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MLK's legacy for Black America in 2017

By Dr. Benjamin F. Chavis, Jr.
President/CEO, NNPA

As the United States of America and the global community salutes, recognizes and commemorates the 88th birthday of The Reverend Dr. Martin Luther King, Jr., it is a providential time to reassess the meaning and challenges of Dr. King's legacy for Black America in this year of profound change, anxiety, and hope.

As we witness the transfer of presidential power from President Barack H. Obama to President Donald J. Trump, it is quite appropriate to apply some the long-lasting and enduring tenets of Martin Luther King's leadership, teachings, and perspectives. Dr. King and the Southern Christian Leadership Conference (SCLC) prophetically stood strong for freedom, justice, and equality for Black Americans and for all people who cried out for a better quality of life throughout the world.

Dr. King was more than one of the greatest orators and preachers of the 20th century. He was one of the most effective intellectual theologians whose moral genius and courage helped irreversibly to change the course of American history for civil and human rights. No man or woman is perfect. Yet Dr. King's leadership inspired and motivated millions of



Dr. Martin Luther King, Jr. played a pivotal role in the history of civil rights in the United States. As a nation salutes a fallen hero, we take a close look at what his legacy means today.

Black Americans and others to strive toward the perfection equal justice for all through nonviolent social change and transformation.

As a young teenage staff worker for SCLC in North Carolina in the early 1960s, I witnessed firsthand how Martin Luther King, Jr. would stir the consciousness of the masses. We overcame the fear of standing up for righteousness in the presence of evil powers and unjust systems of oppression and suppression.

Legacy is about establishing in one's life and work, that which will endure and last for generations to come. Dr. King's life and work ex-

emplified intellectual honesty, activism, and courage. At a time when the misguided phenomena of so-called "fake news" is gaining momentum in the body politic of the nation, we all should be reminded that Dr. King would always cautioned that only "The truth will set us free."

This is the reason we are determined to maintain and to sustain the viability of the Black Press of America as the truthful, accurate, and trusted voice of Black America. This year marks the 190th year of the Black Press in the United States.

See MLK, Page 16



Proposed budget addresses mental health

-See Page 16



Irving council flips vote on IMF changes

-See Page 5



Globetrotters set to take Dallas

-See Page 10



Win tickets to Drumline Live at Bass

-See Page 10

COMMENTARY

Today's activists can learn from King's 'Creative Disruption' tactics

By Julianne Malveaux
NNPA Columnist

When Dr. Martin Luther King envisioned the Poor People's Campaign in 1968, he envisioned all kinds of people descending on our nation's capital, bringing demands to federal agencies. He envisioned people pushing for affordable housing, for quality education, for better health care, for minority business development programs, and more. He envisioned them demand-

ing these things, and occupying government offices until these things were produced. Unfortunately, Dr. King's death and the curse of disorganization prevented the Poor People's Campaign from being exactly what Dr. King imagined. But it still made a difference, and people still refer to its conception as brilliant.

The Poor People's Campaign was a paradigm shift in our manner of protest. It

See TACTICS, Page 3

INSIDE...

People In The News	2
Op/Ed	3
Health	4
Community	5
Education	6
Plano / Irving	7
Community Briefs	8
Entertainment	9-10
Market Place	11-13
Church Directory	14-15
NDG Book Review	16

People In The News...

See Page 2



Dr. Paul Judge



Asia Newsom



Sierra Jones

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Dr. Paul Judge

Dr. Paul Q. Judge is a serial entrepreneur and noted scholar. He has founded several companies that grew and resulted in successful acquisitions.

Dr. Judge is cofounder and Executive Chairman of Pin-drop Security, provider of phone anti-fraud and authentication solutions, founded in 2011. He is also a cofounder of Monsieur, the creator of the robotic bartender.

He is a founding partner at Tech Square Labs a company building studio based in Atlanta. The first company incubated by @TechSquare is Rescour which provides au-



tomated market research for commercial real estate.

Dr. Judge currently serves as Chief Research Officer and VP at Barracuda Networks. In 2009, Barracuda Networks acquired Purewire

Inc, a leading Web security-as-a-service company that Judge founded. Purewire was started in 2007 and acquired within two years. In that time, Purewire grew to almost 40 employees, received several industry awards, and built an impressive customer base.

He heads Judge Ventures, an investment firm that focuses on opportunities in making the Internet safe, useful, and entertaining. He is an investor and advisor at Ionic Security and Limitless Smart Shot and an investor in dozens of great startups including Bluebox, StarMobile, and Emailage.

In 2000, Dr. Judge joined the founding team of CipherTrust which became one

of the fastest growing companies in North America reaching 300 employees and over 3000 customers in more than 50 countries including half of the Fortune 500. CipherTrust was acquired by Secure Computing for \$273 million in 2006. From 2006-2007 Dr. Judge served as Chief Technology Officer and Senior Vice President of publicly traded Secure Computing. During his tenure at CipherTrust and Secure Computing, Dr. Judge headed the technology strategy and product delivery including research, engineering, and product management. Prior to his tenure at CipherTrust, Dr. Judge worked briefly with IBM and

NASA.

Dr. Judge has received numerous awards including being recognized by MIT's Technology Review Magazine as one of the top 100 young innovators in the world in 2003, featured in Black Enterprise's list of '50 Most Powerful Players Under 40' in 2005, named in The Network Journal's '40 Under 40' in 2005, awarded the Black Engineer of the Year Special Recognition Award in 2006, selected as one of Atlanta's Power 30 Under 30 and listed in InfoWorld's Top 25 CTOs in 2007. In 2008, Baton Rouge Business Report selected him as a 'Top Forty Under 40.' In 2009, Paul was named Geor-

gia Corporate CIO of the Year.

He is an inventor of about 30 patented and patent-pending computer security technologies. Dr. Judge has spearheaded multiple research initiatives and founded the Internet Research Task Force's Anti-Spam Research Group. Dr. Judge is a recognized authority on information security issues, having authored numerous papers that have been published in leading academic journals and presented at multiple conferences. Dr. Judge holds a B.S. in Computer Science from Morehouse College, and received his Ph.D. and M.S. in Network Security from Georgia Tech.

Asia Newsom

Being a successful entrepreneur is not dependent on age, as shown by this 13-year-old from Detroit, Michigan. Her name is Asia Newsom, and she is known locally and nationally as "Super Business Girl." It's the perfect name for a determined young girl whose company is targeted to make \$100K this year, and for someone who wants to help other young girls do the same!

Newsom actually got started at the age of five selling candles door-to-door



with her dad, who is also an entrepreneur. She bought the wholesale candles for \$1 and sold them for \$10. At the time, many people bought her candles because

they couldn't resist her cuteness. But as she grew older, the situation changed. She knew she could no longer rely on her cuteness if she wanted to create a successful and long-lasting business.

Every business has its challenges

When Newsom was older, local security guards began banning her from public places because they suspected she was running some kind of scam. With her mother's help, she went downtown and got a vendor's permit. By this time, she had trained 20 others

but security continued to be suspicious.

The game changer

Everything changed, however, when, by chance, she ran into Quicken Loans founder, Dan Gilbert, who is also a famous entrepreneur who has been helping to rebuild downtown Detroit. Gilbert recognized her as Detroit's "Super Business Girl." She met with him in his office and he said, "I have keys to the city, and I can sell anywhere!"

From that point forward, everything changed. She improved her product packaging and began to enlist

the help of partners.

She continued to train more people, and her web site really took off, producing more and more orders from her sales of candles, shirts, book bags and school supplies. This got her a lot of media attention; she even appeared on The Ellen DeGeneres Show.

Helping and training others

Newsom has always been focused on helping others. The idea of training others to sell her candles is to teach other children how to make their own money. Her

advice to others is to never give up, and don't be afraid to fail.

She explains, "No matter what is going on in your life...no matter what other family responsibilities you have...no matter what your age, geography or gender, you can be a success. Just don't give up."

Newsom obviously never gave up, and for a certainty we are going to hear much more from this very special entrepreneur! For more information about Asia and/or her company, visit www.superbusinessgirl.com

Sierra Jones

The 25th Annual Gardere MLK Jr. Oratory Competition, co-presented by Dallas ISD, was held at the Majestic Theatre on Friday, Jan. 13 from 11 a.m. to 12:30 p.m. Incorporating ideals from Dr. King's writings and speeches, eight fourth- and fifth-grade Dallas ISD elementary school students presented original speeches addressing the topic: "If Dr. King were alive today, what would he say about Muhammad Ali's contribution to society?"

Eleven-year-old Sierra Jones, a fifth-grade student at Charles Rice Learning Center in Dallas, captured first place. Sierra's speech



highlighted Ali's refusal of the Vietnam War, as well as his boxing triumphs, tying together Ali's fights in and out of the ring.

"So I would say fight when you are tired, fight for what you believe, fight like my friend Muhammad Ali fought when you cannot fight anymore."

2017 Winners

- Sierra Jones (1st place winner)
- Jace Roberson (2nd place winner)
- Asad King (3rd place winner)

In celebration of the 25th anniversary of the event, the competition grew from 15 schools to 25 participating schools this year. More than 160 students participated in the in-school competitions held last fall to qualify for 25 positions to represent their school in the semi-final round. Then, eight finalists were selected to advance. At all three levels of competition, students were judged on their delivery, stage presence, content in-

terpretation and memorization. Finalists will receive monetary gifts in varying amounts.

Established in Dallas in 1993 by Gardere Wynne Sewell LLP, the Gardere MLK Jr. Oratory Competition is hosted annually in conjunction with Martin Luther King Jr. Day to encourage the community to remember and pay tribute to the late civil rights leader's legacy.

Presented in the spirit of learning and celebration, the event is designed to highlight the cultural diversity of the community, while recognizing and encouraging the writing and presentation skills of elementary school students.

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North Dallas Gazette

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marketing@northdallasgazette.com
972-509-9049

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Abolishing Obamacare rewards wealthy, punishes working families

By Frank Clemente
and Ron Pollack

(American Forum) Republican plans to repeal the Affordable Care Act (Obamacare) threaten the health care of 30 million Americans and would erode some rare progress made recently to reverse America's growing economic inequality.

By taxing rich households and big corporations to subsidize healthcare for working families, the ACA does what good public policy should: level the playing field to give everyone a shot, not just those at the top. Abolishing the ACA would only further tilt the field in favor of the wealthy and well-connected.

It turns out that taking away health insurance from struggling families can be a windfall for the well-to-do. The top 0.1% of households—those with income of at least \$3.7 million a year—would receive a tax cut of about \$197,000 in 2017, on average, if the ACA is repealed, according to the Tax Policy Center.

Meanwhile, millions of Americans would see the cost of their private health insurance skyrocket because they would lose ACA subsidies used to pay their premiums. The increased costs would range from about \$4,000 to \$6,000 per family, depending on family income. Taking away subsidies would make health in-

surance unaffordable for most of these families.

Denying struggling families quality, affordable health care while giving huge tax breaks to the wealthy and profitable corporations clearly contradicts President-elect Donald Trump's claim of looking out for the little guy.

In addition to shifting resources from the working class to the upper class, repeal of the ACA would also cost about \$1 trillion in lost revenues. (P3 total changes in revenues \$1,052.1)

This huge revenue loss would make it impossible for Republicans to fund any sort of meaningful “replacement” for the ACA (if that's in fact their desire). Most

likely, millions would simply lose their health insurance.

It is important to look at who has gained health coverage under the ACA, which is funded mostly by \$600 billion in taxes on wealthy families and on thriving health-care industries like insurance, prescription drugs and medical devices.

Since 2010, approximately 20 million Americans have obtained coverage—in all ethnic groups in every region of the country, including nearly 3 million children. Among white adults without a college degree (often viewed as the in-

See OBAMACARE, Page 11

MLK, continued from Page 1

wasn't just marching, and it wasn't just protest. It also involved the creative disruption that would come if thousands of people sat in federal offices and demanded change. Can this kind of creative disruption be useful in the age of Trump? After all, Mr. Trump has already told us what he thinks of most of the American people. His nomination of Senator Jeff Sessions (R-Ala.) as Attorney General is a flash of the middle finger to men of color, especially the Black men who have been tossed around as cavalierly as the term “law and order.” It is a slap in the face to the immigrants and women who have already seen what Sessions stands for. And it is not as if other Trump appointments are better.

Indeed, not a single Trump appointment passes the centrist smell test or suggests a willingness to reach across the aisle. Indeed, Trump seems to do little more than create a cabinet of billionaires who are as far removed from the way ordinary people live that the public policy they attempt to

create will be little more than self-serving.

None of them seems to understand the concept of public service. They don't think they should have to release their financial information, and they shrug off the notion of conflict of interest. Contrast them with Dr. King who only got a big paycheck when he won the Nobel Peace Prize, and he gave “every penny” of the \$54,000 that he won in 1964 to the civil rights movement.

Dr. King was extremely clear about those he identified with. He once said:

“I choose to identify with the underprivileged,

I choose to give my life for the hungry,

I choose to give my life for those

who have been left out of the sunlight of opportunity...

this is the way I'm going.

If it means suffering, I'm going that way.

If it means dying for them, I'm going that way,

because I heard a voice saying

DO SOMETHING FOR OTHERS.”

Our President-Elect has

also heard a voice, but the voice he heard said: “Do Something for Me, Myself, and I.” Absent a sense of service or of social/public consciousness, Mr. Trump seems to believe that his own personal richness makes America great again (hate again, sick again). His swaggering dismissal of anyone who dares ask a question that challenges suggests that he thinks he is ascending a monarchy, not leading a democracy. And the tone-deaf lemmings that surround him, some (like Kellyanne Conway) called “Trump whisperers” must be whispering sweet nothings, because the behavior modification so many expected has not yet happened.

Still, we who are progressive play ourselves cheap when we respond to his smug tweets. We play ourselves cheap when we moan and whine. The time for whining is over now. This is the time for a paradigm shift in the way we respond to institutional stupidity. This is the time for us to consider creative disruption whenever, wherever, and however. What does that mean? Let's channel the energy of

the Poor People's Campaign. Let's show up in those federal offices. Let's carry demands; let's ball up our fists. Let's get it on!

The last two times Dr. King's birthday was celebrated, it was days before Barack Obama, our first publicly identified Black President (there were other folks, but it wasn't so public), took office. I loved the way that the 44th President took his oath holding Dr. King's Bible. I'm not sure which Bible Mr. Trump is going to hold, but it is probably a Bible that is missing the book of Matthew, and the exhortation (Matthew 25:40) about the least of these. This is why the President-Elect will need creative disruption to remind him that his job is to share the American dream, not the American nightmare.

Julianne Malveaux is an author, economist and Founder of Economic Education. Her latest book “Are We Better Off? Race, Obama and Public Policy” is available to order at www.julianne-malveaux.com at Amazon.com. Follow Dr. Malveaux on Twitter @dr-jlastword.

Wellness program rewards healthy New Year's goals

(NewsUSA) – With the New Year underway, we have thoughts and make plans about resolutions. Many people with health-focused resolutions will head to the gym for a workout, turn to a weight-loss program or swap soda for water.

While these are worthy steps, it can be hard to maintain enthusiasm over time, leaving you short of your goals. In fact, more than half of the people who make resolutions will break them in less than six



Monitoring your blood pressure can be vital to healthy long term living (IMAGE: Flickr Christiana Care)

months.

Here are a few tips for meeting and keeping your

health goals: set personalized and achievable milestones, incentivize yourself

and get rewarded for your progress. Programs such as Go365, a wellness and rewards program by Humana, make getting and staying healthy, fun.

Go365, which launched Jan. 1, 2017, motivates members to make positive lifestyle changes by tracking simple wellness achievements. Members are able to choose their level of engagement and participate in personalized activities tailored to their specific health needs and interests.

The program is designed

for everyone, so members can benefit whether they are training for a marathon or just getting up off the couch. When they reach a goal, such as running a 5K or participating in a sports league, they get rewarded. Go365 awards its members “Bucks” that can be redeemed for items such as gift cards, movie tickets and compatible fitness devices.

“We want members to stay engaged in their health. Wellness programs such as Go365 make it easier to start with healthy activities

each and every day,” says Joe Woods, Chief Executive Officer of Go365. “Go365’s special features make healthy choices and working towards personal health goals rewarding.”

Go365 is available with most Humana commercial insurance plans, and employers can even purchase it as a stand-alone wellness program. Ask your employer to explore Humana programs and you could reap the benefits.

To learn more, visit www.go365preview.com

The doctor is in: how shared medical appointments benefit Parkland patients

“This won’t be a lecture,” the physician said with a smile to the six patients seated around a table in a small conference room at Parkland Health & Hospital System’s Vickery Health Center. “Instead of me doing all the talking, you’re going to learn from one another. You already know if you don’t control your diabetes, there will be complications.”

Maria Rivera, diagnosed with diabetes one year ago, nodded in agreement, then said in Spanish, “I had a friend with diabetes who got a piece of glass in his foot. It got infected and he lost his toe.”

Maria Cozares, who has had diabetes for eight years, added, “One of my family members with diabetes lost their vision.”

Through an interpreter, Sentayehu Kassa, MD, senior lead physician at Vickery, responded, “Amputation and blindness are serious complications of diabetes. That’s why it’s so important that you manage your blood sugar.”

According to the Dallas County Health Needs Assessment report, diabetes in Dallas County is at epidemic levels. Nearly 11 percent of the population has the disease. It’s the seventh leading cause of death in the U.S. and the leading cause of kidney failure, lower-limb amputations and adult-onset blindness. In the state of Texas, African Americans and Hispanics are twice as likely to die from diabetes-related

causes as Caucasians.

Providing timely care for this chronic and debilitating disease is stressing healthcare systems across the nation. For Parkland, which currently has more than 50,000 patients with diabetes, ensuring access to treatment is a high priority.

To address the need, Parkland launched a program in 2013 to improve access to treatment, education and preventive care for patients with diabetes by offering shared medical appointments, known as SMAs. Parkland was one of the first in Texas to offer SMAs beginning in 2007 with a group medication refill SMA. The program has steadily grown and Parkland now offers SMAs for

newborn checkups, 2-to-4-month-old infant checkups and behavioral health at various Parkland outpatient facilities.

“SMAs have become increasingly popular across the U.S. as one way to improve the quality and efficiency of care. At Parkland, we’ve found SMAs offer quicker access to primary care and foster group learning that our patients find beneficial. SMAs also help reduce the overall cost of care,” said Noel Santini, MD, Senior Medical Director, Ambulatory Services at Parkland.

More than 20 percent of healthcare spending in the U.S. is for people with diagnosed diabetes, according to the Centers for Disease Con-

trol and Prevention.

“A traditional one-on-one appointment between a patient and doctor usually takes 15-20 minutes. Shared appointments often last 60 to 90 minutes and during that time a doctor can see 10 or more patients,” Dr. Santini explained. “Parkland patients

who qualify are offered the opportunity to enroll in an SMA but they are not required to do so. If they prefer a traditional appointment, that is always an option. But for many patients, SMAs better meet their needs and they find the interaction with other patients and their healthcare

providers in a group setting is valuable.”

Dr. Kassa was one of the first Parkland physicians to see patients in SMAs and says the program has been extremely successful. She is assisted by a diabetes educa-

See PARKLAND, Page 14



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Flipped vote causes stir with Irving Music Factory development

A vote to amend the lease agreement for the Irving Music Factory between the City of Irving and the ARK Group of Irving went forward and then backward during the Jan. 12 Irving council meeting. The back-and-forth of the vote struck some observers as unorthodox.

ARK approached the council to allow an increase in square footage for flex space or office space in what is currently expected to be retail, in order to provide a place for a radio of TV station at the development in addition to administrative offices.

Irving City Manager Chris Hillman pointed out that this issue had been a discussion item the month prior and had been postponed in order to give time for city staff and ARK to clarify the details of the proposed changes. Hillman added that the adjustments had continued up to the morning of the meeting.

According to staff recommendations, which encouraged the council to deny the request, the original lease



The Irving City Council meets on Jan. 12, hearing a request for changes to the lease agreement concerning the Irving Music Factory development. (ICTN / City of Irving)

agreement called for up to 100,000 square feet of office space, which ARK had since agreed to lease to one client.

Rick Lazes, representing ARK, informed the council the developer was rescinding the request for additional office space, but wanted the council to approve space for the proposed Radio or TV studio as well as reducing the space for a fitness center from 30,000 square feet down to 15,000. Another 2,400 square feet would be set aside as non-rental office space for facility administration, maintenance and security applications.

A motion was made by Deputy Mayor Pro Tem Allan E. Meagher to approve the revised re-

quest from ARK. A vote was taken and the measure passed by a vote of 5-4. However, after consideration of two more agenda items, Councilmember Kyle Taylor asked the council to reconsider the motion. This time Taylor voted against the request, and with another councilmember abstaining, the motion failed.

"That is totally unprecedented," said Irving activist Anthony Bond, who has been attending Irving council meetings for years. "I asked him initially why he changed his vote. Was he bullied by the mayor or anyone else to do it? He said, 'no.' He just hit the button

See VOTE, Page 16

MLK, continued from Page 1

During the height of the Civil Rights Movement led by Dr. King and other leaders, the mainstream press would often attempt to undermine the legitimacy and purpose of the movement for change. But the Black Press always chronicled the news of freedom movement with strategic visibility and editorial support.

In Dr. King's last address in Memphis, Tennessee on the night before his assassination on April 4, 1968, he made statements that still apply and endure today in 2017. Dr. King emphasized that when society appears polarized and deeply divided, we must strive to overcome divisiveness and hopelessness.

Dr. King in his final sermon stated, "Now that's a strange statement to make, because the world is all messed up. The nation is sick. Trouble is in the land;

confusion all around. That's a strange statement. But I know, somehow, that only when it is dark enough can you see the stars. And I see God working in this period of the twentieth century in a way that men, in some strange way, are responding."

Thus, what may appear to some to be a "dark" hour is in fact a God-given time to reassert that justice and freedom are still possible and very probable if we unify, organize, mobilize, and speak truth to power. We cannot afford to engage in the cynicism that is now popular.

Martin Luther King, Jr.'s living legacy beacons us to not give in to hopelessness and self-defeatism. We have had difficult times before and each generation is called to stand up with the principles, values, and commitments that we have inherited

from so many of our sisters and brothers who sacrificed for us to be where we are today.

King stated, "Now, what does all of this mean in this great period of history? It means that we've got to stay together. We've got to stay together and maintain unity." While race is still a defining factor in American society, we must not allow racial discrimination or racism in any form to divide us or to prevent us from moving forward as families and communities steadfast in our unified actions to improve our quality of life.

Black America will overcome. We have come too far to stand still or go backwards.

Dr. Benjamin F. Chavis, Jr. is President and CEO of the National Newspaper Publishers Association (NNPA) and can be reached at dr.bchavis@nnpa.org. Follow Dr. Chavis on Twitter @drbenchavis.

Congresswoman Eddie Bernice Johnson and Brian Cuban added to TeCo's mental health awareness event

TeCo Theatrical Productions, Inc. announced its first speaker series event of the year, "The Secrets We Keep: Destigmatizing Mental Illness" featuring best-selling author ReShonda Tate Billingsley on Jan. 28 at 3 p.m. at the Bishop Arts Theatre Center.

Along with Reshonda Tate Billingsley, author of the TV One movie, *The Secret She Kept*, will include a panel of experts from the NAMI and community

leaders to discuss why mental illness needs more than a bandage. The event is timely following the series of unfortunate violence in our nation including the most recent shooting and mass murder at the Fort Lauderdale airport on January 6, 2017. Many of these recent acts of violence have been committed by people with a history of mental illness. The goal of the event is to shine a light on the topic to better understand

how stigma affects those living with mental illness and our community. Our panel members will include:

- Senior Corporal Herbert Cotner, Behavioral Health Liaison with the Dallas Police Department
- Sherry Cusumano, President of NAMI Dallas
- Brian Cuban, attorney, author and recovery advocate

See TeCo, Page 6

Richardson recycling resumes

Republic Services, Richardson's recycling contractor, has made temporary arrangements that allowed for recycling service to resume in Richardson.

Normal recycling services in the city were disrupted Dec. 28, 2016 when a fast moving fire destroyed the company's processing facility in Plano.

The facility was the single source location for Richardson to dispose of its residential recyclable material.



With normal service resuming, residents are asked to place their blue bags and other recyclable material at their normal collection point.

Recycling collection at each home is the same as for regular trash collection, which is usually in the alley.

To ensure proper collection, place recyclables out by 7 a.m. On rainy days, please place cardboard, newspaper and other similar items in a blue bag.

The recycle bins at the Westside Pump Station, 107 N. Cottonwood Dr., are also now available for recycle drop-off.

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Dennis Jarvis / Flickr

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As students and families get back into the swing of school, it is important for parents to understand how to support and guide students toward a successful educational experience.

Revisit communication with teachers and administrators at school, discuss ways you can support student learning at home and ways to provide an extension of learning by visiting local libraries, museums or exhibits.

Become familiar with your student's schedule and courses. Talk with them about how to balance academic responsibilities or ways in which you can help establish additional reinforcement of concepts and objectives through tutoring or other means of academic

support.

As a reminder regarding ways to support student achievement...

- Read with your student
- Ensure they are on time to school each day
- Attend school meetings and conferences

No matter what time of year, students prosper when someone is actively involved and cares about their progress and development.

Here's looking forward to an outstanding spring in 2017!

In District 6 News:

- Brashear staff took more than 100 fifth-graders to UT Dallas to discuss steps it takes to get into college, how to apply for scholarships, and ways to be successful while in college. As part of the tour, students met with a UTD professor and engaged in discussions on what college options would be right for them.

- Kimball High School teacher Frances Langston facilitated the S.A.F.E. En-

counters Open Mic Forum at Kimball High School recently. S.A.F.E. Encounters is a nationally-mandated project created by the National Association of Negro Business and Professional Women's Clubs, Inc. to promote safe interactions between police and citizens, particularly youth and young adults. Special guests included Councilman Casey Thomas; Gwendolyn Daniels, First VP of the South Dallas Business & Professional Women; Clara McDade, AmeriCorps Vista Program Coordinator; and Dallas Police Department Officers of the Southwest Division.

A few additional notes: 2017-2018 Special Program Applications close Jan. 31

Apply to attend a Dallas ISD magnet school, transformation school, Two-Way Dual Language program or collegiate academy for the 2017-2018 school year through Jan. 31.

Below are web addresses for each online program application:

- **Magnet applications:** www.dallasisd.org/page/182

- **Transformation school applications:** www.dallasisd.org/page/40326

- **Two-Way Dual Language program applications:** www.dallasisd.org/duallanguage

- **Collegiate academy applications:** www.dallasisd.org/page/41447

Feb. 1 Budgeting Workshop to be held at Clinton P. Russell ES

Dallas ISD has scheduled 10 public meetings to provide information and receive feedback on the proposed 2017-2018 budget. Make plans to attend the Wed., Feb. 1 session to be held at Clinton P. Russell Elementary located at 3031 S Beckley Ave.

All budget sessions are from 6:30-7:30 p.m. At the sessions, both parents and community partners will en-

gage in three different budget activities:

- Show Me the Money, which educates participants on where money is being spent;

- Budget Deficit Puzzle, which challenges participants to reduce funds;

- Fantasy Wish List, which challenges participants to allocate money.

2017 STEM Day

Dallas ISD's STEM Day takes place from 8 a.m. to 4 p.m., Sat., Feb. 4, at Kay Bailey Hutchison Convention Center located at 650 S. Griffin St. in downtown Dallas. The free STEM Day event features interactive sessions on aeronautics, coding, robotics and a wide-

range of other STEM concepts that engage students in STEM activity and is open to district prekindergarten-through twelfth-grade students and their parents. Register at www.dallasisd.org/stemday.

2017 African American Read-In

The 2017 African American Read-In is set for 8 a.m. to 2 p.m., Sat., Feb. 18, at Cornerstone Baptist Church, 1819 Martin Luther King Jr. Blvd. Free bus transportation will be available from several campuses. The event will feature free lunch, free books and backpacks and lots of fun activities for families. Contact campus principals for information.

Three Dallas ISD schools nominated for Blue Ribbon status

Three Dallas ISD schools have been nominated for the national 2017 Blue Ribbon Schools award. The middle schools at both Barack Obama Male Leadership Academy (BOMLA) and Irma Lerma Rangel Young Women's Leadership School, as well as the Dallas Environmental Science Academy (DESA), are the Dallas ISD nominees.

The Texas Education Agency (TEA) announced that 26 Texas public schools have received nominations. The prestigious award is a program of the U.S. Department of Education and recognizes exemplary schools where students are performing at high levels.

All schools that have been nominated for the 2017 honor were selected as exemplary high performing schools as measured by state assessments. Each school has an economically disadvantaged population of 22 percent or greater.

The nominated schools



Irma Lerma Rangel Young Women's Leadership School is one of three Dallas ISD schools nominated for the national 2017 Blue Ribbon Schools award.

must now complete a rigorous application process through the U.S. Department of Education. Announcements of the national award winners will be made in September. Schools that receive the award are recognized at the Blue Ribbon Schools awards ceremony in Washington, D.C.

BOMLA, located in Oak Cliff, serves nearly 450 students in sixth- through 12th-grade. It is the first time for the school to receive a nomination at either the middle or high school level.

"We are honored to receive this nomination, as it supports the ability to expose our students to being lifelong learners," said BOMLA Principal Michael Bland. "It is critical while preparing them for college, career and beyond."

Each of the campuses credited the hard work of their students, teachers, staff and community for helping secure the nomination.

In 2011, Rangel Young Women's Leadership School and DESA received a Blue Ribbon.



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January 5, 2017

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Or email your resume to: careers@edbellconstruction.com**

Cranes, Trains and Automobiles: Irving hits 30-year construction record

While most people see them as concrete strips, highways and runways glimmer gold to investors and developers.

The state's strong economy, combined with Irving's numerous transportation assets, are translating to a massive increase in national and international corporate, commercial and retail development.

The numbers are illuminating.

During the past fiscal year, Irving's construction valuation topped \$819 million — the highest in 30 years. Six years ago, it was \$348 million, less than half of today's number. The city issued 616 new home permits last year — more than double the number from six years ago. The average new home permit value is just under \$400,000.

So what does this mean?

It means thousands of new, good jobs. It means Irving's commercial vacancy rate is so low, new office buildings are under construction to satisfy demand. It means lots of nice, new homes; new restaurants; new retail; and more visitors. Lastly, all the con-



Artists rendering of Water Street (City of Irving website)

struction drives additional tax revenue that helps the city fund critical infrastructure — roads and underground utility needs. An important fact to know: Irving's corporations and businesses contribute 73 percent of Irving's tax base, a tremendous benefit to residents and one very few cities can claim.

Growth along Irving's major corridors is booming.

State Highway 161 — Five large industrial projects totaling nearly 2 million square feet currently are underway along this busy corridor. Each project is part of a multi-building industrial park, all in various stages of construction in west Irving. The facilities already are attracting interest

from top industrial companies. Also along this corridor, Healthcare Associates will build a new medical campus, and QTS has committed to expanding its data center.

State Highway 183 — Several years ago, knowing reconstruction was coming to SH 183; the city began razing old structures and moving utilities to prepare for redevelopment — and now plans for that are underway. In the past 18 months, the city has issued \$24 million in building permits for commercial projects along SH 183. That is up from about \$4 million during the prior 18 months. The city has a number of prospects already committed and more in the pipeline.

Where residents may view road construction along SH 183 as an annoyance, commercial businesses see opportunity.

State Highway 114 to Interstate Highway 635 — This corridor is a major attraction. Verizon is planning the \$1.5 billion, 110-acre development called Hidden Ridge that is expected to provide more than 7,000 jobs and attract more than \$1 billion in investment. The mixed-use development will include a new DART station, along with offices and multifamily residential, hotel and retail space, surrounded by planned greenspace. Pioneer Natural Resources will anchor the development with a 750,000-square-foot headquarters office on 35 acres, a great addition to Verizon's existing 2,000-person campus.

Additionally, a tremendous amount of construction is occurring along Belt Line, Freeport and IH 635. Japan's OKI Data Americas recently opened a new corporate office. Two residential developments, The Bridges and Parkside, are moving ahead at record pace, with homes averaging around \$450,000.

The Bridges is slated for completion by the end of 2017, and Parkside is on schedule to be built out by the end of 2020. Restaurants continue to be attracted to the IH 635 corridor near the Belt Line Road and IH 635 interchange.

Heritage District — For many years, the city has been preparing for new construction in downtown Irving. Now, a single-family home development along Delaware Creek will transform 20 acres the city owned and sold to a developer. This highly anticipated 40-home addition is adjacent to Centennial Park. A new grocery-anchored retail center at the northeast corner of MacArthur Boulevard and Sixth Street, as well as The Main Street Art Gallery, with an open-air plaza, also are in the planning stages.

Las Colinas — new entertainment options galore.

Cranes tower over the Irving Music Factory, a 250,000-square-foot entertainment project that includes an 8,000-seat amphitheater, more than 20 restaurants, an Alamo Drafthouse Cinema and more. A global entertain-

ment company, Live Nation, will operate, book and promote acts at the amphitheater, which will incorporate state-of-the-art sound and technology.

The project's six-story parking garage is almost complete. Around the corner, on the banks of Lake Carolyn, Water Street also is underway. This massive project includes restaurants, retail and apartments. The DART rail line provides easy access to the area.

"Irving has some of the hottest property in North Texas. The developments we are attracting will deliver high-quality venues that satisfy residents' requests for restaurants, retail, housing and businesses that bring great job opportunities," said Irving Mayor Beth Van Duyne.

In short, Irving is in the center of it all. With 636,000 vehicles passing by each day, DFW International Airport adjacent to it, and trains running through, Irving is a highly coveted location. For developers, investors, residents and visitors, the city continues to glimmer gold.

Dallas Women's March and Rally planned at City Hall on Saturday

State Representative Victoria Neave invites concerned citizens to the Dallas area Women's March, Rally and Mega Phone Bank on Saturday, Jan. 21 at Dallas City Hall.

The organizers indicated they are marching for women's rights, social justice and equality for all communities. The event is being co-hosted by organizations such as Planned Parenthood, Dallas AFLCIO, Texas Young Democrats and Women Or-

ganizing Women Democrats.

The march will begin at Dallas City Hall at 10 a.m. and wind its way to nearly two miles away at the Communications Workers of America (CWA) Hall at 1408 N. Washington Ave. where a rally will kickoff around 11 a.m. Speakers and a musical line-up is planned for the one hour event.

To participate or for more info, please email us at info@VictoriaforTexas.com.

Dallas women prepare for Women's March on Austin

AUSTIN - On Saturday, Jan. 21, one day after the presidential inauguration, people from all over the state will unite at the Texas State Capitol at 12 P.M. to peacefully stand for protection of human rights, safety and healthcare for all.

We are organizing as a sister march of the Women's March on Washington, which is expected to be the largest inauguration-related demonstration in United

States history. The Women's March on Austin is set to have over 30,000 people march from the Texas state capitol grounds up South Congress making us the fourth largest march nationwide. Our goal is to send a loud and clear message to all levels of government, including the incoming Presidential administration, that we support and inspire each other and the nation to celebrate, honor and protect our

diversity, freedom and human rights.

"This march isn't about being anti-Trump," says lead organizer Melissa Fiero. "It's about being part of a historic social movement and sending a bold message that women's rights are human rights."

The Women's March on Austin is one of nearly 600 sister marches all over the globe to take place on January 21, 2017 with the po-

tential to exceeding one million participants.

The March on Austin program will feature nationally and locally recognized advocates, artists, entertainers, entrepreneurs and thought leaders.

For more information, visit marchonaustin.com or [facebook.com/womensmarchonaustin](https://www.facebook.com/womensmarchonaustin) Opt-in for text updates: text whyimarch to 97779.

TECO, continued from Page 5

• Congresswoman Eddie Bernice Johnson, Member of the US House of Representatives

Tickets are \$18 to \$22 and can be purchased by calling the box office at (214) 948-0716 or visiting

our website at www.bishopartstheatre.org/speakerseries. Press tickets are available for this event. Please confirm your tickets by sending an email to tickets@bishopartstheatre.org.

The event is co-sponsored by The Well Auxiliary of the The Well Community, a nonprofit organization that serves alongside those who struggle with mental illness, offering

hope and healing through the power of faith, friendship and best-practice interventions.

NAMI Dallas is a partner of the event. The National Alliance on Mental Illness

(NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.



For latest DFW news and contests LIKE the *North Dallas Gazette* on Facebook

Facebook.com/NorthDallasGazette

Community Briefs

ALLEN Eggs & Issues

Breakfast with Dr. Scott Niven, Allen ISD Superintendent is scheduled for Friday, Jan. 20 at 7:30 a.m. at the Hilton Garden Inn Allen. The cost is \$25 for members of the Allen Chamber of Commerce or \$30 for prospective members and Guests.

CARROLLTON Carrollton hits high marks for recession recovery

The City of Carrollton ranked 15th in WalletHub's 2017 Most Recession-Recovered Cities in the mid-size city category, and 60th overall.

The financial planning website studied 505 U.S. cities of varying sizes, comparing factors like the influx of college-educated workers, the percentage of households receiving public assistance, and homeownership rates.

WalletHub analyzed the metrics from pre- to post-recession, and derived the following rankings for Carrollton:

- 94th - Unemployment Rate
- 28th - Non-Farm Payrolls Change
- 122nd - Median Home Price Increase
- 98th - Public Assistance
- 84th - Bankruptcy Filings
- 30th - Number of Businesses Increase

To view the full study, visit wallethub.com. For more information about the City of Carrollton, visit cityofcarrollton.com.

FRISCO Water recommendations for the week

Based on data from the City of Frisco weather station: NO watering is needed.

The city received nearly 1.75 inches of rainfall last week. Save water and money this week by keeping your sprinkler system turned off.

GARLAND Garland Board and Volunteer Fair

Want to volunteer? Attend the Garland Board and Vol-

unteer Fair from 5 to 8 p.m. Tuesday, Jan. 24, to meet nonprofits and civic boards that serve Garland and surrounding communities. A number of agencies will be in attendance seeking volunteers and to fill open board vacancies. Interested organizations can reserve a booth by calling Beth Dattomo at 972-205-2471, or visit KiwaniisClubOfGarland.org.

Mayor's Evening In

Mayor Douglas Athas will host his next Evening In from 5 to 7 p.m. Wednesday, Jan. 25, in the Mayor's Office, 200 N. Fifth St. Schedule an appointment by calling 972-205-2400, or email Mayor@GarlandTX.gov.

IRVING Passport to Asia: Celebrating the Chinese New Year

Saturday, January 21 Irving children are invited to celebrate Chinese New Year and "visit" the different countries of Asia at this new, cultural event. Kids will receive a passport so they can travel the land, making crafts and learning about the unique culture of each country. Don't forget to get your passport stamped and receive a prize.

Other activities include food, music and cultural dance performances. This event is free and all ages are welcome.

The event begins at 10 a.m. at the Mustang Park Recreation Center at 2223 Kinwest Parkway.

LEWISVILLE Citizens Fire Academy planned

The Lewisville Fire Department is taking applications for its annual Citizen's Fire Academy.

This free, 11-week, 13-class program, starts Tuesday, March 7, and will include instruction and training experiences in the classroom and in the field. This program is open to all Lewisville residents age 21 or older who have a genuine interest in fire department operations and fire and life safety awareness.

Classes will meet every Tuesday from 6:30 to 9 p.m.,

and on two Saturdays. All sessions are taught by fire department personnel at Central Fire Station, 188 N. Valley Parkway. Each week, students will learn different aspects of fire service. There will also be plenty of demonstrations and hands-on activities for participants.

Space is limited. To print out the registration flyer and application, visit the Citizen's Fire Academy page on cityoflewisville.com.

For information, please contact Division Chief Mark Richards at 972.219.3595 or by email at mrichards@cityoflewisville.com.

LLELA accepting reservations for Spring Break Eco Adventure Camp

Lewisville Lake Environmental Learning Area is now accepting reservations for its Eco Adventure Camp for students in grades 4-7 during Spring Break, March 14-16, from 8:30 a.m. to 4 p.m. each day. Cost is \$125 per child. Registration deadline is March 1, and space is limited.

The three-day camp will include examining microscopic pond life, visiting the Native Plant Nursery, hiking the Blackjack Trail, visiting Swamp Kingdom, going

back in time to 1869 at the Minor-Porter Log Cabin, capturing photographic memories, and more.

A registration form and medical release form are available online at LLELA.org. Please print both forms and mail with payment by check or money order to City of Lewisville-PALS, P.O. Box 299002, Lewisville, TX 75029. For additional information, contact LLELA Nature Preserve Education Coordinator Lisa Cole at 972.219.3550 or lcole@cityoflewisville.com.

LLELA is open daily for fishing, hiking, camping, bird-watching, kayaking/ca-

noeing, picnicking, and other outdoor activities. The preserve entrance is at 201 E. Jones Street. Admission is \$5 per vehicle. Learn more at llela.org or by calling 972.219.3930, and follow on Facebook at facebook.com/LLELALewisvilleLake.

RICHARDSON Photo contest accepting applications

The City's annual photo contest will accept entries until Jan. 29. Categories include Abstract, Anything Goes, Cityscape/Architec-

See BRIEFS, Page 12

BARBARA PARK
**Junie B. Jones
Is Not a Crook**

Illustrated by
Denise Briskus

52835338

JAN 20 - FEB 26
AGES 5 AND UP

by Allison Gregory
based on the books *Junie B. Jones Is Not a Crook* and *Junie B. Jones Loves Handsome Warren* by Barbara Park

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Interview: Q&A with *Hidden Figures* director Theodore Melfi

By Edward Henderson
San Diego Voice and Viewpoint
NNPA Member

Imagine being in the running to direct the newest Spiderman film. What kind of script would have to cross your desk to make you drop out of consideration? For me, it would have to be something that moved my soul, told a story that has never been expressed on screen before and had the potential to inspire unity in a country that sorely needs it right now. This scenario is more than a hypothetical situation. For director Theodore Melfi, it's real life.

Melfi was in the final stages of consideration to call the shots for Marvel's cash cow franchise reboot of Spiderman when pages from Margot Lee Shetterly's book 'Hidden Figures' changed everything. The uncompleted book told the true story of African American women whose mathematical calculations for NASA helped fuel America's greatest accomplishments in space during the 60's. Melfi received the pages on a Friday, read them over the weekend, and dropped out of the Spiderman race the following Monday. I sat down with Melfi to discuss his passion for 'Hidden Figures' and the leading ladies who brought the story to life.

What inspired you about this story to take it on?

First of all I couldn't believe it was true that there were women at all working at NASA because we were so sexist at the time. To further dig into it and discover that Katherine Johnson was the only person that [Astronaut] John Glenn trusted to run his numbers before his Friendship 7 launch. He is quoted as saying 'Get the girl to run the numbers, if she says they're good, they're good to go.'

I have two daughters and I said to myself there's nothing more valuable for my life than to do this story justice.

Why do you think it took so long for a story



Taraji P. Henson (far left with eyeglasses), Octavia Spencer (center with purple dress) and Janelle Monáe (far left with white hat) star in "Hidden Figures." (20th Century Fox)

like this to be told?

Sometimes these stories get pushed to the side because they're not sexy at the time or you need the right environment to bring it to light. We're in the right environment now for sure. The country needs to see a story about women achieving greatness and black women achieving greatness in math and science. We also need this movie we need the country to unite and stop dividing under racial pretenses or sexism.

It's just not working. The country needs a story about unity. I hope this movie is that.

You have some powerful leading ladies help bring this story to life in Taraji P. Henson (Katherine Johnson), Octavia Spencer (Dorothy Vaughn) and Janelle Monáe (Mary Jackson). What made them the perfect cast for this film?

I've wanted to work with Taraji since I saw Benjamin Button. This woman can do

Brad Pitt's southern mother in Benjamin Button and then do Cookie on Empire. She has a wonderful range of emotion.

Katherine is quiet, sophisticated, but she has the spirit of Taraji, that quiet fighter. I thought she would nail it and she did. She blows me away every time I watch it.

What can I say about Octavia Spencer? There's nothing she can't do. I was so excited to work with her and when we started working I said 'now that's the real deal'. She lifts those up around her which is who Dorothy Vaughn was.

Janelle Monáe is going to blow you away as Mary Jackson. Mary was the fighter. She fought to get into NASA and become the first female engineer there of any color. After 20 years she moved to HR, hacked into the system and found out women weren't getting opportunities as fast or often as men. She changed the system and advanced

women of all colors. And Janelle Monáe is like a fighter and a voice for everything that's good. She's the spunk.

What was your greatest challenge while co-writing this story and bringing it to life?

The greatest challenge was depicting the work life and the home life of these women. I didn't want to make Apollo 13 again. I wanted to make a movie about how three African American women traversed the civil rights landscape, and even more powerfully sexism in the workplace, and achieved tremendous success and put this man into space.

How did your Brooklyn upbringing shape your perspective on race and the need for equality?

In Brooklyn you don't have time for racism. When you grow up in Brooklyn your neighborhood is a mix of everything. I walked to school with a Black guy, Puerto Rican Guy and a

Russian guy every day. Not to say that there isn't racism, but it's such a melting pot where everyone needs each other. When you go outside of that you don't have that population.

It seems like your upbringing was very similar to the environment Spike Lee painted in 'Do the Right Thing.'

Spike Lee is the reason is why I'm here. That's the first movie I saw and said that I wanted to make a movie. I was so inspired by the story. Even the racism there, they're all a family in some strange sort of way.

During this time of racial unrest and police violence, what is it about this film that you think will lift spirits and promote unity?

My biggest dream for what people take away from the film is that you look at it and go 'there was a time in this country where black white, male female put

See Q&A, Page 10

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Win tickets to see the Harlem Globetrotters at American Airlines Center

As the Harlem Globetrotters prepare to bring their 2017 World Tour to American Airlines Center in Dallas on Saturday, Jan. 28, and Sunday, Jan. 29, the iconic team took a timeout for Guinness World Records Day. Only one year after setting seven official Guinness World Records titles, the Globetrotters broke a single-day total of nine records this year, including the longest basketball hook-shot. *NDG* Readers can enjoy the excitement in person – stay tuned on Facebook and Instagram for a chance to win tickets. Winners will be selected on Monday, Jan. 23.

The records were broken at the AT&T Center, home of the San Antonio Spurs, during the 12th annual Guinness World Records Day, a global celebration of record-breaking launched to celebrate the day the Guinness



World Records book sold its 100 millionth copy. Since 2000, the Globetrotters now own 15 current Guinness World Records.

“We are the original trick shot artists, so it is great to reclaim our records and reestablish our dominance,” said Harlem Globetrotters star Big Easy Lofton.

“We have been training hard so to have a day where we push the limits and try some fun yet challenging shots, is pretty cool. I mean, how many people can say

they’re a Guinness World Records title holder? We can’t wait to put smiles on people’s faces as we demonstrate our skills and talents on the upcoming world tour.”

Among the nine Guinness World Records titles which were set by the Globetrotters, four of them reclaimed records that were originally held by the team and then broken by Dude Perfect. The Globetrotters reclaimed the records of longest basketball hook shot, longest basketball shot blindfolded, most basketball 3-pointers made by a pair in one minute, and longest blindfolded basketball hook shot.

Tickets to see the Globetrotters in Dallas start at \$28.50 and are officially on sale now at harlemglobetrotters.com or the American Airlines Center box office.

Adventure awaits at Mellow Mushroom

Mellow Mushroom Pizza Bakers’ newest restaurant location on 2326 N. Henderson Avenue has an interior influenced by the whimsy of Victorian author Lewis Carroll and the rustic charm of a country farmhouse.

Luis Gonzalez and Monte Jensen decided to introduce stone baked pizza to Dallas. They wanted to showcase their admiration for the whimsical and creative author Lewis Carroll. They managed to find a window from a 200-year-old cabin in Kentucky that adorns the entryway of the restaurant. Another fun farm find was from

Hamburg Farms, where artists salvaged some wood that once housed six Kentucky Derby-winning horses. Local artist Sean Starr created vintage sign art with popular quotes from Lewis Carroll throughout the restaurant. Along the walls of the dining room is a wraparound mural that gives the viewer the sense of falling through a rabbit hole.

The cuisine at Mellow Mushroom features not only pizzas and calzones, but also black Angus burgers, and hoagies. Mellow even touts a vegan specialty menu. The little ones have plenty of op-

tions as well on the Mellow 4 Kids menu, which provides plenty of activities to keep them busy until their meals arrive and features healthier side items like Organic Apples or Fresh Steamed Broccoli.

Art lovers are able to participate in an online tour of the art at this Mellow Mushroom by following the directions on the plaque at the front of the store.

The hours of operations for Mellow Mushroom are from Sunday to Wednesday 11 a.m. to midnight and Thursday through Saturday from 11 a.m. to 2 a.m.

Q&A, continued from Page 9

everything aside and achieved something phenomenal.’ This country was founded on that principle. People came to this country to stop being persecuted, so why are we persecuting black people? People came here to get away from that. I hope this movie shows the world that we are only

gonna make it and achieve greatness together. Nothing divided stands, that’s common sense. I’m hoping that this movie is that. It’s a very inspiring movie.

Lastly, why do you think people should come out and see Hidden Figures?

You need to come see this

movie and understand we can get somewhere again.

Things may feel very divisive right now, but we’ve done amazing things in the past and we can get back there. Come and be inspired by 3 African American women who nobody knows about and support their cause. We need to come and uplift women.

NDG readers can win tickets to see DRUMLINE Live

Enjoy a little bit of fall fun at DRUMLine Live when the show comes to town to Jan. 31 at Bass Performance Hall. Why do I say fall? Well, what are some of the things we love the most about Fall in Dallas? Of course, the cooler weather but that usually does not arrive until Halloween. Fall means football and one of the biggest Dallas traditions is the State Fair Classic between Grambling and Praire View. As much as we love the game – it is the battle of the bands many love just as much.

NDG Readers have a chance to win tickets for two for the Jan. 31 show. For more details visit our Facebook and Instagram profiles.

Fans of the popular movie *Drumline*, which starred a young Nick Cannon, can



rest assured this show will have the same vibe as the same team are the masterminds behind the show. They are also bringing the fun to TV

They may not have Fletcher’s Corn Dogs but DRUMLine Live brings the excitement and intensity of riveting rhythms, bold beats and high octane energy, this stage show is a synchronized musical showcase of

the HBCU experience. Incorporating original compositions and soul-infused interpretations of top 40 hits, group performances range from colorful, choreographed routines to heavy doses of drum riffs and cadences.

To make sure you have a seat in the house, visit <http://www.basshall.com/drumline> for tickets and more info.

Enter to Win! Ticket Giveaway

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

Some time and budget stretching tips for the self-employed

(StatePoint) The ability to stretch a budget can help businesses or those who are self-employed weather lean times and flourish in good periods, and being efficient with time can mean surviving a busy season with your sanity intact. But these principles can be hard to uphold.

To help, here are a few tips to assist freelancers, entrepreneurs and small business owners to make more happen with existing resources.

Seek Out Resources

Taking care of certain logistics is easier these days, as retailers like Staples offer resources for small businesses, such as their Small Business Hub, where you can design and order business cards, print marketing flyers and



posters, get invitations, announcements, calendars and brochures, many on the same day that you place the order.

“When you are on a tight schedule, having one place where you can go that meets a bulk of your small business needs is extremely useful,” says Melanie Salinas a photographer and the blogger behind “Story of Five.”

Salinas, who recently partnered with Staples as part of their #MakeMoreHappen campaign to help small business owners learn about resources to help them get things done, is a frequent user of both Staples’ online hub, as well as their in-store Copy & Print center.

Keep Expenses Organized
“Don’t mix business with

pleasure. Easier said than done when you’re working from home, but it’s a must. Keep business expenses separate from family expenses,” says Salinas.

It may seem like an extra step now, but you can avoid accounting headaches and help make tax time a breeze by staying organized. Good organization will also help ensure you don’t overlook expenses that could lower your taxes.

Create a Workspace

If you are looking to take your business to the next level, it’s important that you have a dedicated workspace where you can get stuff done. Look to programs like Staples Rewards to get cash

back on purchases, special coupons and deals.

“Even if it’s just a corner of your bedroom, creating a functional workspace will help you boost productivity,” says Kayla Buell, who runs “Gen Y Girl,” a Millennial career and lifestyle blog, who recommends sprucing up the area with supplies and décor that inspire and motivate you.

Use Time Wisely

Marketing yourself or promoting your business can be tough, especially if your days are full working for existing customers and keeping your business going.

“Promoting sounds like a lot of work when you’re bursting at the seams, but

you have to communicate with people you want to hire you,” says Susan and William Brinson, who own a thriving photography business and blog at “House of Brinson.” “We use the weeks where we’re slow — around the holidays for instance — to work on promotions.”

More business ideas to save time and money can be found by visiting Staples.com and by following #MakeMoreHappen on social media.

Give yourself a cushion — both on your calendar and in your wallet. Smart approaches to running your business will boost your productivity and stretch your budget.

It’s time for your ‘lazy money’ to get more industrious

Everyone’s goal in the world of investing is a secure financial future.

But it could be that your security, as well as your bottom line, is being victimized by the deadbeat of the financial world, “lazy money.”

“‘Lazy’ money is money that just sits there, not really working for you the way it can and should,” says Alexander Joyce, president and CEO of ReJoyce Financial.

“And it’s money that can end up being eaten away by fees and taxes, not to mention the potential loss of any return on investment.”

Joyce says not long ago he encountered a good example of money that wasn’t being put to its best use. A



widow in her 70s, already struggling to get by, was devastated when the homeowners’ association in her condo complex announced a substantial fee increase. She was in tears, worried that she would have to move because she didn’t know if she could make ends meet.

A friend convinced her to let Joyce review her financial situation.

“What I discovered was

she had \$300,000 in her portfolio and was never shown how to turn that into income,” he says. “That was ‘lazy money.’ I was able to show her how she could have an extra \$24,000 a year in income by making this money go to work for her.”

“‘Lazy money’ can affect people of all ages, but is especially burdensome for people at or near retirement who need their money to perform to its maximum potential. Otherwise, they could end up struggling to survive as the money disappears and they still have plenty of life ahead of them.

If you want to put a little energy into the “‘lazy money’” in your life, Joyce suggests a few places to

look:

- Checking and savings accounts. When you’re in retirement, you want to be conservative with your investments — to a degree. But you can go overboard, Joyce says. Sometimes people keep higher than necessary balances in their checking accounts and savings accounts. They have quick access to that cash, which is great, but the money isn’t growing the way it could.

- Old 401(k) plans. People often change jobs, but are uncertain what to do with their 401(k). So they just leave it with their previous employer and “it sits there and does nothing,” Joyce says. “You could roll it into a traditional IRA and structure it in a different

way to be either conservative or more aggressive, your call.” Another option is to consolidate it into a 401(k) with your new employer.

- Little-used options with current employer benefit plans. Sometimes it’s worth having a financial professional review how you’re investing in retirement plans offered by your current employer, Joyce says. Many employees assume they don’t have access to that money until they are 59½, other than possibly to borrow from it, but sometimes they might. He reviewed the plan for one client — a woman in her 40s — and discovered she was allowed to take the company match portion of her

401(k) and contribute it to a separate IRA.

“So many people don’t realize they even have ‘lazy money’ and that there are opportunities to put that money to work,” Joyce says. “A good financial professional can help them determine whether their money is doing everything that it can.”

Alexander Joyce is president and CEO of ReJoyce Financial LLC (www.ReJoyceFinancial.com). Joyce is a licensed professional in Indiana and specializes in working with people who are near retirement or who are already retired, with wealth management, income planning, and asset protection strategies.

OBAMACARE, continued from Page 3

coming president’s “base”), more than 6 million people have gained coverage.

The uninsured rate has fallen by more than one-third nationally. Some of the states that saw the biggest drops in their number of uninsured helped elect Donald Trump, including West Virginia (-58.6%), Kentucky (-57.1%), Michigan (-49.3%), and Ohio (-44.7%).

Who would gain from abolishing the health-care law and the taxes that fund it? Among the big winners would be wealthy investors, who often don’t have to work for a living but simply live off the proceeds of their fortunes. The ACA places a small 3.8% tax on their investment income from dividends, interest, capital gains and rent. This only affects the top 2% of households —

couples making more than \$250,000 a year.

Much of that passive income is generally taxed at much lower rates than similar amounts of income from wages and salaries — at as little as half the rate. The ACA’s investment-income surtax goes a small way towards closing that tax loophole, which is, of course, just one of many enjoyed by the wealthy.

In order to strengthen Medicare, the ACA also ex-

tended a 0.9% tax that funds the insurance program for the elderly and disabled — applying it to all the income of the Top 2%. Previously, the tax phased out for married couples on any income above \$250,000.

Thanks to this tax and other changes made by the ACA, Medicare’s ability to fully serve its 57 million participants was extended by 10 years and important improvements were made to benefits. If this tax were

taken away, Medicare beneficiaries would face higher premiums and deductibles.

Repeal of Obamacare presents a stark tradeoff. Abolishing the ACA gives big tax breaks to the most privileged members of our society while increasing the economic burdens on millions of working Americans — while also endangering their health.

Polls show that voters in November overwhelmingly believed the system is

rigged to benefit the rich and powerful. Repealing the ACA will rig the system even more. Those aren’t the skewed priorities the American people voted for.

Frank Clemente is executive director of Americans for Tax Fairness and Ron Pollack is founding executive director of Families USA, the national organization for health care consumers. Please note this op-ed previously appeared in USA Today.

The party that nobody ever wants to have to plan

People rarely like to dwell on the fact that they or a loved one will die someday, even though it's an inevitable part of life.

From a practical standpoint, we would make preparations to ensure that survivors aren't placed in financial jeopardy, and that they know the deceased person's final wishes.

"But the reality is that people procrastinate because the topic is too painful to think about," says Susan Alpert, author of *Later is Too Late: Hard Conversations That Can't Wait*.

Alpert, who lost her husband suddenly after 46 years of marriage, knows from experience about the confusion, chaos and disastrous financial consequences that occur, and she believes it's time for people to make a change in their thinking and planning about death.

"No one wants to admit that life has an end, but picture your spouse, your children, your parents, or anyone else you hold dear," she says.



Heavensowns / Wikimedia

"What would their lives be like if you died and hadn't properly prepared your estate and legal documents?"

Survivors also are often left to make decisions about funerals or memorial services while they are still grieving. Just 23 percent of people over age 50 have planned for their funeral or burial, according to the AARP. Meanwhile, funerals come with a hefty price tag that keeps rising, with the average cost in 2014 at \$7,181, according to the National Funeral Directors Association.

"Making arrangements for your own funeral may feel surreal," Alpert says. "But imagine the pain others will have dealing with that if you don't step up and do it for them – and take care of the cost now if possible."

The good news, she says, is that despite the emotion involved, preparing for death can be handled over time and at your own pace, although it does require motivation and organization.

Among the things to consider:

- Collect important docu-

ments and details in one place. Some of the personal information that should be gathered together would include names of your doctors, your bank accounts, Social Security information, life insurance policies, a will and anything else that's critical to your estate. Having all the important personal information in one place makes a huge difference in reducing stress and making the process easier for the person or persons left behind.

• Plan that funeral. It's not a pleasant topic, but it's natural to wonder how our lives will be honored after death. Our vision might not be the same as family members, Alpert says, so it's important to decide how and where the final resting place will be and whether there should be a funeral or a memorial service. Do you want a burial or cremation? Do you prefer an old-fashioned obituary or a simple social media announcement?

• Hire experts. "There is a business for every need, and

the arena of death is no exception," Alpert says. Try contacting a team of professionals – attorneys, accountants, financial advisors – who can help sort through all the financial and legal details ahead of time so there are

fewer challenges to face at the time of death.

"The best way to honor a loved one's legacy is to ensure that his or her wishes are carried out after death,"

See PLAN, Page 13

Some couples invest in their future in ways other than a diamond ring

By Nathaniel Sillin

What does an engagement ring look like? For many people, my wife included, the answer is a diamond ring. While that's a concept that didn't become widely accepted until the diamond industry's marketing campaigns in the mid-1900s, it's one that holds strong today. However, some couples are going in an alternative direction. The



intention isn't to be cheap, but rather to use the savings to make a different kind of

meaningful investment in their future together.

When and how a proposal happens can be a surprise, but hopefully, the answer won't be. That is likely doubly true if the question is popped without a diamond engagement ring, or perhaps without a ring at all. As always in a relationship, communication is key. While some people may be

See INVEST, Page 13

BRIEFS, continued from Page 8

ture, Experimental/Enhanced, Fabulous Flora, Furry Friends, It's a Small World, People, Photo Journalism, Scenic/Landscapes, Sports & Action, Still Life, Wildlife and Wonderful Waterscapes.

For more information and an entry form, visit www.cor.net/photocontest. To see last year's winning photos, check out the exhibit featuring the 2016

Best of Division winners as well as the work of the 2016 contest judges on display at the Library (third floor) through Feb. 3.

All winning entries from this year's contest will be exhibited on the third floor of the Library Feb. 4-19. The awards ceremony and annual photography workshop, open to the public, takes place Feb. 21 from 6-8 p.m. at the Civic Center.

Junior League of Richardson Meet and Greet

Current Junior League members will host a meet and greet information session Tuesday, Jan. 17, from 6:30-8:30 p.m. at Ye Shire Tavern, 3600 Shire Blvd. #112.

The volunteer organization has been a longtime collaborator with the City on many projects including Santa's Village and Miss Belle's Place. For more information, visit www.jlr.tx.com.



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Or email your resume to: careers@edbellconstruction.com

INVEST, continued from Page 12

excited by the idea, it could be a deal breaker for others.

What will a meaningful investment look like to the both of you? A friend of mine recently shared with me the story of how he proposed to his now wife, and the decision to forgo an engagement ring altogether.

When they first started discussing marriage and engagement rings, she said she'd rather put the money towards a down payment because starting a home together was more meaningful to her than a ring. He didn't ask right away, but when he did take a knee, ringless, and ask her to marry him – clearly she said yes. Today they live in the home the savings helped buy, wear only wedding bands and he says neither of them regrets the decision.

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A down payment might not make sense for you, but there are other ways to in-

vest in your future together. For some couples, paying down debts or saving for their wedding so that they don't go into debt might be a better fit. Or, you might want to start a travel or honeymoon fund.

Consider your options if you want to buy a ring. Understandably, the idea of proposing without an engagement ring isn't for everyone, and there is a middle ground. A less expensive engagement ring with the savings going towards your shared goal.

Here are few options you could discuss with your significant other:

Alternative stones. There are a variety of alternative precious and semi-precious stones you could pick for the ring. Matching a stone's color to the person's eyes or choosing their birthstone could imbue the ring with a personal touch. However, be careful about picking a "soft" gem that could be

easily scratched if it's worn daily.

Diamond look-alikes. You could choose a synthetic diamond or a stone that looks similar to a diamond but costs much less, such as a cubic zirconia. Some of the man-made and alternative options can look more brilliant than genuine diamonds, and you don't need to worry about whether or not the stone is conflict-free.

A solid band. While it won't have the same flash as a ring with a large gemstone, choosing a smaller diamond or solid metal band with a symbolic meaning could be just as meaningful to your partner.

Family heirlooms can also make for memorable engagement rings and often there isn't a price tag attached (although a lengthy discussion might be in order). A vintage ring could appeal to some people's style, or the center stone could be reset in a modern band. In either case, there's

something special about wearing a gemstone that's been in one of your families for generations.

Decide on your priorities as a couple and act accordingly. According to The Knot's 2015 Real Weddings Study, an average of \$5,871 was spent on engagement rings. For some, there's no better way to spend money. After all, it's a ring that's going to be worn for decades.

However, you can discuss engagement ring expectations before you ask someone to marry you. If a diamond isn't particularly important, an alternative ring or gemstone, or no ring at all, can be an equally timeless and beautiful gesture of love when you both know the money is going to an important step in your future together.

Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.



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PLAN, continued from Page 12

Alpert says. "But that shouldn't happen at the expense of a budget when you're grieving and can't make clear decisions."

Susan Covell Alpert, author of Later is Too Late:

Hard Conversations That Can't Wait (www.susanalpertconsulting.com), is a lecturer, consultant, entrepreneur and frequent guest on national radio and television shows.

Looking for energetic interns in the Dallas Area

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



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BETHEL BIBLE FELLOWSHIP, CARROLLTON (A PLACE TO BELONG)

NOTICE: Pastor Woodson serves the community by providing “Professional Therapy and Counseling Services” on a “Sliding Fee” scale. To schedule an appointment call the Pastoral Counseling Center at 972-526-4525 or email the church.

January 22, 9:45 a.m.

You're invited to our Sunday Morning “Prayer and Meditation” at 10 a.m. See what God is doing through and with us for the New Year; you will be blessed.

Bethel's small group Bible Study led by Pastor Larry Gardner, Pastor Brenda Patterson, Sister Rhonda Gipson and. Join us for the start of this exciting time for Bethel.

January 25, 7 p.m.

Join us in Wednesday's Prayer and Bible Study Class with Senior Pastor Woodson and Pastor Brenda Patterson teaching a series on “Design for Discipleship, Book 6, Chapter 1.” Spiritual maturity is God's desire for you. It's Time to Grow; Ephesians 4:12 & 13.

Dr. Terrance Woodson, Senior Pastor
1944 E. Hebron Parkway
Carrollton, TX 75007
972-492-4300
www.bethelbiblefellowship.org

CHRIST COMMUNITY CHURCH IN RICHARDSON

January 2017 (Entire Month)

Join us for a time of church-wide Fasting & Praying in January only; each Wednesday in January, fast from 6 a.m. until 6 p.m. and in lieu of Bible Study on Wednesday, come in for prayer from 7:30 p.m. until 8:30 p.m. you will be blessed.

January 22, 8:45 a.m.

You're invited to our Morning Services as we worship, honor and praise God this New Year for His blessings.

January 25, 7 p.m.

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

Dr. Terrence Autry, Senior Pastor
701 Centennial
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Richardson, TX 75081
www.Christcommunityrichardson.org

FELLOWSHIP CHRISTIAN CENTER CHURCH IN ALLEN “THE SHIP”

Follow us on Social Media (Facebook, Twitter, YouTube and Vimeo).

January 22, 8 a.m.

Join us on our main campus at 200 West Belmont Drive for Early Morning Worship

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

January 22, 7 p.m. Every 4th Sunday

Calling All Youth! Join our Hype Sunday Worship (one service only) on our main campus at 200 West Belmont Drive and be blessed. Call the church for details.

January 25, 7 p.m.

Join us in our Wednesday's 12 Noon-Day Live, Prayer and Bible Study and/or our Wednesday Night Live, Prayer and Bible Study at 7 p.m. to learn more about God's Word at the Joycie Turner Fellowship Hall, 200 West Belmont Drive in Allen. Be encouraged by God's plan for your maturity and His glory; and most of all; be prepared to grow in 2017.

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

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

January 22, 10 a.m. (Only One Service, every Sunday)

You're invited this Sunday as we praise, worship, honor and magnify God's Holy name.

they've made.

Cozares says it helps to know that other people with the disease struggle with the same issues she faces – and that they can all learn from one another.

“Patients often hear information in response to questions they forgot to ask – or didn't think to ask – that can benefit their self-manage-

January 23, 7 p.m.
Join us in Monday School as we grow in God's Word and learn what God has to say to us in 2017.

Pastor Rickie Rush
7701 S Westmoreland Road
Dallas, TX 75237
972-372-4262
www.Ibocchurch.org

MT. OLIVE CHURCH OF PLANO (MOCOP)

January 22, 10 a.m.

Join us for Worship Service as we praise and worship God in 2017 for His Honor and His glory; and don't forget to comeback at 7 p.m. for our Brazilian Church.

January 25, 7 p.m.

You're invited to our Wednesday's Bible Study class; you will learn what God has to say to us. Come to be encouraged by God's plan for your spiritual growth in 2017 and His glory.

Pastor Sam Fenceroy Senior Pastor and Pastor Gloria Fenceroy
300 Chisholm Place
Plano, TX 75075
972-633-5511
www.mocop.org

SHILOH MBC IN PLANO (WHERE COMMUNITY BECOMES FAMILY)

January 22, 8 a.m. and 11 a.m.

Join us for Worship Services and fellowship as we give God all glory, honor and praise.

Today only for “New Members”

ment of the condition,” Dr. Kassa said.

“I like hearing what other people are doing to take care of themselves,” Rivera said after the SMA. “I learn a lot from the group as well as from the doctor and educator.”

To learn more about Parkland services, visit www.parklandhospital.com.

January 22, 9:30 a.m.
Join us for Brunch for “New Members” only that joined the church in

January 25, 7 p.m.

You're invited to our Wednesday's Bible Study to learn more about God's Word. Come and be encouraged by God's plan for your maturity and growth; it's all for His glory and His honor. We are, “Growing in Christ through the study of His Word” in 2017.

Two Notices: Our AWANA (Approved Workman Are Not Ashamed from 2 Timothy 2:15) is held from 6:30 - 8:15 pm, now through May 2017. There is no charge

for registration for new participants! This is a Bible-based program for children and youth, ages three years old through the 12th grade. The emphasis is on memorizing the Word of God and developing a personal relationship with our Lord Jesus Christ in a structured, safe and fun environment. Our church ministries offer opportunities for motivation and growth; join us and see. Be blessed of the Lord in 2017.

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PARKLAND, continued from Page 4

tor who leads group discussions and provides nutrition and exercise counseling. During this time, Dr. Kassa meets with each patient individually behind a privacy curtain to review lab results, make sure they have had a recent foot and eye exam, are current on vaccines and cancer screenings, order medica-

tion refills if needed and talk about any concerns the patient has.

During the group session, patients share experiences and discuss their vital numbers, from fasting blood sugar to cholesterol levels, which are posted on a whiteboard in the room so all patients can see the progress

Some famous quotes of Dr. M. L. King, Jr.



Send email to: businessoffice@northdallasgazette.com to sign up for Sister Tarpley's weekly electronic newsletter.

Lest we forget some of these inspiring words and quotes of Dr. King, remember the following:

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. The true neighbor will risk his position, his prestige, and even his life for the welfare of others."

"There are some things so dear, some things so precious, some things so eternally true, that they are worth dying for. And I submit to you that if a man has not discovered something

that he will die for, he isn't fit to live."

"When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, Black men and White men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!'"

"I believe that unarmed truth and unconditional love will have the final word in reality. That is why right, temporarily defeated, is stronger than evil triumphant."

"We've been in the mountain of war. We've been in the mountain of violence. We've been in the mountain of hatred long enough."

It is necessary to move on now, but only by moving out of this mountain can we move to the promised land of justice and brotherhood

and the Kingdom of God.

It all boils down to the fact that we must never allow ourselves to become satisfied with unattained goals. We must always maintain a kind of divine

discontent."

"When our days become dreary with low-hanging clouds of despair, and when our nights become darker than a thousand midnights, let us remember that there is

a creative force in this universe, working to pull down the gigantic mountains of evil, a power that is able to make a way out of no way and transform dark yesterdays into bright tomorrows. Let us realize the arc of the moral universe is long but it bends toward justice."

"We all have the drum major instinct. We all want to be important, to surpass others, to achieve distinction, to lead the parade. ... And the great issue of life is to harness the drum major instinct."

It is a good instinct if you don't distort it and pervert

it. Don't give it up. Keep feeling the need for being important. Keep feeling the need for being first. But I want you to be the first in love.

I want you to be the first in moral excellence. I want you to be the first in generosity."

"Faith is taking the first step, even when you don't see the whole staircase."

"Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illuminates it."

See TARPLEY, Page 16



Mr. Bobby Kim, Owner/CEO of Breakers Korean's B.B. Que Restaurant in Carrollton and Ms. Alanna Sa'sabia reporter for Good Morning Texas, WFAA 8 ABC in Dallas after she interviewed Mr. Kim for her show.

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Wednesday 7am-9am

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

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

Look for NDGTV at NorthDallasGazette.com

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A Kingdom Building Church

Early Morning Service
200 W. Belmont Drive
Allen, TX 75013
8:00 a.m.

Sunday Morning Worship
Broy Elementary
1195 Fellowship Drive
Allen, TX 75002
9:30 a.m.

Wednesday Night Live
200 W. Belmont Drive
Allen, TX 75013
7:00 p.m.

Pastor Dr. W. Stafford, Sr.

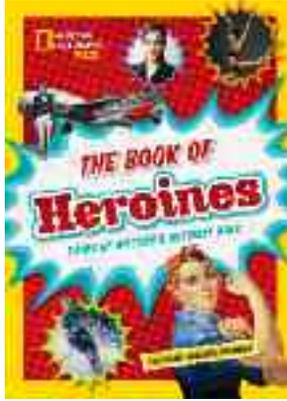
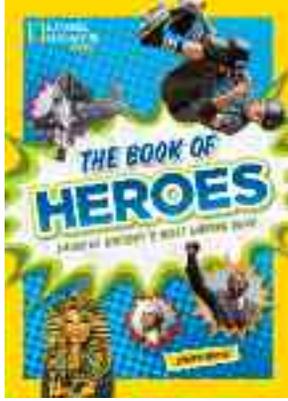
NDG Book Review: National Geographic introduces heros and heroines

By Terri Schlichenmeyer

Who would you say you look up to?

Is it a teacher who really inspires you? A coach who helps you reach for the stars? Maybe you admire your Mom or your Dad, who've guided you through life; or a sibling or grandparent who makes you proud. Whoever it is you look up to, you know that that person makes you want to be your best, and in "The Book of Heroines" by Stephanie Warren Drimmer and "The Book of Heroes" by Crispin Boyer, you'll find even more inspiration.

What do you think of when you hear the words "hero" or "heroine"?



You might think of someone in a cape and tights, able to walk on the side of buildings or beat up bad guys. Those are great comic-book examples but real heroes and heroines are humans (and animals!) who do brave, smart, strong, or compassionate things.

Let's say, for example,

that you're in need of a leader to follow. You might like Eleanor Roosevelt, who "changed the role of the first lady forever" through thoughtful deeds and actions. Or how about Mayor Cory Booker of Newark, New Jersey, who saved lives and fought crime in his city, and beyond.

If sports are more your thing, you'll find many inspirational stories. Jesse Owens and Jackie Robinson both fought against racism in their respective sports (track and baseball). Surya Bonaly broke figure skating records with her feats on the ice, and "she did it on her own terms." Pat Tillman was a football player and a soldier.

Or maybe you'd like some exciting footsteps to follow. Open a book and find Mavis Batey, who was a secret code-buster during World War II. Robert Gould Shaw led a charge of Black Union soldiers during the Civil War. Annie Oakley and Calamity Jane were both gun-totin' women of

the West. Witold Pilecki was captured on purpose during World War II, so he could spy inside Nazi prisons.

And if they don't inspire you, keep looking. You'll find plenty of ordinary, everyday heroes and heroines here and in real life.

We all need someone to emulate, someone who makes us want to be better and do better. In "The Book of Heroes" and "The Book of Heroines," your child will find uplifting (and unique) footprints to follow.

Here, he'll read a variety of mini-biographies of people from the pages of history and mythology, actors and their characters, comic books and people who do

superheroic things, writers and readers, warriors, spies, animals, and others who will pique her interest. Each page is awash in color and just-right detail (these books are, after all, from the National Geographic folks), as authors Stephanie Warren Drimmer and Crispin Boyer give your child plenty to choose from.

It may, in fact, be hard for kids to pick who to read about next.

Also nice: these books cross-reference one another, and are actually relatively gender-balanced, so give "The Book of Heroes" and "The Book of Heroines" to your 8-to-14-year-old. These are surely books to look up.

Proposed Texas State Budget includes funding for mental health and CPS

The first draft of the Senate version of the state budget was filed Tuesday, setting the baseline for the coming negotiations on how the state should spend money and meet critical needs. The bill, SB 1 by Finance Committee Chair Jane Nelson, would spend \$103.6 billion in state revenue over the next two years, which is less than the \$104.9 billion projected in tax and fee collections for 2018 and 2019. "This base budget is a starting point, and I look forward to working with my colleagues to develop a balanced budget that addresses our needs and strengthens our economy," Nelson said in a statement. "While we will need to prioritize and make efficient use of our resources, I am confident we can meet the challenges ahead."

With revenue down and



Michael Coghlan / Flickr

population growth continuing, Nelson highlighted three areas where critical decisions will need to be made. First is making sure the school finance system better meets the needs of students. Second, the state must deal with skyrocketing health care costs in Medicaid and state pensions. Finally, state funding must address mental health needs in Texas. "We have difficult decisions to make this session, and we will work tirelessly to ad-

dress the needs of the state in a responsible manner," she said.

Some proposed expenditures dealing with these areas include \$1 billion to address state hospital and mental health facility needs, \$63 million to clear the waitlist for community mental health services, and \$20 million for a program to help veterans dealing with PTSD or other mental health issues. State public education would get \$2.65 billion to cover enrollment

growth in public schools and \$32 million more for high-quality pre-k programs. For higher education, the budget would maintain spending levels for major financial aid programs like TEXAS Grant.

Other key line items include \$260 million to improve Child Protective Services, \$25 million for high caliber bulletproof vests for Texas law enforcement officers and \$800 million for border security measures approved last session. The bill has some spending cuts as well, such as a 1.5 percent across the board spending reduction for all non-public education related expenditures. Further cuts would come from a reduction in spending for non-educational initiatives at state public colleges and universities. It would also implement some of the 4 percent

across-the-board agency budget cuts directed by state leadership last July.

The Senate Finance Committee will soon begin a series of public hearings in which agency representatives will present budget requests. These usually wrap up in March, after which the Finance Committee will break into work groups centered around major budget articles like public education, criminal justice and health and human services. Each of these workgroup recommendations will be considered and rolled into the budget bill if approved. The Senate usually passes its version of the budget in late March or early April, then it's up to members of both chambers to come together and hammer out a compromise between both houses' versions of the budget.

VOTE,

continued from Page 5

wrong."

Bond also asked for an explanation of the "no" vote but has not heard back. He is expecting one of the council members who voted against the request to bring it back up again, with perhaps slightly amended details. Neither the council member mentioned nor Taylor could be reached by press time.

Irving Councilmember Dennis Webb said the change of vote was unusual, but not out of line procedurally.

"He's a new council member," Webb said. "This is his first year, and he really didn't know what to do (when he realized his vote had been recorded wrong). He finally figured it out, or asked some questions and asked to reconsider the vote... it was just off that it took so long."

Webb said that he believes the city staff and developer are still looking for ways to bring forward an option whereby space for the offices, media outlet and fitness center could still be brought forward in a future council meeting.

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"I submit that an individual who breaks a law that conscience tells him is unjust, and who willingly accepts the penalty of impris-

onment in order to arouse the conscience of the community over its injustice, is in reality expressing the highest respect for the law."

In the end, we will remember not the words of our enemies, but the silence of our friends."

"It may be true that the law cannot make a man love me, but it can stop him from

lynching me, and I think that's pretty important." "Let no man pull you low enough to hate him."

Like an unchecked cancer, hate corrodes the personality and eats away its

vital unity. Hate destroys a man's sense of values and his objectivity. It causes him to describe the beautiful as ugly and the ugly as beautiful, and to confuse the true with the false and the false

with the true."

"Man must evolve for all human conflict a method which rejects revenge, aggression and retaliation. The foundation of such a method is love."