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COVER STORY

# The Islamic Center of Irving is making a difference



See Islamic, Page 9

## Are we lazy in our approach to educating boys?

The problem of boys in education is not a new one – data has been mounting for many years that our sons are simply falling behind our daughters, says pioneering veteran in education, Edmond J. Dixon, Ph.D. But it's not because boys are any less intelligent than girls, he adds.

A recent study from researchers at the University of Georgia, which fol-

lowed 10,000 students as they moved from kindergarten to eighth grade, indicates that though boys scored well on tests, indicating mastery of material, girls got better grades. Researchers account for higher scores in girls because they comported themselves better than boys while



in the classroom.

“I think that, by now, most academics have accepted that boys and girls have fundamentally different learning needs; girls are better at sitting still and listening, whereas boys learn better

See BOYS, Page 6

## From Brown to Zimmerman: The evolution of US civil rights

BALTIMORE – In the aftermath of the Zimmerman verdict, a Gallup poll found that African Americans are now somewhat less satisfied with the way they are treated than at the beginning of the summer.

A. Dwight Pettit understands the frustration and

resentment borne from unequal treatment. Pettit is a direct legal descendent and beneficiary of the landmark Brown v. Board of Education decision, which set the federal precedent for school desegregation.

Following the Brown decision, Pettit's family underwent a series of exten-



sive court battles to force their school district to allow black students. Their success gave Pettit access to a quality education that led him to Howard University's School of Law.

From there, he was employed at the Small Business Administration Office

See RIGHTS, Page 5



## Michael Jordan is going to be a father again

See Michael Jordan, Page 10

COMMENTARY

# Time to reflect

By William Spriggs

Last week marked Thanksgiving, the quintessential American holiday. In part, because it belongs to no religion, it is a day that all people can claim as their own to give thanks, in their way. This marked its 150th birthday.

In the midst of the Civil War, President Abraham Lincoln set aside Thursday, Nov. 26, as a day of

thanks. The previous week he had just delivered the Gettysburg Address declaring a new birth of freedom in the United States, commemorating the bloodiest battle on American soil. At the beginning of the year, he had issued the Emancipation Proclamation, making the flight of slaves in the South to Union battle

See REFLECT, Page 3

## Over 70 1/2? Don't Forget Mandatory IRA Withdrawals

By Jason Alderman

With final holiday preparations looming, the last thing anyone wants to think about is next April's tax bill. But if you're over 70 1/2 and have any tax-deferred retirement accounts

(like an IRA), put down the wrapping paper and listen up: IRS rules say that, with few exceptions, you must take required minimum distributions (RMDs) from your accounts by December 31 of each year – and pay taxes on them – or face

severe financial penalties.

Here's what you need to know about RMDs:

Congress devised IRAs, 401(k) plans and other tax-deferred retirement accounts to encourage people to save for their own retire-

See IRA, Page 6



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## INSIDE...

- People In The News ..... 2
- Op/Ed ..... 3
- Health ..... 4
- Community News ..... 5
- Education ..... 6-7
- Cover Story ..... 9
- Arts & Entertainment ..... 10
- Church Directory ..... 14-15
- Book Review ..... 16

## People In The News...

See Page 2



Marie Chisolm-Burns



Brian Williams



Russell Dilligard

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## Marie Chisolm-Burns

Steve Schwab, MD, chancellor for the University of Tennessee Health Science Center, has announced the appointment of Marie Chisolm-Burns, PharmD, MPH, FCCP, FASHP, as the next dean for the College of Pharmacy at UTHSC. Dr. Chisolm-Burns is currently professor and head of the Department of Pharmacy Practice and Science at the University of Arizona College of Pharmacy.

A nationally known investigator and educator, she built her reputation with ex-

pertise in improving health outcomes by novel methods of medication adherence and health care access. Dr. Chisolm-Burns will undertake her duties at the UT College of Pharmacy in spring semester of the 2011-2012 academic year.

In her new role, she will be responsible for all four UTHSC missions - education, research, clinical care, and public service - at the statewide UT College of Pharmacy with campus locations in Memphis and Knoxville, and clinical training sites throughout the



state of Tennessee. Dr. Chisolm-Burns is the first African-American to be ap-

second African-American to be named a dean in UTHSC history.

A native of Long Island, N.Y., she received her undergraduate education at Georgia College. Dr. Chisolm-Burns obtained her BS in pharmacy and Doctor of Pharmacy degrees at The University of Georgia (UGA) in Athens, Ga., and her Master of Public Health at Emory University in Atlanta, Ga.

She began her academic career at the University of Georgia College of Pharmacy in Athens, Ga., and Georgia Health Sciences University (Augusta, Ga.), rising to become professor

of Clinical and Administrative Pharmacy at UGA and professor of Medicine at Georgia Health Sciences University.

At Georgia, she founded, implemented and managed the statewide Medication Access Program. She was subsequently recruited to the University of Arizona in Tucson as professor and head of the Department of Pharmacy Practice and Science where she was also named a professor of Pharmaceutical Science in the College of Pharmacy, professor of Surgery in the College of Medicine, and pro-

**See BURNS, Page 8**

## Brian Williams

(BlackNews.com) -- Purchase Black, a new amazon-style marketplace focused on African American products, is looking to attract more Black owned & Black servicing businesses to open webstores with them. So it's giving them away for free.

PurchaseBlack.com is bridging the gap between Black online customers, and a wide array of African American focused businesses," says Brian Williams.

"To attract more Black owned and Black servicing businesses, we are giving them webstores, complete with their own web address, for free, and only charging a commission after the business actually makes money on our platform!"

The business wants to attract both Black owned and Black servicing businesses, or businesses that may not be Black owned, but offer products that African Americans love.

"We are focused on

African American products and businesses, but not at the exclusion of anyone else. We want everyone to know that you can buy or sell African American products on PurchaseBlack.com, regardless of your background."

The company wants to help small, medium, and large businesses that offer products in hair care, skin care, art, gifts, clothing, accessories, NPHC Greek items, and more.

The internet marketplace launched with a handful of Black owned and Black servicing businesses on No-

vember 29th, with the goal of attracting more businesses to sell their product in its webstores. "Over time, we will grow into being a one-stop shop for online African American shopping! We are always open to new businesses applying for a webstore with us," says Williams.

Recently, PurchaseBlack.com founder Brian Williams appeared on TV One's NewsOne Now with Roland Martin to talk about Cyber Monday on a panel of business experts including Alfred Edmunds from

**See WILLIAMS, Page 11**



## Russell Dilligard

(BlackNews.com) -- Life is about possibilities; remixing old tradition and offering a dose of love in the name of scrumptious coconut pie. Meet Russell Dilligard (www.russelldilligardsoconutpie.com), television/film actor; songwriter; and now in-demand pie maker.

His coconut pie is positioned to become the next must-have dessert sensation, prepared to rival sweet potato, red velvet and apple pie as the go-to dessert and holiday staple.

Dilligard's pie is made from coconut - rich in antioxidant properties: 100% from scratch, no fillers, no

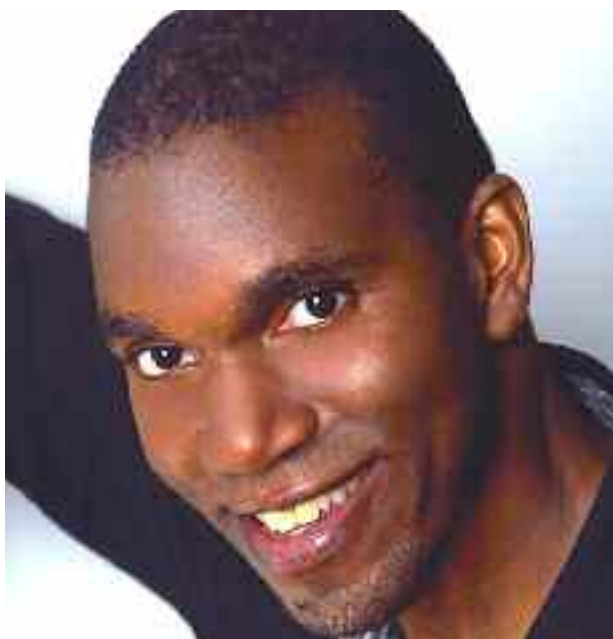
custard - simply a soft buttery crust, fabulously flaky, exotic coconut, hint of citrus, super moist and sweet for the discriminating coconut lover. Dilligard says, "Once you've tasted my coconut pie you will say it's the best you've ever had. Not only is it made with the finest ingredients, it's made absolutely with love to melt your heart, warm your soul and reasonably priced at \$35."

Dilligard has been a foodie all his life and cooking since he was a teenager. It began as part of a family ritual, enjoying the soul-enticing flavors of traditional southern recipes handed

down from generation to generation. Sunday dinners, holiday meals and desserts were a big deal growing up

in the Fort Greene Housing projects in Brooklyn, NY. Dilligard knew that life was

**See DILLIGARD, Page 11**



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# Undressing the 'N-word'

By H. Lewis Smith

Over the past year or so, many events have been occurring in the Black Community at the hand of the Black Community that continues to bring continual shame and degradation to the honorable memories, sacred struggle and sacrifice of African-American ascendants. Some may argue against it, but these acts continue to adversely affect the growth, development, and progression of the Black community, on a whole, to this very day. For instance, in November 2013, former NBA greats Charles Barkley, Shaquille O'Neal and ESPN commentator Michael Wilborn bowed down to and pledged their allegiance to a word that dehumanized, stigmatized and objectified their ancestors on national TV. That word is the n-word (n\*\*ga).

It is this sort of pervasive 18th century slave mentality, blindness to such behaviors, and misuse of influential power - much-made possible by the

blood and sacrifices of their own ancestors, that prompted writing the book Undressing of the N-word: Revealing the Naked Truth About Lies, Deceit and Mind Games. It is high time that Black America stop the antics, halt the selfish mentality of "I got mines", and really use all resources they have to demand respect for the entire race within and without the community. Ignorance is no longer acceptable or the calling card to bring attention to Black America; rather, Black America must take the time to educate themselves, and in so doing, reality will be made clear.

The following are excerpts from one of the chapters in my soon-to-be released book entitled, Undressing The N-word: Revealing the Naked Truth About Lies, Deceit and Mind Games.

Forbiddingly, you learn today that your mother was brutally and unmercifully bludgeoned to death with a hammer. Now close your eyes and think about this for a moment: think about the heinousness in the act; see

your mother screaming for her life and doing everything in her power to defend against and fight off her unrelenting attackers; think about all of the pain and anguish she endured as blow upon blow of the hammer welled down on her, before the final bit of life was unrightfully snatched with that last thud. Can you see it? Can you see the multiple plugs imprinted into whatever part of her body the hammer unforgivingly fell upon? Can you empathize with that dreadful moment in time?

Now ask yourself this: in order to memorialize your mother's life and honor her sacred and beautiful memory, would you start using a hammer as a symbol or in remembrance of your mother? Of course not! To the contrary, every time you saw a hammer, it would likely stir up strong feelings of sadness, disgust, and, perhaps, even anger. The hammer would symbolize the bashing murder of your mom and, because of this association,

See N-Word, Page 11

## REFLECT, continued from Page 1

lines a march to true freedom and giving the Civil War a new meaning. After the defeats of the Army of Northern Virginia at Antietam in 1862 and Gettysburg in 1863, the tide of the war had swung.

Over the past 150 years, the day grew from a day of reverence to be commercialized into marking the beginning of shopping for the Christmas season—a clearly religious holiday also transformed into a commercial spectacle.

Not unlike the battles of 150 years ago, America is today deeply divided. Over the past 40 years, inequality has grown at an increasing rate. The benefits of economic growth continue to concentrate among the top 1 percent. More studies note that the ladder from the bottom to the top is falling apart, and that lack of economic mobility is fracturing us into a nation of "haves" and "have nots." And with that divide is a great divide in the paradigms we use to make sense of things.

Despite the clear evidence to the contrary, many Americans cling to a belief that America is the land of social mobility and the inequality we see growing is simply the split between the hardworking and the lazy. So, though the Great Recession threw more than 8 million of us out of work, collapsed the values of millions of

homes and destroyed the retirement savings of millions more, there are some who deeply believe that storm rained only on the lazy. And they believe that sunshine lies in heaping greater sacrifice from the lazy to the hardworking few who survived, because they believe benefits trickle down off the rich onto the less industrious.

But this too is a form of commercialism. It is a deep belief in the power of the dollar to judge virtue. It leaves us with deep moral hand-wringing on things like who can marry whom—something with spiritual meaning but no dollar value. It does not countenance deep moral discussions about a rich nation that cuts food assistance to the millions who lost jobs because of bad public policy. But to return to American values and moral vision and away from commercialism, at Thanksgiving, we should pause to ask those deeper questions that are not comfortable to the religion of the dollar.

We should ask, "Why is it that Thanksgiving can no longer be a day America has set aside for families to be together?" Is the dollar too important for a nation to give value to family?

Beyond Thanksgiving Day, can we demand more of a reflection on moral obligations? The largest employer in

the United States is Walmart. Last year, Walmart pulled in profits of \$17 billion. At its June stockholder meeting, Walmart approved a \$15 billion program to buy back its existing shares of stock—a strategy to boost the wealth of current stockholders and consolidate the ownership of the Walton family. Over the past two years, Walmart bought back \$14.29 billion in stock—enough to raise the pay of each employee by nearly \$5,500 per year. All the while, Walmart's poorly paid employees rely heavily on federal assistance for health care, housing and food assistance.

So why don't we have deep debates on why the workers who make Walmart such a large, profitable company need our assistance to buy food, health care or housing assistance?

Around the country Walmart workers are standing up, demanding their fair share of what they contribute to make Walmart so profitable. Their demand for a living wage of \$25,000 a year is a demand for fairness and dignity.

There was a time in America when the largest employer was General Motors Co. What does it say about our changing values when we no longer require those with the most to be fair, and only ask those with the least to sacrifice for our prosperity?

Follow William Spriggs on Twitter: @WSpriggs.

# How to maximize your ROI of life

Have you ever felt like you need an upgrade on your life? Most of us have – and there's a way to get it, says veteran physician Sanjay Jain.

"First, I tell people, 'Don't be afraid of making your life clearer.' Many argue that life is not simple and, therefore, there are no easy answers, but as we have paraphrased from Chinese philosopher Laozi, 'The journey of a thousand miles begins with the first step,'" says Jain, whose specialties include integrative medicine. He's also an international speaker and author of *Optimal Living 360* – available Feb-

ruary 2014.

"Lives are built from many small components which, when viewed as an assembled whole, can appear overwhelmingly complex," Jain says. "But when we break them down and consider the pieces as we make decisions in our lives, it's much easier to see how small adjustments can result in a better return on all of the investments we make – not only in health, but in relationships, finances, and all the other essential aspects of our lives."

Jain offers four points to keep in mind as you start the journey.

**Life is short, so live it to its**

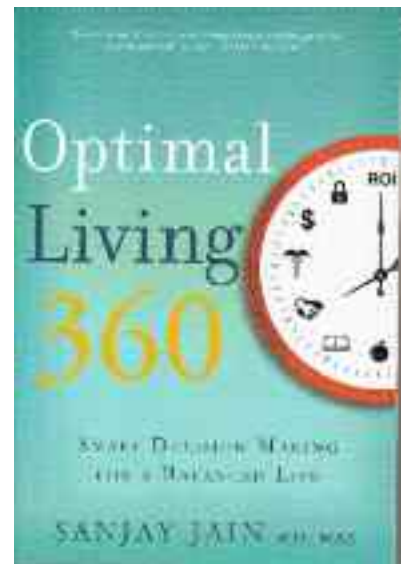
**fullest potential.** Live it optimally. This is your life, so don't waste its most precious resource – time. No matter one's spiritual leanings, economic and education status, health, intelligence level, etc. – one thing is true for all: Our time on Earth is finite. There will be a time for most of us when, perhaps after a frightening diagnosis from a doctor, we reflect deeply upon our time and consider the most important moments, and all the time that may have been squandered.

**Balance is key.** Too much or too little of something, no matter how good, is actually not good.

Balance is one of the easiest tenets to understand, but arguably the most difficult to maintain. Obviously, too much alcohol is bad; then again, there are some health benefits to moderately imbibing red wine. What about too much of a good thing; can a mother love her children too much? Yes, if she is an overprotective "helicopter parent." The best antidote to overkill of anything is awareness; try to be aware of all measures in your life.

**Learn to tap your strengths and improve upon your weak-**

See ROI, Page 13



## The Cult of Fitness revs up to raise a million pounds of healthy food

GARLAND - If you have always wanted to try CrossFit, the high-octane fitness craze sweeping the globe, but felt intimidated by super-fit regulars, or just thought it wasn't your thing now is your chance to try CrossFit for free while doing a great deed for your community.

Last week, CrossFit Garland along with 300 other affiliates worldwide, kicked off participation in the Fitness Starts with Food (FSWF), a global food drive with the goal of raising at least one million pounds of healthy food for those in need this winter.

Unlike typical food drives, FSWF participants

are encouraged to donate 1 lb. of nutritious food such as almond butter, dried fruit, canned tuna, and apple sauce, with an emphasis on organic, whole ingredients in exchange for the opportunity to try CrossFit, one of the most buzzed about movements in fitness with more than 10 million self-described CrossFitters worldwide, for free.

Despite having earned the reputation as 'the hardest workout ever' classes will be scaled to accommodate even those in need of a fitness tune-up. According to John Burch, CEO of The BIZ: Raise Your Game, who is spearheading the drive and spent six months

homeless as a teen himself.

"This is a tremendous opportunity for anyone who's been curious about CrossFit, and a genuine example of stars aligning. These businesses TEACH health and fitness and know firsthand fitness really does start with food. FSWF is all about providing healthy food for people who may not have these options. It's an obvious pairing that helps the local community. 100 percent of the food that's donated to CrossFit Garland will be delivered to Garland community shelters or food banks," according to Burch.

The food drive will conclude Jan. 4.

## Medical Center of Lewisville announces expansion of ER Department

LEWISVILLE – Medical Center of Lewisville (MCL) this week announced the approval of corporate funding to construct a new \$17 million 24-bed Emergency Department.

The hospital is a part of the HCA North Texas Division. Nashville-based HCA is the nation's leading provider of healthcare services.

An approximately 20,000 square foot addition will be constructed to house a new

24-bed Emergency Department (ED). A small portion of the existing ED, which includes 17-beds and totals approximately 8,700 square feet, will then receive major renovations for connectivity between the addition and main facility and to provide some additional support space for the ED.

The current Emergency Department will remain open during the construction with no interruption in services. Elm Street will

continue to be accessible during the construction.

Construction on the new Emergency Department will begin in the first quarter of 2014 and take about 15 months to complete. The \$17 million in expenditures will be comprised of \$12.5 million for construction improvements and \$4.5 million for equipment.

ED visits in 2010 were just under 41,000 but grew to more than 46,000 in 2012.

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# Holiday wreath-laying to honor veterans

Dallas-Fort Worth National Cemetery will host Wreaths Across America, a holiday wreath-laying ceremony to honor and remember our nation's Veterans. The Civil Air Patrol, Veterans service organizations and citizens are coordinating the event to honor Veterans of each branch of

the military, the Merchant Marine as well as Prisoners of War and those still Missing in Action (POW/MIA).

The Worcester Wreath Company, through a campaign called Wreaths Across America, began donating holiday wreaths in tribute to Veterans laid to rest at

VA's 131 national cemeteries and state Veterans cemeteries in 2006. Since 1992, they have donated wreaths for gravesites at Arlington National Cemetery. The Civil Air Patrol is once again coordinating wreath ceremonies around the country as a part of Wreaths Across America.

Members of the Civil Air Patrol, representatives from the military services, Veterans and their families are meeting at the DFW National Cemetery located at 2000 Mountain Creek Parkway in Dallas on Saturday, Dec. 14 at 11 a.m.

For more information on this

event, visit the Wreaths Across America website at [www.wreath-sacrossamerica.org](http://www.wreath-sacrossamerica.org).

Information about other national cemeteries' participation, visit [www.cem.va.gov/cem/features.asp](http://www.cem.va.gov/cem/features.asp) and click on the Wreaths Across America photo.

## Buckner to host foster care and adoption meeting

DALLAS — Buckner Children and Family Services will present a FREE foster care and adoption information meeting at 7 p.m. Thursday, Dec. 19 at Buckner's office, 5200 Buckner Blvd.

A Buckner representative will give an overview of foster care and adoption options in Texas, including foster-to-adopt, Waiting Texas Children and domestic infant adoption programs. International adoption options, through Buckner's affiliate Dillon International will also be discussed. For information or a reservation to attend the meeting, please call Sheree

Scott at 214-319-3425 or email [sscott@buckner.org](mailto:sscott@buckner.org).

For more than 134 years, Buckner Children and Family Services has been transforming lives through a hands-on ministry, serving the most vulnerable from the beginning to the end of life.

Buckner is one of the oldest and most unique faith-based social service organizations of its kind, serving more than 450,000 people each year in the United States and 18 countries worldwide.

To learn more about foster care and adoption services through Buckner, visit [beafamily.org](http://beafamily.org).

## RIGHTS, continued from Page 1

of General Counsel. In 1973, Pettit returned to Baltimore where he started a successful law practice. Pettit began working with presidential candidate Jimmy Carter on his successful presidential bid and subsequently rose to prominence in the Carter administration.

Pettit tells his story, set against a backdrop of the tumultuous and transformative late 20th century, in his new book "Under Color of Law." The book views the series of court cases that gave Pettit access to quality education, as well as the cases following those decisions when he rose to distinction in the legal community. Paramount among these was a national court case in which Pettit sued on

behalf of his father, who had experienced employment discrimination as a result of his initiation of the school desegregation case.

More than 60 years later, Pettit is using the book to recognize how far the nation has come, and how far it still has to go.

"We must ensure that all are aware of the dangerous pitfalls and dark caverns that still exist in our society," Pettit says.

"This is a young nation, where obstacles and entrenchment can easily be resurrected during the fog of complacency created by past accomplishments."

For more information, visit <http://undercoloroflaw-book.com/>.

## TRMC-Sunnyvale collects holiday food and toys for local area charities

SUNNYVALE --- To give back to the community this holiday season, Texas Regional Medical Center at Sunnyvale recently launched a toy and canned food drive to benefit New Life Food Pantry in Forney and the Sharing Life Community Outreach in Mesquite.

The 70-bed hospital also accepts other nonperishable food items and

toiletries.

"This is Texas Regional Medical Center at Sunnyvale's holiday gift to the more than 500,000 people in the hospital's service area," said Robyn White, TRMC-Sunnyvale's assistant director of business development. "The items collected will help those in the greatest need."

Donations accepted in TRMC-Sunnyvale's lobby until Dec. 31.

Suggested items include canned vegetables, diapers and wipes, juice boxes, baby food, shampoos, soaps, dolls, cars and board games.

For more information, go to [TexasRegionalMedicalCenter.com](http://TexasRegionalMedicalCenter.com) or call 972-892-3000.

## DART stuffing a bus with goods for the holidays

Dallas Area Rapid Transit (DART) employees are collecting donations of socks and blankets for adults, unwrapped toys for children, and canned food during the annual "Stuff a Bus" campaign to help nursing homes and area families.

Help DART stuff a bus at the Mockingbird Station parking lot, 5465 E. Mockingbird Lane, Friday, Dec. 6, from 6 a.m. to 5 p.m., and Cityplace/Uptown Station, 2711 N. Haskell Ave., Wednesday, December 11, from 5 a.m. to 3 p.m.

A 40-foot long DART bus will be used to collect donations in support of two DART-employee initiated

campaigns, "Comforting of the Souls" and "Santa Cops." The Northwest Bus Division's "Comforting of the Souls" donates the new socks and blankets to area nursing homes while toys and food help families in need through the "Santa Cops" of the DART Police Department.

KKDA-FM "K-104" and KRNB "Smooth R&B 105.7" radio stations are sponsors of DART's "Stuff a Bus" campaign and will be doing live broadcasts this year at the Mockingbird Station event. Other "Stuff a Bus" sponsors include Telemundo 39, *El Hispano News* and *The Dallas Weekly*.



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## BOYS, continued from Page 1

via kinesthetic learning, which involves more physical activity," says Dixon, who has more than three decades experience as a teacher and is a parent of boys, and is the author of "Helping Boys Learn: Six Secrets for Your Son's Success in School," (HelpingBoysLearn.com). He also has a teacher's edition titled "Helping Boys Learn: Six Secrets for Teaching Boys in the Classroom."

"There are many other studies, however, showing boys underperforming in school; now, it's a matter of what we're going to do about it."

Dixon, a cognitive-kinesthetics specialist, discusses why his first three "secrets" are so important in helping boys with active minds and bodies.

Movement matters: Nearly ever time, the student who disrupts class because they cannot sit still is a boy. Research reveals that

young boys' brains develop a tremendous amount of neural wiring to facilitate movement and sensitivity for how things "fit" together.

When a boy is a toddler, we would never think that a sedentary child is a good indicator of health, so what makes us think that he should change while in grade school? One tip: Allow a boy to use his "movement wiring" by allowing him to use his body as he learns to represent the topic.

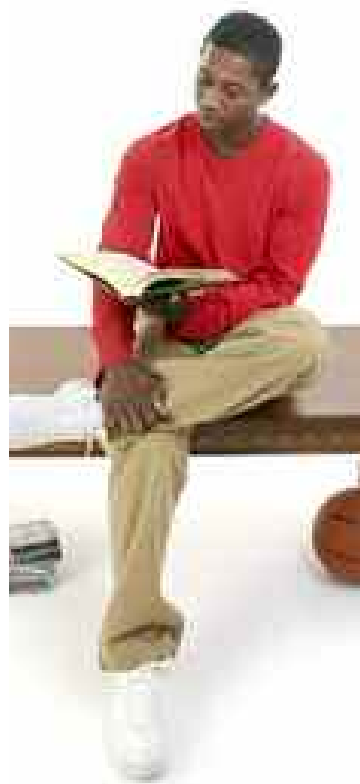
Games work: Their testosterone makes males are naturally competitive. If you want them to become suddenly engaged in something, make a game out of the lesson—it's just like flipping a switch on. Just look at sports talk shows with analysis such as "Pardon the Interruption;" each expert has a clock clicking down to make his point. Little gaming tricks like this works on the male brain. Tip:

create clear rules – they help boys understand victory, and they add legitimacy to the lesson. Games also serve as an excellent method for male bonding, too.

Make them laugh: Observe a group of males; whether young or old, they bust each other's chops. Not only is it okay, they enjoy it!

Everyone has a positive chemical reaction with laughter; boys, however, often use humor as a form of communication, an asset with which most girls do not have a problem. Research has demonstrated that boys' emotions are processed initially in the more primitive parts of the brain and come more indirectly to the speech centers.

That's why making a crude joke is easier for males to communicate sensitive feelings. Tip: Before starting homework or an assignment, ask a boy to consider what might be funny, weird or strange about it; his mind will be more focused on the topic afterwards.



"This is just the tip of the iceberg; if parents and teachers are serious about getting their boys

off to a better start in life, I encourage active participation and education," Dixon says.

A pioneer in the field of cognitive-kinesthetics for learning, Edmond J. Dixon, Ph.D., is a human development specialist with more than 30 years of experience as a teacher, administrator, writer, researcher – and parent of boys. He is the founder of the KEEN Differentiated Learning Group, an organization dedicated to helping struggling learners, and the creator of KEEN 5X, a series of strategies for classroom engagement and learning that were have been used with more than 50,000 students and teachers.

His previous books, "KEEN For Learning" and "Literacy Through Drama," have been used by educators to improve classroom learning. A dynamic and popular presenter, he has spoken throughout North America on education and human development topics.

## IRA, continued from Page 1

ment. Aside from Roth plans, people generally contribute "pretax" dollars to these accounts, which means the contributions and their investment earnings aren't taxed until withdrawn after retirement.

In exchange for allowing your account to grow tax-free for decades, Congress also decreed that minimum amounts must be withdrawn – and taxed – each year after you reach 70 ½. To ensure these rules are followed, unless you meet certain narrowly defined conditions, you'll have to pay an excess accumulation tax equal to 50 percent of the RMD you should have taken; plus you'll still have to take the distribution and pay regular income tax on it.

You can delay or avoid paying an RMD in certain cases, including:

If you're still employed at 70 ½, you may delay starting RMDs from your work-based accounts until you actually retire, without penalty; however, regular IRAs are subject to the rule,

regardless of work status.

Roth IRAs are exempt from the RMD rule; however, Roth 401(k) plans are not.

You can also transfer up to \$100,000 directly from your IRA to an IRS-approved charity. Although the RMD itself isn't tax-deductible, it won't be included in your taxable income and lowers your overall IRA balance, thus reducing the size of future RMDs.

Another way to avoid future RMDs is to convert your tax-deferred accounts into a Roth IRA. You'll still have to pay taxes on all pretax contributions and earnings that have accrued; and, if you're over age 70 ½, you must first take your minimum distribution (and pay taxes on it) before the conversion can take place.

Ordinarily, RMDs must be taken by December 31 to avoid the excess accumulation tax. However, if it's your first distribution you may wait until April 1 the year after turning 70 ½ – although you're still must take

a second distribution by December 31 that same year.

Generally, you must calculate an RMD for each IRA or other tax-deferred retirement account you own by dividing its balance at the end of the previous year by a life expectancy factor found in one of the three tables in Appendix C of IRS Publication 590:

Uniform Lifetime Table if your spouse isn't more than 10 years younger than you, your spouse isn't the sole beneficiary or you're unmarried.

Joint and Last Survivor Table when your spouse is the sole beneficiary and he/she is more than 10 years younger than you.

Single Life Expectancy Table is for beneficiaries of accounts whose owner has died.

Although you must calculate the RMD separately for each IRA you own, you may withdraw the combined amount of all RMDs from one or more of them. The same goes for owners of 403(b) accounts.

However, RMDs required from other types of retirement plans must be taken separately from each account.

To learn more about RMDs, read IRS Publication 590 at [www.irs.gov](http://www.irs.gov).

Jason Alderman directs Alderman on Twitter: [www.twitter.com/Practical-Money](http://www.twitter.com/Practical-Money). To Follow Jason



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# Bent Tree Church donation of 6.2 tons of food will feed 248 families

CARROLLTON – Bent Tree Bible Fellowship, a non-denominational church in Carrollton, Texas, has collected and donated 12,561 pounds, or 6.2 tons, of food and personal care items to Frisco Family Services. The donation is the largest amount ever collected in the church's 38-year history and goes toward relieving a great need for Frisco's only food pantry.

Frisco Family Services issued an announcement on Oct. 9 stating its food pantry was nearly empty. The statement went on to say that the food bank had an immediate need for several types of food and toiletry items, after seeing a 20 percent in-

crease in the demand for this critical services.

"Our church had been collecting food for Frisco Family Services since September," said Robby Gordon, Bent Tree's Community Pastor for Local Outreach. "We didn't know at the time that our food collection would be so timely for the Frisco Family Services food pantry, but God's timing is perfect and was obviously at work in our collection."

Every year Bent Tree hosts a food collection to be donated to a local nonprofit; this year the church made a goal to raise more food than ever and achieved that target. It was important for Bent Tree to donate this year's collection to Frisco

Family Services as the church is actively seeking opportunities to reach those in that community.

"We want to meet people where they are and right now, the need is in Frisco," said Paul Miller, the Frisco Campus Pastor. "There are 611 Bent Tree families that live within five miles of our group that meets in Frisco – that accompanied by the fact that there are homeless, hungry, those with special needs and struggling families – proves to us that we need to be in the Frisco community."

The 6.2 tons of food donated by Bent Tree will go straight to the shelves of the Frisco Family Services food pantry. Frisco Family Services says that 6.2 tons of

food will feed 248 families of four, three square meals a day for one week.

"The drive will help our nonprofit 'get ahead of the demand' particularly during the holidays," said Melanie Perkins, the Development Director at Frisco Family Services. "It almost leaves me speechless that someone is willing to give us that much food. It's very needed and we're just very honored that they chose to give it to us and to the Frisco community."

Bent Tree Bible Fellowship is a non-denominational Bible church that exists to be used by God to transform people into disciples of Jesus Christ, within the local community and around the world. With a

campus in Carrollton, Texas, the ministry of Bent Tree is based on the Bible verse, Galatians 2:20, that focuses on the indwelling of Christ, or Christ living within a person. The church began with 15 families in

1975, and now has expanded to over 4,000 attendees.

Bent Tree is a mission-minded church with a desire to be used by God to bring the message of the Gospel to the ends of the earth.

# Holiday injuries pack area urgent cares

The holidays won't be merry and bright for the many local folks who will get hurt this season. The Consumer Product Safety Commission says holiday injuries are increasing with more than 13,000 people treated during the 2010 holiday season, up from 12,000 in 2009 (latest research available). The AFC Doctors Express urgent care centers expect to be as busy as Santa over the holidays, packed with patients harmed by holiday health hazards. AFC Doctors Express doctors have created a Holiday Safety Checklist – advising families to make a list and check it twice.

## Avoid Packaging Problems

Sometimes, people become so frustrated with hard plastic wrapping around toys and electronics that they cut themselves on the sharp edged packaging or with scissors, tools and knives when trying to pry the packages open. An average 6,000 people a year go to the emergency room due to packaging-related injuries (Consumer Product Safety Commission).

- Immediately discard plastic wrappings or other packaging before they be-

come dangerous playthings.

## Deck the Halls Without Falls

Santa looks festive on your roof, but don't hurt yourself getting him up there. The CPSC estimates during November and December more than 13,000 people will need medical help from decorating-related injuries, such as falls, burns and lacerations.

- Keep ladders on level ground, clear debris (and keep kids away) from the

area, and when hoisting Santa and the reindeer on the roof, extend the ladder three feet beyond the edge of the roof.

- Don't stand on the top two rungs of the ladder (Centers for Disease Control and Prevention).

Banish Bad News Batteries

A 2012 study by the Journal Pediatrics reports every three hours, a child under age 18 goes to an emergency room due to button

battery ingestion. These small batteries are often used to power toys,

See URGENT, Page 10

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## Holiday shopping safety tips

ARLINGTON, VA – Between the ubiquity of identity theft and the unfortunate occurrences of robberies and assaults, shoppers should take extra care to mind their personal and financial safety around the holidays—a time of increased spending.

The National Crime Prevention Council, home of McGruff the Crime Dog, and AlertID have tips to help you enjoy shopping safely while getting those great holiday bargains:

### Shopping in Stores

- Do not buy more than you can carry. Plan ahead by taking a friend with you or asking a store employee to help you carry your packages to the car.

- Save all receipts. Print and save all confirmations from your online purchases. Start a file folder to keep all receipts together and to help you verify credit card or bank statements as they come in.

- Don't flash the cash. Consider alternate options to pay for your merchandise, such as onetime or multiuse disposable credit cards or money orders, including at online stores.

- Wait until asked by a cashier before taking out your credit card or checkbook. An enterprising thief would love to shoulder surf to get your account information.

### Walking to and From Your Car

- Be informed about your surroundings. Use the free mobile app available from AlertID to receive alerts about crimes and registered sex offenders living and working

in the vicinity of your shopping venue.

- Discourage pickpockets. Carry your purse close to your body or your wallet inside a coat or front trouser pocket.

- Have your keys in hand when approaching your vehicle. Check the back seat and around the car before getting in.

- Tell a security guard or store employee if you see an unattended bag or package. The same applies if you are using mass transit.

- Do not leave packages visible in your car. Lock them in the trunk, or if possible, take them directly home.

### Shopping With Small Children

- If you are shopping with children, make a plan in case you are separated from each other.

- o Select a central meeting place.

- o Teach them to know they can ask mall personnel or store security employees if they need help.

- o Have them memorize or keep your cell phone number handy.

- o Keep up-to-date photos and accurate descriptions of each child electronically with AlertID's My Family Wallet. Should they go missing, this information can be sent quickly to law enforcement when every moment counts.

To find more useful shopping tips and personal safety information, visit the National Crime Prevention Council's website and the Live Safely Resource Center on AlertID.

## BURNS,

continued from Page 2

fessor in the College of Public Health.

During her tenure as department head at the University of Arizona, Dr. Chisholm-Burns presided over a three-fold increase in principal investigator grant funding and six-fold increase in grant and contract funding, helping the Department of Pharmacy Practice and Science become one of the foremost Pharmacy Practice departments in the nation in the area of research.

Dr. Chisholm-Burns is a recipient of multiple national awards including the Nicholas Andrew Cummings Award from the National Academies of Practice, the Robert K. Chalmers Distinguished Pharmacy Educator Award from the American Association of Colleges of Pharmacy, the Daniel B. Smith Practice Excellence Award from the American Pharmacists Association, and the Award of Excellence from the American Society of Health-System Pharmacists.

With more than 240 publications and approximately \$8 million in external funding as principal investigator from organizations such as the National Institutes of Health and several foundations, she is a prolific scholar. She also is a certified Black Belt in Six Sigma. Dr. Chisholm-Burns served on

the editorial board of several journals including the *American Journal of Health-System Pharmacy*.

As the flagship statewide academic health system, the mission of the University of Tennessee Health Science Center is to bring the benefits of the health sciences to the achievement and maintenance of human health, with a focus on the citizens of Tennessee and the region, by pursuing an integrated program of education, research, clinical care, and public service.

In 2011, UT Health Science Center celebrates its centennial: 100 years advancing the future of health care.

Offering a broad range of postgraduate training opportunities, the main UTHSC campus is located in Memphis and includes six colleges: Allied Health Sciences, Dentistry, Graduate Health Sciences, Medicine, Nursing and Pharmacy. The UTHSC campus in Knoxville includes a College of Medicine, College of Pharmacy, and an Allied Health Sciences unit. In addition, the UTHSC Chattanooga campus includes a College of Medicine and an Allied Health Sciences unit.

Since its founding in 1911, UTHSC has educated and trained more than 53,000 health care professionals on campuses and in health care facilities across the state. For more information, visit [www.uthsc.edu](http://www.uthsc.edu).

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# The Islamic Center of Irving making a difference in the community

By Jackie Hardy,  
NDG Contributing Writer

With a total population of over 200,000 who call Irving home, Muslim residents make up approximately 30,000 to 40,000 of that population according to Imam Zia Sheikh of the Islamic Center of Irving (ICI).

In a post 9/11 world, Imam (pronounced ih-mahm – meaning spiritual leader in Arabic) has had to address the challenges many within the Muslim community have faced. This is a result of the negative public perception of Muslims following the tragic Sept. 11 terrorist attacks.

In a 2011 Pew Research Center survey, 28 percent of Muslim Americans reported being looked at with suspicion; 22 percent said they were called offensive names; and 21 percent indicated they were singled out by airport security.

Public Religion Research Institute reported the number of Americans who believe Muslims are working to subvert the Constitution rose from 23 percent in February 2012 to 30 percent in September 2012 according to an article entitled The Reality of Islamophobia in America published on the Council on American Islamic-Relations (CAIR) website.

“There is a fear that all Muslims are terrorists and we are here to change the law of the country,” explains Imam.

Imam Sheikh migrated to the United States in 1995 and began serving as a spiritual leader in 1996, then moved to Irving in 2005; where he presently serves as the spiritual leader with responsibilities of leading the prayers (five times daily), counseling, teaching and leading the services at the Mosque.

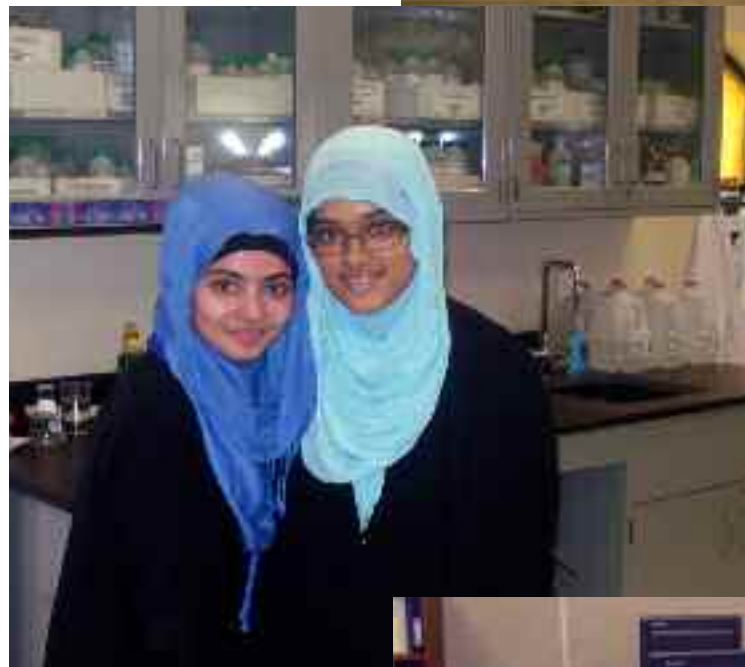
The over 40,000 square foot facility located at 2555 Esters Road is comprised with a Mosque, community center and K-12 private school equipped with a library, computer lab, cafeteria and 16 classrooms in addition to 14 portable classrooms.

ICI is a place many Muslim residents of Irving can come and feel safe from some of outside prejudices they may encounter within their respective non-Muslim communities as well as a place non-

Muslims can come to learn the truths about the Islamic faith; ultimately helping them dispel some of the myths and untruths about their religion and culture.

According to Imam, statistics show non-Muslim Americans will have a favorable and/or better perception of Muslims once they have been educated about their beliefs.

The Center provides a broad range of services that range in counseling, tutoring and facilitating religious lectures about their faith; in addition to being a place of worship and a facility that houses the school which has received accreditation from the Southern Association of Colleges and Schools (SACS).



*Above, cranes are busy at work lifting architectural elements into place.*

*At left, 11th grade students Haana Javed and Fareen Chowdhury take a break during a tour of the building.*

*Below, teachers Fareeda and Nadia Abdur-Rahman are ready to begin lessons.*

“We are planning to expand the facility to an additional 96,000 square feet to house a floor with a multi-purpose room and 16 additional classrooms,” adds Imam.

Imam advised that all monies raised to support the construction efforts have strictly come from donations as they are in Phase II



of the construction development project.

The continued growth in enrollment has warranted the need for expanding as the school currently serves 400 plus full-time students and an additional 150 part-time

students.

ICI extends its services outside of the Center through its various community outreach initiatives. A few of their previous outreach programs have included opening their Center for the displaced residents affected by Hurricane Katrina; sponsoring health fairs with the American Muslim Women’s Physician Association; and collaborating with Northwood Baptist Church of Keller to help rebuild homes of tornado victims. They also have partnered locally with Greater Days of Service, an interdenominational organization that renews neighborhoods and provides home restoration of properties for homeowners.

“The community Ramadan dinner they host every year has been attended by community leaders... overall I think they are a contribution to the City especially in the area of humanitarian contributions, so from my perspective they really have tried to make a difference,” remarks Irving City Councilman Dennis Webb of Place 3.

ICI recently partnered with Texas Organizing Project to host a health care workshop in the effort to educate the public on the Affordable Care Act that became effective in early October. According to Brianna Brown, Lead Health Care Organizer of Texas Organizing Project, there were over 150 attendees at the event which was their largest health care workshop in Dallas County. Brown accredits ICI for the successful turnout due in large part to their strong promotional efforts within the community.

“Their reputation throughout the community especially in the non-profit world of services is really stellar,” adds Brown.

“Imam Zia and the members of the Islamic Center of Irving are some of the best neighbors and citizens any community in America would be proud to have. They are devoted to God and they show divine compassion for people in need,” adds Anthony Bonds, Irving community activist.

For more information about current and future events, contact ICI via email at outreach@irving-masjid.org or via phone at 972-812-2230, extension 1005.

# NDG Gossip: Michael Jordan is going to be a father again

By Shenice Sanders, NDG Intern

Michael Jordan is adding another player to his team, according to *US Weekly*, Jordan and new wife Yvette Prieto are expecting their first child to-

gether, after tying the knot seven months ago.

Jordan, 50, and Prieto, 34, were married in April in Florida after a five-year courtship. They currently live near Miami.

Jordan has three children (Jeffrey, 24, Marcus, 22, and Jasmine, 19) from his previous marriage to Juanita Venoy, his wife of 17 years.

No due date was announced.

Congrats to the HAPPY COUPLE!!

## Prince announced as 2014 ESSENCE Festival headliner

NEW YORK CITY –Influential, international superstar Prince will commemorate the 20th Anniversary of the ESSENCE Festival with a Superdome headlining performance over the July 4 weekend, it was announced by ESSENCE.

ESSENCE and Prince will also support #YesWeCode, a special community initiative led by the Rebuild the Dream Innovation Fund's founder Van Jones, to encourage our young people to use technology and creativity to code.

The definitive destination for entertainment, empowerment, inspiration and culture, the ESSENCE Festival



last hosted Prince in 2004. This year, the ESSENCE Festival grew by 30 percent, with a record-breaking 540,000 attendees.

"Welcoming an artist as iconic as Prince back to the ESSENCE Festival for a

20th anniversary performance is incredibly exciting," said Essence Communications President, Michelle Ebanks.

"The ESSENCE Festival is where we come together to connect to both our cul-

ture and our community, so we are pleased to support Prince and the Rebuild the Dream Innovation Fund in advocating for our youth."

For more information about the Rebuild the Dream initiative #YesWeCode, visit [yeswecode.com](http://yeswecode.com).

Additional performers and speakers for the 20th Anniversary ESSENCE Festival will be announced soon. To purchase tickets, get more exciting news, talent and program updates go to [www.essencefestival.com](http://www.essencefestival.com).



## URGENT, continued from Page 7

watches, remote controls and other electronic devices. Batteries that become lodged in the throat or intestine can generate and release hydroxide, resulting in dangerous chemical burns.

- Install batteries in toys before wrapping them to keep them out of the hands of curious kids.

### Encourage Helmet Head

Some of the most hazardous holiday gifts have wheels – including scooters, skateboards, inline skates, bikes and motorcycles. Broken bones, sprains, head and spinal injuries are common around the holidays, especially when excited adults and kids want to try out their new wheels. According to the CPSC, non-motorized scooters was the toy category associated with the most injuries (15 and younger) in 2011.

- Gifts with wheels

should come with a helmet.

- For scooters, skateboards and inline skates, the CPSC also recommends wrist guards, elbow and knee pads. All safety gear should be sized to fit.

### Make Sure Chestnuts - Not Christmas Trees - Roast on an Open Fire

Each holiday, around 230 home fires start with Christmas trees. These fires cause an average of four deaths, 21 injuries and \$17.3 million in direct property damage.

- Make sure live trees are fresh (deep green, not brown); trunk should be sticky and wet with resin; and make sure a large number of needles don't come loose when you tap the tree trunk on the ground. Artificial trees should have a "fire resistant" label.

- Keep all trees away

from heat sources like fireplaces and candles.

- Use lights tested for safety by nationally recognized testing labs.

- Do not burn wrapping paper in the fireplace. It could cause a flash fire.

### Carve the Turkey, Not Your Fingers

Carving accidents are prevalent during the holidays because hosts are often rushing, talking and drinking when cutting up the turkey, ham or roast.

- Never cut toward yourself. Your free hand should be placed opposite the side you're carving.

- Keep knives dry because a wet handle is slippery and could cause your hand to slip on to the blade, resulting in a nasty cut.

- Keep all utensils sharp so you don't have to force the cutting or carving.

- Make sure the carving station is a NO KID zone.

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## DILLIGARD, continued from Page 2

bigger than a concrete jungle and if his acting career ever stalled, he would simply pivot to his entrepreneurial passion and start baking coconut pies. After enjoying moderate success acting, jobs were far and few, however, the demand for homemade coconut pie were growing.

A passion for baking, his momma's coconut pie recipe remixed has made Russell Dilligard the go-to pie maker with stellar reviews: "I finished the whole pie in less than 2 days and it was simply amazing and yummy," says Giovanna Aguilar, Writer/Producer/Director. Saman-

tha Taylor laughs, "I can't begin to tell you how much I love coconut, and this pie is good."

Dilligard has turned his passion into a culinary experience and is ready to share his coconut pie with pie lovers around the country. Move over sweet potato, coconut pie is here to stay.

**Russell Dilligard's tips for selecting the ultimate dessert this**

### holiday season:

1) Know your pies. Select a pie with the finest natural ingredients made from scratch and love

2) Be Healthy. Coconut is an antioxidant, which can increase metabolism, ward of germs and build cells

3) Keep it simple. Each pie is homemade and handmade with no after taste from being factory pro-

duced

4) Purchase today. Sample a slice of pie heaven today with Russell Dilligards' mouthwatering coconut pie at [www.russelldilligardscoconutpie.com](http://www.russelldilligardscoconutpie.com)

Follow Dilligard at Facebook.com/RussellDilligardsCoconutPie and @RDcoconutpie on Twitter.

## WILLIAMS, continued from Page 2

Black Enterprise and financial journalist Stacey Tisdale.

He adds, "A lot of people have

been waiting for something like this for a long time. We're excited and we want excited customers to

experience it immediately!

To give them the best experience, we need the best businesses, and we hope that our offer will attract those businesses to sell their

products on PurchaseBlack."

For more information about selling on PurchaseBlack, click "Become A Seller" at the bottom of the home page at [\[chaseBlack.com\]\(http://chaseBlack.com\). Interested ones can also connect with PurchaseBlack on their Facebook page, @PurchaseBlack on Twitter, YouTube, or on Google Plus.](http://www.Pur-</a></p>
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## N-WORD, continued from Page 3

you would elect to never disgrace her memory or embrace the cruel acts carried out against her by adopting the hammer as a symbol of the love and respect you possess for your mother. As a matter of fact, even if her murder occurred over 50 years ago, your feelings would not change and no one could convince you that a hammer is just a tool that carries no real power; rather, because of your experience, you would always view it as a weapon that unjustly ripped away a core part of who you are and someone that was most significant in your world.

In parallel to the previous analogy, replace the hammer with the term n\*\*ger"; replace the mother figure with Black/African-American ancestors and present time Black America. The word n\*\*ger (or n\*\*ga or n\*\*gah in ghetto vernacular) symbolizes death, terrorism and dehumanization in the lives of untold millions of Black people. Men, women, AND children were butchered, slaughtered, severely beaten unmercifully, raped, disemboweled, and castrated all because they were considered valueless n\*\*gers. They were murdered with the chant of "n\*\*ger, n\*\*ger, n\*\*ger" ringing in their ears as they drew their last breath. Racial slurs such as coon, jungle bunny, sambo, Uncle Tom, jigaboo, or porch monkey didn't trigger mayhem, terror and death into the lives of Black African-American ancestors; instead, it was ONE word and ONE word only: n\*\*ger. The n-word is the most infamous and profane word

in the English language. The origin, definition, and acts carried out under the guise of the term fueled the African-American Holocaust - a holocaust that, sadly, has been sanitized by American historians.

"I'm an American, not African-American" is often times an argument advanced by many of those lost ones who have chosen to walk in identity blindness, trying hard to fit in or align with a culture not their own.

Hispanics have no problem identifying with their culture, Jewish people relate to their culture, Asians to theirs, Arabs to theirs, and so on. However, some Black Americans desire no part of identifying as an African descendant because they feel some sort of shame in being associated to Africa.

It matters not if your black heritage is linked to Haiti, Jamaica, West Indies, Caribbean, or India; ultimately, all roads somewhere down the line lead back to Africa, the Motherland. Everyone with a color-filled complexion has some connection to Africa; and if one chooses to learn of their past and origins, he/she will find that their truest history is indeed a remarkable marvel in which to be proud and one from which they should be more than thankful to have been born.

Black people are the only people on the face of this earth who have been detached and separated from their ancient history and culture. Their acceptance of being defined as the n-word is not the mindset of a free people. Ironi-



cally, some black people will reject the notion of being referred to as an African but will embrace the n-word without hesitation, and will fight to defend their freedom of speech to use the pejorative word.

Is it racist to refer to self as "African-American" or to celebrate Kwanzaa? Some see the celebration of Kwanzaa as a racist act. Some propose that blacks should view themselves as Americans rather than African-Americans, and, thus, should have no separate holiday. Some promote rejecting the holiday completely, using the justification that blacks would protest a white racist if they created a holiday to celebrate whiteness.

Perhaps, people should conduct their due diligence and research the origin of Christmas, Easter, Thanksgiving, Halloween and even the Christian religion itself which serves as an advocacy for White Supremacy. Ironically, the ethnocentrism celebrations of Cinco de Mayo (Hispanic and

Latino), as well as Rosh Hashana, Yom Kippur, and Chanukah, just a few of the numerous Jewish holidays, are not considered racism. However, any attempt by Black African-Americans to introduce, acknowledge or celebrate any form of African culture is considered racist and taboo. Black African-Americans need to stop living within the confined boundaries of the 400-year-old anesthesia and start paying attention.

Acknowledging Kwanzaa is one of the right steps to take in helping Black African-Americans re-establish their identities - unless of course Blacks choose to remain ashamed of being black as the indoctrination process was set in place to accomplish. Thriving black civilizations maintain dates of existence to well before the Aztecs, Mayans, Greeks and Romans even came into the picture. High time has come for Black America to take back the strong cultural identity that was stolen and contorted into some dishonorable, foul worthless sense of being. Black America must stop acting victimized and no longer remain powerless to an on-going 400-year-old mind control game.

Some may have a problem with Kwanzaa's founder Professor Maulana "Ron" Karenga and, perhaps, these concerns do not go unfounded. However, one should not lose the spirit, meaning, and intent of the holiday based on popular opinion of its founder. As well, before one chooses to immediately cast away any credibility in the holiday and founder, lest not forget that America itself initially consisted of England's undesirables, crooks, murderers and thieves; they were shipped to America because there was no

hope of their rehabilitation. Now, America is the greatest country on earth, many thanks of course to the sweat, blood and tears of African enslaved ancestors.

Black America must not jump on the train of continual sabotage; rather, Black America must find the good in efforts such as Kwanzaa to use as a tool in re-gaining the much-needed collective self-awareness.

Many opponents of Kwanzaa reject the holiday and question its significance, but will openly accept and embrace the n-word without question - even while well-knowing the history of the n-word. How preposterous is that? A word connected to the mutilating, butchering and slaughtering of countless millions of black ancestors is used with no end by those same ancestors' black descendants. Regardless to its newness or past life of its founder, for the liberated mind, accepting Kwanzaa as a "real" holiday should be a no-brainer, and realized as a step in the direction of black unity, liberation, and progression.

The book Undressing The N-word: Revealing the Naked Truth About Lies, Deceit and Mind Games, will be available in book stores nationwide and in eBook versions shortly after the first of 2014. Also, to learn more about UVCC and its mission, visit [www.theunitedvoices.com](http://www.theunitedvoices.com).

*H. Lewis Smith is the founder and president of UVCC, the United Voices for a Common Cause, Inc. ([www.theunitedvoices.com](http://www.theunitedvoices.com)); and author of "Bury that Sucka: A Scandalous Love Affair with the N-Word". Follow H. Lewis Smith on Twitter: [www.twitter.com/thescoop1](http://www.twitter.com/thescoop1)*

## Parkland providers offer advice for handling elderly drivers

DALLAS — Older adults are among the safest drivers on the road. They avoid drinking and driving, wear seatbelts, obey speed limits and aren't distracted by texting, eating or taking their eyes off the road.

Yet, according to the USAA Educational Foundation, older adults are more likely to be injured or killed in a motor vehicle crash, no matter who is at fault.

During Older Driver Safety Awareness Week, members of Parkland Health & Hospital System's Geriatrics department urge people to have discussions with older family members and friends about age and safety behind the wheel.

"Often it's the family members who come to us because they're concerned about their loved one who is insisting that there is no reason they should stop driving," said Jane Ann McGee, a licensed clinical social worker in Parkland's Geriatrics department. "It can be an unpleasant conversation for both sides — one that usually gets put off way too long."

As one ages, there are a number



of physical changes that take place as well. Weakening vision may mean it's difficult to recover from glare and cause temporary blind spots.

Senior adults may need more light to see clearly, as pupil reaction time slows and the eye lens thickens. This could lead to trouble seeing clearly at night and difficulty seeing low-contrast objects, such as pavement markings.

In addition, as the body ages, so too does hearing acuity, strength and flexibility in arms, legs, hips and shoulders, as well as mobility in the neck and back — all of which can lead to difficulty in driving and/or controlling the vehicle.

"One adaptation you'll hear of older people making is 'driving by committee,'" said McGee. "Usu-

ally what happens is the person in the passenger seat will act as the navigator and give directions as to where to go, where to turn or where to park. It's fairly common among older drivers."

Jane Hunley, Parkland's Director of Geriatrics, said, "Often, drivers will recognize their limitations. With increased traffic and congestion, many older drivers will avoid freeways, opting to take less traveled neighborhood streets. And as their eyesight worsens, many forego driving at night but simply offer family members an excuse as to why they're staying in."

Despite potential hazards, Hunley cautions against just taking away the keys without planning ahead regarding the emotional and

practical implications.

"Once you take away someone's keys, you're taking away their independence. Make sure there are alternative transportation plans in place," she said.

"If you can, get rid of the car because there are instances where people forget they're not supposed to drive. If you can't get rid of the car, at least disable it so it can't be driven."

And don't think you're in this alone. Talk to your loved one's medical provider and explain your concerns, McGee advises. "They can help you have the conversation."

Caregivers and patients age 65 and older can receive additional information at the Parkland Geriatrics Center.

Primary care is also offered at the following Parkland community clinics: Bluit-Flowers, deHaros-Saldivar, Garland, East Dallas and Southeast Dallas health centers.

To make an appointment at the Parkland Geriatrics Center, please call 214-590-2869 or visit <http://www.parklandhospital.com>.

## Plano Family YMCA to host Community Wellness Breakfast on Dec. 12

The Plano Family YMCA invites everyone to attend their 1st Annual Community Wellness Breakfast from 7:30 to 9:30 a.m. Thursday, Dec. 12. The deadline to RSVP has been extended to Friday, Dec. 6.

W. Stephen Love, President and CEO of Dallas/Fort Worth Hospital Council, will be the special keynote speaker. The topic will be healthcare reform and the federal, state and local implications for you and your family.

The cost is \$10 per person and includes a hot breakfast buffet

Plano Family YMCA is located at 3300 McDermott in Plano. For more information, call (214) 705-9459 or visit [www.planoyymca.org](http://www.planoyymca.org).

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## ROI, continued from Page 3

nesses. Engaging your strengths at work and in your personal life is important. When we do what we're good at and what comes easily, we feel self-confident and satisfied. Some people, however, are not in jobs that utilize their strengths, or they don't put their talents to work at home because they're mired in the prosaic work of living. It's important to identify your strengths and find ways to engage them. It's equally important to recognize our weaknesses and work on improving them (because we can!) This is essential for achieving balance.

**Life is about making the right choices.** Integrative decision-making makes this easier. There are many different types of decision-making, including systematic, hierarchal, impulsive, decisive and flexible. Integrative decision-making can be used for problems large and small, and includes the following process: 1. Define the problem. 2. Frame the problem. 3. Develop all your options. 4. Analyze your options. 5. Make the decision. 6. Execute your decision. 7. Debrief yourself. While experts may be the best consultants for compartmentalized areas of your life, only you know the other aspects that affect your well-being and can determine how a decision in one area will affect another

area.

**About Sanjay Jain, MD, MBA:** Sanjay Jain is a U.S.-trained physician with certifications in Diagnostic Radiology, Integrative Medicine, and Healthcare Quality and Management and more than 15 years of clinical experience. He graduated from Northeastern Ohio Universities College of Medicine and The Ohio State University, where he earned a master's in business administration. This unique blend and perspective has made him a highly sought after domestic and international speaker. He remains actively involved with many medical organizations at both the local and national levels.



## Weather Postpones 'Christmas on the Square'

**GARLAND** - After closely monitoring north Texas winter weather advisories from the National Weather Service, the City of Garland has decided to POSTPONE Christmas on the Square until next Thursday, Dec. 12. The event will be held from 5:30 to 9:30 p.m. with the official tree lighting at 7 p.m.

The rescheduled event will have the same wonderful attractions that Garland citizens have come to enjoy in past years including snow sledding hills, music, ice sculpting, live reindeer, and train rides to name a few. The City of Garland prides itself on safety as one of our top priorities.

For updated event details, check <http://www.christmasonthesquare.com/>



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## Essence Magazine offers 2014 Summer Internship

(BlackNews.com) Essence Communications is hosting summer interns through the Time Inc. Summer Internship Program. The program is a 9-week paid learning experience where students will receive on-the-job training that will enhance their education and prepare them for a future career in the media industry.

Applicants must have an interest in media and issues related to African-American women to intern at ESSENCE magazine. They are looking for students who are diligent, self-motivated and extremely detail-oriented to take on various opportunities throughout departments in both the Publishing and Editorial divisions.

Interns will receive a bi-weekly stipend, will be assigned to one department but will be exposed to other areas of the company, and are expected to find their own housing. It is suggested that they contact their school's career center for information on temporary

housing in the New York City area. They can contact New York City area colleges and universities to ask about renting a dormitory room for the summer.

The deadline to apply is Jan. 31, 2014, and only one

application per person will be considered.

For more details on the Essence Summer Internship, visit: [www.findinternships.com/2013/10/essence-communications-internship.html](http://www.findinternships.com/2013/10/essence-communications-internship.html).

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**December 7, 7:30 a.m.**  
Ladies, join us for our monthly prayer breakfast, call Sisters Misty Rockwell at 214-244-1142 or Deadra Pete at 469-667-5865 for details.

**December 8, 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 11, 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  
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972-423-8833  
avefchurchofchrist.org

**BIBLE WAY COMMUNITY BAPTIST CHURCH**

**December 8, 8 a.m.**  
You're invited to our Sunday School at 9:30 a.m. and stay for Morning Worship Service as we praise God for all of His blessings.

**December 11, 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

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**December 8, 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  
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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.

**December 8, 8 a.m.**  
Join us in Early Worship at 200 W. Belmont Drive location 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, attitude 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 11, 7 p.m.**  
You're invited to join us for Wednesday Night Live in the Joycie Turner Fellowship Hall on Belmont Drive, with old school prayer and testimony. Also, come to our Corporate Prayer and our Kidz Zone (an environment to equip children to grow and to show God's love.)

Dr. W. L. Stafford, Sr., Ed.D.  
Senior Pastor  
1550 Edelweiss Drive  
In Allen for Sunday Morning Worship.  
Admin. Building Address  
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972-359-9956  
www.theship3c.org

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**December 8**  
You're welcome to our Sunday 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.

**December 11, 7 p.m.**  
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Pastor Sam Fenceroy  
Senior Pastor  
300 Chisholm Place  
Plano, TX 75075  
972-633-5511

**SHILOH MBC IN PLANO**

**December 8, 8 a.m. and 11 a.m.**  
Join us for one or both of our Worship Services as we praise and honor God. Sunday School starts at 9:45 a.m. After each service ministers and deacons are available to meet with you for prayer or questions.

**December 11, 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

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**December 8, 7:30 a.m.**  
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**December 9, 7 p.m.**  
Come to Monday School as we study the Word of God. We will worship Him and praise His Holy name.

**December 13, 7:30 p.m.**  
Join us at our Men's Fellowship 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  
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Allen, TX 75013  
8:00 a.m.  
Sunday Morning Worship  
Joyce Turner Fellowship Hall  
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9:30 a.m.  
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# 'Things to Ponder'



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

Life is a Gift – Today, before you think of saying an unkind word, think of someone who can't speak. Before you complain about the taste of your food, think of someone who has nothing to eat.

Before you complain about your spouse, friend or any loved one, think of someone who's praying to God for a companion, a friend, or someone that loves them.

Today, before you complain about life, think of someone who passed away before you were ready for them to go. Before you complain about your children, think of someone who desires children but is barren.

Before you complain about your dirty house that has to be cleaned, or how someone didn't clean or sweep it, think of the people who are living on the streets

and thank God for strength to clean it.

Before whining about the distance you drive to work or the supermarket, think of someone who walks that distance or more all the time.

When you are tired and ready to complain about your job, think of the unemployed, the disabled and those who wish they had a job.

Before you think of pointing a finger or condemning another, remember

that not one of us is without sin and we all must answer to one maker, God the Father of all.

When depressing thoughts seem to get you down, put a smile on your face and thank God you're alive and still around. Remember that life is a gift from God, live it, enjoy it, celebrate it and fulfill it.

It has been said that man is no match for the lion in strength; outstripped by the Ostrich in speed; would not win medals against the dol-

phins in swimming; can smell less accurately than the dog; cannot see as well as the hawk, during the day, or the cat at night.

Yet, as far as we know and understand, man is God's most sophisticated creation. The late Elder Philip White at Love Chapel C.O.G.I.C. taught that man is spirit, soul and body.

Man is a spirit being, having a physical experience, not a physical being, having a spiritual experi-

ence. Simply put, like God, man is a spirit first.

God put man in the "God class." Man is not like the rest of creation. Man is not like the birds, is not like the animals, and is not like the fish. No other created thing was created in the image and likeness of God. Yet, we are left wondering so many things about God.

I say this because no matter now often it comes; we never get use to a love one passing away. This year, and it's not over yet, three of my siblings passed, James my only brother and my two sisters Billie Daye and Eloyd Avery all in Dallas, TX; they will surely be missed.

Had I known that the last time I saw each of them, I would have hugged them a lot longer. This brings to mind something that I read.

Be Kind to Yourself – There will be times when it's hard to remember your strengths. These are the times when you need to give yourself special attention. Kindness nurtures and gives hope to growing dreams. Respect yourself, listen to your needs, and treat yourself as you would a friend.

Encourage yourself; remember what you truly want, and fight for it as you would your life.

*Appreciate yourself; don't take for granted the qualities that make you unique. Focus yourself; it is with discipline and motivation that you will move towards your goals. Be giving towards yourself; in that way, your strength will thrive, and you'll be realizing your goals a day at a time.*

—Gail Mutterperl



Sister Tarpley with her sister, Rose Fielding, far right and their niece, Jeanie Driver Avery in the middle.

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 Contact Information: 972-423-6695  
[www.smbcplano.org](http://www.smbcplano.org)

# Hill Harper delivers again with *Letters to an Incarcerated Brother*

By Terri Schlichenmeyer

You figured you had a lock on things.

Sell or steal a little something. Hold for somebody, “borrow” a car, gain respect. Make a little money and it’d be all good, right?

Now that lock you had... has you. You’re in prison and it’s a whole new world in there, one you’re not sure you can survive. But when you read “Letters to an Incarcerated Brother” by Hill Harper, you’ll see that you have choices.

It’s no secret that there are more people in American prisons than ever before. “In less than thirty years,” says Harper, “our prison population has mushroomed.” But though statistics show that offenders are likely to return, Harper says “there is hope and there are solutions.” This book lays them out.

When Harper was contacted by an old friend who landed in “county,” he admitted to the young man that he “didn’t know what to say.” Harper believes himself to be a problem-solver. He had no answers that time, but he

quickly discovered some.

First, he says, find mentorship. You can’t go it alone, so look for someone you want to make proud. Consider prison as a place to “make... tune-ups and adjustments” in your life, but remember that “you need to be prepared to change.”

Stay patient, even though it’s hard and even though you don’t always understand what’s to come. Sometimes, “it’s more important for you to simply understand you.” Learn to keep your mind free, even if your body is not.

Get as much education as you can: get your GED, look for college coursework that’s available to incarcerated students, and read. The time you spend in prison shouldn’t go to waste; use it to better your mind.

Stay in your children’s lives any way you can. Keep away from prison gangs and trouble; it’s only going to make things worse. Learn not to take things personally. Understand that real men do ask for help when they need it. Eliminate disrespectful words from your vocabulary, particularly in reference to women. Set goals. Learn to apologize and embrace change. Be a

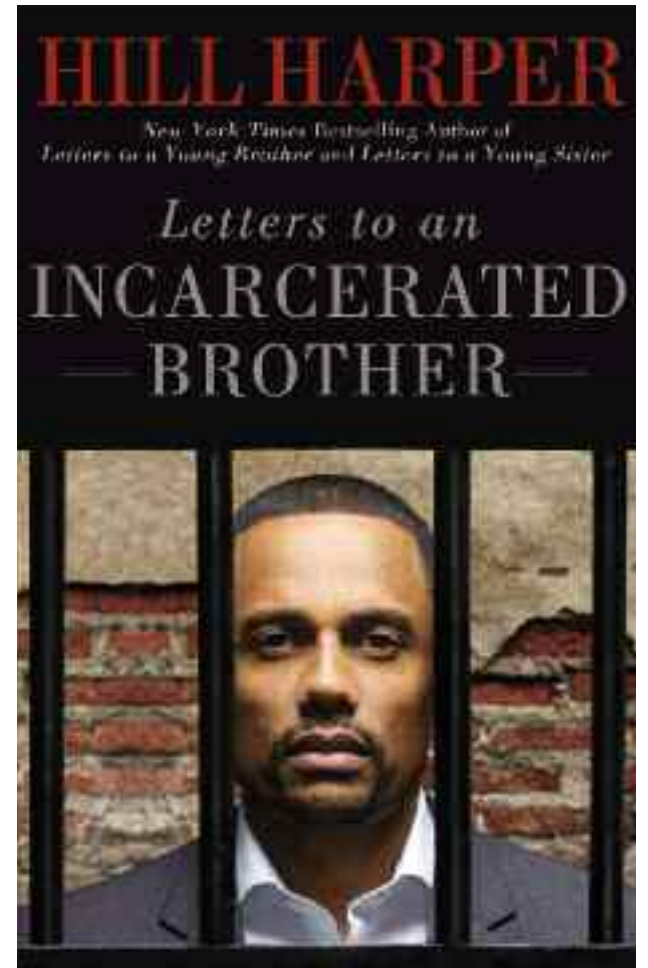
leader.

And do not “micro-quit.”

In his introduction, author Hill Harper lays out several goals for this book: among others, to show the importance of education, to offer inspiration through example, and to explain how to “beat the odds and avoid returning” to jail.

Definitely, those goals are attained but that’s not all. Harper offers words of wisdom from influential contributors to support his ideas. There’s guidance here, help and resources, and he displays gentle patience, even deference, for his friend – but Harper’s nobody’s fool. He’s not afraid to call the man on his lies and half-truths, and he’s not afraid to show frustration. Such realism makes this one powerful book.

This isn’t just a reference for inmates, though. It’ll also be a great help for families, as well as a caution for boys who are headed for trouble. If that – or encouragement, sense, or inspiration – is what you need, “Letters to an Incarcerated Brother” has it locked up.



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