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March on Washington: Then and Now

(NNPA) Fifty years ago, 250,000 people gathered at the Lincoln Memorial to call for justice and equality for all Americans. As the anniversary of the March on Washington for Jobs and Freedom approaches, we, participants in the march we helped to plan, are delighted that this remarkable moment will be commemorated.



But we are troubled that the overarching significance of the march largely has been obscured, reduced to a sort of mental postcard. What's too often forgotten is that the event created a climate that eventually led to passage of the Civil Rights Act of 1964 and the Voting Rights Act of 1965.

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Upcoming Washington March should again focus on jobs

BY FREDDIE ALLEN

(NNPA) – Civil rights leaders will march on Washington, D.C. on Saturday, Aug. 24 to observe the 50th anniversary of the 1963 March on Washington for Jobs and Freedom where Martin Luther King, Jr. delivered his famous “I Have a

Dream” speech. Now economists, labor groups and community stakeholders want to make sure that the Black jobs crisis gets top billing on the agenda.

Some researchers say that the economic agenda of the 1963 march was largely forgotten as Blacks won hard-

fought victories for voting rights and anti-discrimination policies in public and the workplace.

“There has been an incomplete representation of the Civil Rights Movement. On one hand people struggled tremendously, people fought, people died and we

did have tremendous success, because of the 1963 March on Washington for Jobs and Freedom,” said Algernon Austin, director of the Race, Ethnicity, and Economy Program at the Economic Policy Institute. “We did get the Voting Rights Act and the Civil

See JOBS, Page 16

SBA Partners with Microsoft to deliver technology e-learning series

WASHINGTON – The newest resource to help small business owners more efficiently use technology to run their businesses is being provided to help grow their businesses and create jobs. The Business Technology Simplified online course series teaches the benefits of using mod-

ern technology that can take businesses to the next level of success.

“We are excited to partner with Microsoft to offer online courses that will provide entrepreneurs with technology-focused tools and resources to build their businesses and create jobs,” said SBA Administrator

Karen Mills. “We know that technology-savvy small businesses can increase sales, expand their customer base and even attract new business opportunities through exporting.”

The U.S. Small Business Administration and Microsoft developed this

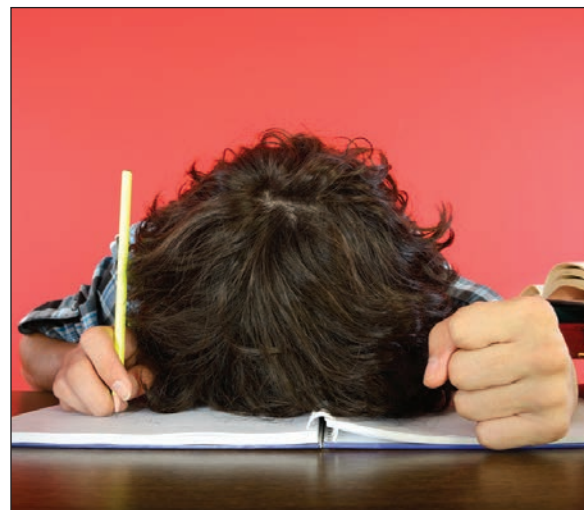
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COVER STORY

Surprising Study Habits to Avoid and Adopt



Info to help your child start school year off right

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Idris Elba Returns for Highly Anticipated Third Season of 'Luther'

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COMMENTARY

Why We're Still Marching

BY GEORGE E. CURRY

(NNPA) For a while, it looked like the 50th anniversary observance of the March on Washington would expose a sharp split in the Civil Rights Movement. Al Sharpton jumped ahead of his colleagues by cornering Martin Luther King III and the two of them announced a March on Washington for Saturday, August 24. Other civil rights leaders were planning events around that time and complained privately that Sharpton and Martin III had locked up key funding from major

labor groups, a primary source of funding for the movement.

A series of high-profile events – the Supreme Court's decision in Shelby County v. Holder gutting the heart of the Voting Rights Act of 1965, remanding a University of Texas affirmative action case back to the appellate level for stricter scrutiny and George Zimmerman being found not guilty of second-degree murder in connection with the shooting death of 17-year-old unarmed

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Dr. Yvette Weatherton



Donna Anderson



Barbara Steele

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Dr. Yvette Weatherton

ARLINGTON -- Nine faculty members from The University of Texas at Arlington are among 63 educators recognized this year by The University of Texas System Board of Regents for excellence in the classroom.

The honors come with a \$25,000 cash award and recognize faculty members at UT System academic institutions who demonstrate extraordinary classroom performance and innovation at the undergraduate level. The professors are to be recog-

nized Wednesday, Aug. 21, during a ceremony in Austin.

UT Arlington President Vistasp M. Karbhari said the awards underscore the depth and wealth of talent and commitment to excellence within the University's faculty.

"A great University has great teachers, and we are proud to have some of the very best," Karbhari said. "Our faculty members serve one of the nation's most diverse student bodies, and they are committed to ensuring student success not just

for those who enter UT Arlington at the top of their high school class, but rather for all who are committed to a better tomorrow for themselves and their families."

The UT Arlington honorees are:

- Yvette Weatherton, senior lecturer, civil engineering
- Josephine Caldwell-Ryan, adjunct assistant professor of sociology and anthropology
- Rebecca Deen, chair and associate professor of political science
- Susanna Khavul, associate professor of management



• Frank Lewis, professor of electrical engineering and the Moncrief O'Donnell Endowed Chair, UT Arlington Research Institute

• Beth Mancini, professor of nursing and associate dean for undergraduate studies for the College of Nursing

• Dan Popa, associate professor of electrical engineering

• Peggy Semingson, assistant professor of curriculum and instruction

• Seiichiro Tanizaki, lecturer, chemistry and biochemistry

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Donna Anderson

DALLAS – Donna Anderson, president and chief executive officer of DNA Transcomp and Houdek Enterprises, Incorporated was recently named to the 2013 *Dallas Business Journal's* 40 Under 40 list. This is an elite honor as more than 300 people were nominated for this coveted award and the honorees were narrowed down to 40, including Donna Anderson. Ms. Anderson will be officially celebrated by *Dallas Business Journal* at the an-

nual 40 Under 40 Awards on Aug. 28 at Brookhaven Country Club. She will also be featured in the Aug. 30 issue of *Dallas Business Journal*.

Ms. Anderson started her career in the transportation and logistics industry after a very successful management career in corporate America. Her objective was to become a stable, innovative and growing woman-owned freight brokerage firm using her executive leadership experience in



sales, marketing, operations and business management.

In just five years, Donna Anderson has made significant strides in the transportation and logistics industry. She founded DNA Transcomp in 2007 and later decided that she wanted to focus on being a 3PL transportation company that is also asset-based. With the continued support of the SBDC, Ms. Anderson acquired Houdek Enterprises, Incorporated in 2011.

Since Ms. Anderson took the helm, Houdek Enterprises, Inc. has experienced explosive growth, increasing its fleet by more than 50%,

hiring a full-staff of drivers and other employees and producing collective revenues exceeding \$2 million. Under Ms. Anderson's leadership, DNA Transcomp has also experienced measurable growth, obtaining its own motor carrier authority and expanding its business by purchasing the business system, trucks and trailers for a half million dollars in 2011.

Donna Anderson is an up and coming figure in the Dallas business community and has been recognized for her leadership and accomplishments in a traditionally male-

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Barbara Steele

Barbara Steele, a longtime civic leader here in Dallas will receive the

Jr. Award and Wells Fargo, an outstanding corporate partner will receive the



Urban League of Greater Dallas Whitney M. Young

Buddy J. Minyard Award at its annual Gala. The

event will be held on Saturday, August 24, 2013 at the Hilton Anatole Hotel, 2200 Stemmons Freeway at 6:30 p.m. This year's theme is "Investing in the Community". Honorary chairs for the event are Levi and Loretta Davis.

A raffle and silent auction will open the Annual Gala which celebrates 46 years of providing services and programs to Dallas County.

The League will honor the following individuals and corporation for outstanding community service during the gala.

• Barbara Steele will receive the Whitney M. Young, Jr. Award for her long-term and exceptional contributions to the Urban League of Greater Dallas.

• Wells Fargo will receive the Buddy J. Min-

yard Award for its outstanding corporate partnership that supports the Urban League and its mission.

The highlight of the evening will be a performance by the The Emotions. For over 40 years the group has had a string of hit singles and albums which included hits like "Don't Ask My Neighbor", "Best of my Love" and "Boogie Wonderland". The sisters continue to perform

"Because of the generosity of our community partners and donors, this annual fundraiser allows us to provide much needed services and continue our advocacy for equal participation in the economic and social mainstream," said Dr. Beverly Mitchell-Brooks, President and CEO of the Urban League.

Sponsors of this year's Gala are American Air-

lines, WFAA-TV and Hilton Anatole.

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Civil Rights groups prepare for the march

Fifty years ago, Whitney M. Young Jr., president of the National Urban League from 1961-71, worked alongside his fellow civil rights, social justice and labor movement leaders to organize the March on Washington, where 300,000 people gathered to demand jobs and freedom. As America prepares to mark the anniversary of this historic gathering, the National

Urban League, under the leadership of Marc H. Morial, will once again mobilize citizens across the nation to gather in Washington, D.C. and continue the push for economic empowerment and justice. The National Urban League is working in partnership with Rev. Al Sharpton, president of the National Action Network, Benjamin Jealous, president and CEO of the NAACP, and

Melanie Campbell, president and CEO of the National Coalition on Black Civic Participation.

To commemorate the 50th Anniversary of the March on Washington for Jobs and Freedom, the National Urban League and the Memorial Foundation, led by Harry E. Johnson, are hosting the Drum Majors for Justice Celebration in Washington, D.C. on Friday, August 23. The

Urban League will also host a Pre-March Rally on Saturday, August 24.

On Friday, Aug. 23 the National Newspaper Publishers Association (NNPA) is a proud support of the Redeem the Dream Summit at the Grand Hyatt Hotel. Doors open to the public at 8:30 a.m.

For more information, visit <http://drummajorsforjustice.com/> or www.nul.org.

The day the American electorate changed forever

BY DR. ELBA GARCIA

On Election Day in 1920, millions of American women finally went to the polls. Not because they didn't want to vote prior to that day ... but because women did not previously have the right to.

For nearly 100 years, women (and some men) worked diligently to gain voting rights for women. The nation began to turn

around in 1919. First, President Woodrow Wilson and, then, Congress embraced the change. After that, three-fourths of the states were required to also support a woman's right to vote.

It was not an easy accomplishment but, finally, on August 26, 1920, the 19th Amendment to the U.S. Constitution was ratified. Women finally had the Right to Vote.

On Mon., Aug. 26, at 7 p.m., I will deliver the keynote address at an event sponsored by the League of Women Voters of Irving. Together, we will join thousands of other organizations across the nation celebrating Women's Equality Day.

The event will take place at the North Lake College South Campus, 1081 W. Shady Grove Rd. Admission is free, but reservations are needed. If you

can attend, please send an email to Barbara Doyle at bdoyle0329@verizon.net or call her at (214) 683-8230.

Around the world, America is admired for the constitutional rights afforded to its citizens. But August 26 gives us all an opportunity to honor the day when Democracy held strong and American women were finally deemed equal to men.

MARCH, continued from Page 1

Trayvon Martin in Sanford, Fla. – left African-Americans and their supporters clamoring for an outlet to express their disgust.

Suddenly, the march organized by Sharpton became the focal point. With Sharpton still working on other leaders in the background, urging them to come aboard, the pieces began to quickly fall in place. At this point, it looks like all of the major civil rights leaders – including Marc Morial, president and CEO of the National Urban League; Charles Steele, CEO of Dr. King's old organization, the Southern Christian Leadership Conference (SCLC); Jesse Jackson, founder of the Rainbow PUSH Coalition; Ben Jealous, president and CEO of the NAACP, among others – will join Sharpton and King as headliners of the Aug. 24 march.

Of course, there are the usual detractors who argue, as conservative talk show host Armstrong Williams does, that we've been marching so long that we should have reached wherever we were marching to by now.

The reality is that we haven't reached our destination. Black unemployment has been twice that of Whites for the past five decades. The progress made

by expanding the Black middle class has been eroded by the Great Recession and Blacks are profiled while walking the streets of New York City or Sanford, Fla.

At a panel at the recent National Urban League convention assessing the progress made since the original March on Washington, Al Sharpton said, "You say why march about voting? Well, that's how we got it the first time. We did not get voting rights at a cocktail sip, trying to have racial harmony sessions. We got it by organizing and galvanizing and the only way we are going to make changes is by organizing and galvanizing."

Let's not forget that Trayvon Martin's name became a household word only after marches led by Sharpton, college students and activists around the nation, insisting that George Zimmerman be brought to trial for murder.

It's the combination of marching and a specific agenda that leads to change. And while we're on the subject of marches, not everyone marched in the demonstrations of the 1960s. There was not unity among civil rights leaders – Roy Wilkins, for example, was intensely jealous

of Dr. King – and many people did not jump on the King bandwagon until after he was assassinated in Memphis and lived thereafter through his "I Have a Dream" speech and on U.S. postage stamps.

Unfortunately, there will be two observations of the 1963 March. One on Aug. 24 co-chaired by Sharpton and Martin, III and another one, more of a celebration of Dr. King's "I Have a Dream" speech, on Aug. 28, the actual date of the original March. President Obama, who has had difficulty in the past uttering Dr. King's name in public, will speak at the second event organized by Bernice King, the sole surviving daughter of the slain civil rights leader.

To those who question the need for another march, they should examine a graphic created by the Economic Policy Institute (EPI) that compares goals of the 1963 March with today's reality:

We Demand an end to ghettos. Reality: We still live in ghettos. Forty-five percent of poor Black children but only 12 percent of poor White children live in neighborhoods of concentrated poverty.

We Demand an End to School Segregation. Reality:

Seventy-four percent of Black children attend schools that are 50-100 percent non-White, resulting in fewer resources than majority White schools.

We March for Jobs for All. Reality: In 2012, the Black unemployment rate – 14 percent – was 2.1 times the White unemployment rate (6.6 percent).

We March for a Living Wage. Reality: The minimum wage of \$7.25 an hour, well below the \$11.06 an hour a full-time worker needed in 2011 to keep a family of four out of poverty (36 percent of Black workers make poverty-level wages).

That's why we're still marching.

George E. Curry, former editor-in-chief of *Emerge* magazine, is editor-in-chief of the National Newspaper Publishers Association News Service (NNPA.) He is a keynote speaker, moderator, and media coach. Curry can be reached through his Web site, www.georgecurry.com. You can also follow him at www.twitter.com/currygeorge and George E. Curry Fan Page on Facebook.

Good nutrition means better school performance

(NNPA) Back to school season can be a daily struggle for parents who pack lunches and make sure their kids have had something to eat before they dash out the door, but it will pay off if you make the effort, said a University of Illinois Extension nutrition and wellness educator.

"Although any breakfast is better than no breakfast, making the extra effort to make it healthy might help your kids do better in school. Studies show that kids who eat a balanced breakfast have higher test scores and can concentrate better and solve problems more easily in class," Leia Kedem said.

Children with healthier diets may also have fewer behavioral problems. Hunger itself can cause dis-

comfort, crankiness, and outbursts in even the best-behaved kids, she noted.

"The nutritional value of meals can also make a difference. A breakfast low in fiber and protein, like sugary toaster pastries, can lead to a midmorning energy crash. This is because the carbohydrates are digested and absorbed quickly, causing blood sugar levels to dive after an initial spike. Other than sudden fatigue, kids may also experience headaches and irritability," she said.

In contrast, a high-protein, high-fiber meal of scrambled eggs on a whole-wheat English muffin will digest more slowly, preventing hunger and keeping blood sugar levels on an even keel, Kedem said.

"Of course, this extends to lunch, dinner, and snacks as well. Eating right thro-



ughout the day will improve behavior both at home and at school. Kids will concentrate better both in the classroom at the kitchen table when it's time for homework," she added.

The question is, how do you get kids used to eating healthier? According to Kedem, the key is to get them involved, whether it's

picking out fruit at the supermarket or packing lunch together the night before.

"When kids make their own choices, they feel empowered and it can make eating right less of a struggle. Whether it's at a meal or at snack time, have a variety of healthy options to choose from. For example, have kids choose from carrots,

celery, or broccoli for a snack and ask whether they'd like ranch or Italian dressing for dipping," she advised.

Kids will also be more likely to eat healthy when food is made fun. Make a rotating breakfast bar with oatmeal and toppings one day and yogurt with cut-up fruits, sliced nuts, and granola the next, she suggested.

"Think outside the box when it comes to the lunchbox. For younger kids, use cookie cutters to make fun shapes out of fruits like apples and melon or even make standard peanut butter and jelly sandwiches more exciting. For kids of all ages, deconstruct typical favorites into finger food," she said.

For example, pack whole-grain crackers, tuna, grape tomatoes, and cheese cubes in a divided plastic container instead of a tuna

and cheese sandwich, she advised.

"When it comes to dinner, let kids be involved in the planning. Make it a family activity to find new healthy meal ideas on recipe sites. If your child is more visual, scroll through pictures of healthy recipes on social media websites like Pinterest. Brainstorm new ways of preparing old favorites or pick an exotic vegetable to try each week," she said.

Getting kids into the habit of cooking and eating well will set them up for success at school as well as later in life, she said. "Make good nutrition part of the back-to-school routine this year to kick off the academic year on the right foot and to have a healthier and happier family all year round."

Special to the NNPA from the St. Louis American

Smokeless tobacco not a "good" option for teens either

It's bad for a teen to smoke, but smokeless is no good, either. Smokeless tobacco – things like dip, snuff and dissolvable – are also cancer-causers. And a study indicates about 1 in 20 middle school or high school



students use smokeless. Researchers at the Harvard School of Public Health saw that in national survey data.

The scientists also saw the power of peer pressure. Researcher Constantine Vardavas:

"Adolescents who had a friend that used smokeless tobacco were 10 times more likely to use smokeless tobacco themselves."

For comparison, teens with a family member who used smokeless were only

3 times more likely to use it.

Nearly all of the smokeless users reported it's easy to get the stuff.

Learn more at www.healthfinder.gov.

ANDERSON, continued from Page 2

dominated industry. She is solely responsible for forging multiple strategic alliances with the \$67.1 billion U.S. Postal Service, \$3.7 billion J.B. Hunt, \$2.7 billion LBJ Freeway Project, and \$738.5 million DART. Current clients include PepsiCo, Texas Department of Transportation, Fortune 100 Retailers, Federal Postal Services and Construction Materials Manufacturers.

Donna Anderson's succinct business acumen and leadership style has led to recognition from many organ-

izations, including the 2013 Dallas Black Chamber Quest for Success Award, 2012

Small Business Administration Women Entrepreneurs Award, 2012 SBA Emerging

(e200), 2012 Who's Who in Black Dallas, Dallas SBDC Fast Start Award in 2011 and

The Warrior Group Small Business Academy Certificate in 2011.

For more information on Houdek Enterprises, visit www.houdekenterprises.com.

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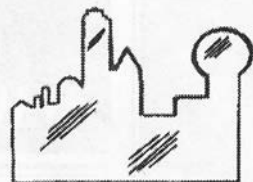
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Big Boy finally starting it's journey from Fair Park to Frisco



Big Boy Leaving Dallas for Good

The Union Pacific 1.2M pound Big Boy steam locomotive #4018 has begun the journey to a new home. After several rescheduled dates the Museum of the American Railroad was able to begin moving the popular Big Boy from its long time home at Fair Park to its new home in Frisco.

However, instead of riding all the way out to Frisco, the move is happening in two

stages. For the first phase they were able to transport Big Boy to Irving where DGNO & BNSF connect. The distance by rail between Fair Park and Frisco is approx. 55 miles. The train will move at approximately 10 mph crossing Union Pacific and TRE tracks and ending up on BNSF tracks.

The second phase of the journey has not been announced.



Curtis Report

by Barry Curtis

I present to you the city of Dallas. Here is Dallas, rich in cultural emesis, oil money, construction booms, one of the nation's largest job creators and then there's the black part.

Southern Dallas is usually considered the area south of the Trinity River, Downtown and I-30. That is a large majority of Southern Dallas. If you live in this area you are likely to be black.

The blackness of south Dallas is not a problem in itself of course; here are the issues that we are laying out today. South Dallas is poor, Black, entitled, and the black leadership in Dallas wants it that way.

The blackness of South Dallas

The Blacks in south Dallas have fallen victim to the corrupt selfish black politicians that have swooned over black voters in the south for years. These politicians have promised utopia but have always delivered stagnant loathsome governance.

There is a black political machine that involves black leaders, political hacks and consultants and others that operate legitimate political services, but when intertwined with the black political machine has a devastating effect on the black residents of south Dallas.

Here is the concept that helps keep Dallas Black, poor and entitled. Black politicians are paid large sums of money by political consultants to "speak", "work", "advocate" for all the black people in their

voting district or sphere of influence. This same formula has been going on for years in Dallas.

If a white politician wants to get elected in Dallas or a county or city wide office, well you better go and pay the piper. What well know black leader can we pay off to get the "black" vote?

There are approximately 680 voting precincts in Dallas. 21 of these have populations that are 90 percent black or higher. These same precincts are amongst the poorest and neglected in the city. They have the highest concentration of public assistance than any other areas. These same precincts have the highest crime rates in the city. They have the largest unemployment rates in the city. These are the same stats that could have been

sited 10 years ago, 15 years ago, 30 years ago.

What we have witnessed in these areas of "black" leadership in black Dallas is a stream of black politicians either under federal investigation or in jail and Constant accusations of corruption. We must for the sake of all of the people of this great city break this sick and demeaning cycle of racial assault.

The good folks of south Dallas deserve better. I call upon our black leaders to do better.

I call upon all the free citizens of south Dallas to determine their own fate and break the shackles of this self-imposed "Black Out" in south Dallas that has robbed you of honest leadership, economic promise and jobs.

CNN documentary taking a look at how unions are trying to save the Middle Class

(PRNewswire) The final installment of *Inside Man*, airing this Sunday at 9 p.m. on CNN, will focus on the real lives of those helping tow the line for America's middle class. *Supersize Me* star Morgan Spurlock, the

series host, will interview long-time construction organizer Chaz Rynkiewicz about some of the challenges facing organized labor across the country.

Morgan spent the work day with Chaz Rynkiewicz,

Local 79 Director of Organizing, finishing up at a worker rally in the heart of the city. Along the way, the

two talked about the impact of limiting union member-

See CNN, Page 11

Plano Mayor and City Council hosting Meet & Greet September 19

PLANO - The bi-annual City of Plano Meet & Greet with the Mayor and City Council will be held on Thursday, Sept. 19 from 6-7:30 p.m. at the Haggard Library located at 2501 Coit Road in Plano.

Plano residents are invited to stop by and visit with their City leaders. It is an open reception style program where the Mayor, Council and City staff will be available to discuss issues, city services and programs. This is a great way for citizens to share ideas and provide valuable feedback to the leaders guiding the future of Plano.

The City of Plano's Mayor and City Council are committed to maintaining an open dialogue with the citizens of Plano

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For more information, call 214-860-2262 or 214-860-2190. Email: ECCH2P@dcccd.edu.



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Alpha Kappa Alpha Sorority, Incorporated Omicron Mu Omega Chapter Presents Over \$20,000 in Scholarships

Dallas, TX — Students are heading back to school, and eleven deserving students from the Dallas/Fort Worth area are heading to college with some financial help from the Omicron Mu Omega Chapter of Alpha Kappa Alpha Sorority, Inc., in Dallas. These students were awarded college scholarships totaling \$21,000 to assist with their education costs this fall. Annually the Omicron Mu Omega Chapter invests in the futures of Metroplex students by providing scholarships that allow them to pursue their dreams through a wide variety of degree programs.

“The scholarships range from \$1,000 to \$5,000,” states Cynthia Robinson-Hawkins, chapter president. “A total of \$21,000 was awarded this year to these deserving students to attend college in the fall. Omicron Mu Omega has awarded nearly half a million dollars to over 200 deserving, determined young people throughout the chapter's 29-year history”.

The chapter's Education Committee, chaired by esteemed Dallas educator Dr. Deandra Hayes-Whigham, interviewed a large number of applicants before deciding that these 11 young men and women were most de-



Members with Scholarship Recipients

serving. These students represent diverse backgrounds, fields of study and career goals, including den-

tistry, public relations, economics, biochemistry and other professional fields. The 2013 scholarship recip-

ients are: \$5,000- Myles Bolden of North Garland HS, Stephanie Onyeka of Richardson Berkner HS;

\$2,000- LaRhonda Summerville of Lincoln HS; \$1,500- Lilliana Chavez of Middle College HS, Johnny Vo of Garland HS; \$1,000- Darian Adams of Richardson Berkner HS, Breana Allen of Duncanville HS, Desmond Manuel of Townview Magnet Center School of Education and Social Services, Shad Murray of North Mesquite HS, Tyrian Robertson of Irma Rangel Young Women's Leadership School, and Tsega Takele of Hillcrest HS. These students are enrolling into some of the finest institutions in Texas and the U.S.

9 Reasons why you are always tired

(NNPA) Are you always asking “Why am I so tired?” Are you having trouble staying awake during watching your evening TV shows? Most of us know what it's like to be tired, especially when we have a cold, flu, or some other viral infection. But when you suffer from a constant lack of energy and ongoing fatigue, it may be time to check with your doctor.

Fatigue is a lingering tiredness that is constant and limiting. With fatigue, you have unexplained, persistent, and relapsing exhaustion. It's similar to how you feel when you have the flu or have missed a lot of sleep. If you have chronic fatigue, you may wake in the morning feeling as though you've not slept. Or you may be unable to function at work or be productive at home. You may be

too exhausted even to manage your daily affairs.

In most cases, there's a reason for the fatigue. Here are 9 reasons why you might be tired:

You drink too much coffee - If you rely on caffeine to get through your day, you can develop a dependence—so without it you can go into withdrawal, needing several cups of coffee or tea just to feel “normal.” And the worst point of withdrawal? Right in the morning. To make matters worse, caffeine can still course through your system when you're sleeping if you've had any coffee or tea in the evening, which can interfere with normal REM sleep and leave you feeling even more tired. An easy solution is to cut back on the amount of caffeine you consume during the day and steer clear of caffeinated beverages within hours of your bedtime.

You don't eat breakfast - There's a reason that breakfast is called the most important meal of the day, and everyone has told you not to forget it—from your doctor to your mother, to probably every teacher you've ever had. And yet so many of us still skip it on a regular basis, or just cram down a few pieces of toast before heading out the door. Take the time to fit in breakfast every morning and it will help you avoid that mid-afternoon crash.

You don't exercise - It may seem counter intuitive, but exercising produces all kinds of helpful biochemicals that ward off fatigue and help you feel upbeat the rest of the time. Think of it as positive feedback: the more energy you put in, the more you get out.

You keep poor sleep patterns - Sleepiness is not

the same as fatigue (which is a general lack of energy), but one of the most common causes of feeling tired is simply not sleeping enough. In addition to too little shut-eye, keeping irregular sleeping patterns and even sleeping too much can also make you feel tired. To get back on the right track, try to get into a routine of sleeping at consistent times—while only getting as much sleep as you really need—and you'll be surprised how much better you will feel.

You're carrying extra weight -In addition to making your bones and body bear a greater burden of weight, obesity can result in sleep apnea, which is horribly disruptive to your sleep. According to the Canadian Lung Association, individuals who suffer from sleep apnea can experience pauses in their breathing dozens—

or even hundreds—of times in a single night. Sleep apnea can also potentially result in heart problems. If you are concerned about sleep apnea, be sure to speak with your doctor.

You might be pregnant - One of the first changes to your body when you're pregnant—and the most noticeable—is a sudden change to your sleeping

See TIRED, Page 14

New Mount Zion Baptist Church is seeking a Senior Pastor who God has chosen to shepherd the congregation. We are a family-oriented church, located in North Dallas that draws people from the surrounding metropolitan area.

The loyal, loving, motivated, and compassionate congregation of members is looking for a strong, mature, spirit-filled, visionary leader who has the gift of exhortation, preaching, and teaching using practical, well planned, relevant messages. This prospective leader will assume the leadership of the pastoral staff and help guide the church into the future.

Interested persons, please submit a letter of interest and resume to the following address: (Deadline: September 5, 2013)

Pastoral Search Committee
New Mount Zion Baptist Church
9550 Shepherd Road
Dallas, Texas 75243

WEATHERTON, continued from Page 2

The awards are in their fifth year. Honorees were selected based on recommendations from department chairs, deans and committees. A complete list of winners and their institutions is available on the UT System website.

“Our faculty members are the heart and soul of our institutions, and they are the

most critical factor in student success,” said Gene Powell, chairman of the UT System Board of Regents. “The Board created the awards program because of our respect and appreciation for these outstanding teachers, and because we want to make sure our institutions continue to be places of educational excellence.”

Award nominees must demonstrate a clear commitment to teaching and a sustained ability to deliver excellence to the undergraduate learning experience. Campus and external judges rigorously examined the candidates' teaching performance over three years.

“We are deeply grateful to the Regents for their on-

going commitment to honor our very best and most dedicated faculty,” said UT System Chancellor Francisco G. Cigarroa, M.D. “These awards recognize the immeasurable impact teachers have on our students, who will shape the future of our communities across Texas and the nation.”

Congresswoman Eddie Bernice Johnson Speaks at the DFW Connector Ribbon Cutting Ceremony

DALLAS – Congresswoman Eddie Bernice Johnson spoke at the ribbon cutting ceremony for the DFW Connector this week. This \$1.1 billion dollar project will improve travel for an 8.4 mile span in Grapevine, Southlake and Irving, and double the size of the existing highway system around the north Dallas/Fort Worth International Airport entrance.

"In 2009, I was the lone congressional member of the North Texas delegation



Congresswoman Johnson along with federal and local transportation officials helped cut the ribbon to open the DFW Connector

to vote for the American Recovery and Reinvestment Act, which resulted in \$261 million in funds for this project.

As a vocal proponent of advancing our infrastructure and as the most senior Texan on the House Transportation and Infrastructure

Committee, I am proud to be here today to participate in the tremendous accomplishment that is the DFW Connector – a crucial component in alleviating traffic in the Metroplex," said Congresswoman Johnson.

Federal Highway Administrator Victor Mendez

was also a keynote speaker, and other state and local officials provided remarks at the ceremony. The DFW Connector will be the Texas Department of Transportation's first North Texas highway built as a public-private partnership.

PLANO, continued from Page 5

as part of their dedication to being a city of excellence. Several times a year citizens are invited to participate in Meet & Greets and Town Halls as well as attend any City Council meeting.

In addition to the in-person opportunities, the

City of Plano offers a broad array of ways to stay informed and engaged – Plano City e-News, Facebook, Twitter, YouTube, Plano Television Network, Engage-Plano and more! To subscribe and join in the conversation, visit here:

www.plano.gov/connect-withus.

For more information on the Meet & Greet, contact Dee Dee Falls, Executive Assistant to the Mayor and Council, dee-dee@plano.gov or call 972-941-7747.



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- + If you do wash your vehicle at home, direct the wash water to your lawn, where it can be absorbed.
- + Choose environmentally-friendly products for your outdoor washing.

For more information visit us at www.wheredoesitgo.com



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Together we’ll go far



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Surprising Study Habits to Avoid and Adopt

BY ASHISH RANGNEKAR

No matter what age or academic level, employing effective studying strategies can make all the difference between acing a class, barely passing or, worse, failing miserably. Unfortunately, many of today's most common study methods can lead to utter disappointment despite best efforts and intentions. In fact, recent research out of the University of Wisconsin-Madison found that many popular study habits are not beneficial at all and, in some cases, are actually detrimental.

This year, ditch the surprisingly shoddy study habits and, instead, utilize proven effective and emerging technology-based strategies as building blocks to get ahead—in school and, ultimately, in life.

With this in mind, consider these 6 unexpectedly bad study habits to avoid and 6 good-sense study habits sure to keep students on track toward academic success:

6 Bad Study Habits Students Should Change Immediately:

1. Studying at Home: Studying at home might be convenient and easy, but there are way too many distractions lurking around the residence. Maybe it's a talkative roommate, the TV, texts and the lure of Facebook, or the growing pile of clothes that are just begging to be washed. Any of these can break concentration and make studying less effective. Consider going to the library and finding a quiet room or desk away from all of these diversions.

2. Listening to Music: The benefits of listening to music while studying have been argued time after time. Although classical music was once believed to increase spatial abilities and improve learning, subsequent research was not able to support this theory. In fact, recent studies



Ashish Rangnekar

show that music may actually impair cognitive abilities and hinder memorization because of the changing words and notes in songs. Studying in silence or amid a little white noise will not distract from thinking and can help a student concentrate without the disruption of lyrics and changing tempos.

3. Procrastinating: Every student is guilty of procrastination at one time or another, but just because it's common behavior doesn't mean it's acceptable. Procrastination can lead to doing things halfway and not retaining as much information as necessary to ace that exam. If a student is pulling frequent all-nighters or rushing in fire-drill mode to finish every essay or project, then it is time to work on time management skills and a schedule earlier, and calmer, study sessions.

4. Not Making an Outline: If a student is not making outlines while studying or writing a paper, then the results most likely will not be the intended grade. There are many reasons to make an outline. It helps to keep track of large amounts of information,

organize ideas, and present the class material in a logical way. Instead of trying to reread a textbook or write an essay from scratch, make an outline to organize thoughts and study more effectively.

5. Highlighting the Textbook: Some study advice books recommend reading a textbook and marking the pages with a neon highlighter as the best way to study for an upcoming exam, but, in actuality, this is one of the least effective ways for students to remember content. Instead of coloring entire pages with highlighters and trying to reread the text, a student can quiz themselves on the material they just read. This will help to retain more information and score higher on exams.

6. Pulling All-Nighters: Many at the high school and college level are particularly guilty of it, but staying up all night cramming for an exam has been shown to do very little good for test preparation or performance. Not only does sleep deprivation turn students into zombies, but it also takes a serious toll on happiness and overall well-

being. The best way to avoid pulling all-nighters is to study ahead of time. It's easier said than done, but the only way to avoid pulling an all-nighter besides not studying at all. Dedicate a few days a week (or more) to study and review the material to avoid trying to cram everything into that brain in one night.

So, what can a student do to make their studying endeavors more effective?

6 Good Study Habits for Academic Success:

1. Pay Attention to Study Location: Find a quiet, uncluttered, distraction-free area away from the residence, and try a few locations until the ideal study place is discovered. Different spots may work for different subjects, too! Whatever the location, leverage powerful new mobile, interactive study solutions that allow high school and college students to better prepare for tests and course work through any portable device from anywhere, at any time. Such engagement helps students better prepare and minimizes stress, providing everything needed to study in one place, including hundreds of practice questions, detailed explanations, guided study plans, and high-quality reading content from the world's most respected publishers.

2. Vary Study Topics: Psychologists say alternating study topics rather than cramming on a specific one in a

spacing over a period of days if possible, which has been proven to enhance retention even further.

3. Make Information Meaningful: Whether it's creating rhymes or patterns, or even relating material to something else perhaps through word or scenario associations, such tactics can make information more meaningful and, thus, will enhance information recollection. The University of Maryland reports that mnemonic devices, or memory tricks, are particularly useful for remembering factual information like names, dates, formulas, or other information that requires rote memorization.

4. Tap Online Resources: Don't get stuck on a problem or resigned to an ill-fated grade in a difficult class as there are powerful resources at a student's fingertips. For example, companies like Academic Earth offer a comprehensive online collection of free video tutorials for college courses—all accessible at no cost. Other companies like OpenStudy enable Internet users to readily connect and engage with other students who are learning the same subjects at the same time—regardless of school, expertise or location—facilitating online, on-demand peer-to-peer assistance, support and other helpful interactions.

5. Engage in social learning: Research has found that there is a benefit to studying with friends. In one recent

study, more likely the students were willing to exchange information in more complex ways and with greater frequency, forming 'information cascades,' a mechanism that spreads information from a single source to one or multiple sources." The data showed that the higher the scores of the students, the higher the percentage of their interactions that were constant.

6. Have a Great Study Attitude: Think positive and focus on skills. Rather than dreading the experience, thinking positive will make the time to study easier to approach and mindshare won't be expended on feeling resentful. In fact, "study attitudes" was identified in research as one of four pillars that "play a critical and central role in determining students' academic performance." In short, study time is a friend. Regard it that way and, soon enough, any student can look forward to a productive, self-fulfilled academic experience.

Ultimately, students should identify their own study preferences—what works for them on a consistent basis—and act accordingly. For example, some students study better in the morning or can better focus in smaller chunks of time rather than a marathon session. Knowing exactly what does and does not work on a personal level, even tracking study patterns and correlating it with related grades, and then proactively creating a study plan and schedule around the proven effective methods, is the most powerful study tool of all.

Education futurist Ashish Rangnekar is CEO of BenchPrep, a pioneering EdTech company that uniquely creates test prep and other subject-based interactive courses that can be accessed via computer, iPhone, Android and iPad for on-demand, on-location learning. He may be reached online at www.BenchPrep.com.

Ultimately, students should identify their own study preferences—what works for them on a consistent basis—and act accordingly.

single session leaves a deeper impression on the brain. So, don't grind on the same subject all night. Change it up, take breaks and re-visit the material in intervals—even

study from the study from the Jacobs School of Engineering at the University of California San Diego, it was revealed that "the higher the volume of interaction, the

NDG Gossip: LeBron James police escort violated policy

BY SHENICE SANDERS,
NDG INTERN

On Friday Miami Heat player LeBron James caused major media attention when he was escorted to Justin Timberlake's and Jay Z concert. James was given a police escort to navigate the bumper to bumper traffic into Sun Life Stadium.

During the ride James posted the clip on his Instagram account with the caption, "They treat us so well! Needed it cause traffic was nuts!!"

The video shows James following a police car traveling against traffic on the wrong side of a six-lane road.

TMZ reports four law enforcement agencies, including City of Miami PD, Miami-Dade PD, Miami Gardens PD, and the Florida Highway Patrol had all originally denied the incident.

In a news release on Monday, the department said:



LeBron James

"It has been brought to our attention that a video was posted on the Internet by LeBron James, a professional basketball player, where it shows him being escorted onto the property of Sun Life Stadium for a concert on Friday, August 16, 2013.

"Upon further investigation, it has been confirmed that Miami-Dade Police did facilitate Mr. James from one intersection to another in the adjacent area of the stadium.

He was not a scheduled escort and although all safety precautions were taken, the department has identified these actions as violated department policies."

It is unclear who the police officer involved is or if James himself paid for the ride. James has yet to comment on the investigation.

What do you think was the police officer just being nice or did James pay the police escort?

Idris Elba Returns for Highly Anticipated Third Season of 'Luther'

When the character Alice Morgan of the BBC America crime drama "Luther," makes the pronouncement that the "absence of evidence is not the evidence of absence," she solidified her place as one of the more clever and oddly endearing psychopaths in television history. Having spent the last two series playing an emotionally charged cat-and-mouse game with Detective Chief Inspector John Luther, Alice – played by actress Ruth Wilson (Small Island) – returns for the third series alongside Idris Elba, as the title character. **No spoilers! BBC America is offering the first two series in their entirety On Demand before the new series airs.**

Elba reinvigorates the haunted, often misunderstood Luther this season, but adds a touch of long-awaited gentleness not witnessed in the previous seasons, through the addition of a new love interest, Mary Day, played by Sienna Guillory (Resident Evil).

Unlike the frantic passions of the Zoe-John saga, writer Neil Cross introduces a shy,

blushing, even, fumbling Luther, who is a refreshing change from the sobering "Billy Badass" audiences have come to love. Luther's attention, and dare it be said, affections, however, are splintered, between Mary and the brilliantly deranged Alice.

"You realize why Luther is so good when you read Neil Cross' scripts, and then you meet Idris and understand what 'untamed' means. There is no other set I'd rather be on, and I love the disastrous fun of being Mary Day, the right girl in the wrong place," Guillory said.

In the crosshairs of his personal life are a series of fetish murders he cannot seem to grasp fully, as well as an old nemesis bent on ending his career. Elba is strikingly powerful, decidedly masterful, and absolutely breathtaking as John Luther. The Billy Dee Williams of a new age, Elba offers brains, brawn, and sex appeal without much effort.

Elba, who won a Golden Globe Best Actor award, for the role in 2012, believes the crossroads Luther faces this

season will ultimately shape the direction in which the character itself grows.

"[Luther's] gone through a lot of trauma. Each time you go through anything bad in your life, it makes you a bit more reflective, and it definitely scars you in some way. In this series he's looking for peace. But a lot happens in this season ... I don't know where it's going to leave Luther. He's not a fragile man, but he might end up becoming fragile after what he goes through. This series is very much about Luther trying to change his life and get to the finish line," said Elba, 40.

Cross' writing is chilling and will have audiences biting their nails from the opening sequence. For those who want to get a more intimate glance at John Luther, and Cross' genius, the novel Luther, The Calling, written by Cross in 2011 is now available in paperback. The work follows Luther's obsessive, intense, and impassioned career (and personal life) pre-series.

The new four-part miniseries returns Sept. 3-6, 9 p.m.

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MARCH, continued from Page 1

Most people remember the 1963 march as the place where Dr. Martin Luther King Jr. gave his "I Have a Dream" speech, one of the greatest orations in American history. But no single moment can adequately convey the true meaning of the March, its goals, achievements and strategy.

A. Philip Randolph, the father of the modern Civil Rights Movement, called for the March. As president of the Brotherhood of Sleeping Car Porters, the first majority Black union, Randolph recognized the need to press Washington to commit to national job creation and an end to employment discrimination.

This view was shared by Bayard Rustin, a master strategist and chief organizer of the March. Together, they understood that while unemployment levels were especially high among Blacks, a march focused on job-related issues would ap-

peal to all workers and their labor unions. Randolph and Rustin both believed that organized labor was the most able institution to lift the nation's "have littles" and "have nots."

Leaders of the major civil rights organizations, including Dr. King, were invited to participate in the planning of the march, expanding the event's mission to include the struggle for racial equality, and combining the issues of race and class for the first time in a major civil rights demonstration. The very scope and size of the eventual march confirmed the soundness of the Randolph-Rustin strategy. It produced a set of far-reaching demands, such as a massive federal program to train and place all unemployed workers in meaningful jobs; a national minimum wage that would provide a decent living for all workers, including domestic and agricultural workers;

guarantees for high-quality, integrated public education; and unimpeded access to the ballot box—all of which still are desperately needed today.

Many of the marchers—Black and White—were part of union delegations. And later, under the pressure of civil rights organizations and the AFL-CIO, the Civil Rights Act was strengthened to include Title VII, which barred employment discrimination on the basis of race, gender, religion or national origin.

Subsequent legislative acts achieved many of the goals of the march. Yet, half a century later, much remains to be done. For example, President Obama's \$800 billion economic stimulus package in 2009 helped to arrest a severe recession, but we still need a much larger public and private investment to ensure jobs are available for all who want them. Shame-

fully, the real value of the national minimum wage has fallen substantially since the 1970s. And this June, the U.S. Supreme Court's conservative majority declared Section 4 of the Voting Rights Act unconstitutional, meaning that minority voters—mostly in the Deep South—no longer can look to Justice Department oversight of any state and local authorities proposing changes that could suppress the voting rights of minorities. And, although some progress has been made, most Black students still attend segregated public schools.

Nonetheless, the Randolph-Rustin strategy offers a guide to reviving major civil rights and employment initiatives. The march succeeded because it achieved the broadest possible, independent political coalition centered on Blacks and organized labor. Labor still wields enormous political and financial muscle, especially when coupled with empowered racial minorities, including the fast-growing Latino population, along with women, intellectuals of good conscience, middle-class liberals, gays and lesbians, and progressive

members of the faith-based community.

If we can build a comprehensive alliance along these lines, we can push back the rigid right wing and regain the initiative that showed so much promise in the 1960s. We must continue the civil rights fight for reforming immigration, protecting voting rights, ending racial profiling and lifting the nation out of its economic doldrums. To accomplish this, and more, we must draw on the best of the 1963 March on Washington—looking back to step forward.

CNN, continued from Page 5

ship growth. Sunday's installment also includes a discussion about the latest efforts in the state to renew the push for worker rights with leaders from "Build Up New York City" (BUNYC).

"We're so grateful that CNN is reporting such an under-covered story about how the corporate war on worker rights threatens the future of America's middle class," LIUNA General President Terry O'Sullivan says. "We face a middle class crisis, in which LIUNA organizers, along with Build Up New York City, are working to make a real difference."

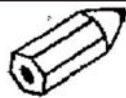
Through the Mason Tenders District Council, LIUNA has been an early and strong supporter of BUNYC. The campaign is led by a coalition of labor unions dedicated to strengthening the middle class with safe jobs that offer fair wages, affordable health insurance and a secure retirement. Taking a variety of public awareness actions, the alliance promotes access to comprehensive training in order to pre-

vent accidents and injuries at worksites. For more information, visit buildupnyc.org/about.

The Center for American Progress predicts that increasing union membership would result in higher average incomes for middle-class households, whose share of our nation's income has declined in correlation

to reduced union membership. Average non-union construction employees are only able to earn about 35 percent less than the average union workers, according to the Current Population Survey.

For more information, visit insideman.blogs.cnn.com.



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

Every Monday
Citizenship Classes at Irving Central Public Library - Each participant will be assisted to fil out the naturalization application. Free assistance from immigration attorneys. You do not need to know English to participate. Each Monday from 6 to 8 p.m. at 801 W. Irving Blvd

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

Saturdays in August
Addison Summer Series from 8:00 p.m. to 10:00 p.m. at Beckert Park

Through August 22
23rd Annual Lions Club Balloon Festival and Fair in Highland Village, TX. www.hvballoonfest.org

Through August 23
Fort Worth MusicFest located in the parking Lot of 3520 E. Berry www.fwmusicfestival.org

Through August 24
The Quarter Bar at 3301 Mckinney Ave. <http://www.breadwinnerscafe.com/the-quarter-bar/>

Through August 25
North Texas State Fair and Rodeo at 2217 N. Carroll Blvd, 940-387-2632

Through August 28
Mesquite Championship Rodeo in Mesquite www.mesquiterodeo.com

Through August 31
Justicia: the Struggle for Mexican American Civil Rights in Dallas, Texas 1920-2012 at Latino Cultural Center, 2600 Live Oak Street, 214-671-0052

Malleable Forms: an Exploration of Texas Sculpture

and Clay at Latino Cultural Center, 2600 Live Oak Street, 214-671-0052

Through September 1
Book of Mormon at AT&T Performing Arts Center, <http://www.attpac.org>

Through September 2
Grapevine's 5th Annual SummerBlast at Historic Downtown Grapevine, www.GrapevineTexasUSA.com/SummerBlast.

Through September 6
Gaylord Texan SummerFest Wonderland Adventure in Grapevine www.gaylordhotels.com

August 22
KRLD Restaurant Week at area DFW area Restaurants. www.krld.com

August 23
Little Elm hosting a Dive In movie at Little Elm Park Beach 7:30 p.m.

Gorilla vs Bear Live at Granada Theater, gorillavs-bear.net

August 23 -24
From Russia with Love Festival

tival at Bass Performance Hall, 817-212-4280

August 23-25
Visions: The Women's Expo at Dallas market Hall

August 24
DAV and Harley-Davidson Event at 304 Central Expressway, South in Allen, 11:00 a.m. to 2 p.m. Into the Woods Disc Golf Tournament at Bill Allen Memorial Park, 972-625-1106

August 24
Garland Branch Health Fair 2013 and Back to School Rally at Mt. Hebron Baptist Church, 1233 State Highway 66 Garland 9 a.m. - 2 p.m. <http://www.naacp.org/page/event/detail/local/wsqr>

August 24 & September 21
The Marketplace at Downtown Garland Square, 214-704-1967

David Allen Elvis Tribute Show at Plaza Theatre 7:30 p.m., 817-251-1316

August 25
Divine Consign Children's & Maternity Consignment

Sale at Plano Centre, 214-513-2838

August 27
Movement Ritual at Dallas Meditation Center 727 S. Floyd Road Richardson in Richardson, 10-11 a.m. <http://www.dallasmeditation-center.com/#MUSICevents>

August 28
Osho Active Meditation at Dallas Meditation Center at Dallas Meditation Center 727 S. Floyd Rd, Richardson in Richardson, <http://www.dallasmeditationcenter.com/#MUSICevents>

September 2-5
Dallas D.A. N.C E. Swing Competition at Fairmont Hotel and Towers in downtown Dallas www.dallasdance.com.

September 13
A Night to Remember 2013 featuring Diana Ross at CitySquare, 8 p.m. CitySquare.org/DianaRoss

September 14
Rogue Run at 2501 Oak Lawn Ave. <http://www.rogue-runerrace.com/events/texas13/>

September 19
7th Annual International Potluck: Food for the thought at North Lake College,

September 21
Irving Black Arts Council Presents "An Evening with Stephen Pride" at 3333 N. MacArthur in Irving, www.irvingartscenter.com

Apply to Fly, Dallas at Lake Carolyn, www.redbullflugtagusa.com

Night of SuperStars: DFW 2013 at Gaylord Texan Resort. 5:30 p.m. <http://www.gaylord-texan.com>

September 21 - 22
Miss Black Texas USA Pageant at Granville Arts Center. <http://missblacktexasusa.org/shop/>.

September 28
First Annual Heart of Dallas Classic Event at Cotton Bowl Stadium at Fair Park TheHeartofDallas.org

September 29
Dallas Fall Designer Fashion Show 2013 at Lofty Spaces in Dallas 5:30 p.m. <http://www.loftyspaces.net>

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SBA, continued from Page 1

free online course series, available at <http://www.sba.gov/sba-learning-center/series/business-technology-simplified>, as a guide to using technology to improve business productivity and creativity.

"Microsoft is proud to partner with the SBA on the Business Technology Simplified e-learning course," said Cindy Bates, vice president of Microsoft's U.S. Small-and-Midsize Business group. "The Business Technology Simplified course is a valuable resource that guides entrepreneurs and business owners through technology considerations for business and highlights the importance of running a business on modern technology."

Each module of the Business Technology Simplified online course series provides tips on how to use modern technology and innovation in the day-to-day operation of a business. Business owners will learn practical, relevant and easy

to use approaches to save time and money, reach more customers, and take advantage of the current business software.

The course series is self-paced and offers practical guidance on how to apply technology to help small companies build and grow. Each course offers quick access and features audio guided lessons that are indexed by topic.

Course participants can test their tech know-how through quizzes after each course, and also can download an e-book of each Business Technology Simplified course for offline reading.

Course participants who finish the online series will earn a certificate of completion from the SBA. Business Technology Simplified adds to SBA's growing interactive resource of digital learning courses offered by the SBA's Online Learning Center at www.sba.gov/training.

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August 25

You're invited to our Blood Pressure Clinic on the last Sunday of every month after morning and evening services.

August 29, Noon

Come to a "Between Jobs Support Group" meeting at the Christian Works for Children, 6320 LBJ Freeway, Dallas, TX 75240. Call 972-960-9981 to register.

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

www.avefchurchofchrist.org

**BIBLE WAY
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September 6-8

Join us at our Church Anniversary Banquet, our picnic and to complete the weekend with our Anniversary Service on September 8. Call the church for details.

September 22

You're invited to our Grandparent's Day Celebration as we worship and praise God for all of His blessings.

Dr. Timothy Wilbert, Sr.
Senior Pastor

4215 N. Greenview Drive
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972-257-3766
www.biblewayirving.org

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August 25, 8:45 or 11 a.m.

Join us in our Worship Services as we honor and praise God for His blessings to us

Dr. Terrence Autry,
Senior Pastor
George Bush Fwy at
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www.followpeace.org

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For Community help the Assistance Center serves Collin County by responding to people in crisis for emergency shelter, clothing, food, and access to medicine and medical services for county residents. Call the church or Allen's City Hall for details.

August 28, 7 p.m.

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
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In Allen for Sunday
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www.theship3c.org

**SHILOH MBC
IN PLANO**

**August 25
8 a.m. and 11 a.m.**

Join us for Worship Service as we praise and honor God. After both services ministers and deacons are available to meet with you for prayer or questions.

September 27-28

Mark your calendars and join us at our Women's Revival. The theme is "Desperately Seeking Jesus for a Time of Revival" with speakers Minister Verna Whitaker, Minister Andrea Mayo and Lady Cheryl Wesley.

Dr. Isaiah Joshua, Jr.
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www.smbcplano.org

**THE INSPIRING BODY
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August 25, 7:30 a.m.
Join us this as we worship, honor and magnify God's Holy name.

August 26, 7 p.m.
Come to Monday School as we study the Word of God. We will worship Him and praise His Holy name.

August 30, 7:30 p.m.
Join us at our Men's Fellowship each Friday as we praise and worship God.

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August 25, 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.

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Senior Pastor
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TIRED, continued from Page 6

habits and energy levels. Pregnancy has a serious impact on your body and feelings of fatigue during your first trimester are very common. If you normally stay up past midnight, then suddenly find yourself wanting to crash out at 9 pm, pregnancy could be a factor. Sleep can also be challenging for new moms, who suddenly have to adjust to the sleep schedule of their baby.

You suffer from iron deficiency - A diet low in iron is often to blame for feeling tired—a lack of red meat in the diet of vegetarians and vegans can result in iron deficiency, but it's unfair and untrue to assume that people who cut out animal products from their diet automatically have low energy levels. People who eat meat can still suffer from low iron as well, especially if they skimp on wholesome—though sometimes unappealing—foods like spinach, organ meats, and eggs. Women in particular are prone to anemia because of menstruation, as heavy periods can easily lead to

anemia in combination with a low-iron diet.

It could signal the onset of diabetes - Diabetes is reaching epidemic levels in America and extreme fatigue or lack of energy can be symptoms of the condition. However, many people who develop type 2 Diabetes will show no symptoms. It is recommended that everyone over the age of 40 have their blood sugar levels tested at least every three years as a precautionary measure.

You've started a new medication - Fatigue is one of the most common side effects of pharmaceutical medications, with anti-hypertensives, narcotics, anxiolytics and antidepressants being the most common culprits. When you first begin a new medication, give your body some time to adjust. However, if drowsiness persists for several weeks and begins to interfere with your daily life, it's time to see a doctor.

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7:00 p.m.

Nathan Stafford
Lady Tasha Stafford



**Sister
Tarpley**

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

As a retired school-teacher, and with school starting, I received this some time ago; I am passing this along for current teachers to get a really BIG laugh. They will surely relate to this.

I was listening to world news a few years ago and heard about Dick Grasso, the Chairman and CEO of the New York Stock Exchange resigning his position. The reason for his resignation is that his retirement package of \$140 Million dollars (give or take a few millions) caused a tidal wave in the business world. At a time when our country was in an economic slump, as it is today and everybody is being asked to tighten their belts.

School districts all over the country are cutting back on school curriculum's, classes, teachers, school supplies, etc. and here we have one man that I believe is not doing half as much as



Deacon Anderson Ruffin bringing the message at the Appreciation Service for Deacon Andrell Ruffin and Band Director Meddrick Greely

teachers are, asked for and is getting that type of money. Some teachers somewhere taught Dick Grasso, because teachers teach people in all professions and in the present time, teachers are not given the respect that they deserve.

As people of this world, we really need to look at our value system.

THE INTERVIEW --
After being interviewed by

the school administration, the eager teaching prospect said: "Now let me see if I've got this right."

You want me to go into that classroom with all those kids and fill their every waking moment with a love for learning? And I'm supposed to instill a sense of pride in their ethnicity, modify their disruptive behavior, observe them for signs of abuse and even censor their T-shirt

messages and dress habits?

You want me to wage a war on drugs and sexually transmitted diseases, check their backpacks for weapons of mass destruction and raise their self-esteem?

You want me to teach them patriotism, good citizenship, sportsmanship, fair play, how to register to vote, how to balance a check-book, and how to apply for a job? I am to check their

heads for lice, maintain a safe environment, recognize signs of antisocial behavior and offer advice.

Write letters of recommendation for student employment and scholarships, encourage respect for the cultural diversity of others, and oh, make sure that I give the girls in my class fifty percent of my attention?

My contract requires me to work on my own time after school, evenings and weekends grading papers. Also, I must spend my summer vacation at my own expense working toward advance certification and a Masters' degree?

And on my own time you want me to attend committee and faculty meetings, PTSA meetings and participate in staff development training?

I am to be a paragon of virtue, larger than life, such that my very presence will awe my students into being obedient and respectful of authority?

And I am to pledge allegiance to family values and the current administration? You want me to incorporate technology into the learning experience,

monitor web sites and relate personally with each student? That includes deciding who might be potentially dangerous and/or liable to commit a crime in school?

I am to make sure all students pass the mandatory state exams, even those who don't come to school regularly or complete any of their assignments and without any help from their parent or guardian?

Plus, I am to make sure that all of the students with handicaps get an equal education regardless of the extent of their mental or physical handicap?

And I am to communicate regularly with the parent or guardian by letter, telephone, newsletter and report card?

All of this I am to do with just a piece of chalk or a marking pen, a computer, a few books, a bulletin board, a big smile, **AND** on a starting salary that qualifies my family for food stamps?

You want me to do all of this and yet you expect me. . NOT TO PRAY?" --
Author Unknown

Murphy declares war on unauthorized signs and flyers

MURPHY The City of Murphy has joined the national "Sick of Signs" campaign against the proliferation of unauthorized signs, posters and flyers littered throughout City streets and utility poles, according to Code Compliance Supervisor David Gensler.

"Throughout the month of September, we will be paying particular attention to the visual clutter created by signs, pickets, posters, flyers and notes that not only detract from the natural beauty of our City, but pose an additional danger of distraction," he said.

The national "Sick of Signs" campaign is sponsored each year by the American Association of Code Enforcement (AACE), an organization dedicated to enhancing the practice of code enforcement throughout the country. The campaign began in 2007 in response to the flood of

unauthorized signs which marked the popularity of on-

line marketing and internet commerce.

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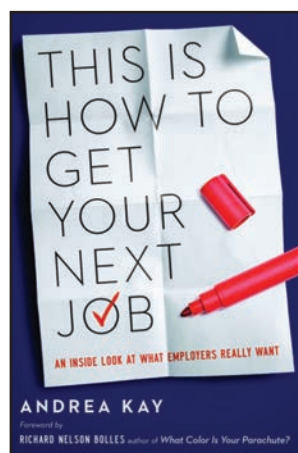
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No, we’re not accepting applications at this time. No, we don’t have any openings. No, we’re not hiring. There’s no chance we’ll be expanding this year. No, we looked over your resume and no, we can’t offer you a job now.

You’ve filled out hundreds of applications. You’ve done your best on interviews and you still don’t have the job you want. Now, with the new book ***“This is How to Get Your Next Job”*** by **Andrea Kay**, you’ll be able to determine your next step.

When her husband, a small business owner, said that he had given up hope in finding the qualified employee he’d been looking for, Andrea Kay knew there was trouble.

Some of his interviewees seemed unprofessional. Others just didn’t seem like a right fit... which is Kay’s first important point: when job-hunting, you may be passed over because of how employ-



ers “feel about you” or because of how you “seemed,” based upon how you acted when applying or interviewing.

The good news is, that’s something you can fix.

This is How to Get Your Next Job

Before you get that far, though, remember that there are jobs out there. Yes, there may be a thousand people applying for the position you want, but standing out is “not that hard. It’s a matter of not doing what everybody else is doing.”

Next, ask yourself how you want to seem to a prospective employer. What are your strengths for this job? How will you fit? How will you *show* those strengths and convey that meaning clearly, without merely using words? Those are some of the questions you “must, must, must” ask yourself before you go to your next interview, while you’re there, and after it’s over.

Be mindful of how people will remember you when you’re not around. Remember that your words aren’t all that’s on display during the interview; your demeanor, dress, and manners are being noticed, too. Know what you should never do, say, discuss, or wear while looking for a job, and read about “15 Things You Should Never Do Once You Get a Job or in Your Career – Ever.”

Then memorize them. Your new job may depend on it.

So you think nobody’s hiring? Author Andrea Kay says you’re wrong, and in this helpful book, she shows you what to do to put yourself front-and-center in an em-

ployer’s mind and his resume pile.

But that’s not all that’s inside “This is How to Get Your Next Job.”

Because it’s filled with dozens of illustrative anecdotes from employers willing to share their experiences, this book is really quite entertaining. I spent lots of time being amazed that people *really do* the kinds of things Kay mentions, and laughing. These cautionary tales fit well in this book, and nicely prove her “tell and show” advice.

This book is great for new grads, the newly unemployed, new career searchers, and anybody who needs a job soon. If that’s you, then “This is How to Get Your Next Job” will help, no doubt.

JOBS, continued from Page 1

Rights Act, in part, because of the pressure from the 1963 March on Washington. Unfortunately, some historians have focused just on the success and have ignored everything else.”

Austin made his comments during a recent panel discussion on the forgotten history of the March on Jobs and Freedom during a symposium coordinated by the Economic Policy Institute, a Washington, D.C.-based think tank.

“The Unfinished March,” a report by the Economic Policy Institute, authored by Austin, detailed a number of goals outlined during the 1963 march that have been largely left behind. According to the

report, organizers knew that the civil rights Blacks gained would be diminished without economic opportunities that had the power to lift millions of Blacks out of poverty.

According to the EPI report, “The organizers of the March on Washington for Jobs and Freedom also demanded decent housing, adequate and integrated education, a federal jobs program for full employment, and a national minimum wage of over \$13.00 an hour in today’s dollars.”

Today, many Blacks still live in poverty, attend poorly funded, mostly segregated schools, and suffer unemployment rates that are twice as high as Whites.

Ultimately, it falls on everyday Americans to drive that change starting in their own communities.

And like Dr. Martin Luther King, Jr., some economists believe that the fight for economic equality needs a strong labor movement.

“When workers had a voice, they had a way of making sure that the pie was going to be divided up a little more fairly,” said William Spriggs, chief economist for AFL-CIO, an umbrella group for labor unions in the United States.

“We saved AIG that was bankrupt, we can save Detroit that’s bankrupt,” said Spriggs. “And if the AIG [employees]

that caused the downturn in the first place can get a bonus, because it said in their contracts that they had to get a bonus, then Detroit city workers can get a pension, just like it said in their contracts.”

“While an outcome of the 1963 march was the establishment of the Equal Employment Opportunity Commission, it wasn’t enough,” said Spriggs. “What people need to think about with the Trayvon Martin case is understand what that jury was saying about young Black men.”

Spriggs continued: “Once you really understand what that jury was saying about young Black men, do you really have to ask why do

young Black men have a hard time getting a job?”

Roger A. Clay Jr., former president of the Insight Center for Community Economic Development, said that the fear of Black men and Black boys goes back hundreds of years.

“The simple answer is

people are afraid of us,” said Clay. “Generally, the fear is not based on experience and it’s not based on fact.”

Clay continued: “On this topic I’m not that optimistic, because I think the fear is so deep-seated, it really is going to be hard to turn that around.”

Bible Way Community Baptist Church



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SUNDAY
LIVE ON KJL 7:30 AM
10:30 AM
MONDAY SCHOOL
7:00 PM
FRIDAY
MEN'S FELLOWSHIP
7:00 PM
WWW.IBOCJOY.ORG

RICKIE G. RUSH, PASTOR
INVITED BY:

**NORTH DALLAS
COMMUNITY
BIBLE FELLOWSHIP**
3801 E. President George Bush Turnpike, Plano, TX 75074

Sunday Worship 8:30 & 11:15am
Wednesday Prayer 6:00pm
Wednesday Bible Study 7:00pm
ndcbf.org 972.437.3493

Dr. Leslie W. Smith
Senior Pastor

Shiloh Missionary Baptist Church

Serving the Plano Community for 128 Years
Founded 1884
920 E 14th Street Plano, TX



Isiah Joshua, Jr.
Pastor



2013 Theme:
SMBC: A church Focused on
Excellence while Teaching
the Word, Preaching the
Gospel, Reaching the World

Worship Times: 8 and 11 a.m.
Sunday School: 9:45 a.m.
Mid-week: Wednesday at 7:00 p.m.
**Youth Church: Every 3rd, 4th,
and 5th Sunday at 10:45 a.m.**
AWANA: Wednesday at 6:30 p.m.
Contact Information: 972-423-6695
www.smbcplano.org