May 29 – November 3**

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

**May 29**

**The Saturday Gospel Night Live** will benefit The Imana K Youth Huntington's Disease Foundation, Inc. ([www.imanakfoundation.org](http://www.imanakfoundation.org)) from 6-9p.m. at the Neotropolis Theater. This event will be the platform to introduce new talent to the Dallas/Fort Worth area with the chance to gain exposure and other entertainment opportunities. Program will feature praise and inspiration, fashion, comedy, fun and a whole lot more. For more information call, 214-732-5049 or

logon to: [www.gaylagirl.com](http://www.gaylagirl.com).

**June 1**

**WWE Smackdown** returns to Dallas, TX for the first time of 2010 at 6:30 p.m. for Smackdown at American Airlines Center World Heavyweight Championship match, THE PHENOM" The Undertaker vs. Chris Jericho, Rey Mysterio & Kane vs. CM Punk & Luke Gallows, and many more!! Details at [www.americanairlinescenter.com](http://www.americanairlinescenter.com).

**June 3 – 5**

**Firestone 550k IZOD IndyCar Series** Qualifying Night, Winstar World Casino 400K and the The Firestone 550K IZOD IndyCar Series- Starts June 3, with the WinStar World Casino 400k Camping World Truck Series practice and qualifying, followed by the Firestone 550k IZOD IndyCar Series opening practice. Then June 4, the Firestone 550k IZOD IndyCar Series practice and qualifying followed by the WinStar World Casino 400k Camping World Truck Series race. To finish off the weekend, the Firestone 550k IZOD IndyCar Series will be held. Info: [www.texasmotorspeedway.com](http://www.texasmotorspeedway.com) or 817-215-8500.

**June 5-6**

**Grassroots Campaign Training in Dallas** from 9 a.m. – 6 p.m. each day at Southside on Lamar, 1409 South Lamar Street, Dallas. The DFA Campaign Academy brings local activists, campaign staff and candidates together for two days of intensive campaign training.

**June 5**

**2010 NPC Lone Star Bodybuilding and Fitness/Figure/Bikini Classic** beginning at 9 a.m. Regional Qualifier that includes Health and Fitness Fair, a Food Court, and, Swords and Niels Anderson Trophies as well as other prizes. This event includes bodybuilding,

women's fitness, bikini and figure as well as IFBB bodybuilding and fitness pros. Tickets can be purchase by calling 972-247-1539 or at the door with cash or a credit card. Saturday Pre-Judging \$15.00 for Adults, \$10.00 for Children, free for children under 10. Saturday Evening show: \$45.00 (Platinum Reserved by Seat), \$30 for (General). Free for children under 10.

Info: [prince@texasbodybuilding.com](mailto:prince@texasbodybuilding.com) or [www.texasbodybuilding.com](http://www.texasbodybuilding.com).

**June 7 – July 2**

**Thriving Minds Summer Camps** offer creative, hands-on activities for elementary and middle schoolers. Led by professional artists and instructors, campers will explore the world around them and express their imagination through visual and performing arts, theater, dance, creative writing and more. Participants will also receive breakfast, lunch and a daily snack (breakfast will only be served at the Bath House and Oak Cliff locations). The camps are free and open to Dallas residents, but space is limited.

**June 10**

**Dr. Cordell Adams** author of *Light Bread* is appearing at Allen Public Library, 7 p.m.

**June 11-12**

**Ham-Com 2010** Come to the largest Amateur Radio gathering in Texas! One grand prize awarded each day plus door prize drawings every hour for radios. General Admission: \$9.00 online (ends May 30, 2010); \$10.00 at the event. General admission price includes access to commercial exhibits, indoor flea market and entry in door prize drawings. Family members \$7.00 online; \$8.00 at the event. NO CHARGE for K-12 students (18 and under). All parking is on-site and F-R-E-E! The full-color event flyer with complete schedule, speaker bios and

other important information in Adobe PDF format will be available for F-R-E-E download from [www.hamcom.org](http://www.hamcom.org). Info: Barry A. Goldblatt, WA5KXX at 972.596.4669 or [office@hamcom.org](mailto:office@hamcom.org).

**June 11**

McKinney Main Street is proud to announce the first annual **"Bike the Bricks"** closed course "crit" bike race in Historic Downtown McKinney on Friday, June 11, 2010. The focus will be to deliver a nail-biting and interactive event that will draw increased exposure not only to health and wellness but highlighting our one-of-a-kind Historic downtown. The event will include interval races along with a mayoral cup challenge (inviting the community and beyond to join the race), live entertainment, food and drink. The climax of the event will draw in racers from across the state and beyond as these cyclists square off and chase a purse in the amount of \$15,000. For more information on this event, please contact McKinney Main Street at 972.547.2660 or visit [www.downtownmckinney.com](http://www.downtownmckinney.com)

**June 12**

**20th Annual Komen North Texas Race for the Cure** at The Plano Campuses of HP and The Campus at Legacy, Legacy at Parkwood Drive, east of the North Dallas Tollway. The Komen North Texas Race for the Cure is a 5K run/walk and a one-mile family fun run organized by a committee of volunteers for the North Texas Affiliate of Susan G. Komen for the Cure®. It is a fun, festive event, but more importantly, it is a race for life. Info: [www.komennorthtexas.org](http://www.komennorthtexas.org)

**The University of North Texas at Dallas** invites high school graduates and other potential students to an open house from 11 a.m. to 3 p.m.

**June 20**

**The Real Men Cook for Charity** fun-filled food festival honoring real men-- fathers, brothers, uncles, coaches, entrepreneurs and teachers event is fast approaching. Save the Date!

**June 25-26**

The Dallas Symphony presents **Planet Earth Live** June 25 and 26, 2010 at 7:30 p.m. Info: 214.692.0203 or visit [DallasSymphony.com](http://DallasSymphony.com).

**June 26 – September 5**

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

**June 27**

The North Dallas Suburban Foundation for Life Development and Community Involvement will host a **Fashion Extravaganza** from 3 p.m. to 5 p.m. at the Brookhaven Country Club in Dallas, Texas. The cost of tickets is \$35 per person. Info: [www.ndsfoundation.org](http://www.ndsfoundation.org).

**June 30-July 18**

**Dreamgirls Musical** at Music Hall at Fair Park. The rags-to-riches story of an up and coming 1960's girl group from Chicago.

**July 17-25**

**National Association of Negro Business and Professional Women's Clubs 75th National Convention** at Hyatt Regency Hotel D/FW

**July 28 – August 8**

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

**October 2 –**

**January 2, 2011**

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

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# Simply *Delicious*

## Real Food Recipes

(Family Features) Most parents face the same meal-time dilemma — making affordable and convenient food that the whole family will like. Time is short, palates are picky and some fear it will cost too much to put real food on the table.

Celebrity chef Bobby Flay joined the Hellmann's® and Best Foods® Real Food Project to help moms tackle the barriers to real food in

simple and helpful ways. "Real food does not have to be complicated. With a few basic ingredients, it's easy to create a meal you can feel good about serving the whole family," said Flay.

Flay encourages using food made with ingredients that are simple and delicious. "Real food that tastes great is something every member of the family can appreciate," said Flay. "Adding elements

like Hellmann's® Real Mayonnaise made with eggs, oil and vinegar goes a long way toward making real food taste great. You can also use Hellmann's Light®, which has half the calories and fat of Real Mayonnaise and is now made with 100 percent cage-free eggs."

For recipes and how-to videos, visit the Real Food Project at Hellmanns.com or www.BestFoods.com.



### Grilled Potato Wedges With Malt Vinegar-Tarragon Dip

*A Bobby Flay Recipe*

*Prep Time: 30 minutes / Chill Time: 30 minutes / Cook Time: 25 minutes*

*6 servings*

- 2/3 cup PLUS 1 teaspoon malt vinegar
- 1-1/2 cups Hellmann's® or Best Foods® Real Mayonnaise
- 1 tablespoon chopped tarragon
- 5 Russet or all-purpose potatoes, scrubbed
- 1/4 cup canola oil
- 2 tablespoons finely chopped flat-leaf parsley

Bring 2/3 cup vinegar to a boil over high heat in small saucepan and continue boiling until reduced by half. Remove saucepan from heat and let cool 5 minutes.

Combine mayonnaise, cooled vinegar, remaining 1 teaspoon vinegar and tarragon in medium bowl. Season, if desired, with salt and pepper. Cover and refrigerate at least 30 minutes.

Cover potatoes with water in 4-quart saucepot; bring to a boil over medium-high heat. Reduce heat and simmer 15 minutes or until potatoes are tender, but still firm. Drain and cool slightly. Cut each potato lengthwise into 8 slices.

Brush potatoes with oil and season, if desired, with salt and pepper. Grill, turning once, 4 minutes or until golden and cooked through. Arrange potatoes on serving platter, then sprinkle with parsley. Serve with dip.

Mayonnaise mixture is also delicious with hot cooked chicken fingers or fish.



### Pimento (Red Pepper) Cheese-Bacon Burgers

*A Bobby Flay Recipe*

*Prep Time: 15 minutes / Chill Time: 30 minutes*

*4 servings*

- 1/3 cup Hellmann's® or Best Foods® Real Mayonnaise
- 1/4 teaspoon Kosher salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon cayenne powder
- 1/4 pound extra sharp white cheddar cheese, coarsely grated
- 1/4 pound extra sharp yellow cheddar cheese, coarsely grated
- 1/3 cup drained and finely chopped roasted red peppers or piquillo
- 1-1/2 pounds lean ground beef
- 4 hamburger buns
- 8 thick slices double smoked bacon, crisp-cooked

Combine mayonnaise, salt, pepper and cayenne in large bowl with fork. Stir in cheese and roasted peppers. Cover and refrigerate at least 30 minutes.

Meanwhile, shape ground beef into 4 patties. Season, if desired, with salt and black pepper; set aside.

Grill or pan fry burgers, turning once, 8 minutes or until desired doneness. During last 30 seconds of cooking, evenly top each burger with cheese mixture, then cook covered until cheese melts slightly. Arrange burgers on buns, then evenly top with bacon.



### Smoked Chile Cole Slaw

*A Bobby Flay recipe*

*Prep Time: 10 minutes /*

*Chill Time: 20 minutes*

*4 servings*

- 1/2 cup Hellmann's® or Best Foods® Real Mayonnaise
- 2 tablespoons chipotle peppers in adobo sauce
- 2 tablespoons fresh lime juice
- 2 teaspoons honey
- 1 teaspoon ground cumin
- Kosher salt and freshly ground black pepper
- 1 medium head green cabbage, finely shredded
- 2 large carrots, finely shredded
- 1 small onion, halved and thinly sliced
- 1/4 cup chopped fresh cilantro

Combine mayonnaise, chipotle peppers in adobo sauce, lime juice, honey and cumin in large bowl. Season, if desired, with salt and black pepper. Stir in remaining ingredients. Cover and refrigerate at least 20 minutes before serving.



# Vigilantes dismiss Ingold as head coach

(NDG Wire) The Dallas Vigilantes have dismissed Rich Ingold from his head coaching responsibilities, team owner Peter C. "Woody" Kern announced Monday.

Assistant head coach and defensive coordinator James Fuller will be immediately elevated to interim head coach of the Vigilantes.

Ingold's dismissal came as a result of the Vigilantes'

disappointing 1-5 overall record, as well as an incident between Ingold and a Vigilantes player at the end of Saturday night's game against the Chicago Rush.

"As an organization, we are extremely frustrated with our results on the field through six games this season," Kern said. "Our goals have been and will continue to be focused on winning championships. Unfortunately, to date we have not



yet been able to put a championship-caliber team on the field for whatever rea-

son, despite having some talented and proven AFL players on our roster.

"With that being said, we will also accept nothing less than having a professional, first-class organization. We are all disappointed and frustrated, but professionalism dictates being able to handle those situations with dignity and class. That was not demonstrated Saturday night and I personally apologize to our

fans for the incident that occurred. Obviously, that type of behavior now and in the future will not be accepted.

"We appreciate Coach Ingold's efforts and wish him well in his future endeavors."

Fuller formerly served as head coach on an interim basis with the Arena Football League's Philadelphia Soul in 2005. Fuller is in his 12th season as an Arena Football coach. His previ-

ous head coaching experience also includes two seasons as head coach of the arenafootball2's Bakersfield Blitz, who Fuller led to the Western Division championship in 2002. Fuller was also an assistant coach with the AFL's Dallas Desperados from 2007-08.

The team is traveling to Milwaukee on Friday for their contest against the Milwaukee Iron on Saturday, May 29.

## Twentieth Century Fox Television lands seven new series and returns nine

(NDG Wire) After delivering a trifecta of new series that became instant blockbusters this year in "Glee," "Modern Family" and "The Cleveland Show," Twentieth Century Fox Television TCFTV continued its strategy of targeted development aimed at creating the most talked about new series of the season which earn the networks' most coveted time periods, and returning valuable current series which keep the studio's programming pipeline full and flourishing.

Led by Chairmen Dana

Walden and Gary Newman, the studio continued its winning streak with seven new series from illustrious creators hailing from the worlds of both television and feature film. They include "Terra Nova," an ambitious sci-fi fantasy adventure series from Academy Award winning director and producer Steven Spielberg and former News Corporation President and C.O.O. Peter Chernin that promises to be the event series of the season, "Raising Hope" from "My Name Is Earl's" Greg Garcia, Kyle Killen's

intriguing drama "Lonestar," "Bob's Burgers" from animation wizard Loren Bouchard, "Ride-Along" from Shawn Ryan of "The Shield" and "The Unit," Neustadter and Weber's ("500 Days of Summer") "Friends with Benefits" directed by David Dobkin ("The Wedding Crashers") and also from Brian Grazer's Imagine Television ("24," "Arrested Development"), and "Mixed Signals" from "The Wedding Crasher's" Bob Fisher.

In addition, the studio returned nine series, includ-

ing arguably the most heralded series of last season in "Modern Family" and "Glee," with the latter landing the coveted post-Superbowl slot next year. Together, these series rose to the top of the ratings charts, topped critics lists and have collected virtually every major award this season including the Golden Globe, the Peabody, the Screen Actor's Guild Award, The Director's Guild Award, the Writer's Guild Award, The Television Academy Honors and The People's Choice.

Animation remains a cornerstone for TCFTV, with the studio supplying Fox's entire Sunday night lineup including the new entry "Bob's Burgers" from Loren Bouchard launching midseason. Seth MacFarlane's "The Cleveland Show" returns for a second season alongside "Family Guy" and his "American Dad" which celebrates its landmark 100th episode milestone this fall. And the amazing worldwide phenomenon "The Simpsons" from Matt Groening, Jim

Brooks and Al Jean returns once again after celebrating its historic 20th year on the air.

TCFTV will premiere seven new network series in the coming year: Bob's Burgers, Friends with Benefits, Lonestar, Mixed Signals, Raising Hope, Ride-Along and Terra Nova.

TCFTV will also return nine network series: American Dad, Bones The Cleveland Show, Family Guy-Glee, How I Met Your other, Lie to Me, Modern Family and The Simpsons.

## Doug Rice helps brides "Size Down that Gown" with June 2010 Launch of Bridalicious® Boot Camp DVD Set

(NDG Wire) Bridal fitness expert, Doug Rice CPT, to launch Bridalicious® Boot Camp: Size Down Your Gown in 90 Days, a four-disc set of workout DVDs designed to help brides become fit and fabulous for their wedding day. Paying special attention to the "bridal trifecta" ? the arms, shoulders and back ? the DVD is designed to help brides see maximum wedding day results.

As a key component, Doug has launched www.bridalbodyclub.com, which is designed to be an extension of his one-on-one training and motivational techniques; pushing content out via email and social media to constantly remind his brides to be faithful to their "fitness vows." The

site will be updated regularly with comprehensive fitness and beauty content such as educational webinars and video blogs, a bridal fitness countdown plan, motivational tips, "help me" hotline, customized diet plans, healthy recipes and weekly grocery lists, as well as inspirational success stories.

Since launching the live Bridalicious® Boot Camp in Beverly Hills, Calif., in 2005, and in Dallas most recently, Doug's program has consistently delivered noticeable results with thousands of brides, every step of the way from the engagement "I will," to the wedding "I do."

"After witnessing the incredible results so many brides experienced with my boot camp, I wanted brides

everywhere to be able to share in that success, as well as create a community for them to lean on one another," said Doug Rice, founder and CEO of Bridalicious®. "Brides who workout with the Bridalicious® Boot Camp DVD along with participating in the BridalBodyCLUB.com community will achieve big results for their big day,"

Rice is commonly known as the unofficial "founder of bridal fitness." He understands the unique pressures a bride experiences as she prepares for her big day. From juggling the fiancé, the wedding planning, and the new in-laws; on top of trying to get fit ? Doug often takes on the all-in-one role of coach, therapist and trainer.



# YPO releases quarterly Global Pulse CEO survey April results

(NDG Wire) American CEOs surveyed by the YPO Global Pulse CEO economic sentiment survey during the first two weeks of April 2010 expressed rising optimism about the outlook for their businesses, driving a 4.1-point increase in the survey's U.S. CEO Confidence Index to 61.0, up from 56.9 in January. The surveyed CEOs also reported improved actual results for the first quarter of 2010 as compared with both the same period in 2009 and the trailing fourth quarter of 2009.

The results of the electronic quarterly survey were announced today by YPO (Young Presidents' Organization), a global network of 17,000 chief executive officers. The YPO Global Pulse is the only CEO economic sentiment survey that spans the globe on a quarterly basis, capturing responses from more than 1,000 CEOs representing companies of all sizes, including Fortune 500-size corporations. In aggregate,

the companies run by YPO members employ more than 15 million people and generate US\$5.4 trillion in annual revenues.



"The YPO survey shows a continuing trend of improving results and rising CEO confidence in the United States and globally," said Dave Maney, co-founder and chairman of Headwaters MB, member of the YPO Colorado Chapter and former YPO international board member. "CEOs are more bullish about the prospect for higher sales than they are about adding employees or increasing fixed investment, but the trends there are positive as well."

More than two-thirds of the U.S. survey respondents (69%) expect sales to in-

crease by more than 10% over the next 12 months, while 36% expect a corresponding increase in employee counts and 40% in fixed investment. The swing in expectations compared with the January survey was a positive 9 points regarding sales, 7 points as to employee count, and 7 points for fixed investment. Even so, a majority of U.S. CEOs (58%) still expect their employee counts to remain roughly the same over the next 12 months. This represents a slight improvement over the 64% who three months ago said they expected no change.

The survey shows CEOs of U.S. small companies (<100 employees) as slightly more optimistic than medium and large companies (>500 employees) across the board.

Across industries, construction continued to be the hardest-hit sector in the United States, although the picture there improved slightly compared with the



January survey. Five times more respondents in the U.S. construction sector expect economic conditions affect-

ing their business to be better in six months than expect conditions to be worse. By comparison, in the produc-

tion and services sectors, optimists outnumber pessimists by 12 to 1 and nearly 8 to 1, respectively.

## REFORM continued from Page 3

of financial reform that would limit the number of payday loans (so called because you are borrowing against your paycheck) one individual could get.

The payday loan industry ran an astroturf campaign to stop a provision North Carolina Senator Kay Hagan introduced to limit payday loans to six (!) at a time. Consumers are worse off because the Hagan provisions were not included in the legislation.

Indeed, the final version of this legislation may be ready by the end of June.

The House and the Senate aren't too far apart on their provisions, which makes reconciliation easy. But neither the House nor the Senate has gone far enough in regulating derivatives, though both require derivatives to be traded publicly, and to be collateralized. This will stop the speculative nature of derivatives, ex-

cept for the fact that the House provides lots of exemptions to derivative clearinghouse rules. Washington Senator Maria Cantwell (D) opposed Senate legislation because she said it had too many loopholes for derivative trading.

Banks got off easy in this legislation. They are still allowed to do proprietary trading, or to speculate with their own money. But their money is really shareholder money, so who protects the shareholder? Indeed, banking lobbies are likely to tweak the compromise legislation so that financial reform regulations are less onerous to banks. Yet less onerous regulation is what caused the financial services industry to seek a \$700 billion bailout from the federal government.

Congress will be rushing to get back to their districts this summer, what with contentious mid-term

elections to deal with in November. We can't let their haste weaken legislation that is already far from ideal. Most Republicans have opposed financial reform regulations on the grounds that this legislation simply expands the role of government and increases the size of the bureaucracy. The Obama Administration will have to take a forceful role in ensuring that the haste to pass financial reform regulations does not gloss over important details.

And, most importantly, consumer protection must be a cornerstone of this legislation. Both the House and Senate bills are a step in the right direction. Still, the devil is really in the details on financial reform legislation, and negotiations that take place in this next month will be critical to the success of meaningful financial reform.

## LEGAL NOTICE

**This Texas Lottery Commission Scratch-Off game will close on June 13, 2010. You have until December 10, 2010, to redeem any tickets for this game:**

Game #1211 Gold Bar Bonanza (\$10) Overall Odds are 1 in 4.21

**This Texas Lottery Commission Scratch-Off game will close on June 18, 2010. You have until December 15, 2010, to redeem any tickets for this game:**

Game #1180 Blackjack Showdown (\$5) Overall Odds are 1 in 3.88

**These Texas Lottery Commission Scratch-Off games will close on July 28, 2010. You have until January 24, 2011, to redeem any tickets for these games:**

Game #1159 Treasure (\$2) Overall Odds are 1 in 4.76

Game #1202 Triple It (\$3) Overall Odds are 1 in 4.84

Game #1213 The Money Game (\$1) Overall Odds are 1 in 4.97

Game #1216 Pot O' Gold Tripler (\$1) Overall Odds are 1 in 4.43

Game #1259 Loteria® Texas (\$3) Overall Odds are 1 in 3.87

Game #1260 Wild 10's (\$10) Overall Odds are 1 in 3.35

Game #1263 Bonus Word Crossword (\$3) Overall Odds are 1 in 3.44

The odds listed here are the overall odds of winning any prize in a game, including break-even prizes. Lottery retailers are authorized to redeem prizes of up to and including \$500. Prizes of \$500 or more must be claimed in person at a Lottery Claim Center or by mail with a completed Texas Lottery claim form. However, annuity prizes or prizes over \$1,000,000 must be claimed in person at the Commission Headquarters in Austin. Call Customer Service at 1-800-3/LOTTO or visit the Lottery Web site at [www.texaslottery.com](http://www.texaslottery.com) for more information and location of nearest Claims Center. The Texas Lottery is not responsible for lost or stolen tickets, or for tickets lost in the mail. Tickets, transactions, prizes, and winners are subject to, and players and winners agree to abide by, all applicable laws, Commission rules, regulations, policies, directives, instructions, conditions, procedures, and final decisions of the Executive Director. A Scratch-Off game may continue to be sold even when all the top prizes have been claimed. Must be 18 years of age or older to purchase a Texas Lottery ticket. PLAY RESPONSIBLY. The Texas Lottery Supports Texas Education. ©2010 Texas Lottery Commission. All rights reserved.



# The conflict between our needs and our wants

BY MICHAEL G. SHINN, CFP (NNPA) - Having free will, we are in constant conflict between our needs and our wants. The battle continuously rages for our resources, our time and our relationships. The enemy is omnipresent and constantly attacks us. We are being subjected to a war within ourselves and we don't even know who we are fighting.

The casualties of these inner personal wars are all around us. They can appear as the financially overextended or even bankrupted; they can be either stressed out, chemically dependent or even mentally ill; they can be in a family feud or divorce court or even end up on the police blotter. The war zone is in our head, with our needs on one side and our wants on the other.

**What are Needs and Wants**

Our needs are what it takes to survive. At the very basic level, human beings need air, water, food, shelter, clothing, relationships and the basic means to continue to survive. Our wants are everything else beyond our needs. As an example we might want clean air, champagne, gourmet food, designer clothes, relationships with the rich and famous and a prestigious job to support our lifestyle.

You are probably thinking that life in a modern society is more than just basic survival and should include some components of the so called "good life" and I agree. The issue is realistically distinguishing between our needs, relative to our position in life and our wants.

As an example, let's think about transportation. I have always wanted a

Mercedes S500, which costs about \$120,000 new. I drive on average one hour per day and therefore my car sits in the garage the other twenty three hours. Now, why do I want that car? Well, it's prestigious, it has all the latest gadgets and a good friend of mine has one. However, even in this materialistic society, do I need it and is this a good use of my resources? The honest answer is NO!

**Who is the Enemy?**

The enemy brainwashes us every time we turn on the radio, TV, computer or open a newspaper, magazine, and even our own mail. The message is powerful and can transform our perceptions of wants into obsessive needs.

But who is the enemy? The enemy is within us and it is our fear and greed. We fear being too old, too fat, to skinny, unloved, un-

happy- just add too or un to whatever you fear and you will find a product or service to address that fear. On the greed side we buy more and more things we don't need to try and satisfy our desire to attempt to control our lives and those around us.

In too many instances, we become slaves to our fears and greed. We buy things that we don't need, with money that we don't have and for reasons that we don't understand. Ultimately, the enemy prevents us from achieving our financial goals and it stifles our ability to achieve financial freedom.

**Reduce the Conflict**

It is nearly impossible to eliminate the conflict between our needs and wants, but it is possible to reduce it to a workable level.

- Establish and periodically review your family

and financial goals. Your goals will keep you grounded and help you through those periods when you have to prioritize your financial decisions.

- Live in the moment. A lot of fear and anxiety can be overcome by taking care of today and not worrying about the past or tomorrow.

- Pay yourself first and live on the rest. Setup payroll deductions and automatic checking account payments for your savings and investment plans.

- Sleep on it before making any major purchases over \$500. Are there lower cost alternatives to buying the product or service---renting, borrowing, etc?

- If you have to use

your credit card, can you pay off the credit card bill within 30 days?

The conflict between our needs and wants will rage on. However, because we do have free will, we have the ability to fight the enemy within us and move forward toward achieving our family and financial goals.

*Michael G. Shinn, CFP, Registered Representative of and securities and investment advisory services offered through Financial Network Investment Corporation, member SIPC. Visit [shinnfinancial.com](http://shinnfinancial.com) for more information or to send your comments or questions to [shinnm@financialnetwork.com](mailto:shinnm@financialnetwork.com). © Michael G. Shinn 2010.*

## IMMIGRATION, continued from Page 1

What is happening in Arizona is a travesty. Playing on fears, a racist piece of legislation was passed that allegedly addresses a problem that has been proven to be on the decline. That's right, undocumented immigration is declining. Yet the legislation that was passed was playing to the fears largely of White Americans who are watching the demographics of the USA change. In that sense the Arizona legislation that aims to go after anyone appearing to be an "illegal alien" is not so much aimed at undocumented immigrants but is aimed at Chicanos and Native Americans as populations, and also aimed at stirring up right-wing fears among Whites, driving them to the Republican Party.

Contemporary immigration has resulted from several critical factors. One has to do with the legacy of colonialism and

Western domination of Asia, Africa, Latin America and the Caribbean, which deformed the societies and economies of these regions. A second has to do with wars, many of which are directly related to the active interference of outside powers, particularly the USA and Europe. A third has to do with the growing environmental crisis, including but not limited to global warming, wherein lands are becoming deserts, on the one hand, and being submerged under water, on the other hand.

Putting this all together, the immigration that we are witnessing is not the result of people coming with the intent to steal "our" jobs but is the result of desperation. Playing on this desperation are unscrupulous employers who seek vulnerable and inexpensive labor.

Putting up walls or massive raids on immi-

grant communities does not come close to addressing the real challenge. People are moving to the USA, Western Europe and Canada not because they want to, but because they have to. Insofar as they are unable to have real self-determination because their economies have been dominated and/or destroyed by Western countries or to the extent to which their lands have been devastated by wars financed by the West, millions move.

This is the discussion that must take place, including within Black America. Too many African Americans find themselves seduced by anti-immigrant bias in large part because of the desperation of our own condition. As we have watched our own jobs disappear and seen ruthless employers utilize immigrant labor, it is not surprising that there are resentments that emerge.

That, however, does not justify such feelings.

Arizona's anti-immigrant legislation is the logical outcome of deep-seated racism combined with a refusal to acknowledge the implications of US economic and political actions on the rest of the world, particularly toward Asia, Africa, Latin America and the Caribbean. In other words, for those who believe—rightly or wrongly—that immigration is out of control and is somehow a threat, they should not look south of the border but should look into the US mirror...and be prepared for the shock of their lives.

Bill Fletcher, Jr. is a Senior Scholar with the Institute for Policy Studies, the immediate past president of TransAfrica Forum, and the co-author of "Solidarity Divided." He can be reached at [papaq54@hotmail.com](mailto:papaq54@hotmail.com).

## DRINKING, continued from Page 4

men and women and to understand why heavy alcohol use and binge drinking may increase the risk of pancreatic cancer in men.

The next step, Dr. Gupta said, will be to see if other studies with detailed information on alcohol consumption and binge drinking have similar results.

Cancer of the pancreas, an organ important for di-

gestion and production of hormones, has the lowest overall five-year survival rate of all specific cancers. Early signs of pancreatic cancer are difficult to diagnose, partly because the organ is located deep in the upper abdomen. Mortality rates have changed little in the past three decades, according to the National Cancer Institute.

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# Texas employers add 32,500 jobs in April

(NDG Wire) Texas total nonagricultural employment grew for the fourth consecutive month gaining 32,500 jobs in April. Texas employers have added 79,000 jobs since the beginning of 2010. The Texas seasonally adjusted unemployment rate rose slightly to 8.3 percent in April, up from 8.2 percent in March, and continued to trend well below the U.S. seasonally adjusted unemployment rate for April of 9.9 percent. The Texas Civilian Labor Force grew by another 51,000 workers in April. More Texans are employed than ever before at 11.2 million workers.

"The employment results were mixed in Texas for the month of April. While the unemployment rate in our state increased from 8.2 percent to 8.3 percent, we did experience job growth in a number of industries," said Texas Workforce Commission (TWC) Chairman Tom Pauken. "Texas had employment gains in such sectors as Construction, Mining and

Logging along with Manufacturing."

Construction employment displayed impressive growth in April with an increase of 10,600 jobs. Mining and Logging grew for the third consecutive month with 2,800 jobs added in April. Manufacturing employment increased by 700 jobs in April.

"The Texas labor force is expanding at a record pace, and there is stiff competition for all these new jobs," said TWC Commissioner Representing Labor Ronny Congleton. "Texans searching for work can look to TWC for assistance at workforce centers across the state and on WorkInTexas.com."

Education and Health Services employment recorded gains of 14,800 positions in April for a total of 65,400 jobs over the past year. Employment in Professional and Business Services increased for the fourth month in a row, gaining 7,900 jobs in April. Other Services employment grew

by 7,500 jobs and Financial Activities added 500 jobs in April.

"Texas employers added jobs in eight of 11 industries in April, offering opportunities to a diverse pool of job

seekers," said TWC Commissioner Representing the Public Andres Alcantar. "TWC and the 28 workforce boards are committed to connecting Texas workers with available jobs."



## Attention Suppliers of Goods, Services and Construction

Review Competitive Opportunities at  
[www.bidsync.com](http://www.bidsync.com)

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

972-205-2415

## GRAPHIC ARTIST

Small Community Newspaper looking for a partime 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)

## Allen Police Department



Currently Accepting Applications and Testing for

### Police Officer

Application Deadline:  
**June 4, 2010 @ 5 p.m. CST**

Written & Physical Exam:  
**June 12, 2010**

For More Information and to Apply:  
[agency.governmentjobs.com/allen](http://agency.governmentjobs.com/allen)

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## Diversity recruiting - competition for diversity talent is fierce

The number of companies that realize the importance of hiring individuals who fall under the diversity umbrella to fill their top and mid-level executive positions is increasing. During the recession, recruiting was put on hold by many companies, and as a result, a number of diversity initiatives were similarly delayed. As the economy improves, leadership hiring is increasing and the challenges of diversity recruiting are returning.

Carl Taylor, president of Carl J. Taylor & Co., a Dallas-based executive search firm that has helped many companies with diversity search assignments, has noticed a huge rise in interest for diversity recruitment.

Taylor says "Companies are looking to identify and attract individuals who, not only possess the right experience and management skills for a leadership posi-

tion, but also people who reflect the communities (local or global) which the organization serves. Successful companies know that they must appeal to an ever increasing diverse customer base with appropriate products and services"

The advantages for an organization to diversify its leadership team include:

- Increase creative approaches to business ideas and issues
- Provide a broader perspective to problem solving
- Eliminate, or at least reduce, doing business the same way we have always done it
- Enhance implementation of new ideas or programs because more people involved in the decision process

• Increase retention because employees see the company's commitment to a wide range of management talent.

## TEXAS DEPARTMENT OF TRANSPORTATION

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

### CONSTRUCTION/MAINTENANCE/BUILDING FACILITIES CONTRACT(S)

Dist/Div: Fort Worth  
Contract 6209-32-001 for REFLECTORIZED PAVEMENT MARKINGS in TARRANT County, etc will be opened on July 08, 2010 at 1:00 pm at the State Office for an estimate of \$740,209.85.

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

NPO: 32957

### State Office

Constr./Maint. Division

200 E. Riverside Dr. | Austin, Texas 78704

Phone: 512-416-2540

### Dist/Div Office(s)

Ft. Worth District | District Engineer

2501 Southwest LP820 | Ft Worth, Texas 76133

Phone: 817-370-6500

Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TXDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national origin.

**AVENUE F CHURCH  
OF CHRIST IN PLANO**

**May 30**

Come to worship and stay for our Blood Pressure Clinic after Morning and Evening Worship Services.

**June 5**

All ladies are invited to our Ladies Prayer and Breakfast meeting at the IHOP Restaurant, 933 N. Central Expressway, Plano, TX 75075. Call Sis. Misty Rockwell @ 214-244-1142 or Sis. Deadra Pete @ 469-667-5865 for details.

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

**DAYSTAR  
DELIVERANCE  
MINISTRIES**

**On Going  
9:30 – 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**

Come see Wednesday Night Live at our main campus @ 7 p.m.

**May 29**

You're invited to our Rites of Passage Ceremony. Call the church for details.

**May 30**

Join us for Super Sunday and dinner. Call the church for details.

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

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

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

**June 4 – August 13, 7 p.m.**

Registration for those persons interested is now going on for our Bowling League at the AMF Richardson Lanes, 2101 N. Expressway, Richardson, Texas 75080, 972-231-2695 that is sponsored by our Athletic Ministry. Call the church for fees and other details.

**June 5, 11 am**

**And every first Saturday  
In Each Month.**

Join us for "Prayer With

Pastor." Come to pray for our world and hear Pastor Gregg's inspiring message.

**June 8, 11:30 a.m.**

Join us for our Living A Legacy Luncheon honoring our Senior Sisters & Caregivers at our Family Life Center, 210 Abrams Street in Richardson, Texas (down the street (east) from our main building. Call the church for luncheon fees and other details.

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

**FRIENDSHIP BAPTIST  
CHURCH OF  
THE COLONY**

**June 6, 8 a.m.-3 p.m.**

You're invited to our Annual Stewardship And Entrepreneur Conference for students ages 12 to 18 years. The keynote speaker is Dr. Randal Pinkett, an entrepreneur, author, Chairman and CEO of BCT Partners, and a Season 4 winner of "The Apprentice" Television show. The conference will be in our C. Paul McBride Family Life Center.

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

**MT. PISGAH  
MISSIONARY  
BAPTIST CHURCH  
"THE ROCK"**  
May 29, 8 a.m.

For those in need, you're invited to our Give Away Saturday Event. Tell others in need about this day.

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

**Life as a Young Adult"  
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. Highway at ht Audelia Road. There will food, fun and more.

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

**NORTH DALLAS  
COMMUNITY  
BIBLE FELLOWSHIP  
CHURCH**

**June 14-18**

Get ready for our Vacation Bible School/Summer Seminar Series. Call the church for details.

**June 14-18**

You're invited to our Life Strategies Seminar Series. Call the church for details.

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

**SHILOH MBC  
IN PLANO**

**June 12, 7 p.m.**

Young men of Shiloh ages 10 and up are invited to a Frisco Rough Riders baseball game at the Dr. Pepper Ballpark in Frisco, TX and is sponsored by our Brotherhood Ministry and the Junior Laymen. Call Bro. Rusty Glenn at 214-870-8496 or Bro. Willie Rivers at 972-922-9190 before June 9th for complete details, registration and fees.

**June 14-18**

Come to The Step and Go Green for Jesus - Vacation Bible School 2010 Bible course; it seeks to encourage youth and adults toward good stewardship of everything that God has given. Student registration is after each service in the Fellowship Hall.

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

**SAINT MARK MBC  
IN MCKINNEY**

**June 12, 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 Am-scott 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, June 11th (this month) before the luncheon and leave a message with your name, address, phone number and how many meals you need.

**June 14-18**

Come to our Family-Style VBS. Call the church for details.

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

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

**In May 2010 @ 7 pm**

Join us for our anointed Thursday Night Prophecy Service and be encouraged by Words from Heaven.

**Dr. Gregory Voss,  
Senior Pastor**  
2765 Trinity Mills Road  
Suite 305  
Carrollton, TX 75006  
214-514-9147

*God did not send his Son into the world to condemn the world, but to save the world through him.*

— John 3:17 (NIV)

**FELLOWSHIP BAPTIST CHURCH  
OF ALLEN**  
A Kingdom Building Church  
200 BELMONT DRIVE - ALLEN, TX 75013  
(972) 359-9956 • www.fbcfallen.org

**Sunday Morning Services**  
8:00AM Story Elementary  
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



*The New Light Church*

ENCOURAGING, EMPOWERING, EVANGELIZING  
*"Taste and see that the LORD is Good."*

**Sunday School 9:30AM**  
**Sunday Worship Service 11:00AM**  
**Thursday Night Live At The Light 7:00PM**

**Come, Experience  
The Light!**

[www.newlightchurchdallas.org](http://www.newlightchurchdallas.org)  
9314 Elam Rd. | Dallas, TX 75217  
214.391.3430

Shaun Rabb, Senior Pastor



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

**Last Sunday, Every Month**  
7:00 pm  
**Sunday Morning Worship**  
10:00 am  
**Wednesday Nights**  
7:15 pm

Call Pastor Sam on:  
"Vision & Truth Live" Radio Program  
Broadcasted on KWRD 100.7 FM THE WORD  
(Sundays 9 pm - 10 pm)  
Hear Pastor Sam on: "Truth Made Simple"  
KGGR 1040 AM, Monday - Friday @ 5:25 pm - 5:30 pm







Sister Tarpley

*"Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away. For that ye ought to say, If the Lord will, we shall live, and do this, or that."* **James 4:14 & 15. (KJV)**

The story is told of a group of men that met monthly to fellowship, study and pray. One man was well liked and in good health. One night he showed up as usual, but the next morning he was dead. He had died in his easy chair that night. The man had no prior problems and no one could have guessed that he was about to be called home by his Heavenly Father. It was a great shock to every one.

Whenever things like this happen close to home, it brings us face to face with our mortality. One man said he was challenged by someone to do an experiment. He was challenged to live his life for one year as if it were the last year he would live. He responded to the challenge and did as proposed. It changed his life forever. He began to focus on different priorities and people when he viewed life in

these terms.

Life is fragile. Consider where you are investing your time and energies. Someone once said they had never heard anyone on his or her deathbed say that he wished he had made more money in his lifetime or he wished he had made a certain deal. Usually it is something like, "I wish I had spent more time with my kids." Or "I wished I had made peace with my dad, my mom or my friend. "Only God can give you His priorities for your life.

*"Man is like to vanity; his days are as a shadow that passeth away."* **Psalm 144:4 (KJV)**

I went to a Galveston's beach one year; I imagine that pouring a glass of water in that mass body of water is like time spent on earth. The incredible size of the Gulf Ocean compared to one glass of water is what our life is like compared to eternity. Why then do we invest so much time in temporal pursuits when we know that our investment here can have a greater impact on our eternity? It is the great paradox of human behavior, especially for Christians. Does your life have an overall ministry objective to it? This does not mean you must be constantly involved in "Christ-

## Future Plans

ian activity." It only means that we should be about what God has called us to do with the motive of being obedient to God's purpose for our mission.

Do not let the worries and cares of this life keep you from having an eternal impact on the lives of those you meet each day. Satan has a way of keeping our focus on the problems of today rather than the spiritual opportunities before us. He is master of the urgent, not the important. *"Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord."* **1 Corinthians 15:58 (KJV)**

As Christians we need to remember that everything we are and everything we have is a direct result of what God has allowed in our lives. At times, in each individual life, it is very hard; other times it is full of happiness. However, through it all, God is always there for each individual and His many blessings are there for them if they will only listen to and obey Him.

Christians need to ask God to help them to recognize the gifts He gives to each person for His work

and the doors He opens each day. Ask Him for His wisdom to use your gifts to minister to the world and draw people to Him because you should want to do as His Word instructs on a daily basis. As Christians we should always strive to be Christ-like. We should not grieve the Holy Spirit and ask that all bitterness, wrath, anger, clamor and evil speaking be put away from us. We should be an imitator of Christ, kind, tender-hearted and forgiving one another as Christ forgave us.



Martha Endum Teke (a Texas A & M University System Health Science Center, College Station, TX, 2010 Magna Cum Laude graduate) Sister Tarpley and Martha Teke (the mother.)

## New Locations for City of Garland Customer Service and Tax & Revenue Recovery Offices

(NDG Wire) As of June 7, the City of Garland Utility Customer Service and Tax offices will move to the Charles E. Duckworth Utility Services building at 217 N. Fifth Street, across from City Hall. Customers will make utility and tax payments or inquire about an account at one of the service areas on the first floor.

Also opening June 7, the new Garland Utility Payment Drive Thru is located at 717 W. State

Street, just a couple of blocks away at the corner of State and Glenbrook. This facility features a

access the utility payment drop box without leaving their vehicle. The drop box is located in the far left lane of the Drive Thru.



four-lane drive thru, a welcome improvement over the previous two-lane drive thru. Additionally, customers will be able to

At the close of business on Friday, June 4, the old Customer Service and Tax offices and drive through will be closed. Utility and tax payments will no longer be accepted at the 800 Main Street building.



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.

"The Church with a Vision"

### Mt. Pisgah Missionary Baptist Church

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Rev. Robert Townsend, Pastor



Come Experience A  
Church that Believes  
in Giving God  
Excellence Without  
Excuse

Worship Services

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@mtspisgah.org](mailto:info@mtspisgah.org)  
Website: [www.dallasmtspisgah.org](http://www.dallasmtspisgah.org)

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Two Sunday Worship Times  
**8:00am & 10:30am**  
Wednesday Night Bible 7:30pm



# Giant DART deals for zoo visitors Memorial Day weekend

(Dallas, Texas — May 25, 2010). The Dallas Zoo announced today guests will receive a \$2 discount on admission Memorial Day Weekend with a same-day DART pass in honor of the Grand Opening of the Giants of the Savanna. This discount is currently in place every Monday and Tuesday for guests to the Zoo.

“The Dallas Zoo has its own DART station. Why bother with traffic when DARTing to the Zoo is an easy, convenient thing to do,” said Gregg Hudson, Executive Director, Dallas



Zoo and the Children's Aquarium at Fair Park. “We are grateful DART is working with us to make the Giants of the Savanna Grand Opening on Memorial Day weekend a huge success.”

• The Dallas Zoo DART Station is located at

the corner of Ewing Avenue and Clarendon Drive and served by the West Oak Cliff segment of the DART Rail Red Line.

• The Red Line is conveniently located at the following Park & Ride stations all over town: Parker Road, Bush Turnpike, Arapaho Center, Spring Valley, LBJ/Central, Forest Lane, Walnut Hill, Park Lane, Lovers Lane, Mockingbird, Cityplace, Cedars, 8th & Corinth, Hampton and Westmoreland.

• You can call DART for assistance with planning your trip at (214) 979-1111

or visit their website at: [www.dart.org](http://www.dart.org)

“The Dallas Zoo is an advocate for conservation, and so is our partner, DART,” said Hudson “If you want to improve air quality, one of the easiest things you can do is to get out of your car. We're lucky to have a Dallas Zoo DART station right across from the Zoo entrance, so it's convenient for families and better for the environment.”

The Dallas Zoo is the largest zoological experience in Texas, with a 106-acre park, thousands of ani-

mals, and an education department that offers fascinating, fun programs for all ages. It is an accredited member of the Association of Zoos & Aquariums. American Airlines is the official airline of the Dallas Zoo. The Zoo is located at 650 S. R.L. Thornton Freeway (I-35 at Marsalis). The

Zoo is open seven days a week from 9 a.m. to 5 p.m. Admission is \$12 for ages 12 and above, \$9 for ages 11 – 3, and free for ages 2 and younger and DZS members. For more information call 214-670-6826, visit [www.DallasZoo.com](http://www.DallasZoo.com), or download our free iPhone app today.

**Lead Pastor: Timothy Jones**

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

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21 Prestige Circle | Allen, Texas 75002 | 10 a.m. Worship

**INSPIRING BODY OF CHRIST CHURCH**  
7015 WESTMORELAND RD  
DALLAS, TX 75207  
(214) 571-4100 (1060)

**SERVICE TIMES:**  
SUNDAY  
LIVE ON TBS: 7:30 AM  
10:30 AM  
MONDAY SCHOOL  
7:00 AM  
TUESDAY  
MUSIC FELLOWSHIP  
7:00 PM

**INVITED BY:**

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

**Wednesday Night Service**  
8:00 pm

**FIRST BAPTIST CHURCH OF HAMILTON PARK**

**Dr. Gregory Foster Senior Pastor** **Rev. Anthony Foster Pastor**

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To fulfill The Great Commission until Christ comes.

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7:30 AM • 9:30 AM • 11:30 AM

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

**Dr. Leslie W. Smith, Senior Pastor**

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**Sunday School:** 9:45 a.m.  
**Mid-week:** Wednesday at 7:00 p.m.  
**Children's and Youth Worship**  
**Service:** Every 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup>, Sunday at 10:45 a.m.  
**AWANA:** Wednesday at 6:30 p.m.  
**Contact Information:** 972-423-6695  
[www.smbcplano.org](http://www.smbcplano.org)

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

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

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

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

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

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**the mark**  
pressing forward

**Charles S. Wattley Senior Pastor**

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

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

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