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Garland's 24th MLK Parade events announced

The National Association for the Advancement of Colored People (NAACP) Garland, Texas Branch will host its 24th annual Dr. Martin Luther King, Jr. parade and march on Saturday, Jan. 19, beginning at 10 a.m.

The parade will begin on Dairy Road at Garden Drive (near Embree Park) in Garland and then proceed north



on Dairy Road to Highway 66 (Avenue D) and West (Left) on Highway 66 (Avenue D) to First Street. Then

it will go North (Right) on First Street to Highway 66 (Avenue B), West (Left) on Highway 66 (Avenue B) to Fifth Street and North (Right) on Fifth Street to Austin Street. Parade will end at the Granville Arts Center, 300 North Fifth Street, in downtown Garland.

See PARADE, Page 13

Senior Helpers' Top 10 Caregiving Resolutions

Caregivers of the elderly are often sandwiched with responsibility, caring for an aging relative while at the same time caring for their own children and their spouse. So it's no wonder they often forget to take care of themselves! A year can go by without a caregiver making it to a

restaurant, a doctor or even a hairdresser for a much needed haircut. And to top it off, caregivers may rarely hear a "thank you" for all their hard work because seniors are often in emotional and physical pain and don't understand the sacrifice caregivers make to take care of them.

That's why Senior Helpers, one of the largest in-home care companies in the nation, with a location in your area, is raising awareness about the importance of New Year's Resolutions for Caregivers – not only to benefit caregivers' mental and physical

See HELPERS, Page 15



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While *Lincoln* may be a wonderfully crafted film it still fails at honestly reflecting history

BY NICOLE SCOTT

It comes as no surprise Steven Spielberg's latest work, *Lincoln*, is garnering rave reviews. It is, after all about one of America's favorite historical icons Abraham Lincoln, "Honest Abe", as many affectionately refer to him. He is revered by both Whites and African-



Americans alike as the president who freed the slaves and saved the Union. Of the many reviews I read the one that remained with me most is that of Lancaster Online staff writer Damian Hondares. Hondares wrote:

"*Lincoln* is one of the best movies I have seen in years.....*Lincoln* served our country, and we are forever indebted to him. *Lincoln* has restored my faith in humanity. President *Lincoln* once said that he dreamt of a "place and a time where America will once again be

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COVER STORY

Citing 'Naked Racism,' N.C. Gov. Perdue pardons Wilmington Ten



N.C. Gov. Perdue signs official pardon documents for Wilmington Ten

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Win Texas Chainsaw 3D prize packages!

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

COMMENTARY

Typical American household has only \$100 after monthly expenses

BY CHARLENE CROWELL

According to findings from the Center for Responsible Lending's newest report, The State of Lending in America and Its Impact on US Households (State of Lending), the typical household has just \$100 left each month after paying for basic expenses and debt payments. After controlling for inflation, the typical household had less annual income at the end of 2010 than it did at the beginning of the

decade, 2000. Moreover, as worker productivity increased, the workplace has seldom rewarded them with higher pay.

Even in households with two wage-earners, the amount of disposable or discretionary income after paying monthly expenses was less in 2010 than it was in 2000. The combined effect of stagnant wages along with unemployment and underemployment is forcing families to curb spending

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People In The News...



Jennifer Turner



Rep.-Elect Toni Rose



Mark Curry

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Jennifer Turner

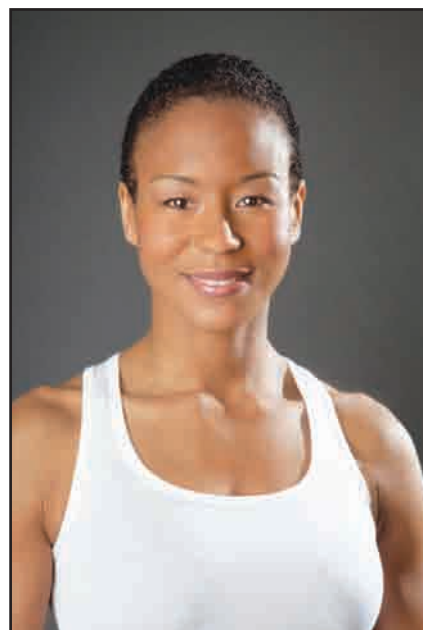
Self proclaimed Fitness Activator Jennifer Turner, an Athleta Sponsored Athlete and a 2012 ING New York City Marathon Featured Athlete, is launching her new health and wellness brand for real women called, MAD COOL FITNESS. She will feature the first product from the MAD COOL FITNESS brand, which is a new workout DVD called, MAD COOL CARDIO DANCE PARTY, at the Athleta store in New York City. The MAD COOL CARDIO DANCE PARTY is a total body, cardio dance workout that is

low impact, but, high in results.

From working the abs and arms to toning the "junk in your trunk," the MAD COOL CARDIO DANCE PARTY DVD is a great and fun way, for beginners to more health conscious persons, to combat the holiday season weight gain blues and take charge of their health. "I am extremely excited to have the opportunity to launch the MAD COOL CARDIO DANCE PARTY DVD. I wanted to create a fitness workout that was fun and accessible and that represents real women for

real women," said Jennifer Turner. "I truly hope MAD COOL FITNESS and the MAD COOL CARDIO DANCE PARTY DVD workout can be the tools to help people get started on a path towards living a healthier lifestyle."

The MAD COOL CARDIO DANCE PARTY DVD features over 50 minutes of cardio exercise routines, including a warm-up and cool down, that targets the abs, arms and more, while rocking out to a great mix of pop, funk and R&B sounds.



Shot on location in Brooklyn, New York, the MAD COOL CARDIO DANCE PARTY DVD also features diverse women of all body types as well as interviews with them on what inspires them to be healthy. The MAD COOL CARDIO DANCE PARTY DVD will be available on www.madcoolfitness.com for \$14.95 on Jan. 7.

By day, Jennifer Turner is a high-powered media executive. By night, Turner life's mission is to empower

others to "activate" their innate ability to have a healthy lifestyle and achieve happiness. A certified American Council On Exercise (ACE) Group Fitness Instructor and a Lifestyle and Weight Management Consultant, Ms. Turner was not always "fit." As a teenager, she developed eating disorders and truly struggled with her weight. In 1998, while attending Stanford University's Business School, Turner was tired of crash diets and decided to make a life change.

She embraced fitness and stopped focusing on the results, but rather focused on the

See TURNER, Page 10

Rep.-Elect Toni Rose

DALLAS — When the 83rd Legislative Session is called to order on Jan. 8, 2013, Toni Rose will take her seat as one of 43 freshmen elected to the Texas House of Representatives. She will go from serving clients as part of Parkland Health & Hospital System's behavioral health team in the Dallas County Jail to serving her constituents in District 110.

As a long-time resident of District 110, Representative-elect Rose has advocated for a stronger educa-

tional system, affordable health care and better jobs for her community. As a trained mental health professional, she is particularly concerned about the disparities in access to mental health services in her community and throughout Texas.

"Working as a mental health liaison in the jail has provided me with an opportunity to see things from a different perspective," Representative-elect Rose said. "I know what it's like trying

to find community resources when a lot of the funding has been cut. Because of my job at Parkland, I'll be able to bring a different voice to the table."

More than 100,000 people are booked into the Dallas County Jail each year making it the seventh largest jail in the U.S. Of the 6,100 inmates who are in the jail on a daily basis, more than 1,400 need psychiatric care. The average length of stay for inmates in the Dallas County Jail is 29 days; 46 percent are released within 72 hours. Eighty-four per-

cent are male, 16 percent are female and 22 to 33 percent of the jail population has mental health conditions.

Representative-elect Rose has spent her entire life in public service. She spent a number of years working in Child Protective Services and the last 11 in the behavioral health sector of the jail — first with the University of Texas Medical Branch, Galveston



and then with Parkland when it took over health care services in 2006.

"I believe I can represent the people of District 110 because of my past and current involvement in the community. I am aware of the needs of the district," she said, noting that she is looking forward to being a voice for those who do not have a seat at the table.

Representative-elect Rose's last day at Parkland was Monday, Dec. 31.

Mark Curry

(BlackNews.com) -- The longest-running most successful urban comedy tour will



again hit stages across America this winter/spring 2013. Kicking off February 2, Super Bowl Weekend in Louisiana, THE ROYAL COMEDY TOUR

will celebrate some of the premiere comedians in the country coming together on one stage for a 25-city stand-up tour. Now in its 4th year, this year's tour will feature the Queen B of Comedy Sommore, alongside veteran comedians Mark Curry, Bruce Bruce and Earthquake, as well as the comedic styling of Tony Rock. Special guests such as Arnez J., Gary Owen and J. Anthony Brown will appear in

select cities. Night after night, these comedians will explore issues such as politics, race, religion, and relationships and turn them inside out and upside

down. Nothing is off limits and audiences have agreed — The Royal Comedy Tour will be on stage in Dallas, May 10 at the Verizon Theatre.

In the past years, over 300,000 audience members have seen such talent on the Royal Comedy Tour as D.L. Hughley, Sommore, Bruce Bruce and Don "D.C." Curry to Damon Williams, TuRae, Arnez J, Tony Rock, Mark Curry and Earthquake. In 4 short years, the tour has solidified its stamp on the world of urban comedy. Collectively, Sommore, Mark Curry, Tony Rock, Earthquake and Bruce Bruce have been entertaining millions through their various comedy specials, movie roles, live stand-up appearances and TV shows. The undisputed Queen of Comedy and star of the upcoming comedy special "Chandalier Status", Sommore has been with the tour since show one.

Curry can currently be seen starring opposite Scott Baio in the Nick At Nite sitcom "See Dad Run". Tony Rock is also keeping busy - hosting the newly revamped talent competition "Apollo Live" and as a series regular on season 2 of BET's "Reed Between the Lines". Comedic legends Earthquake and Bruce Bruce, both with standup specials, tv roles and movie appearances under their belt, round out the featured Royal Comedy Tour crew. With an incredible line up of features and exciting special guests, The Royal Comedy Tour offers a chance for audiences to experience an entire night of their combined talent and gut busting comedy.

Perfectly timed with Super Bowl Weekend, The Royal Comedy Tour kicks off February 2 at the Lakefront Arena in New Orleans, LA.

For more information and all tour dates including ticket

information, log onto www.royalcomedytour.com.

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Beyond the Rhetoric: Will Sen. John Kerry push out Sec. of State Hillary Clinton in 2016?

BY HARRY C. ALFORD

President Barack Obama has won his reelection. That history is clear and the big question now is who in the Democratic Party will succeed him in the quest for president in 2016. Prior to now it was certain to be Hillary Clinton. But when you look at the present situation doubts about her prospects rise to the fullest. Let's consider a few current events that will certainly have a consequence on 2016.

During the race for 2004, candidate John Kerry spotted the talent of Barack Obama. He gave him a great debut by allowing him to keynote during the Democratic Convention. Barack responded with one of his greatest speeches and from that point on the whole world knows the name Obama. The two have been close ever since

but make it a point to keep that friendship in the background. With the exception of his criticism of the Vietnam War and other military endeavors, Senator Kerry's slate is pretty clean. His strong point is foreign affairs and he chairs the Senate Foreign Relations Committee. When Senator Barbara Boxer botched up the attempt to pass Cap and Trade through the Senate, President Obama asked Senator Kerry to take over the stewardship of the bill. It failed but President Obama's trust of John Kerry was apparent. Foreign affairs and environmental issues are Senator Kerry's strong suits.

Let me also disclose that I like John Kerry as a person. I did not support him in the 2004 campaign but he apparently holds no grudge. We held a convention in New Orleans in 2006 in support of the re-

building after Hurricane Katrina. Senators Kerry and Barack Obama were in the area at the time and we asked both to come and speak. Obama did not respond at all but Senator Kerry immediately accepted. When I went to his hotel room to receive and escort him to the podium he asked me to come in for a few minutes. He struck up a conversation and repeatedly stated that he thought I was a "good man." I was humbled and reciprocated the compliment. From that point on my opinion of him grew dramatically.

So here we are in 2013, and what is the political climate for Democratic presidential prospects? The 2008 primary was bitter. Hillary Clinton and Barack Obama camps fought bitterly. Obama won and to keep a good monitor on Hillary he put her in his cabinet as Secretary of

State. This was brilliant! She could not go off the "reservation" as this would seem disloyal and conniving. She was locked into place.

In retrospect, her tenure at the State Department has been a complete mess. The world is on "fire." Our initiative to better relations with Russia has totally failed. In fact, you would have to go back to the Cold War to find worse times. She said she was going to "reset" Russia. She might as well have thrown a "brick" at it. The Middle East and Africa is in upheaval and we cannot seem to get a foot forward in solving the raging issues. Revolution, civil war, insurgency and chaos are running rampant in applicable nations and we don't have a clue. This all falls into the lap of Hillary Clinton.

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AMERICAN, continued from Page 1

and use any available assets to keep financial pace. For families with no savings or assets, new debt was incurred.

"The recession and slow recovery have led to declining net worth for the average U.S. household and a disproportionate decline for African-American and Hispanic households", states the report.

In communities of color, income declines are higher in part due to declines in over-representation in two types of employment that historically provided stable and secure jobs: manufacturing and construction. These two industries respectively suffered job losses of 10 and 20 percent. African-Americans who formerly worked manufacturing and construction jobs lost more than twice the number of jobs between 2007 and 2011 than they previously gained in the pre-recession decade.

These losses in income also caused losses of wealth that are even more severe. In fact, the decline in wealth from 2005-2009 between

communities of color and white households is the largest documented wealth

As wealth and retirement resources declined, many older workers remained in

these households grew 50 percent.

CRL further notes that consumer spending accounts for approximately 70 percent of total U.S. economic activity. As large numbers of consumers continue to tighten their fiscal belts, sustainable economic recovery will likely be delayed.

"In order for the U.S. economy to grow again", states the report, "individual households must find themselves in a position to increase their spending. This will be difficult as long as households continue to face stagnant incomes, increasing expenses, increasing levels of debt, and declining net worth."

To read more about CRL's Household Balance Sheet, visit: <http://www.responsiblelending.org/state-of-lending/>.

Charlene Crowell is a communications manager with the Center for Responsible Lending. She can be reached at: Charlene.crowell@responsiblelending.org



gaps since the Census Bureau began publishing wealth estimates in 1984. The net worth for African-Americans dropped 53 percent and among Latino families, 66 percent. By comparison, white household wealth declined only 16 percent in the same years.

Households headed by persons aged 55-65 saw the largest losses in wealth. People at or nearing retirement lost an average of \$90,000 from 2007-2010.

the labor force longer than retirees in previous decades.

As an increasing number of older workers delay retirements, some younger workers experience higher unemployment and declining labor participation. A consequence of their delayed entry in the workplace increases the number of households doubling-up, living with friends or non-family members due to economic hardship. From, 2005-2010, the number of

Glaucoma cases among African Americans to increase 66 percent by 2030

As you and your loved ones watch the dawning of 2013, everyone is hopeful of what the new year will bring—reunions, graduations, marriages, and other fun family occasions. January is Glaucoma Awareness Month. Make seeing your best a part of your new beginning by doing what you can to make sure your eyes are healthy. If you are African American age 40 or older or have a family history of glaucoma, put learning more about this disease on your resolution list for the new year.

There has been a steady rise in glaucoma among the African American community. Currently, more than 520,000 African Americans have glaucoma, and the National Eye Institute (NEI) of the National Institutes of Health projects this number will rise to approximately 865,000 cases by 2030, a 66 percent increase. African Americans have the highest prevalence of glaucoma

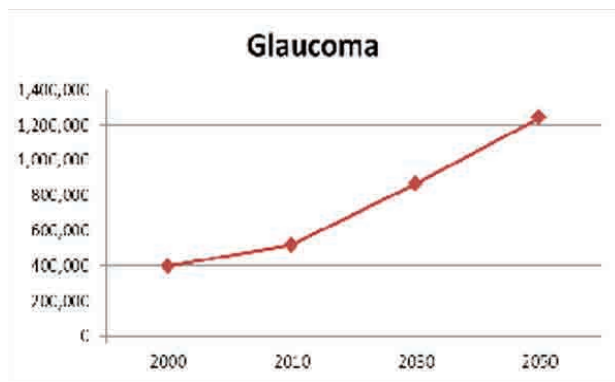


Figure 1: Glaucoma Cases among African Americans: Past and Projected, 2000 to 2030

Source: National Eye Institute, 2012

among minority groups. Last year, NEI invested \$71 million on a wide range of studies to understand causes and potential areas of treatment for glaucoma.

Glaucoma is a group of diseases that can damage the optic nerve of the eye and result in vision loss and blindness. Primary open-angle glaucoma is the most common form. In this condition, fluid builds up in the front chamber of the eye, and the optic nerve is damaged by the resulting increase in eye pressure.

“Glaucoma affects more than 2.7 million people nationwide and is a leading cause of vision loss and blindness in African Americans. In fact, African Americans are at risk of developing it at an earlier age than other racial and ethnic groups,” said Dr. James Tsai, chair of the Glaucoma Subcommittee for the NEI National Eye Health Education Program. “Primary open-angle glaucoma often has no early symptoms. However, as the disease progresses, a person may eventually notice

his or her side vision decreasing. If the disease is left untreated, the field of vision narrows and vision loss may result.”

“Studies show that at least half of all persons with glaucoma don’t know they have this potentially blinding eye disease,” said NEI director Dr. Paul Sieving. “The good news is that glaucoma can be detected in its early stages through a comprehensive dilated eye exam. NEI encourages all people at higher risk of glaucoma—African Americans age 40 or older; everyone age 60, especially Mexican Americans; and those with a family history—to get a dilated eye exam every one to two years, because early detection and timely treatment may save your sight.”

During a comprehensive dilated eye exam, drops are placed in your eyes to dilate, or widen, the pupils. This allows your eye care professional to see inside your eye and examine the optic nerve for

signs of glaucoma and other vision problems. A test for eye pressure alone is not enough to detect glaucoma. “It’s very important that people don’t wait until they notice a problem with their vision to have an eye exam,” adds Dr. Tsai.

If you have Medicare, are African American age 50 or older, have diabetes, or have a family history of glaucoma, you may be eligible for a low-cost, comprehensive dilated eye exam through the glaucoma benefit. Call 1-800-MEDICARE or visit <http://www.medicare.gov> for more information. To find out about other possible financial assistance for eye care, visit <http://www.nei.nih.gov/health/financialaid.asp>.



[nei.nih.gov/health/financialaid.asp](http://www.nei.nih.gov/health/financialaid.asp).

It’s a new year, so make sure you and your family start it off right. Keep vision in your future. For more information about glaucoma, visit <http://www.nei.nih.gov/glaucoma> or call NEI at 301-496-5248.

Keep single-load liquid laundry packets away from children

The U.S. Consumer Product Safety Commission (CPSC) is advising parents and caregivers to lock up single-load liquid laundry packets and keep them away from children.

Liquid laundry packets are attractive to children because they are soft and colorful and resemble familiar items like candy and teething products.



These items also dissolve quickly when placed in the mouth or are handled with wet hands. Children who are exposed to the chemicals are at risk of serious injury be-

cause they can be toxic.

In 2012, CPSC staff have learned of about 500 incidents involving children and adults who were injured by the packets.

CPSC recommends these steps to prevent unintentional poisonings and eye injuries:

1. Do NOT let children handle laundry packets.

2. Keep the liquid laundry packets sealed in their original packaging, and make sure they are locked up and out of a child’s sight and reach.

3. If swallowed or exposed to the eye, immediately call Poison Help at 1-800-222-1222.

Helping the 'Unbanked' Get Affordable Financial Services

BY JASON ALDERMAN
According to a recent survey by the Federal Deposit Insurance Corp. and the U.S. Census Bureau, 17 million American adults now live in “unbanked” households, while another 51 million are considered

“underbanked.” In other words, over 28 percent of households either have no traditional checking or savings accounts (unbank-ed); or their basic financial needs aren’t being met by their bank or credit union so they also rely on alter-

native lenders like check-cashing services or payday loans (underbanked).

There have always been millions of Americans who are either unable to—or choose not to—conduct their financial transactions through a bank. Com-

mon reasons cited include:

• Don’t have enough money to need an account.

• Don’t write enough checks to justify monthly fees and minimum balance requirements—just buy

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Public input sought on future of LBJ/Skillman area

Transportation and planning officials want to hear from local residents, business owners and others about the future of the area surrounding the intersection of Interstate Highway (IH) 635/LBJ Freeway and Skillman Street in Dallas. A survey and a workshop are being offered to provide feedback about current con-

ditions of the area, and about the future.

The Texas Department of Transportation (TxDOT) is planning to reconstruct the intersection of Skillman Street and LBJ Freeway/IH 635. This reconstruction is expected to help the flow of vehicular traffic through the area, while offering the potential for changing land uses in the area.

The LBJ/Skillman Urban Planning Initiative, a separate planning effort from the TxDOT project, will help the City of Dallas prepare for the future, including the impact of the TxDOT project, and help identify community-based activities to move forward as area development and redevelopment occur. The

North Central Texas Council of Governments (NCTCOG) and the City of Dallas are jointly sponsoring the LBJ/Skillman Urban Planning Initiative. More information about the initiative is available at <http://www.nctcog.org/LBJSkillman>.

The survey and workshop are open to anyone with an interest in the area.

The survey is available at https://www.surveymonkey.com/s/LBJ_Skillman_Future. Survey forms are also available at the Lake Highlands PID office, 9090 Skillman, Suite 140B, Dallas, TX 75243. The workshop will take place from 6:30 p.m. until 8 p.m., Thursday, Jan. 17, 2013, at Forest Lane Acad-

emy, 9663 Forest Lane in Dallas.

Anyone needing special accommodations for a disability or language interpretation at the workshop is asked to contact Judy Meyer at 214-499-4661 at least 72 hours prior to the workshop. Reasonable accommodations will be made.

New salon catering to natural hair lovers

DALLAS - A new specialty beauty supply store has opened in North Dallas to service the growing number of African-American women wearing natural hair. Naturally Divine Beauty invites the public to its grand opening celebration Saturday Jan. 26 from 11 a.m. to 7 p.m. at 3556 Forest Lane in Dallas. Audra Cooper opened the store to address the new high demand for products suited for natural hair.

The daylong event will feature product demonstrations, live music and talks by real women who have made a successful transition from chemically treated to natural hair. Participants can learn about new products and styles while enjoying hors d'oeuvres and wine.

"Natural hair is not a fad, it's a choice," said Cooper. The popularity of natural hairstyles has spawned a crop of specialty beauty parlors throughout the region, and shifted the economic balance of the \$185 million black hair-care market.

Cooper moved the store to its new location from a kiosk at Grapevine Mills Malls after the space became

too small to handle the increase demand for products. The 1,500 square foot store and salon is a beauty boutique filled with carefully selected high-end products made by African-American owned companies popping up to meet the high demands of natural products made specifically for natural hair. The salon offers an array of services including twist outs, creative cuts, flat irons, blow outs and more.

Naturally Divine has over 25 options of natural hair care and beauty products. Most products are sulfate-free, alcohol-free, paraben-free, and free of harsh chemicals. Women with relaxed and naturally textured hair can use the products. Some of the product brands include: Carol's Daughter, Kinky Curly, Uncle Funky's Daughter, Curly Junkie, Mixed Chicks and many more.

Cooper has joined a growing number of African-American-owned companies catering to natural hair enthusiasts. Companies that once marketed exclusively to relaxed hair such as Proctor and Gamble, Revlon, L'Oreal, etc. are creating

new products to coincide with other independent companies that cater exclusively to natural and curly hair textures. L'Oreal Paris plans to build a 513,000 square-foot regional distribution hub in Southern Dallas County.

Naturally Divine Beauty has a calendar filled with unique natural hair events that include seminars, natural anniversaries-the celebration of the day you started your natural hair journey, and natural hair meet-ups.

Grassroots Advocacy 101: The 2013 Texas Legislative Session

State lawmakers will be meeting from January-May 2013 to debate and pass legislation that will impact all citizens and businesses in the state. The public is invited to Grassroots Advocacy 101 on Jan. 15 at 7 p.m. to learn how to can make a difference this session by becoming a grassroots advocate and speaking up for policies to improve Texas.

Topics during the workshop will cover:

- Preview of the 2013



Texas Legislative Session

- The legislative process and how a bill becomes a law

- How to contact your elected officials

- Best practices for meeting with your elected officials

- Resources you can share with your community

The event will be hosted by the ACLU of Texas at the Central Market Meeting Room lo-

cated at 5750 East Lovers Lane in Dallas. Guests are asked to send a RSVP to Gislaine Williams at gwilliams@aclutx.org or 713-942-8146, ext. 114.

Free grief recovery workshop

The Visiting Nurse Association is offering a free grief recovery workshop called "Good Grief" for adults who have experienced the loss of a loved one. Workshop topics will include myths about grief, common grief reactions, and ways to cope.

The workshop will be held Jan. 23 from 10 a.m. to

noon at VNA's Patrick and Beatrice Haggerty Center, located on 1440 W. Mockingbird Lane in Dallas.

There is no cost to attend the "Good Grief" workshop, but reservations are requested and can be made by contacting Sue Rafferty, bereavement coordinator with the Visiting Nurse Association, at 214-689-2922.

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Parents' leading resolutions for kids In 2013? "Clean your room" and "Get more engaged at school"

What do parents want to see their children accomplish in 2013? Not surprisingly: clean their room and get more engaged at school. But in general, make better choices.

Almost seven in eight (87 percent) U.S. parents of children ages 6-17 want to choose a New Year's resolution for their child or children, according to a new Harris Interactive survey for K¹² Inc., the nation's leading

provider of technology-powered individualized education for students in pre-kindergarten through high school.

When asked which New Year's resolutions they would select on behalf of their children, parents picked the following:

Top Five Resolutions for Kids

1. Clean up their room more often (47 percent)

2. Be more engaged in school (33 percent)

3. Have healthier eating habits (33 percent)

4. Get more physical activity (33 percent)

5. Play fewer video games (29 percent)

Other resolutions parents wish their children would make include minding manners (24 percent), better hygiene (22 percent), texting less and reading more (21 percent), being a better friend (11 percent) and other (4 percent).

Overall, the survey speaks to the desire for kids to take personal responsibility, be engaged, and make good choices, from cleaning up their rooms to developing healthy eating habits to doing their homework. The resolutions parents chose confirm the findings of cognitive scientists—that much of life's success is made up of a series of well-executed basics repeated over time.

K¹² Inc.'s award-winning curriculum is based on cognitive science designed to increase educational engagement and effectiveness. K¹² Vice President Michael Masalayak, Ed.D., a distinguished educator with over 40 years of public, private and parochial school experience, notes that some recent studies have questioned whether playing fewer video games (resolution #5) will necessarily lead to

more engagement in school (resolution #2).

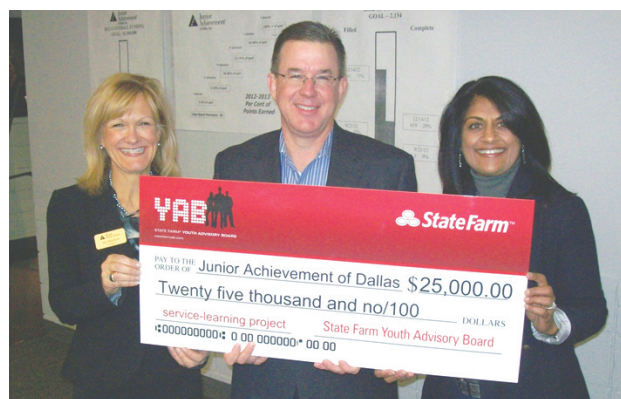
"Interestingly, when it comes to academics, one key to engagement is instruction designed to engage digital-centric 21st century minds, and that sometimes means appropriately channeling the modern-day penchant for interactivity through video and games, which can captivate a young learner," Masalayak explained.

Junior Achievement of Dallas receives boost to aid JA High School Heroes

DALLAS — Junior Achievement of Dallas has received a \$25,000 service-learning grant for a financial literacy service-learning project from the State Farm Youth Advisory Board.

Junior Achievement of Dallas is one of 68 community organizations to receive a service-learning, youth-led State Farm grant across the United States and Canada.

"Junior Achievement's program will inspire and prepare young people to succeed in a global economy," said Gustavo Resendiz, State Farm's YAB member from Texas. "Service-



(From L to R) Jan Murfield, President of JA Dallas, Dave Swiney, Chair of JA Dallas Board of Directors, State Farm Agent Kay Patel of Richardson

learning is an excellent way to engage students outside of the traditional 'chalk and blackboard' model, and our

board really liked this project's core goals."

"Junior Achievement of Dallas is thrilled to have the

support of our High School Heroes program from the State Farm Youth Advisory Board," said Jan Murfield, JA Dallas President. "This program provides high school students who have a passion for making a difference with a service-learning opportunity to mentor and teach elementary students JA programs."

"State Farm supports service-learning because it integrates service to the community into classroom cur-

riculum using a hands-on approach to mastering subject material while fostering civic responsibility," said Mark Cockerham, State Farm's Vice President of Agency for the DFW area. "The State Farm Youth Advisory Board is a prime example of State Farm's commitment to education, our youth, and our community."

The donation from State Farm was presented at the JA of Dallas Board of Directors

meeting on Friday, December 14, at the Junior Achievement Business Center on 1201 Executive Drive West in Richardson.

The State Farm Youth Advisory Board has awarded over \$24 million in grant money since its inception in 2006, empowering youth to implement service-learning efforts in 397 communities. More information can be found at www.statefarm-yab.com.

Hindi in Texas school district welcomed by Indo-Americans

Indo-Americans have welcomed introduction of Hindi, official language of India, in Hurst-Euless-Bedford Independent School District (HEBISD) headquartered in Bedford (Texas) and urged it to offer other languages of India also.

Indo-American statesman Rajan Zed, in a statement in Nevada today, commended HEBISD for offering Hindi and urged school districts around the country to offer Indian languages like Hindi, Bengali, Telugu, Marathi, Tamil, Gujarati, Kannada, Malayalam, Punjabi, etc., in their schools.

Rajan Zed, who is Chairperson of Indo-American Leadership Confederation, further said that besides learning the rich languages and culture of India, it would also make a good business sense to open-up the Ameri-

can children to these as India was on track to become a

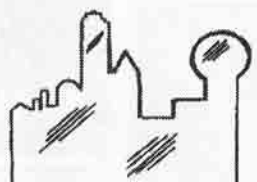
global power. Moreover,

See HINDI, Page 8

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These Texas Lottery Commission Scratch-Off games will close on February 27, 2013. You have until August 26, 2013, to redeem any tickets for these games:

Game #1419 Cash Bonanza (\$1) Overall Odds are 1 in 4.27

Game #1423 Ea\$y 10 (\$1) Overall Odds are 1 in 4.73

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The odds listed here are the overall odds of winning any prize in a game, including break-even prizes. Lottery retailers are authorized to redeem prizes of up to and including \$599. Prizes of \$600 or more must be claimed in person at a Lottery Claim Center or by mail with a completed Texas Lottery claim form; however, annuity prizes or prizes over \$1,000,000 must be claimed in person at the Commission Headquarters in Austin. Call Customer Service at 1-800-377-LOTTO or visit the Lottery Web site at txlottery.org for more information and location of nearest Claim Center. The Texas Lottery is not responsible for lost or stolen tickets, or for tickets lost in the mail. Tickets, transactions, players, and winners are subject to, and players and winners agree to abide by, all applicable laws, Commission rules, regulations, policies, directives, instructions, conditions, procedures, and final decisions of the Executive Director. A Scratch-Off game may continue to be sold even when all the top prizes have been claimed. Must be 18 years of age or older to purchase a Texas Lottery ticket. PLAY RESPONSIBLY. The Texas Lottery Supports Texas Education. © 2012 Texas Lottery Commission. All rights reserved.



12 year-old Chef Remmi Smith will share her signature dishes Saturday

FORT WORTH - On Saturday, Jan. 5, Chef Remmi Smith, a 12 year old aspiring culinary expert, will give live cooking demonstrations showcasing three of her signature dishes. Remmi's objective is to get kids excited about cooking, and to link the skill of cooking to improved nutrition.

Named "Youth Ambassador for Health and Wellness" for Sodexo for their school nutrition program in North
See REMMI, Page 8



Chef Remmi to educate children about healthy eating at the Fort Worth Museum of Science and History

UNCF receives grant from The Colonial Charities

UNCF received \$1,000 grant from The Colonial Charities from annual Crowne Plaza Invitational at Colonial golf tournament in Fort Worth, TX. The grant will support UNCF's Campaign For Emergency Student Aid (more campaign details at www.uncf.org.)

(L to R): Vance Miller, Colonial Country Club President; Diane Stephenson, UNCF Area Director; Bobby Patton – 2013 Tournament Chairman



HINDI, continued from Page 6

USA being a culturally diverse society, introducing languages of India would bring more cohesiveness and harmony in the communities. In addition, American children of India-descent would be able to keep their languages, traditions and culture alive and intact, Zed added.

"Today, China and India are powerful players in the global economy...Students in HEB ISD can get the competitive advantage by enrolling in Hindi or Mandarin Chinese classes", district website states and lists Hindi

among languages "essential to success in a global marketplace".

Seventh, eighth and ninth graders are able to take these classes. These courses are part of the district's International Business Initiative, which will set students on a course to success in college and in the workforce, HEBISD states.

Hindustani is reportedly the fourth highly spoken language in the world after Chinese, Spanish and English and has more speakers than Arabic, Portuguese, Russian,

Japanese, German, French, Italian, Dutch, etc.

HEBISD, a K-12 public school district founded in 1958, has about 21 thousand students in its 26 schools spread in seven cities. It has sister schools in China and India, its pupils reportedly speak 72 languages, and about 51% of its students are economically disadvantaged.

Faye Beaulieu and Ellen Jones are President and Vice President respectively of HEBISD Board of Trustees while Dr. Gene Buinger is the Superintendent.

Heart of Dallas Bowl Game players and staff members give back to the community



Purdue and Oklahoma State team and cheerleaders spend day volunteering at the North Texas Food Bank. Photo credit: Paul Go Images



LINCOLN, continued from Page 1

seen as the last best hope of earth." I now know that we will see that day, because I believe there is a Lincoln within all of us."

When I think of the many quotes by the former president that Americans and most historians take great pride in repeating I often think of the ones that somehow seem to get left out of the history reports. Ones such as the words he spoke regarding racial equality in a debate against Democratic challenger Steven Douglas on August 21, 1858.

"I will say then that I am not, nor ever have been, in favor of bringing about in any way the social and political equality of the white and black races; I am not nor ever have been in favor of making voters or jurors of Negroes, nor of qualifying them to hold office, nor to intermarry with white people.

I will say in addition to this that there is a physical difference between the white

and black races which I believe will forever forbid the two races living together on terms of social and political equality. And inasmuch as they cannot so live, while they do remain together there must be the position of superior and inferior, and I, as much as any other man, am in favor of having the superior position assigned to the white race."

Later on in 1861 after the Civil War began and the issue of freeing the slaves arose Lincoln responded to his many critics who accused him of being an abolitionist by saying:

"If I could save the Union, without freeing the slaves, I would do it. If I could do it by freeing some and leaving others alone, I would do that. What I do about slavery and the colored race, I do because I believe it would help to save the Union."

These words, by his own admission, paint a very different

picture of the Abraham Lincoln most Americans choose to apotheosize and the Lincoln, especially Blacks, love to credit for liberating them from the shackles of slavery. His Emancipation Proclamation, contrary to widespread belief was in fact not an emancipation of slaves nor abolition of slavery. The Emancipation Proclamation only freed some slaves. It did not apply to those states, such as Kentucky, West Virginia or Maryland that were of the Union.

This American fairy tale I learned growing up as a child that is espoused throughout all classrooms and history books that the Emancipation Proclamation and Abraham Lincoln were liberators of African-Americans is exactly that, a fairy tale. The notion that Lincoln was a "friend" and advocate for Black liberation is a farce. As Lerone Bennett, author of "Forced Into Glory", so accurately expressed,

had Lincoln had his way all Black people in America would have been shipped back to Africa from whence they came. Had Lincoln had his way there would not have been a Civil War let alone a Civil Rights Movement.

The fact the film *Lincoln* chooses to portray the 16th president as a hero not only of Blacks but America and the idea of American exceptionalism is merely indicative of the cognitive dissonance within American society. The fact that many Americans prefer to believe America, a land already belonging to and inhabited by another people, was "founded". That slavery was somehow not so bad and we's colored folk was happy picking cotton in the fields of Alabama, Mississippi and Georgia.

Americans by and large are notorious for canonizing their history as opposed to factually reflecting it; the perpetuating belief that America

is the land of the free and home of the brave. It is one big melting pot. Its founding fathers were trailblazers, heroes and freedom fighters as opposed to occupiers, exploiters and by definition criminals.

The real American history is one of brutality, one drenched in blood. But as James Baldwin so eloquently wrote in his essay "White Man's Guilt":

"....what they see is an appallingly oppressive and bloody history, known all over the world. What they see is a disastrous, continuing, present, condition which menaces them, and for which they bear an inescapable responsibility. But since, in the main, they appear to lack the energy to change this condition, they would rather not be reminded of it....history, as nearly no one seems to know, is not merely something to be read.

And it does not refer merely, or even principally, to the past. On- the contrary, the great force of history comes from the fact that we carry it within us, are unconsciously controlled by it in many ways, and history is literally present in all that we do....it is with great pain and terror that one begins to realize this. In great pain and terror, one begins to assess the history which has placed one where one is, and formed one's point of view. In great pain and terror, because, thereafter, one enters into battle with that historical creation, oneself, and attempts to recreate oneself according to a principle more humane and more liberating; one begins the attempt to achieve a level of personal maturity and freedom which robs history of its tyrannical power, and also changes history."

Such is the case with American His-story and Spielberg's *Lincoln*.

Citing 'Naked Racism,' N.C. Gov. Perdue pardons Wilmington Ten

BY CASH MICHAELS

(NNPA) In what civil rights leaders across the nation are calling a significant moment in the civil rights movement, North Carolina Gov. Beverly Perdue has granted individual pardons of actual innocence to all members of the Wilmington Ten.

"I have decided to grant these pardons because the more facts I have learned about the Wilmington Ten, the more appalled I have become about the manner in which their convictions were obtained," Perdue, a Democrat who leaves office on Jan. 5, said in her Dec. 31 statement.

"Justice demands that this stain finally be removed. The process in which this case was tried was fundamentally flawed. Therefore, as Governor, I am issuing these pardons of innocence to right this longstanding wrong."

The Wilmington Ten – nine Black males and one White female – were activists who, along with hundreds of Black students in the New Hanover County Public School System, protested rampant racial discrimination in 1971.

In February of that year, after the arrival of Rev. Benjamin Chavis to help lead the protests, racial violence erupted, with White supremacists driving through Wilmington's Black community, fatally shooting innocent people and committing arson.

A White-owned grocery store in the Black community was fire-bombed, and firemen came under sniper fire. It wasn't until a year later that Rev. Chavis and the others were rounded up and charged with conspiracy in connection with the firebombing and shootings. The 10 were falsely convicted, and sen-



The Wilmington Ten

tenced to 282 years in prison, some of which they each served.

It wouldn't be until 1977, after years of failed appeals in North Carolina courts, that the three state's witnesses recanted their testimonies, admitting that they perjured themselves.

Amnesty International issued a blistering report declaring the Wilmington Ten "political prisoners of conscience." The CBS News program "60 Minutes" did a one-hour expose proving that the evidence against the Wilmington Ten had been fabricated by the prosecution.

Then-Carolina Gov. James B. Hunt refused to pardon the Ten, but did commute their sentences in 1978. Two years later, the U.S. Fourth Circuit Court of Appeals overturned all of the convictions, based on gross prosecutorial misconduct and various violations of constitutional rights. The appeals court directed North Carolina to either retry the defendants, or dismiss all charges, but the state did nothing for the next 32 years.

In March 2011, the National Newspaper Publishers Association (NNPA), at the urging of Wilmington Journal Publisher Mary Alice Thatch, voted to pursue pardons of innocence for the Wilmington Ten. That effort got underway in earnest a year ago. After a series of NNPA stories based on an investigation that revealed never-before-seen court records proving prosecutorial corruption, the mainstream media, including the New York Times, caught on, and began editorially pushing for pardoning the Wilmington Ten. In addition, Change.org, the NAACP and the Wilmington Ten garnered over 144,000 petition signatures for the cause.

Gov. Perdue's pardons legally mean that the accused did not commit the crimes for which they were convicted. The governor's decision was roundly praised.

"Gov. Perdue's historic action today doesn't remove the past forty years of injustice against ten innocent American citizens –

North Carolinians who stood up for equal treatment under the law in our public education system," the Wilmington Ten Pardons of Innocence Project, a justice outreach effort of the National Newspaper Publishers Association and the Wilmington Journal newspaper, said in a statement.

"But [the governor's pardon] does correct the historical record, that Connie Tindall, Jerry Jacobs, William Joe Wright, Anne Sheppard, Wayne Moore, Marvin Patrick, James

Gov. Perdue agreed that revelations of the racist and illegal trial tactics of Wilmington Ten prosecutor Jay Stroud – which included documented handwritten evidence of seeking "KKK" and "Uncle Tom-type" jurors; bribing witnesses to commit perjury; hiding exculpatory evidence of a witness's mental illness from the defense; and deliberately forcing a mistrial so that he could get both the judge and jury that would favor convictions – corrupt the criminal justice

"Justice demands that this stain finally be removed. The process in which this case was tried was fundamentally flawed. Therefore, as Governor, I am issuing these pardons of innocence to right this longstanding wrong."

Governor Perdue

McKoy, Willie Earl Vereen, Reginald Epps and the Rev. Dr. Benjamin Chavis, were indeed innocent of all charges falsely assessed to them by a corrupt prosecutor who, to this day, has not answered for what he did."

system, and shamed the state.

Perdue called it "naked racism."

She said in a statement: "This conduct is disgraceful. It is utterly incompatible with basic notions of

fairness, and with every ideal that North Carolina holds dear. The legitimacy of our criminal justice system hinges on it operating in a fair and equitable manner, with justice being dispensed based on innocence or guilt – not based on race or other forms of prejudice."

She continued, "That did not happen here. Instead, these convictions were tainted by naked racism and represent an ugly stain on North Carolina's criminal justice system that cannot be allowed to stand any longer."

Chavis told the Wilmington Journal, "This is a great day for the people, and the movement. This is a very rare victory."

Civil rights leader Rev. Al Sharpton agreed.

"It was a significant victory and all of you should be commended," said Sharpton, who pushed the pardon effort on his radio programs.

North Carolina NAACP President Rev. William Barber, who partnered with the Wilmington Ten Pardons of Innocence, placed the successful pardons campaign in a historical context.

"Not only will the civil rights and human rights communities honor this act, but history itself will record this day as groundbreaking," Barber told reporters in Raleigh, N.C. on Monday. "On the eve of the 150th anniversary of the Emancipation Proclamation, Gov. Perdue has proclaimed a contemporary emancipation for these freedom fighters. These pardons are not only for North Carolina but also for the nation and for the world. We honor the governor's noble, courageous and righteous decision today and we commend her heart's steadfast commitment to justice."

NDG Gossip: Kim K and Kanye's new "money" baby

BY KENDRIA BROWN,
NDG INTERN

Kim Kardashian and Kanye have a lot to be happy about these days. Not only is the reality star pregnant by Kanye, but the baby, yet to be born, is already worth millions. Media speculators have made grave offers to get the "first look" at the baby. There are claims the baby's first images could sell for as much as 3 million!

While the high-profiled couple attended an Atlantic City Revel Resort on Dec. 30, Mr. West, 35, announced to the audience during a performance, "Make some noise for my baby mama."

A delighted Kim who is 32 is expecting her first child with West, and the couple could not be more thrilled about the new addition. Into her pregnancy at 3 months, Kim has revealed, "I have felt good. I haven't had any morning sickness, but it still isn't the easiest. People always say it's easy and fun. It's definitely an adjustment learning about your body and stuff like that. I've been feeling really good so that's good."



Kim Kardashian & Kanye West

As happy as the couple are and ought to be, how do you feel about this pregnancy and baby. Comment on www.facebook.com/northdallasgazette.

Win Texas Chainsaw 3D prize packages!

Lionsgate's *Texas Chainsaw 3D* continues the legendary story of the homicidal Sawyer family, picking up where Tobe Hooper's 1974 horror classic left off in Newt, Texas, where for decades people went missing without a trace. The townspeople long suspected the Sawyer family, owners of a local barbecue pit, were somehow responsible. Their suspicions were finally confirmed one hot summer day when a young woman escaped the Sawyer house following the brutal murders of her four friends. Word around the small town quickly spread, and a vigilante mob of enraged locals surrounded the Sawyer stronghold, burning it to the ground and killing every last member of the family – or so they thought.

Starting this Friday, Jan. 4 the legend continues in the latest film featuring popular R&B singer Trey

Songz who plays Ryan the boyfriend of Heather Miller (Alexandra Daddario). Heather goes to Texas to a home she has inherited and Ryan just goes along for the ride. Little do they realize what a rough ride it is going to be.

North Dallas Gazette readers can win one of 10 prize packages we are giving away that will include a t-shirt, poster and more! Visit Facebook.com/NorthDallas-Gazette to find out how to win one of the *Texas Chainsaw 3D* prize packages.

If you are tired of the happy holiday family flicks, you can flip the script this



Friday when *Texas Chainsaw 3D* hits the big screen. Actually if you cannot wait, there are screenings at 10 p.m. on Thursday, Jan. 3. The film is rated R visit <http://www.texaschainsaw3d.com/> to learn why.

TURNER, continued from Page 2

process of living an active lifestyle. Fast forward to 2012, Turner has completed 7 marathons, including the Boston Marathon (twice) and the New York City Marathon (twice). She has also completed 12 triathlons.

Leveraging her business acumen, along with her creative and fitness backgrounds, Ms. Turner founded MAD COOL FITNESS, a comprehensive fitness/lifestyle brand that works to inspire everyday people to move through con-

tent, social support, and multi-pronged tools to support long-term healthy and active living. MAD COOL FITNESS gives consumers the tools and inspiration to achieve long-term health and happiness.

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5 Marketing basics you need for success

BY: JOE THOMAS

So here you are at the end of another ho-hum year. Last year about this time, you threw up your hands and yelled, "Thank goodness the world's ending in December 2012 and I don't have to figure out how to sell my products or services in 2013!"

Now you're scrambling.

Hey, we all are. The Internet is more congested than a Wal-Mart during a Black Friday sale. All of your keywords rank in the top 10 most-searched words on Google (a sure sign of stiff competition).

There's going to be 35 percent more self-published books hitting Amazon in the coming year.

With all of that competition, what can you do to set yourself apart?

Truth is, unless you have a line on the winning Powerball numbers, you had better have a plan.

People actually do succeed on the Internet. They sell shoes and shirts, software, services, and books. They have the right tools. Without those, you're going to have a hard time building anything. No audience, no network, no social media following and no sales.

What tools do you need? There are all sorts of specialized tools, but let's start with a basic checklist

A fully functional and engaging website: A professional website is to sales what oxygen is to a human

being. Without it, you're dead. Count on this - no website or bad web site = poor sales or no sales. 'Nuff said?

A solid PR foundation: Getting your message out there needs to be your top priority. You need to BE the news. And once you have publicity, you need to put it to work for you by sharing it on your website and through social media.

Getting a handle on social media: You can't just go out there in the Twitterphere and play the "Follow Friday" game. (If you don't know what Follow Friday is, you really need to take a crash course on social media.) Don't make the mistake of posting only

See SUCCESS, Page 13

Solution to help businesses comply with new IRS rules for filing Forms 1099

New IRS rules for filing Forms 1099 have placed a major burden on business owners and their accountants to electronically file Forms 1099 with the IRS. Add to this the increased 1099 filing requirements for rental property owners and credit card processors and the overwhelming rules combined with greatly increased penalties for failing to file the forms has many business owners fearful of huge penalties and greatly increased IRS scrutiny of their business.

After 35 years of dealing exclusively with small businesses as the

owner of his own CPA firm, Bob Jennings has now provided to the market an easy and inexpensive solution for small business owners from a small business owner.

With www.Preparer1099.com, the business owner merely enters the data into the secure, cloud based software, pays a very small fee and is done. Prepare1099 is approved with the IRS to directly file the forms with the IRS for the business owner, and then provides the recipients a copy of their 1099 through a secure email. This simple, secure, elec-

tronic approach from a small business specialist to small business owners solves the worries of the business owner about missing IRS deadlines and filing rules.

- Access to corporations because they are
- Large booth size, no restrictions on what they can exhibit, can include an elephant if it fits to allow them to showcase their biz.
- Pull testimonials from last year's videos
- As they receive new exhibitors, Monica will reach out and ask them a couple of questions.

FINANCIAL, continued from Page 4

money orders when needed.

- Lack of proper identification.
- Denied accounts due to bad banking track record.
- Language barriers.
- Bad previous banking experience or lack of trust in banking institutions.

Big retailers and other alternative financial services providers have rushed to fill the void for customers who can't - or won't - use banks or credit card issuers. For example, Bankrate.com lists dozens of prepaid cards that offer many of the same functionalities as regular credit or debit cards, including direct deposit, online pur-

chases and bill pay, ATM access, etc. Other businesses provide such varied services as check-cashing, money orders, wire transfers, and payday, pawn shop or car-title loans.

However, charges for these services can quickly add up. After you've paid a fee to cash your paycheck and bought money orders to pay your monthly bills, you probably will have spent far more than the \$5 to \$15 a month a regular checking account typically costs.

Although monthly checking and savings account fees at large banks have risen, you still may be able to find free or low-cost accounts at banks and credit

unions. To find competitive bank account rates, visit www.bankrate.com/checking.aspx. To find a credit union for which you might be eligible, use the Credit Union Locator at www.ncua.gov.

High fees aside, there's also a safety risk factor to being unbanked. Carrying or storing cash at home tempts robbers; also, money can easily be destroyed in a fire or other natural disaster. Plus, money deposited in FDIC-insured banks is insured up to \$250,000 per account (similar insurance is available to credit union accounts through NCUA). It's also more difficult for unbanked consumers to

improve their credit scores due to lack of access to credit-building products like credit cards and loans.

To help bring unbanked and underbanked people into the system, an increasing number of public/private programs like Bank On (www.joinbankon.org) are being formed. These voluntary partnerships between local or state governments, financial institutions and community-based organizations provide low-income un- and underbanked people with free or low-cost starter or "second chance" bank accounts and access to financial education.

In addition, many financial education re-

sources are available, including:

- MyMoney.gov, the government's website dedicated to teaching Americans the basics about financial education (www.mymoney.gov).
- FDIC's MoneySmart program of financial education workshops (www.fdic.gov/moneysmart).
- Practical Money Skills for Life (www.practicalmoneyskills.com), a free personal financial

management program run by Visa Inc.

There's no law that says everyone must have a traditional banking relationship. But if you choose to go unbanked, carefully investigate the financial consequences - you may not be saving money after all.

Jason Alderman directs Visa's financial education programs. To Follow Jason Alderman on Twitter: www.twitter.com/PracticalMoney.

CLINTON, continued from Page 3

The saddest situation is that of Libya. The dictator has gone but so has any semblance of peace and governance. We failed our embassy there by turning our back on its safety and now trying to cover it up. It is so similar to the security failures of our embassies in Kenya and Tanzania during the Bill Clinton Administration. Just like then, they identify a "fall person" to put the blame on. They insinuated it was Susan Rice

during the Clinton Administration and then, unbelievably, they threw her under the "bus" once again. It is Clinton 101. Hillary has failed and President Obama will call on his old friend and confidant John Kerry to clean up the mess. I believe he will and in 2016 he will rise exponentially above Hillary.

He will also play a role in environmental issues such as the Keystone Pipeline and the Kyoto Pro-

TOCOL. EPA Administrator Lisa Jackson is also "toast." The State Department will take full control of these issues.

Administrator Jackson or "Richard Windsor" as she mysteriously calls herself in secret and illegal emails has announced her resignation before the illegal emails are released via a court order. John Kerry will have a hand in cleaning this up also. In essence, he is going to be the "fix it

guy."

By 2016 he will be regarded as a healer and strong leader. Goodbye Hillary.

Editor's note: This column was written prior to Sec. of State Clinton's hospitalization.

Alford is the co-founder, President/CEO of the National Black Chamber of Commerce®. Website: www.nationalbcc.org. Email: halford@nationalbcc.org.

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Activity Time Highland Hills at Highland Hills Branch Library, 3624 Simpson Stuart Rd.; 214-670-0987

Personal Views: Texas Black Folk Artists at African American Museum, 3536 Grand Ave.; 214-565-9026

Every Tuesday
Dallas Comedy House Open Mic at 2645 Commerce St; 214-741-4448

January 6, 2013
First Sundays talent showcase and buffet at 1:30 p.m. at Center City Grille, 3316 Merrilee Drive in Dallas. Tickets are \$15 in advance and \$25 at the door. Enjoy live entertainment, clean comedy, inspirational po-

etry, an all-you-can eat buffet, and the sounds of DJ Diamond K. INFO: 972-834-5936, roundtheclock.cm@gmail.com or firstsunday.eventbrite.com.

January 5
Chocolate Resolution Tour at Donna's Pie House Café, 5600 W. Lovers Lane at 1 p.m.; 972-814-5997

New Orleans Hornets vs. Dallas Mavericks at American Airlines Center, 2500 Victory Avenue; 214-222-3687

The Mayan Calendar Survivors Show! at Liquid Lounge, 2800 Main St. at 8:30 p.m.; 682-429-9724
Winter Night Hike at Heard Natural Science Museum & Wildlife Sanctuary, 1 Nature Place in McKinney; 972-562-5566

January 5
Unwrapping Your New E-reader at West Irving Library at 2:30 p.m. Join us for an introduction to e-readers and for help getting started downloading library books to a Kindle, Nook or tablet.

Come learn all **daffodils from Texas daffodil** expert, Keith Kridler from 1 – 3 p.m. Master Gardeners in attendance will receive two continuing education credits. green@mckinney-texas.org or 972-547-7335

January 6
Last Day of Chinese Lantern Festival at Fair Park Dallas, 1300 Robert B. Cullum Blvd. at 5 p.m.; 214-928-7677

January 8
Phoenix Coyotes vs. Dallas Stars at American Airlines Center, 2500 Victory Avenue; 214-222-3687

January 10- February 9
Bengal Tiger at the Baghdad Zoo by Rajiv Joseph at Theatre Three, Inc., 2800 Routh Street, #168; 214-871-3300

January 12
2013 Living History - The Rev. Bill McElvaney at Sixth Floor Museum at Dealey Plaza, 411 Elm Street at 2 p.m.; 214-747-6660

Adopt a New Pet for a New Year at Collin Creek Mall, 811 North Central Expressway in Plano at 1 p.m.; 972-442-1070

Dallas Sidekicks vs. Chicago Mustangs at Allen Event Center, 200 East Stacy Road in Allen

January 13
AT&T Performing Arts Center and Shakespeare Dallas Present **The Complete Works of Shakespeare** at Winspear Opera House, 2403 Flora Street at 3 p.m. & 7 p.m.; 214-880-0202

January 12, 2013
Ascential Events' 2013 Trinity Music Festival Gospel Concert to feature Grammy Award winner Le'Andria Johnson at the Majestic Theatre, 1925 Elm Street Suite 500; 214-808-2951

B. B. King at House of Blues, White Swan Building; \$65- \$125; 323-769-4940

January 17- February 9, 2013
“Under the Yum-Yum Tree” by GCT at Granville Arts Center – Small Theatre; 972-205-2790

January 18, 2013
Garland Symphony Orchestra, Concert IV at Granville Arts Center – Brownlee Auditorium; 972-926-0611

January 25- March 3, 2013
Goodnight Moon at the Dallas Children's Theater brings a favorite book to life. Savor the whimsical and rich world of a child's imagination with stars, air and noises everywhere! This fanciful poem of goodnight wishes comes to life as an extravaganza of enchantment, singing, dancing and puppetry. Rosewood Center for Family Arts at 5938 Skillman Street in Dallas.

January 29, 2013
Time: 6:00 p.m. - 9:00 p.m.
Location: Irving Conven-

tion Center at Las Colinas 500 West Las Colinas Boulevard, Irving

February 2, 2013
The Joey Riley Show at Granville Arts Center – Brownlee Auditorium; 817-455-7783

February 15, 2013
Garland Symphony Orchestra, Concert V at Granville Arts Center – Brownlee Auditorium; 972-926-0611

February 19, 2013
Mike Tyson: Undisputed Truth at Verizon Theatre at Grand Prairie, 1001 Performance Place at 8 p.m.; \$40-\$300; 972-854-5050

February 28- March 23, 2013
“Death Takes A Holiday” by Garland Civic Theatre at Granville Arts Center – Small Theatre; 972-205-2790

March 2, 2013
Salutation of the Dawn at Zion Lutheran Church, 6121 East Lovers Lane at 7:30 p.m.

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Girl Scouts and Sigma Gamma Rho help girls imagine engineering careers

Girl Scouts of the USA (GSUSA) has joined forces with Sigma Gamma Rho, one of the nation's largest African American sororities, to help build awareness of career possibilities in science, technology, and engineering among girls and parents in the African American community.

Working with local Girl Scout councils around the country, Sigma Gam-



ma Rho's alumnae chapters have made GSUSA's Imagine Engineering initiative, funded by the National Science Foundation, a focus of the sorority's annual National Youth Symposium.

"Girl Scouting and Sigma Gamma Rho have the same goal: to build the nation's future lead-

ers by helping girls dream big and accomplish much today," said GSUSA Chief Executive Officer Anna Maria Chávez. "We are delighted to be part of this partnership to help girls do great things in critical fields such as science, technology, engineering and math."

"Response to Imagine Engineering has been terrific," said Sigma Gamma Rho National President

Bonita Herring. "We surveyed 250 girls who took part in the program, and more than two thirds of them said they now understood how 'someone like me' could become an engineer."

"We will not only expand our efforts with this program, but we will reach out to girls nationwide in our communities with a combination of our own healthy living pro-

gram, Project Reassurance, and the Girl Scouts' program for middle-school girls on healthy relationships and bullying," Herring said. "Through this continued partnership, we are going to do great things together for girls."

For more information on GSUSA's Imagine Engineering initiative visit www.girlscouts.org/imagineengineering/.

PARADE, continued from Page 1

The 2013 theme is "Recognizing Outstanding Men on MLK Day" and it spotlights the grand marshals for the 24th annual parade: Fred Marsh, Vice President of Operations with State Farm Insurance Companies and Judge John Creuzot of Dallas County's 4th District Criminal Court. Both gentlemen retired from their distinguished careers at the end of 2012.

The celebration continues with an MLK Commemorative Program in the Granville Arts Center, 300 N. 5th Street, downtown Garland, immediately following the parade and march. Kevin Conner will present one of Dr. King's

speeches, the MLK Communitywide Youth Choir led by clinician Reuben Lael Griffin and the St. Luke AME Puppet Ministry led by Bea Mosley will perform. This event is free and open to the public.

MLK Youth Extravaganza - January 20, 2013 - Granville Arts Center Brownlee Auditorium

Youth groups from area churches will showcase their spiritual talents in praise dance, step routines and military style drills on Sunday afternoon, at 300 N. 5th Street, downtown Garland, 75040, beginning at 4:00 P.M. Admission is free and the Garland MLK youth extravaganza is open to the public.

For more information on these events, please contact the NAACP Garland Branch at 972.381.5044,

voice box #5, or visit the NAACP Garland Branch's Web site at: www.garlandtxnaacp.org.



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SUCCESS, continued from Page 11

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Joe Thomas is the founder and owner of Left Brain Digital (www.leftbraindigital.com), a web development company.

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January 2013

For those in need and live in the 75074 and 75075 Zip Codes area, CALL TODAY about Avenue F Family Health Center's (AFFHC) Community Clinic. You can also set an appointment at 214-380-9713. Read this information on the following websites: www.affhc.org and/or www.avefchurchofchrist.org

Mondays – Fridays

Call 972-423-8833 for AFFECT, Inc. or email: AFFECT-TxInc@aol.com for counseling services, resources and assistance for job readiness and training programs for individuals. For couples we offer services for marital relationships and for ex-offenders we offer programs for getting back into the work force.

January 6, 2013 8 a.m.

You're invited to our Early Morning Worship Service; stay for Bible Classes at 9:30 a.m. and for Morning Worship at 10:45 a.m.

January 9, 10 a.m.

Join us for Wednesday Morning Bible Study at 10:30 a.m. and come back at 7 p.m. for Prayer, Praise and Songs as we worship and praise God.

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

www.avefchurchofchrist.org

**BIBLE WAY COMMUNITY
BAPTIST CHURCH**

January 6, 9:35 a.m.

You're invited to our Sunday School at 9 a.m. and to stay for Morning Worship at 11 a.m. as we worship and praise God.

January 9, 7 p.m.

Come to our Wednesday's Bible Study to learn more about God's Word and help us to praise and worship His holy name.

Also bring your children to our Wednesday Night Children Program, three things are incorporated when they come, children learn and they play and have fun.

January 11, 7 p.m.

You're invited to our Women's Fellowship as we praise God; worship Him and Study His Word.

January 12, 9 a.m.

Join us for Men's Fellowship as we worship and praise God; and we study His Word.

Dr. Timothy Wilbert, Sr.
Senior Pastor
4215 N. Greenview Drive
Irving, TX 75062
972-257-3766
www.biblewayirving.org

**CHRIST COMMUNITY
CHURCH
IN RICHARDSON**

January 6

Join us in our Christmas Service (one service only.) Come and be blessed by the Word of God.

January 9, 7:30 p.m.

Come to Bible Study as we go further in and deeper down into God's Word and we give Him all of the glory, honor and praise.

Dr. Terrence Autry,
Senior Pastor

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

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"The Ship"**

**Monday – Friday
9 a.m.-1 p.m.**

TheShip3C's Prayer Lines for those that are in need are 972-649-0566 and 972-649-0567 or they may be submitted via email to: prayerline@theship3c.org

January 6, 2013

Come and grow with us. You're invited to a new series of teaching, "Guaranteed Victory". God will "Equip, Elevate, and Empower" you; call the church for details.

January 9, 7 p.m.

Join us for our Church Wide Fasting each Wednesday (100% juice & water only); the fast begins at 12:01 am with our 1st prayer at 3:30 am; 2nd prayer at 12 Noon, and the closing prayer at 6 pm. Then join us for Wednesday Night Live in the Joycie Turner Fellowship Hall on Belmont Drive, with old school prayer and testimony. Also, come to our Corporate Prayer and our Kidz Zone (an environment to equip children to grow and to show God's love.)

Dr. W. L. Stafford, Sr., Ed.D.
Senior Pastor
1550 Edelweiss Drive
In Allen for Sunday
Morning Worship.
Admin. Building Address
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January 6

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Dr. Gregory Foster,
Senior Pastor and
Rev. Anthony Foster, Pastor
300 Phillips Street
Richardson, TX 75081

972-235-4235
www.fbchp.org

**SAINT MARK MBC
IN MCKINNEY**

January 6, 9:30 a.m.

Join us in our Morning Worship Service and stay to enjoy our Education Ministries at 10:45 a.m.

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

**SHILOH MBC
IN PLANO**

January 6, 10 a.m.

There will be only one worship service on December 23 & 30; so join us in our Sunday Morning Worship Service.

January 9, 7 p.m.

You're invited to our Midweek Service as we worship and praise God.

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

**THE INSPIRING BODY
OF CHRIST CHURCH**

January 6, at 7:30 a.m.

There will be only one service for these two Sundays at the end of the year; so join us as we worship, honor and magnify God's Holy name.

January 7, 7 p.m.

Come to Monday School as we celebrate Christmas Eve and study the Word of God. We will worship Him and praise His Holy name and thank God for Jesus' birth.

Pastor Rickie Rush
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**WORD OF LIFE
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Early Prayer, 5 a.m.

Join us in prayer early in the morning at 5 a.m. on Monday – Thursday at 1-661-673-8600, Code # 142219 and please put your phone on mute. God will meet you and prayer does change people, things and situations.

January 6, 9:30 a.m.

Join us for Sunday School with Elder/Superintendent Greg Mason; Sis. Vicki Mason, adult class teacher and Evangelist Elizabeth McAfee, children class teacher and Director of our children's choir. Then stay for Morning Service at 11 a.m. as we worship, honor and praise God for His goodness.

Dr. Gregory E. Voss,
Senior Pastor
2765 Trinity Mills Road
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**Sister
Tarpley**

Things to think about for 2013: I was asked to see some daffodils before they are over with for the summer. Since it was a long drive from where I lived; I reluctantly promised to go see the daffodils the next Tuesday.

As luck would have it, the next Tuesday was a cold and rainy day. I said, "forget the daffodils; the road is almost invisible in the clouds and fog."

However, my friend wouldn't let me rest. "You will never forgive yourself if you miss this experience," she said. I enthusiastically decided to keep my promise and go see the daffodils.

We turned onto a small gravel road and saw a small church. On the far side of the church, a hand-lettered sign read, "Daffodil Garden." We got out and followed a path to the garden.

When I turned a corner of the path I looked up and gasped. Before us was a glorious sight. It looked as though someone had taken a great vat of gold and poured it down over the mountain peak and slopes.

The flowers were planted in majestic, swirling patterns of ribbons and swaths of deep orange, white, lemon, yellows, salmon pink, saffron, and butter yellow. Each different colored variety was planted as a group so that it swirled and flowed like its own river with its own unique hue.

Who did this?" I asked. "It's just one woman," was the answer. "The woman lives on the property." That's her home." I looked at a well kept frame house that looked small and modest in the midst of all that glory.

Walking to the house, we saw a poster that read, "Answers to the Questions I know You Are Asking.

The first answer was, "50,000 bulbs." The second answer was, "One at a time, by one woman. Two hands, two feet, and very little brain." The third answer was, "Began in 1958."

There it was, *The Daffodil Principle*. That was a life changing experience. I thought of this woman whom I had never met, who, more than forty-seven years before, had begun with one bulb at a time—to bring her vision of beauty and joy to an obscure mountain top.

Just planting one bulb at a time, year after year, this unknown woman had forever changed the world in which she lived. She had created something of beauty and inspiration.

One of the greatest principles of celebration is leaning to move toward our goals and desires one step at a time; often one small step and learning to love the doing, learning to use the accumulation of



Gifts given for A Christmas Blessings 2012

time. When we multiply tiny pieces of time with small increments of daily effort, we too will find we can accomplish magnificent things. We can change the world. — Author Unknown

TWO WAYS: To every soul there is a "high" way and a "low." The "high" soul climbs the "high" way; the "low" soul gropes

the "low." In between, on the misty flats, the rest drift to and fro. Every man decides which way his soul shall go. --John Oxenham

A Prayer to consider for 2013: Dear God, this New Year, help me to be kinder; help me to be blind to the faults of those around me. Help me to praise You more. Help me when I am weary to be

more cherry. Help me to serve You and my fellow-man better, especially those that I am striving to reach. Help me to be braver when temptation bids me waver. Help me to strive harder to be all that I should be. Help me to be meeker with my brother who is weaker; help me think more of You and my neighbor and less of me.

HELPERS, continued from Page 1

cal health, but to ultimately improve their care of the elderly.

"The New Year is a good time, psychologically, for caregivers to make resolutions to re-adjust how they feel about their caregiving responsibilities," says Peter Ross, co-founder of Senior Helpers, a national in-home care company with highly trained caregivers specializing in dementia and Alzheimer's care. "Often, caregivers get lost in the day-to-day duties of helping others and forget to take care of their own basic needs. That's why we encourage caregivers of the elderly to take care of themselves so they can ultimately provide better care. And at some point, caregivers

may need to bring in outside help so they get a much needed break."

1. Take "You" Time Every Day – make a commitment, every single day, to take 5, 10 or 15 minutes to do at least one thing you enjoy or need, such as meditating or listening to music.

2. Keep Preventive Care Appointments – It's important to make and not skip regular doctor appointments (and see the doctor if you're sick). You can't give good care if you're sick, plus you can pass on your illness.

3. Create a Family Support Group – Create a support group of loved ones who provide you with emotional and physical support. The bigger your community circle, the

stronger you and your senior will become as a unit.

4. Make time to exercise - Studies show that exercise is a great way to relieve stress and to feel refreshed again! If you can't get motivated to exercise on your own, find an exercise buddy who can help you stick to your commitment of better health.

5. Get enough rest – Find ways to ensure that you get at least seven or eight hours of sleep. Your body and mind need adequate amount of time to rest each night so you can feel rejuvenated each morning for your caregiving responsibilities.

6. Be kind to yourself – It's okay to make mistakes. Learn to shake-off feelings of guilt or self-criticism that you

aren't doing all you can to help your senior. It's important to remind yourself daily that you're doing the best you can.

7. Give thanks – When a friend or family member spends time with the elderly loved one you're caring for, send them a quick thank you note. It'll encourage them to help more in the year ahead.

8. Learn about local resources – Many caregivers don't take advantage of support available right in their own town. In difficult times, it's important to have resources you can reach out to immediately to help you cope.

9. Delegate – Write a list of activities that would help you the most throughout the New Year. Hand out your

"Caregiver's Resolutions for Family and Friends" to anyone who can help make your life easier.

10. Think about what your senior would want for you – It's easy for caregivers to get lost in their daily responsibilities.

ties. Take each day to remember that the senior is also dealing with feelings of losing their independence, or dealing with an illness, etc...Remember who they really are inside and the good things your senior would want for you.

REMMI, continued from Page 10

America, Remmi works with the executive chefs in 500 school districts and represents three million students across the country.

The recipes demonstrated within one of the Museum's Innovation Studios will be

Strawberry Salsa with Baked Tortilla Chips, Gazpacho Salad, and Angel Hair Pasta with Tomato Pancetta Sauce. Guests will have the opportunity to sample the culinary creations at 10:30 a.m., 1 p.m. and 3:30 p.m. with paid ad-

mission to the Museum plus an upcharge for members of \$3 for children and \$5 for adults and \$5 for children and \$10 for adults for non-members.

Space is limited, call 817-255-9300 to reserve your

seats. Chef Remmi's creations will also be available for purchase in the Museum's Stars Café.

For more information on Chef Remmi, visit <http://www.cooktimewithremmi.com/>.

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Uh-uh-uh. They know better. And in the new book **Time to Shine** by **Nikki Carter**, pushiness can backfire for a boy, too.

No drama for the rest of the school year.

That's what Sunday Tolliver said and it was a great idea, except it didn't work. Drama started with the Atlanta wedding of Sunday's mentor, Mystique and the rapper Zac, but when Zac's baby-mama dropped his son off at the reception, that didn't make Mystique very happy.

And then there was Sam, who was Sunday's ex.

When she caught him in a lie a few months before, Sunday told Sam that she couldn't tolerate an unfaithful man but he kept saying it was all a mistake. He wanted Sunday back and everybody thought she should give him a second chance, but there

NDG book review: *Time to Shine*

was no such thing. Even though she had to work with him, she simply didn't want any lying man around.

She didn't want Sam around, partly because of DeShawn, who was Sunday's buddy. Seriously, just friends, except that DeShawn was cute and funny, and he totally understood Sunday. She wasn't ready for another man in her life – freshman year at Spellman College was too much fun to tie herself down – but she wasn't ready to let De-



Shawn go, either.

Then, to this personal drama, add the little spat between Sunday's roommate, Gia, and her boo, Ricky. They were being celibate but Ricky hated that and Gia

wasn't sure she could live without him. In the meantime, besties Piper and Meagan learned that they were dating the same man and that caused other ugliness. Sunday's "entourage," in other words, was breaking up.

Above all, though, Sunday had to keep her eye on her career. She was an award-winning singer-songwriter and was up for more awards. Life would've been good, if only her cousin Dreya stopped scheming and Sam stopped dreaming of reconciliation.

Yep, Sunday Tolliver wanted to keep drama out of her life for awhile.

Too bad it wouldn't be possible...

Want a teen novel that snaps with energy and crackles with sass? Then you want this latest book in the Fab Life series.

Just like the other books featuring Sunday Tolliver, author Nikki Carter takes a little bit of normal teen life

and sprinkles it with fame, paparazzi, and fortune. I've always liked the good mix of characters that Carter offers: black and white, adult and almost-adult, completely without violence and with relatively tame boy-girl interaction. That all makes this book darn-near perfect for teens ages 14-to-17.

Yes, this is the next installment in a series, but I really think Carter makes it easy to start here. If you're up for a fun teen novel, grab *Time to Shine* and read it.

Then tell your friends they'd better, too.

Time to Shine by *Nikki Carter*, (Dafina Teen 9.95, 240 pages)

How to Brew the Perfect Cup of Coffee

(StatePoint) It's not magic. Brewing the perfect cup of coffee can take place in your own kitchen!

As with any recipe, fresh, high-quality ingredi-

ents matter. Start with fresh, cold water. If you don't like the taste of your tap water, use filtered water for better flavor. Remember, grinding coffee in ad-

vance of brewing means loss of flavor. So invest in a coffee grinder for a fresher brew.

Not all coffee beans are created equally -- rely on a coffee with distinctive fla-



vor profiles and consistent roasting, such as Portland Roasting Coffee, named by "Roast Magazine" as the 2012 Roaster of the

Year. Use 2 tablespoons of ground coffee per 6oz of water. Make sure your brewing device reaches between 195F-205F to extract maximum flavor.

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