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## Hamilton Park student reflects on JFK's visit

By Gwenda Jackson

There are only a few stories told through the eyes of Black Dallas on the events that took place on November 22, 1963. A photograph of the 1963 St. John Missionary Baptist Church, kindergarten gradu-

ating class is a reminder for five students from the North Dallas community of Hamilton Park.

In 1963, St. John Missionary Baptist Church, one of Dallas most prominent black churches was located not far from Downtown Dallas on Allen



Photo Marion Doss / Flickr

Street near the area known today as Freemans Park. In the 1960's St. John and Munger Avenue Baptist Church were the two main pre-schools where many of the children from Hamilton Park attended. In 1963, North Dallas was pretty

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## Greyhound expects busy Thanksgiving travel week

DALLAS -- As the holiday season approaches, Greyhound – the largest provider of intercity bus transportation – is gearing up for one of its busiest travel periods of the year, with more than an estimated half a million customers expected to travel to more than 3,800 destina-



tions across the country between Nov. 22 and Dec. 1.

"We expect the highest demand to be Nov. 26 – 27 and Dec. 1, as customers travel to their holiday destinations to spend time with loved ones," said Bill Blankenship, Chief Operating Officer, Greyhound

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## Don't let 'Cyber Grinches' ruin your holidays

By Jason Alderman

I'm usually in too much of a Thanksgiving food coma to hit the sales on Black Friday, but millions of other Americans somehow find the energy. Last year, 89 million people

took advantage of Black Friday sales (57 million of them online), while an estimated 247 million shopped throughout the four-day weekend, as stores increasingly have opened their doors on Thanksgiving itself.

In addition, millions of bargain hunters spent another \$2 billion on Cyber Monday, so it's clear that online holiday shopping is here to stay. Unfortunately, cyber criminals have ze-

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COVER STORY

## Racism costs the US billions every year



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## Kanye West speaks out on President Obama

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COMMENTARY

## Forcing poor people to go hungry

By Lee A. Daniels

(NNPA) Just as the holiday season begins, when the thoughts and actions of some focus on compassion for others, we could be about to witness the government's forcing the poor to go hungry – the product of political horse-trading in Washington that has erased a critical por-

tion of the already-meager subsidy the federal food stamp program provides the more than 47 million Americans who receive it.

And it's a virtual certainty more draconian cuts in the program will be made – cuts that increase the threat millions of men, women and children will

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Lameeka Weeks



Dianna Forsberg



Hardmon Williams

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## Lameeka Weeks

DALLAS – With petite and plus-sized clothing lines becoming increasingly more prominent, it's somewhat surprising how little attention is paid to the tall female fashion market. HEIGHT GODDESS (HG), a contemporary clothing line that caters to the beauty and uniqueness of tall women, has worked since 2007 to meet the fashion needs of women 5'9" and taller through its online boutique. Since being selected from over 1,000 applicants to attend the coveted "The Workshop at Macy's" program in New

York, HEIGHT GODDESS has an opportunity for expansion by being sold in major department stores. To assist in accomplishing this longtime goal, company founder Lameeka Weeks has officially launched a Kickstarter online funding campaign that will run through Dec. 19.

"Tall women have been shopping with us online and now they may have the opportunity to purchase HEIGHT GODDESS in department stores all across the nation," said Lameeka Weeks, the 6'1" visionary and founder of HEIGHT



GODDESS. "The Kickstarter funding campaign is a big deal because we really

need the financial support to meet our goal of expanding. Although we may seem like

a large company, we are only a two-person operation simply trying to help women with height feel more confident and beautiful in fashionable clothing that fits their taller than average bodies."

From stylish jeans and pants to classic dresses and tops, HEIGHT GODDESS is eliminating the need of tall women having to shop in the men's clothing department. Ranging in sizes from 4 to 20, the items featured in each collection are proportionally designed on tall fit models to ensure they are tailored specifically for tall women.

The HEIGHT GOD-

DESS Fall/Winter 2014 collection features the Charlotte Dress Pant, the Victoria Wide Leg Trouser, the Heather skinny jean in various colors and the Moto Jacket.

"Tall women aren't just taller than average-height women, our bodies are also shaped differently. So it's not just about lengthening a sleeve it's about considering broader shoulders and an elongated torso too," said Weeks. "The HEIGHT GODDESS clothing line is created in-house which gives us complete control regarding the fit and design of every piece."

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## Dianna Forsberg

DALLAS – November is "National Diabetes Awareness Month" and according to the American Diabetes Association the most common type of diabetes can be prevented by simply eating more healthfully, becoming more physically active and losing a few extra pounds. To motivate women to make a commitment to transform their health and fitness, Dianna Forsberg is sharing her personal story of how overcoming an unhealthy lifestyle led to her

becoming an award-winning professional bikini athlete, fitness model and fitness spokesperson.

"Each day we all have the ability to change our health and fitness, so that our lives are fulfilling and empowering," said Dianna Forsberg. "By sharing my personal journey of transformation, I hope to inspire others to start making lifestyle changes that will positively impact their overall well-being."

Forsberg's list of over ten

professional fitness competition accolades and awards, could lead one to believe that she has been in the fitness industry for numerous years. However her health and physical transformation only started three years ago as result of several health related issues.

During 2010, Forsberg had a breast cancer scare, suffered a miscarriage, endured months of internal bleeding and was told she had the colon of a 55-year old male. She was also depressed and had several bad habits that included overeating and drinking too many

alcoholic beverages.

She was extremely unhealthy and visited the hospital over three times that year. It was during her last emergency room visit, that she finally realized exactly how much her bad lifestyle choices and eating habits were negatively impacting her body and health.

"I had a light bulb moment and knew that I had to make some serious lifestyle changes so that I could take back control of my fitness and health," she said. "That day I made a personal vow to get fit and to never turn

See FORSBERG, Page 5



## Hardmon Williams

DALLAS — AT&T has announced it is welcoming industry veteran Hardmon Williams to oversee operations in North Texas. Williams will oversee the sales and operations for more than 1,950 employees, nearly 90 AT&T-owned retail locations and more than 600 national retail partners and authorized resellers in North Texas.

"Hardmon brings tremendous talent to the table, with experience in nearly every aspect of the business, from enterprise sales to retail management," said Kelly King, Central Region President of AT&T Mobility. "Hardmon's expertise and

successful track record make him a natural choice to lead our operations in North Texas."

Before being named Vice President and General Manager (VPGM) for North Texas, Williams was the VPGM for Northern Plains, overseeing all AT&T sales, service, network, and marketing.

Williams was part of the leadership team responsible for launching AT&T's TV brand, U-verse®. During that assignment, he led an initiative to deliver U-verse technology to the multi-tenant housing industry in metro areas across the Midwest, most notably down-

town Chicago. Williams also served as the Assistant Vice President responsible for managing AT&T's busi-

ness development efforts.

Williams began his career with AT&T as an intern

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## Cutting food assistance is more than morally wrong

By William Spriggs

The U.S. Gross Domestic Product (the value of all goods and services in the economy) figures show GDP per person is \$53,211. That's per person, not per family. Those figures also show we annually spend \$2,797 per person on food—that's \$233 per person a month. After netting out imports, we sell nearly \$14 billion in food overseas. Clearly America is a wealthy nation that is fully food secure.

So the issue is not America's resources of income and land, it is our choices in the distribution of our resources. Presumably, this

value proposition was settled when President Lyndon B. Johnson signed the 1964 Food Stamp Act into law, with support from the labor movement.

To be eligible for the Supplemental Nutrition Assistance Program (SNAP), a family must have a total income (including any other federal assistance) that is less than 130 percent of the poverty line (except in six states with limits up to twice the poverty level); for a family of two adults and one child, that means income below \$25,389 a year.

The maximum benefit for a family of three fell from \$526 to \$497 a month on Nov. 1. Low-income fami-

lies tend to be either old or young. And young families happen to be where most of America's children live. So, there are some 21 million children who currently are fed, in part, by SNAP benefits. That is almost one in four U.S. children.

In 2009, when Congress passed the American Recovery and Reinvestment Act, it boosted the maximum SNAP benefit to help families during the worse labor market since the Great Depression. But that boost was set to expire at the end of October 2013, in hopes the labor market would have recovered. The labor market has not recovered. There are still 1.5 million

fewer payroll positions in America today than in January 2008. This means that unemployment is real; it is not the result of people being lazy in looking for work.

And young people—in particular—have been hit hardest. Among the key age groups for young parents, the share of 20- to 24-year-olds who are employed is at 61.8 percent, down from 69.3 percent in January 2008; and for those 25 to 34, the share holding down jobs has fallen to 74.6 percent, down from 79.6 percent in January 2008.

House Republicans have voted to cut SNAP, shifting

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## HUNGRY, continued from Page 1

in years to come endure not only hunger but also a host of health and health-related problems that the combination of hunger and poverty will produce or intensify.

This is the quagmire a nation with a huge surplus of food must find its way out of.

As usual when it comes to federal aid to poor and working-poor Americans, the issue isn't really the actual availability of funds for aid. The issue is politics — and the deepening show-down in the nation between compassion and callousness.

But it's also a matter of the House Republicans majority's refusal to recognize that the food stamp program is a bulwark against the social and economic catastrophe widespread hunger in America would produce.

On November 1, Congress allowed to expire without replacement a temporary boost in the food-stamp program budget provided by funds from the 2009 economic stimulus package. The expiration reduced the monthly allotment food stamp recipients get by \$11 for a one-person household to \$36 monthly for a family of four. The increase had been the govern-

ment's response to the need of the program — its formal name is the Supplemental Nutrition Assistance program (SNAP) — to cope with the sharp rise in the numbers of Americans needing aid to buy food. That increase was driven overwhelmingly by the Great Recession's erasing more than 8 million jobs from the nation's workplace. As joblessness grew, so did the numbers of people seeking food stamps.

As a result, according to the Congressional Budget Office, the program's budget ballooned from \$35 billion in 2007 to \$80 billion now as its enrollment swelled from 26 million to its current level of one out of every seven Americans.

Earlier this year, a majority of Republicans in the GOP-dominated House of Representatives, chanting their mantra of fiscal responsibility, approved as part of the farm bill Congress is considering a provision that would cut \$40 billion from SNAP over 10 years. The SNAP provision in the Democratic-controlled Senate version of the bill differs significantly. It proposes a \$4 billion reduction.

The House proposal

would deny benefits to 3.8 million people next year and an average of 3 million each succeeding year, according to the Center on Budget Policy and Priorities, a nonpartisan think tank, and usher in a situation of social catastrophe akin to that of some Third-World countries.

But the Senate version looks better only by comparison with its extreme counterpart. The harshness of the regime it would produce can be glimpsed by examining the affect the mandated November 1 cut is already having on food stamp recipients — people who by the program's very eligibility requirements have very low incomes and no financial resources to withstand even minor emergencies.

For example, the monthly reductions in allotments that took place this month loom larger given that eligibility for food stamps is limited to those at or below the poverty line: a gross income of \$15,030 for a two-person household, to \$23,050 for a family of four.

The CBPP report calculated that the November 1 cut reduces the average amount recipients have to spend on each meal by 10 cents — from \$1.50 per meal to \$1.40 per meal. For a family of four the cut

amounts to the loss of 21 or 22 meals a month.

Contrary to the conventional wisdom, most SNAP recipients work, but at low-wage jobs that after paying for their rent and such other necessities as transportation, leave them out of enough money to buy enough food to eat. In 2007, half of all food stamp users lived in the suburbs, according to an analysis of census data by the Brookings Institution, a Washington think tank.

Now, it's 55 percent. More than 900,000 of those enrolled are veterans. The 21 million children in households that get food stamps constitute a quarter of all American children.

In other words, they're ordinary Americans who deserve our compassion and government aid because they have contributed, are contributing, or, regarding the children, have the potential to contribute to the larger society.

In that regard, the ounce of prevention of funding the nation's food stamp program at a level that properly responds to the need is the far wiser course to follow.

Lee A. Daniels is a longtime journalist based in New York City. His latest book is *Last Chance: The Political Threat to Black America*.

# Give. Scratch.



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## Irving's Green Seam Project receives award

Irving's Green Seam Project, which promotes landfill diversion by converting fabric destined for the landfill into reusable shopping bags, has been recognized with the Rick Fuszek Memorial Award for Outstanding Sustainable Materials Management. Senior Community Outreach Coordinator Fran Witte accepted the award on behalf of the city at the State of Texas Alliance for Recycling's (STAR) Annual Texas Recycling and Sustainable Summit held in Houston last month.

Since the project's launch in Sept. 2009, Irving has distributed approximately 7,000 Green Seam Project bags, saving the planet and the landfill more than 350,000 plastic shopping bags. Materials used to make the reusable bags range from scrap fabric to gently used T-shirts. Local seamstresses make the bags, which are distributed at no cost to the public during city events.

"Approximately 1 million plastic bags are used every minute and can

take up to 1,000 years to degrade," Witte said.

"Our goal is to divert materials from the landfill, put them to good use and educate the Irving community about the benefits of reusing cloth bags when shopping."

To learn more about Irving's Green Seam Project, contact Witte at [fwitte@cityofirving.org](mailto:fwitte@cityofirving.org) or 972-721-2355. For more about Irving's Think Green, Be Green program, visit [cityofirving.org/begreen](http://cityofirving.org/begreen)

## Tips for saving energy during the winter

In the winter, when many people turn on their heaters and put up holiday lights, gas and electric bills can be much higher than usual.

According to the Department of Energy (DOE), a family spends more than \$1,900 a year on electricity bills and other utilities. A big part of those costs come from wasted energy during those cold months.

However, you can save on winter energy costs if you make some changes in certain areas of your home.

### Lighting

Improve the lighting in your home and save energy.

Replace traditional light bulbs with compact fluorescent light bulbs, which last between six and 12 times longer. Remember to turn off any

lights that aren't in use.

Consider using LED lights for Christmas decorations. These use 90 percent less energy than the standard Christmas lights.

### Thermostats and heating

Keep your home warm and comfortable.

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## FORSBERG, continued from Page 2

back."

Forsberg made a New Year's resolution to begin a 12-week transformation challenge through a well-known body building website. After spending long hours perusing the website, she became intrigued and inspired by the many success stories of woman that had made complete physical transformations.

Forsberg was motivated and became fully committed by changing her diet, working out and remaining consistent with nutrition. By the end of the 12-week transformation challenge, she had successfully lost weight and gained a new found energy and confidence. Forsberg was the healthiest she had ever been in her adult life.

"I looked and felt like a new woman," she said. "My new body inspired me to enter my very first body building bikini competition."

In 2011, Forsberg entered the "Muscle Mania Texas" fitness competition. Being that it was her very first time competing, she was both excited and surprised when she won fifth place.

Since then, she has gone on to win over ten fitness competition awards and recognitions that include 1st Place Masters at the "2013 NPC Dallas Europa," 2nd Place Masters at the "2013 North American Championships," Overall Champ at the "2012 NPC Oklahoma Battle of the Bodies" and 2nd Place Masters at the "2012 NPC Adela Classic." She has also made several appearances and has been featured in several fitness publications that include "Planet Muscle Magazine".

In addition to competing professionally, Forsberg is a health and fitness coach and spokesperson committed to helping everyday people meet their health and fitness goals. By sharing her story of health, fitness and transformation during "National Diabetes Awareness Month," she hopes others will be inspired to take back control of their health and fitness by getting fit and never looking back.

Dianna Forsberg is an award-winning professional bikini athlete, fitness model, fitness spokesperson and health enthusiast. Known for competing against the

best and still holding her own, this beauty has the body and personal story that serves as inspiration for professional athletes and the everyday woman alike.

After placing 5th in her first fitness competition, she became committed to the sport and today has over ten fitness competition awards and recognitions including 2nd Place Masters at the "2013 North American Championships", 1st Place Masters at the "2013 NPC Dallas Europa" and Overall

Champ for the "2012 NPC Oklahoma Battle of the Bodies."

As a health and fitness coach Forsberg customizes manageable eating plans and fitness routines for clients and as a fitness spokesperson, she shares health and fitness tips to an array of audiences. She also serves as a work out buddy and fitness model coach.

For additional information about Forsberg, visit [www.diannaforsberg.com](http://www.diannaforsberg.com)

## Guess who is in the White House?



**Curtis Report**  
by Barry Curtis

America seems to be awakening from the fog of novelty. In 2008 we elected the nation's first black (half black I suppose) president. Ok now what? With that election came not so much hope and change as cool and hip! This new president was celebrated in Hollywood and the liberal press as a darling of the political world.

America suddenly awoke with a new kind of president in the white house. This president encouraged style over substance, hope over a plan and change just for the sake of change.

In this world of instant gratification and on demand rewards many had high hopes for this M-TV president. Most were mesmerized not by his problem solving abilities but how well he looked while others worked on the prob-

lems. What America saw was not style over substance but style over even more style. We have invited someone to the dance that's not capable of keeping a beat.

Presidents can be cool. John Kennedy brought cool to whole new level in the white house as the nation was captivated by CAMELOT. Ronald Reagan redefined style and elegance as he elevated the presidency to new heights. These men both possessed style and intellect. The evidence is clear that the nation deserves both.

History has spoken and it's clear that rock stars don't make good presidents. Our since of history should not be clouded by trivia but driven by purpose. In the end we have found that community organizers don't have the skill sets necessary to be president. We need leaders with proven track records of successful policy implementation and leadership.

So Mr. President, feel free to go on M-TV, but please don't dance.

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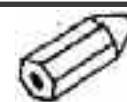
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# Holiday tips for families of children with Autism

The Institute for Behavioral Training (IBT) this week released ten of its top tips to minimize challenges for families of children with autism spectrum disorder (ASD) during the holiday season.

IBT is a leading training institute that provides innovative programs to meet the current and emerging needs of parents, caregivers, healthcare providers, and human service professionals across the globe.

"The holiday season is usually a time for celebration and joy, but many families of children with autism find that it can also be a time of stress," says IBT director Cecilia Knight, MA, BCBA. "These children typically have a tough time coping with change, including different places and dif-

ferent people, and they are often sensitive to loud sounds, bright lights, and even touch. These ten tips are effective for many families with children with autism."

Knight says families can prevent or reduce most stressful situations with the following ten tips:

1. Make a schedule of activities each day (using pictures or words) to ensure that expectations are clear for the whole family. Set this up ahead of time to help prepare your child for the events of the day and minimize negative reactions to unexpected activities. Also, don't over schedule the day! Make sure there are plenty of opportunities for breaks and down time.

2. Have your child assist in the order of events or reinforcement

schedule for each day (grocery store first, arcade second, then library). This will provide him/her with choices and a sense of control over portions of the day.

3. Take a day trip. Visit a museum or sporting event together; boredom can be your worst enemy.

4. Bring toys, video games, or other entertainment to keep kids occupied during commutes or wait time.

5. Remember to take visual cues (i.e., schedules and communication devices) with you on outings.

6. Try to identify the most important part of an occasion and limit your participation to that time period. Visits, family gatherings, and large events can be

stressful for kids/teens. If Aunt Edna's Thanksgiving Extravaganza always lasts four hours, plan to arrive just in time for the meal and then leave in a reasonable amount of time to avoid meltdowns.

7. Create fun in the home with inexpensive ways to entertain your child/teen. For example, create a scavenger hunt, organize arts and crafts activities, build a fort, or play a family game of Twister.

8. Have reasonable expectations, and pick your battles! If your child/teen is a picky eater, focus more on table manners or his/her interaction with family during the holiday feast, instead of pushing him/her to eat a plateful of new foods.

9. Be consistent; schedule

lunch, snacks, TV, chores, outdoor activities, or arts and crafts during the same time each day to avoid frustration during vacation.

10. Identify the holiday stressors; either work on them ahead of time or manage them in the vacation schedule. For example, if the endless hugs from family will set your child/teen on the wrong course for the day, then you might need a plan in place to practice that interaction. If that is not possible, then try to manage the situation in the moment with simple and reasonable rules: "Hug three people, and then we will go do something fun together."

For more information about IBT, visit [www.ibbehavioraltraining.com](http://www.ibbehavioraltraining.com).

## GRINCHES, continued from Page 1

roed in on this trend and are redoubling their efforts to separate shoppers from their hard-earned cash.

Whether you're shopping online by computer, smartphone or tablet, here are some common cyber scams to watch out for and security precautions to take:

Tips for buying gift cards:

Only buy from secure websites of trusted retailers (look for an "s" in the "https://" web address and a lock symbol).

At walk-in stores, only purchase cards from employees who have them locked up. Avoid cards at unattended display racks, since thieves can scan the card's unique serial number; then, after you've loaded it with cash, drain its value with online purchases before the recipient has a chance to use it.

Never purchase deeply discounted cards or event

tickets from online marketplaces like eBay or Craigslist – chances are good that the cards are counterfeit or were stolen.

Most retailers offer holiday sales as a way to boost their year-end bottom line. If you've "liked" a product or store on Facebook or Twitter, or have signed up to receive their emails, you may well get genuine offers for steep discounts or last-minute sales.

But beware of bogus offers from sites that mimic those of legitimate retailers. They could be:

Trying to harvest your credit card number and other personal information to make illegitimate charges to your account or open new accounts in your name.

Attempting to sell you counterfeit or stolen goods.

Trying to gain access to your social media profile to log into other accounts tied



to it, or to post illegitimate offers purportedly endorsed by you to lure in your friends.

Another common scam is to send an email claiming a courier is trying to deliver a package or there's a problem with your order. You'll be told to click on a link to

get details and will likely be asked to reveal account or other personal information to verify. Unless you previously provided them your email address, this is probably bogus.

A few additional holiday-related security tips:

When shopping online,

avoid pop-up ads touting incredible deals. If you think it might be real, log into the retailer's website yourself to see whether the deal is posted.

Hackers create realistic-looking web addresses that, when clicked, take you to a bogus site that can infect

your device with malware or install a Trojan Horse program to steal your personal information. To be safe, let your cursor hover over web addresses you didn't type in yourself and look for misspelled or weird-looking sequences of characters.

Before completing an online order, visit the site's "Contact Us" and "Terms and Conditions" pages for their phone number, mailing address, return policies, etc. Phony sites often either don't have such pages or they're filled with easy-to-spot errors.

Don't let the prospect of getting a great deal on Black Friday allow you to drop your guard against scammers who would love to fill your stocking with coal.

Jason Alderman directs Visa's financial education programs. To Follow Jason Alderman on Twitter: [www.twitter.com/Practical-Money](https://twitter.com/Practical-Money)

## WEEKS, continued from Page 2

The HEIGHT GODDESS Kickstarter campaign will run through Dec. 19, 2013 with a goal of raising a minimum of \$20,000. By making monetary pledges, supporters will help place

the chic and contemporary line of clothing on the racks and shelves of major department store retailers. For donations of \$25 and more, supporters will receive gifts that include fashion-

able HEIGHT GODDESS graphic tees, necklaces and weekend totes.

All funds raised through Kickstarter will be applied towards purchasing equipment needed to place HEIGHT GODDESS in department stores, hiring additional staff to support the

new demand and expanding the HEIGHT GODDESS collection to include highly requested styles and color options.

"The success of our Kickstarter campaign will show major retailers that tall women are a viable market for having clothing in their

stores," said Weeks.

"We receive lots of feedback through social media from fans expressing how much they love the clothes and how HEIGHT GODDESS has changed their lives, so we're really hoping they step up along with the overall community and sup-

port by pledging to our campaign and spreading the word."

To learn more about HEIGHT GODDESS and to support the company's Kickstarter funding campaign visit [Kickstarter.com](http://Kickstarter.com) and [www.heightgoddess.com](http://www.heightgoddess.com).



## Dallas Mavericks star Vince Carter shoots hoops, teaches skill drills to Dallas youth

Dallas (November 19) – Outstanding Dallas area students Charity Garrison and Dominic Bowie thought they were participating in a basketball exercise clinic with their peers, when Mavericks Guard Vince Carter, along with Sun Life Regional Group Manager Joseph Braley and Sun Life Voluntary Practice Leader Matt Aldridge surprised them and their supporting nonprofit organizations Big Brothers Big Sisters and Community Council of Greater Dallas with a total of \$110,000 in grants and scholarships as part of the Sun Life Rising Star Awards program.

The private basketball clinic took place at Paul Quinn College Tuesday night, where Carter was on hand to lead more than 35 Dallas youth from both nonprofits in a variety of basketball drills and games. After the surprise announcement, Carter also conducted a Q&A session with the youth, giving them insight to his background growing up, and what it takes to succeed in life and in school.

Big Brothers Big Sisters and Community Council of Greater Dallas each received \$50,000 grants, while Garrison and Bowie received \$5,000 Sun Life Rising Star college scholarships for their remarkable educational achievements and commitment to their community. The Sun Life Rising Star Awards program provides financial resources to highly-motivated students and nonprofit organizations in large urban school districts committed to encouraging underserved youth to stay in school. The program also promotes the importance of higher education as a means to achieve life-long financial wellness.

This year, Sun Life will

provide nearly \$1 million in grants, scholarships and other resources to outstanding organizations and students in Atlanta, Boston, Chicago, Dallas, Los Angeles, Nashville and South

Florida. By the end of 2013, Sun Life will have invested nearly \$4 million to recognize a total of 70 students and 63 nonprofit organizations in 14 U.S. cities, since the program began in 2010.



*Dallas Mavericks star Vince Carter, Sun Life Financial Regional Group Manager Joseph Braley, Rising Star Award recipient and Watauga resident Charity Garrison, Basketball Legend Sam Perkins and Sun Life Financial Voluntary Benefits Practice Leader.*



*Dallas Mavericks star Vince Carter, Sun Life Financial award recipient Dominic Bowie, Basketball legend Sam Perkins and Rising Star Award recipient Charity Garrison.*

Photo Rex Curry (2)



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## TIPS, continued from Page 5

Install a programmable thermostat for your home's heating system.

Keep the doors and windows closed while the heat is on.

Frequently change the filters in your furnace.

Set the thermostat on your water heater to 120 degrees Fahrenheit.

### General tips

Be energy efficient throughout your home.

Only use the exhaust fan in the kitchen and bathrooms when necessary.

Repair any water leaks in the bathrooms, kitchen, laundry room, etc.

Use power strips to plug in portable heaters, television and cell phone chargers. That way, you can turn off the power switch when the devices are not in use.

If you're thinking of replacing your appliances, make sure they have an Energy Star logo. Energy Star products are more energy

efficient.

### Programs for low-income families

During the winter, the government helps low-income families with their energy bills.

The Low Income Home Energy Assistance Program, also known as LIHEAP, helps families pay some of their heating costs. To see if you qualify for these benefits, contact your local LIHEAP office for more information.

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# DMA acquires two important African pieces from Sotheby's

DALLAS —The Dallas Museum of Art has acquired two works of African art at Sotheby's, New York auction of the Collection of Allan Stone: African, Oceanic, and Indonesian Art. The collection is one of the finest private collections in the world of arts from primary cultures, and is best known for its strong holdings of power figures from the Democratic Republic of the Congo.

These important new acquisitions include the greatly admired and sought after Songye "Four Horn"

Community Power Figure and a rare quality Ejagham headcrest. Both works strengthen the Museum's collection of African art, a collection of nearly 2,000 works that is acclaimed as one of the top five of its kind in the United States.

"The 'Four Horn' Power Figure and Headcrest are both remarkable examples of African art that will expand our audiences' understanding of the innovative art and material culture of the diverse peoples of Africa," said Maxwell L. Anderson, the DMA's Eu-

gene McDermott Director.

"We are delighted to expand the Museum's scholarship in this collecting area, and to share these iconic works of art with our community alongside other masterworks in our collection."

"Four Horn" Community Power Figure (nkishi), Democratic Republic of the Congo, Songye peoples. Made with three Common Waterbuck Antelope (*Kobus ellipsiprurnus*) horns and one Domestic Goat (*Capra hircus*) horn attached to the head, a beaded collar of

Common Waterbuck Antelope (*Kobus ellipsiprurnus*) hide around the neck, and an African Civet (*Civettictis civetta*) hide draped from the waist.

This Songye power figure has an intensely striking physical presence due to the dynamic contrast between the four prominent horns that radiate from the head and the serene quality of the face provided by the rare use of closed eyes. The metal additions to the face augment the value and texture to the figure. The size

of the figure (21 inches) suggests its use either personally for a community leader or by a larger community.

Widely published and exhibited, the "Four-Horn" statue from the Allan Stone Collection is "an icon of African art," according to Sotheby's in its description of the work, adding that "through this juxtaposition of opposing qualities, the unknown artist created one of the most arresting works of all figurative sculpture - a universal masterpiece."

Headcrest, Cross River Region, Nigeria; Ejagham peoples. The headcrest or headdress mask of wood armature covered in Red Duiker (*Cephalophus natalensis*) is the first work by the Ejagham peoples to enter the DMA collection, and enriches the already substantial and prestigious collection of arts from Nigeria. The four spiraling extensions from the central female head create a dynamic three-dimensionality to the mask.



Images (left to right) courtesy of Sothebys.com: Songye "Four Horn" Community Power Figure, Democratic Republic of the Congo; Ejagham Headcrest, Cross River Region, Nigeria.

## WILLIAMS, continued from Page 2

while in college and joined the company full time in 1992. Throughout his career, he has held a variety of sales, marketing and operations roles. With most of his tenure in sales, Williams spent much of that time building and leading new sales channels for the company.

Williams has a Bachelor's degree in Marketing from Indiana University.

He also holds an MBA in Technology and Management from the Kellogg School of Business at Northwestern.

Williams is an Indiana native and has been married to his wife since 1997 -- they have a son and a daughter.

"I'm excited to get to know our customers in North Texas," Williams said. "I look forward to con-

tinuing our efforts to deliver a premier customer experience; strengthen our relationships in the community and expand our advanced mobile broadband network."

Before coming to North Texas, Williams was VPGM of Northern Plains overseeing sales operations in North Dakota, South Dakota, Nebraska, Minnesota and Iowa. He was the first African American VPGM of Northern Plains.

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# Racism costs the US billions every year

By Freddie Allen

WASHINGTON (NNPA) — Closing the income gap between Whites and minorities, would boost earnings by 12 percent, an economic windfall of \$1 trillion, for a nation burdened by debt and an anemic job market, according to a recent study by the W.K. Kellogg Foundation and the Altarum Institute.

The study titled, “The Business Case for Racial Equity” looks at the legacy of racism in the United States and how addressing racial disparities would have a significant impact on the American economy.

The study looked at a number of racial disparities that have plagued Blacks and other minorities, including health, housing, employment, income and wealth.

“There is a tendency to frame the disparities and the gaps as a burden to the nation seldom do we frame it as a business case,” said Gail Christopher, vice president of program strategy for the W.K. Kellogg Foundation. “We wouldn’t be having these deficit conversations, if we put our energy into making economic viability an option for people of color.”

The shifting demographics of the American population make the argument for racial equity even more compelling. The U.S. Census Bureau estimates that racial



continue to suffer systemic discrimination that weakens the U.S. economy. The W.K. Kellogg racial equity report found that closing the earnings gap now would lift gross domestic product by \$1.9 billion.

The report also analyzed what closing the earning gap would look like at 2030 and 2050 and found even more striking results.

“Minorities make up 37% of the working age population now, but they are projected to grow to 46%

account for 70 percent of all purchases.

“A consumer driven economy requires people who have the income that enables them to fuel the engines,” explained Christopher.

Failing to address health disparities continues to eat away at the United States economy’s bottom line.

“An Urban Institute study found that the differences in preventable disease rates among African Americans, Hispanics, and whites cost the health care system \$24 billion annually,” the Kellogg report stated. That price tag will double by 2050 if left unchecked.

The Affordable Care Act will have a disproportionate benefit for Blacks who currently survive with lower-levels of health insurance and lack access to quality health care, suffering and dying from largely preventable and chronic diseases. According to the report, 19.5 percent of Blacks lack health insurance compared to 11 percent of Whites.

The infant mortality rate for Blacks is more than double the rate for Whites. AIDS diagnoses are 10 times higher among Blacks community than Whites. Black women are 40 percent more likely to die from breast cancer than White women.

In the richest nation in the world with the highest health care costs, the life expectancy for

Black men is almost five years shorter than the life expectancy of White men. Black women face a three year deficit when measured against White women.

Discrimination in housing, once supported by federal policies, now permeates the balance sheets of the nation’s largest banks and continues to drive the wealth gap between Whites and Blacks.

“The black/white wealth gap increased from \$85,000 in 1984 to \$236,500 in 2009, driven primarily by the racial difference in the number of years of homeownership,” stated the report.

In 1934, Federal Housing Authority officials took actions that set up roadblocks homeownership opportunities for people of color.

According to the W.K. Kellogg study on racial equity, the FHA issued a manual to its loan officers that sanctioned “redlining,” which made home purchases in many non-white, largely urban neighborhoods ineligible for FHA-backed mortgages, without consideration of the credit worthiness of the applicant.”

Most of the loans during the first decades of the program flowed to Whites living in middle class neighborhoods, forcing Blacks to live in resourced-starved, segregated neighborhoods.

“While housing discrimination in the U.S. was outlawed in the

Fair Housing Act of 1968, legal forms of housing discrimination were built into, or sanctioned in, prior federal, state and local laws,” stated the report.

At the close of World War II, federal government officials actively steered home and business loans, supplied through the GI Bill, to White veterans and deprived Black veterans of those same opportunities.

The racial equity report found that 44 percent of Black families owned homes compared to 74 percent of White families.

Christopher said that attempts to fully integrate neighborhoods, schools and the workforce failed, because people still believed in the false premise of a hierarchy of human worth based on physical characteristics; that Blacks and other minorities were inherently inferior and that they were less than human. In order to deal with racial inequality in the United States, Christopher said, Americans must confront the consequences of embedding that belief into the very DNA of our country.

“We have to be intentional and we have to have a strategy that is grounded in how we know how to change people’s minds and hearts,” said Christopher. “It’s an effort. It takes work, it takes reason, it takes research, it takes re-description, and it takes strategies to overcome resistance.”

Christopher continued: “It takes real world events that you are able to capitalize on and it takes resources.”

Those resources continue to be squandered in the political quagmire and obstruction, instigated by the far-right wing of the GOP that some critics argue, has reduced the effectiveness of Congress as they veer from one crisis to the next.

The recent federal budget agreement that ended the partial government shutdown, only delayed the inevitable, and set up two more battles over the budget and the nation’s debt limit at the top of next year.

“The cost of the health disparities, the cost of the educational and achievement gaps are going to bankrupt our country,” said Christopher.

“And they have been overshadowed by these superficial political discussions.”

***“An Urban Institute study found that the differences in preventable disease rates among African Americans, Hispanics, and whites cost the health care system \$24 billion annually.”***

**-Kellogg report**

and ethnic minorities will account for more than 50 percent of the United States population by 2043. Minority births in the United States exceeded White births for the first time in 2012. Minority babies today will become the workforce of tomorrow, making critical contributions to entitlement programs largely enjoyed by a graying White population.

Yet, minority communities con-

by 2030, and 55% by 2050. Closing the earnings gap by 2030 would increase GDP by 16%, or more than \$5 trillion a year,” stated the report. “Federal tax revenues would increase by over \$1 trillion and corporate profits would increase by \$450 billion.”

According to the Kellogg study, if the income gap between Whites and minorities were closed by 2045, minority consumers would



# NDG Gossip: Kanye West speaks out on Obama

By Shenice Sanders  
NDG Intern

Ever since 2009 West and Obama have been at odds when the president call him a “jackass” for his behavior at the MTV Video Music Awards.

West had much to say about Obama on 107.9 FM in Philly. The hosts asked him about Obama's infamous comment and from there West stated he felt “used” by the President, whom he’d endorsed for

president a year before. West also commented by saying:

“Oh, you talking about how he use to come and visit me and my mama and tell me that he’s about to run for president?” West said. “I just think that we’re pop icons, and the president likes to use that type of thing just to be down and stuff.

“People was fine with me being everyone’s punching bag for about five years — ‘Man, this is the person we love to hate, so if you want

to distract people from everything that’s going on [...] just say you hate Kanye and there’s going be 30 other people who say they hate Kanye.’

“That was kind of my position in culture so he also used that too — ‘Oh, he’s a jackass’ — because that’s how the world felt.”

“I don’t care if someone’s the president or not,” West added.

“I care about thoughts and how you helping people and what you bring to the world.”



## Arboretum presents formal tea Service at DeGolyer Estate

The Dallas Arboretum's tradition of serving elegant Holiday Tea in the lavishly decorated DeGolyer Estate continues this year. The formal three-course service is offered at Restaurant DeGolyer, which is prepared and presented by Gil's Elegant Catering. Holiday Tea is served from Nov. 29 through Dec. 31, seven days a week at 11 a.m. and 2 p.m. for ages 12 and older, excluding Thanksgiving and Christmas Day.

In addition to tea, Holiday at the Arboretum includes Angels in DeGolyer, a beautiful display of more than 400 angels from the Pi

Beta Phi Alumnae in the DeGolyer Mansion daily, as well as family fun weekends with Santa and a live reindeer.

Prices for the Holiday Tea range from \$47-\$57 and include parking, admission to the Garden and access to the Angels in the DeGolyer display. Restaurant DeGolyer Manager Louis Mendes describes the Arboretum as "...one of the most beautiful places in Dallas, probably in most of the world."

The holiday tea menu features delectable delights inspired by the recipes of James Sparks, the executive

chef at Gil's. Holiday Tea service begins with a demitasse of tomato basil broth followed by a second course of tea sandwiches such as smoked salmon pinwheels, tarragon flavored egg salad, creamed cucumber, chicken salad and herbed cream cheese on Belgian endive.

The third course of sweet treats includes pecan tarts, almond short bread, orange currant scones, chocolate espresso bars and Christmas sugar cookies. The three seasonal tea options are apple spice, peach cinnamon hibiscus and Darjeeling.

DeGolyer server R. W. Nelson, affectionately known as Nelson, has been at the Arboretum for 10 years.

He says, "I've got certain couples, families, friends who have been coming for

10 years, especially during the holidays, and it's nice to see them enjoy this tradition."

General Manager Mendes adds, "The reason they come back is that Nelson makes them feel spe-

cial. It's the personal touch and care. Plus, they tell us that our tea ranks up there with tea service from known places around the globe-one of the highest compliments we've received."



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1513	<b>Money Match</b> Overall Odds are 1 in 4.38	\$2	1/22/14	7/21/14

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# Empowering your workforce: Bringing your company together through thought leadership

By Mitchell Levy

Thought leadership is often viewed by marketers as a platform that is focused externally. But while thought leadership is an effective means of influencing customers, it's also a very successful way of em-

powering employees.

Over the last decade, various organizations have shifted their policy towards encouraging employee empowerment. Studies have shown that organizations with empowered employees perform better than their competitors by up to 202%.

Empowered employees are known to be more engaged, inspired and productive in their work. They are more likely to take initiative and are expected to last longer within the company.

Though thought leadership is a great tool for spreading your brand mes-

sage, it can also be used as an effective means of empowering your staff from inside your organization.

## How Thought Leadership Empowers Your Employees

Influence is the currency of thought leadership. That's because an effective

thought leader can have a profound effect on the people they influence. As a tool for change, influence has a longer lasting effect than simply giving out orders on the office floor or through e-mail. It can refocus your company and empower your entire workforce. Here

are just a few of the ways thought leadership can empower your employees:

- Thought Leadership allows employees to see the bigger picture of the organization by sharing the company's long-term goals and long standing principles.

See LEVY, Page 12

## JFK, continued from Page 1

much a rural area that consisted of farmland. Central Expressway/75 was a four-lane highway, two lanes north bound and two lanes south. Long before the construction of North Park Mall, the nearest business district before entering downtown Dallas, was near the SMU University campus.

At the time, St. John Baptist Church was a two or three-story building and the classrooms were located on the 2nd and 3rd floor. I remembered sometime during the early morning or afternoon, several of the teachers came into our classroom and we were asked to put away our storybooks and writing tablets.

I remember traveling down the stairs where we normally would go at the end of the day to catch the school bus back to Hamilton Park. It was not until I was much older when I realized why we were all asked to go downstairs so early in the day.

I remember there was a television located on the 1st floor or in the basement area and my teacher and the other grown-ups were crying as they watched the events unfold on television. As children we were uncomfortable, because we did not understand why we were not allowed to continue our normal activities and were asked to remain still and quiet for the rest of the day.

When I think back how

upset my teachers were during the chaos taking place several blocks away and how they remembered their responsibility to make sure we all got back on the school bus to make it back home to Hamilton Park, I knew how blessed we were

meet his cousin Amy, age 90 at the time. Amy lived in South Dallas. She was a proud woman and talked about her life and growing up raising her children in Dallas.

One day we were all looking through her photo album and there was an 8 1/2 x 11 black and white

photo album was another 8 1/2 x 11 photo of a wedding party. The bride and groom was a white couple.

To the left of the bride were two rows of black women each wearing a black dress with a white apron attached. Next to the groom, on his right, were another two rows of black

bride and groom and said, "That is Sanger and the other is Harris."

It suddenly dawned on me, she was a servant in the wedding of Sanger and Harris; the once famous Dallas department store.

Now as I look at this kindergarten photo today, I am also reminded that 50 years ago at another church 16th Street Baptist Church, four little black girls never made it back home.

If you are wondering about the four classmates

pictured in the photo from Hamilton Park, Cheryl passed away a few years ago; Steve and Abe were college roommates at Texas Tech University where Abe also became the first Black to graduate from the College of Chemistry at Texas Tech University. Kevin and I became in-laws because his sister is married to my brother.

For information regarding this article, please contact; Gwen Jackson at gwenda7710@yahoo.com.



*A photo of the 1963 St. John Missionary Baptist Church, Kindergarten graduating class is a reminder for five students from the North Dallas community of Hamilton Park of Kennedy's fateful visit to North Texas.*

to have attended St. John's Kindergarten in 1963. Four of the Hamilton Park children pictured in the photo grew up and finished high school together, many years later.

As a teenager, I was reminded of how history could appear out of nowhere and bring up memories from the past. Through another one of my classmates of Hamilton Park, I

photo of President and Mrs. Kennedy seated in the black convertible. The famous convertible car with the suicide doors as they were called, where both car door handles were staring me straight in the face, a perfect clear photo. Amy and her husband went downtown that day and her husband snapped the picture. I knew it was an original photo the minute I laid eyes on it.

On the other page of the

women wearing the same identical dresses and white aprons? The black women were all carrying silver trays and it appeared to be champagne glasses on the trays.

I asked Cousin Amy, "Who is the white couple in the photograph?"

First, she pointed to one of the black women left of the bride and said "That's me in the picture."

Then she pointed to the

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LEVY, continued from Page 11

- Thought Leadership encourages employees to excel at their responsibilities, inspiring them to come up with solutions that allow them to go above and beyond their roles.
- Thought Leadership provides employees incentives outside of monetary gain. They understand the larger, more intangible goals of the organization: success, satisfaction and service.
- Thought Leadership allows employees to discover the importance of their roles in the organization. It allows them to see the worth in their actions and become

proud of their accomplishments. This is why thought leadership should help influence the organizational culture beyond one that is geared towards customers, but one also focused on staff and employees. The infusion of thought leadership into an organization's culture can unite and empower the organization.

Empowerment through Influence

As mentioned earlier, influence is the currency of thought leadership. But to gain influence over your employees, it's important to equip them with the right tools,

skills, and responsibilities to make sure they perform to the best of their professional abilities. On average, only 29% of employees are actively engaged in their work. While managers can increase salaries, improve benefits, and promote key staff, nothing takes the place of genuine leadership. Thought leadership utilizes education tools that empower your workforce by making them advocates of the organization. These internal initiatives provide insight and ideas that are of value to employees. They are activities and platforms that help inspire the staff and bring the organization to-

gether. Whether it's through an internal social media platform, speaking, training or other forms of internal communication, these are all means of introducing a culture of empowerment into the organization. Followers are the lifeblood of any thought leader, but followers can be found inside as well as outside of the organization. In truth, empowered employees are the most effective followers of all. They look to their leaders for more than just their next paycheck. They look to them for inspiration and ideas. Mitchell Levy is the CEO and Thought Leader Architect at

THiNKaha who has created and operated fifteen firms and partnerships since 1997. Today, he works with companies who are active in social media to leverage their IP and unlock the expertise of the employee base to drive more business. He is also an Amazon best-selling author with eighteen business books, including the recently released #Creating Thought Leaders tweet. Mr. Levy has provided strategic consulting to over 100 companies and has advised over 500 CEOs on critical business issues. Get a free copy of his latest ebook at <http://mitchelllevy.com>.

FOOD, continued from Page 3

the blame for the weak economy onto young workers and the weight of the costs on our children by ignoring policymakers' failures to get the economy running. In a nation so rich it can export food, this is morally wrong. Rather than pass plans to hire teachers to restore our children's classroom sizes, or hire construction workers to fix our broken roads and bridges, Republicans argue it is better to cut federal spending on things like SNAP to get the fed-

eral budget in order. Some Republicans think federal deficits are morally wrong because deficits leave bills for our children. These same Republicans fought President Barack Obama hard to keep tax cuts in place for the wealthiest people on the planet, ignoring that those tax cuts make the federal deficit larger. And no moral calculus says we should starve our children of food and education today to save them as weaklings for the future.

This is more than morally wrong. It is bad economics. The Consumer Expenditure Survey gives a deep view of America's consumption patterns. An interesting fact in that data is that among families in the income range to qualify for SNAP, they all consume on average \$20,000 to \$25,000 a year. This makes sense, as it would be hard to imagine how someone could eat, be clothed and have shelter and not spend at least \$20,000 a year. This means at that income level, they

do not save, they spend every dollar. Cuts in their SNAP benefits mean they will have to cut something else to continue eating. This is not a cut simply to families struggling with an economy that is not producing enough jobs and wages that are barely keeping pace with inflation. It means pulling millions of dollars out of the economy. This means less sales revenue for small businesses selling clothes or shoes or children's books. And fewer buyers mean less need for sales clerks,

meaning fewer jobs. The current economic policies of lowering the deficit by half, boosting corporate profits to record highs and breaking Dow Jones average records for stocks has not meant relief on Main Street, Martin Luther King Jr. Boulevard or César Chávez Way. We need to strengthen policies that help everyone. Follow Spriggs on Twitter: @WSpriggs.

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**BUS,** continued from Page 1

Lines. "We are proud to offer a safe, convenient and reliable option for families during the holidays, and we're ready to give customers a great travel experience.

The majority of our fleet is comprised of modern buses equipped with Wi-Fi, power outlets, extra legroom and leather seats, all of which provide customers with a comfortable ride and keep them con-

nected."

In addition to the company's record as one of the safest intercity bus companies in the United States and having a 90 percent on-time departure rate, which is the highest in the travel industry, customers are assured they can relax comfortably on their ride home for the holidays.

Because Greyhound anticipates a heavy customer volume this holiday season,

the company suggests that customers purchase tickets in advance and arrive at least one hour before their bus is scheduled to depart on the day of travel. Customers should keep in mind that tickets are valid only on the date and schedule for

which they were purchased. If customers wish to change travel arrangements, tickets can be re-issued for a fee and only if seats are available.

"To best meet the demand, we strongly suggest customers buy their tickets

now and consider being flexible with their travel plans and look at off-peak travel dates if they can," added Blankenship.

To improve customers' experience, the transportation leader offers self-service ticketing kiosks at

major terminals, Wi-Fi enabled terminals and a book on-line/pay with cash service.

Tickets can be purchased on [www.greyhound.com](http://www.greyhound.com), by calling 1-800-231-2222 or at company terminals and agencies.



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### Store Management Opportunities

Hobby Lobby is a leader in the Arts & Crafts industry with 530 stores and growing located in 46 states. Candidates must have previous retail store management experience in one of the following:

Supermarket chain,  
Craft chain Mass merchant,  
Drug chain Building supply chain

Must be willing to relocate.

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EOE



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Work will be done  
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Must be professional and  
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972-509-9058, or email to:  
[inquiries1909@gmail.com](mailto:inquiries1909@gmail.com)

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Email:

**[inquiries1909@gmail.com](mailto:inquiries1909@gmail.com)**



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for all of His blessings.

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counseling services, re-  
sources and assistance for  
job readiness and training  
programs for individuals.

**November 24  
and December 1, 8 a.m.**  
Join us in Early Morning  
Worship Service; stay for  
Bible Classes at 9:30 a.m.  
and for our regular Morning  
Worship at 10:45 a.m.

**December 4, 10:30 a.m.**  
You're invited to our  
Wednesday Morning Bible  
Study and/or our 7 p.m.  
Evening Bible Study.

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

**BIBLE WAY  
COMMUNITY  
BAPTIST CHURCH**

**November 24 and  
December 1, 8 a.m.**  
You're invited to our Sun-  
day School at 9:30 a.m. and  
stay for Morning Worship

**December 4, 7 p.m.**  
Join us in Bible Study each  
Wednesday to learn more  
about God's Word for your  
life.

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

**CHRIST COMMUNITY  
CHURCH  
IN RICHARDSON**

**November 24 and  
December 1, 8:45  
or 11 a.m.**  
Join us in one or both of our  
Worship Services as we  
honor and praise God for  
His many blessings.

Dr. Terrence Autry,  
Senior Pastor  
George Bush Fwy at  
Jupiter Road on the  
Garland/Richardson Border  
972-991-0200  
www.followpeace.org

**FELLOWSHIP  
CHRISTIAN CENTER  
CHURCH IN ALLEN  
"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 sub-  
mitted via email to: prayer-  
line@theship3c.org

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

**November 24 and  
December 1, 8 a.m.**  
Join us in Early Worship at  
200 W. Belmont Drive loca-  
tion in Allen as we praise  
God and at 9:30 a.m. at  
1550 Edelweiss Drive in  
Allen for Sunday Morning  
Worship.

What's on Your Mind?  
Don't copy the behavior, at-  
titude and action of the  
world. Let God transform  
you into a new person by  
changing the way you think.  
Romans 12: 2a. Join us for  
one or both of our Worship  
Services as we praise God  
for the victories in our lives.

**December 4, 7 p.m.**  
You're invited to join us for

Wednesday Night Live in  
the Joycie Turner Fellow-  
ship Hall on Belmont Drive,  
with old school prayer and  
testimony. Also, come to  
our Corporate Prayer and  
our Kidz Zone (an environ-  
ment 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  
Is 200 W. Belmont Drive  
Allen, TX 75013  
972-359-9956  
www.theship3c.org

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

**November 24 and  
December 1**  
You're welcome to our Sun-  
day School at 8:30 a.m. and  
to stay for our Sunday  
prayer at 9:30 a.m. and  
Worship Service at 10 a.m.

**November 27 and  
December 4, 7 p.m.**  
Join us in our Bible Study  
to learn and grow in God.  
  
Pastor Sam Fenceroy  
Senior Pastor  
300 Chisholm Place

Plano, TX 75075  
972-633-5511

**SHILOH MBC  
IN PLANO**

**November 24 and  
December 1,  
8 a.m. and 11 a.m.**  
Join us for one or both of  
our Worship Services as we  
praise and honor God. Sun-  
day School starts at 9:45  
a.m. After each service min-  
isters and deacons are avail-  
able to meet with you for  
prayer or questions.

December 4, 7 p.m.  
Come see what the God's  
Word can do for you each  
Wednesday in Bible Study.

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**

**November 24 and  
December 1, 7:30 a.m.**  
You're invited to join us as  
we worship, honor and  
magnify God's Holy name.

**November 25 and  
December 2, 7 p.m.**  
Come to Monday School as  
we study the Word of God.  
We will worship Him and  
praise His Holy name.

**November 29 and  
December 6, 7:30 p.m.**  
Join us at our Men's Fel-  
lowship each Friday as we  
praise and worship God.

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

www.theship3c.org Fellowship Christian Center Church 972-359-9956

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A Kingdom Building Church

Pastor Dr. W. L. Stafford, Sr.

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

**Sunday Morning Worship**  
Story Elementary  
1550 Edelweiss Drive  
Allen, TX 75002  
9:30 a.m.

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

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- Sunday Service 10:00 am
- Wednesday Night Service 7:00 pm

Pastor Sam Fenceroy

Pastor Gloria Fenceroy

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KWRD 100.7 FM THE WORD

"Truth Made Simple"  
Listen to Pastor Sam  
Mon.-Fri. 5:25am-5:30pm  
KGGH 1040 AM



# 'Looking Backward'



**Sister Tarpley**

Send email to: [salesmanager@northdallasgazette.com](mailto:salesmanager@northdallasgazette.com) to sign up for Sister Tarpley's weekly electronic newsletter.

"O LORD, when you favored me, you made my mountain stand firm; but when you hid your face, I was dismayed."

**Psalms 30:7.**

It is often difficult to recognize the hand of God when we are in the midst of adversity.

We often feel God has hidden His face from us. When the Lord takes us through deep valleys, there will be fruit from the deep valley that we cannot see. You must press into Him

with all you have during this time.

God uses the deep valley to frame our lives to create a change in our nature, not just a change in habits. The depth and width of our valley is often an indicator of the level of calling and influence we will have on others in the future.

Our adversity is not just for us, but others who will be in our future path of influence. This is not very comforting when you are in the middle of the valley, but know this is a truth in the Kingdom.

It is often years later when we discover the wisdom of God and why He intentionally led us through the dark valley. Life is often lived forward, but understood backward.

It is not until we are down

the road and we stand on the mountain looking back at our life through valley that we can appreciate the terrain God has allowed us to scale and the spiritual deposits He has made in our life while we were there.

It will help you if you ask God to help you to take one day at a time. Let His Word reminds you,

*"Do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."*

**Matthew 6:34.**

I give Him your worries and concerns. God is the all-knowing, all-powerful, ever-present, Almighty God and you can ask Him for His peace, grace, and wisdom in your valley.

*"He reveals the deep things of darkness and*

*brings deep shadows into the light."*

**Job 12:22.**

When you begin to realize this, you sit back and breathe a sigh of relief because you know that God was in control all along. It didn't seem like it at the time, but He was.

Do you find yourself in the valley at this time in your life? Now is the time to fully trust God to guide you to higher ground in your spiritual life.

Remember, it takes two mountains to make a valley; and I love to add this fact that I learned long ago; and it blesses me when God leads me through a valley, think about this fact, God will have blessed you at least twice before He leads you into a valley in order to help you grow spiritually.



Minister Ray and Missionary Jackson after he brought a powerful message from God that blessed the congregation at Lighthouse C.O.G.I.C in Oak Cliff one Sunday.



## Healthy options...

Chef Matt Sanker presents a holiday cooking demonstration at the Methodist Charlton Diabetes Self-Management Program event.

### Bible Way Community Baptist Church



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Senior Pastor

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Sunday Worship ..... 11:00 A.M.  
Wed Bible Study ..... 7:00 P.M.

Daily Radio broadcast: KGGR 1040  
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[www.biblewayirving.org](http://www.biblewayirving.org)



Ramon Hodridge, Minister

### Avenue F Church of Christ

1026 Avenue F • Plano, TX 75074  
972-423-8833  
[www.avefchurchofchrist.org](http://www.avefchurchofchrist.org)

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

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



### Shiloh Missionary Baptist Church

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Founded 1884  
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Isiah Joshua, Jr.  
Pastor



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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](http://www.smbcplano.org)



## Trice Hickman's *Looking for Trouble* is an enjoyable journey

By Terri Schlichenmeyer

Just sixty minutes.

Oh, how you wish you had it so you could reach back in time and spend it with your great-great-grandmother. You could ask her questions, find out about her life, learn about yourself, and ask for advice.

Imagine the things your forebears would tell you – then imagine how it would change your life if they did. In the new book *Looking for Trouble* by Trice Hickman, a little guidance from the past is a welcome thing.

Alexandria Thornton tried to fight it.

She had always known that she had a “gift.” As a little girl, she played with spirit-children and she was always able to predict the future. But lately, an older woman’s voice came to her ears and it was loudly insistent, telling Alexandria that someone was going to protect her.

Protect her from what, Alexandria didn’t know. Maybe from her own heart, which surely needed help these days. Her boyfriend, Peter, was Mr. Wrong and there was nobody

else on the horizon. Maybe, if she could tame this person in her head, she would know what the heck was so important.

John Smalls wondered if his girlfriend, Madeline, was The One.

Sometimes, he thought she might be. She was the total package: smart, beautiful, elegant, and good in bed. Then again, she could be demanding, bossy, and crass. Now they were in John’s hometown of Nedine, South Carolina, to see his family and he had a feeling he’d find out about the real Madeline soon enough.

And he was right – Madeline did nothing but complain, and she was rude to his parents. He knew his mother didn’t like her. He was sure his grandmother wouldn’t, either – and Grandma Allene’s opinion was the one that really mattered.

Allene Small stood on her front porch and stared into space and time.

She didn’t like that evil woman her grandson brought home. That woman was trouble, she’d cause big problems for John, and Allene wasn’t having any of that. She also knew her great-great-granddaughter would

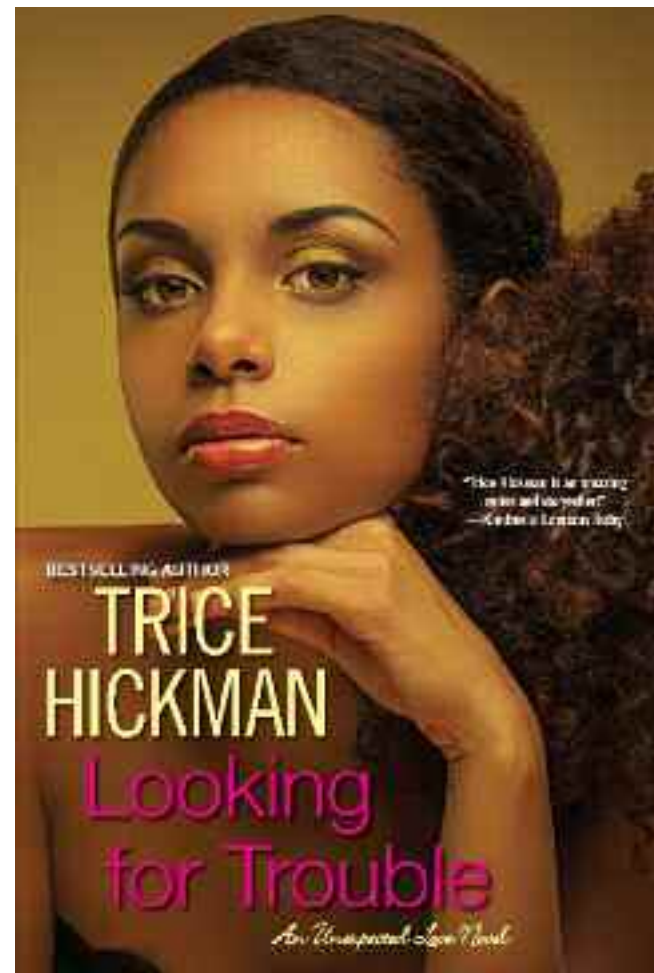
need help, too, someday, but reaching that child surely wouldn’t be easy.

It would be several generations before Alexandria was even born.

“*Looking for Trouble*” is a huge novel, not in page count but in storyline.

Author Trice Hickman sweeps through several decades in this romantic tale of a family united by a “gift” that is only granted to certain female members, and that is only partially understood. Overall, the characters here are good (if not a little predictable) and the plot is unusual, although it does sometimes get too convenient and a bit silly. Still, I’m happy to say that I couldn’t predict what was going to happen next and I liked where Hickman took me.

This book is not like other paranormal romances but, like others in its genre, it asks you to suspend disbelief long enough to enjoy – which isn’t hard to do here. So look for a place to settle in, and grab “*Looking for Trouble*.” Getting lost in this story won’t take but a minute.



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