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# DISD's Home Rule - An option for change

*Letter of the law gives school districts wiggle room*

By Tamarind Phinisee  
NDG Contributing Writer

The topic of home-rule has been met with both support and opposition since it was first introduced earlier this year. As the air of uncertainty continues to grow around home-rule, so has the confusion as to just what it is and what it could mean for one of the state's largest school districts – Dallas Independent School District (DISD).

These mixed reviews have been fueled, in part, by lack of specific answers on goals for this initiative from Support Our Public Schools, a political action committee that pushed for the initiative. The PAC has past and present ties to DISD. Calls and emails to reach PAC members and financial supporters of the PAC were not answered by press time.

"Part of the issue is the way this movement started. There are a lot of questions as to what exactly the group wanted changed," said Dax Gonzalez, communications manager for the Texas Association of School Boards.

Ironically, Gonzalez said, the law



Photo: Kaytee Riek / Flickr

is designed to ensure that the board works in conjunction with the community and staff.

"It's the opportunity for a district to restructure and to create a charter that would provide for a new governance or a new way of running a school district," Gonzalez said.

Mike Morath, DISD board of trustee member, adds, "The law allows school districts to change their governance structure and to partially deregulate or opt out of certain Texas education regulations."

Sam Marten, manager of public affairs and communications in Mayor Mike Rawlings' office, said the concept of home-rule is the idea that local control is better.

"The way the mayor is looking at this is if the commission is listening to the community as to what changes they want; that's inherently a good thing," Marten said.

Indeed, home-rule school districts were authorized by the Texas Legislature in 1995 to give voters more

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## Teen silence in depression

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## Miles to lead DISD two more years

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## BET awards go bad for black press

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COMMENTARY

## Dogs eat better than a million children

By Julianne Malveaux  
NNPA Columnist

The South African charity Feed a Child chose to highlight child poverty in South Africa by portraying a little Black boy being fed like a dog by a seemingly affluent White woman. In the ad, the boy has his head on the woman's lap, at her feet, on his knees, and licking off her fingers. The point, they say? According to

the ad's tagline "The average dog eats better than millions of children."

The ad ran for about five days in South Africa and its airing generated such a maelstrom. Feed a Child withdrew the ad and "unreservedly" issued an apology. Ogilvy and Mather, the international agency that produced the ad, also apologized "unreservedly." In her apology, Alza Rautenbach says,

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Dorothy Buckhanan Wilson



Eric Dickerson



Andrew McCaskill

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## Dorothy B. Wilson

Charlotte, NC — Dorothy Buchanan Wilson of Milwaukee, Wisconsin, a business executive, was installed as the 2014-2018 International President of Alpha Kappa Alpha Sorority, Incorporated (AKA), an international service organization that was founded on the campus of Howard University in Washington, D.C. in 1908. It is the oldest Greek-letter organization established by African-American college-educated women. Alpha Kappa Alpha is comprised of more than 265,000 members in



approximately 986 graduate and undergraduate chapters in the United States, the U.S. Virgin Islands, Bermuda, the Caribbean, Canada, Japan, Germany, South Korea and Africa.

The installation took place at the Charlotte Convention Center before thousands of Alpha Kappa Alpha members, dignitaries, and loved ones.

In ascending to the Sorority's chief leadership position, Buchanan Wilson makes history as the only member to serve four consecutive terms on its international board of directors.

"I am humbled and excited by the opportunity to lead Alpha Kappa Alpha Sorority. Its membership includes distinguished women who boast excellent academic records, proven leadership skills, and involvement in their local

communities through advocacy and service. Over the next four years, Alpha Kappa Alpha Sorority will deliver an unprecedented amount of high impact, hands-on service programs in our local communities," said Buchanan Wilson.

As the 29th woman to lead the 106-year-old organization, Buchanan Wilson will guide policy, develop programs and set the leadership tone for Alpha Kappa Alpha members and chapters worldwide.

Professionally, Buchanan Wilson is a Senior Vice President at Goodwill Industries, where she is responsible for a \$25 million

dollar enterprise in southeastern Wisconsin and metropolitan Chicago. With more than 60,000 people served and 400 employees, she is one of the most senior officials at the largest Goodwill affiliate in the world.

She has been a corporate leader for more than three decades, enjoying a distinguished career with companies such as the Xerox Corporation and S. C. Johnson Wax, where she was a marketing executive and the first African-American and one of youngest women promoted to brand manager.

Her service in Alpha

Kappa Alpha Sorority began when she was initiated in 1978 at Benedict College, a historically black college and university in Columbia, South Carolina. She rose along the ranks from chapter president to Central Regional Director, International Secretary, International First Vice President and now International President. She has also served as Secretary and First Vice President of the Housing Foundation and the Educational Advancement Foundation, which awards more than \$100,000 in scholarships and grants annually.

## Eric Dickerson

At the Third Annual Fit and Faithful Living Expo in Dallas, NFL and SMU Hall of Famer Eric Dickerson will share how he developed good fitness and nutritional habits after life as an NFL running back. The expo will be held on Saturday, Sept. 13, from 4 p.m. to 8 p.m. in the Hughes-Trigg Student Center/Theater Room at Southern Methodist University, 3140 Dyer, Dallas, TX 75275.

Dickerson, from Sealy, Texas, played college football at SMU and then, in the NFL, for the Indianapolis



Colts and the Los Angeles Rams. He was inducted into the NFL Hall of Fame in 1999. Dickerson is inspired to continue working out and stay healthy by the words of his father, Kary Dickerson.

"All that you do, do with your might, things done by halves are never done right," Dickerson recited. "My father said this to me on a daily basis," he added.

The Expo will also feature local success stories from people in the Dallas-Fort Worth area who have broken bad habits and improved their health or lost weight with the help of Fit and Faithful Living (FFL).

Local Success Stories include:

Melodie Calvert - Lost 70 pounds in less than a year, dropped her cholesterol medication and cut her high blood pressure medication

in half. Melodie rides her bike to work seven miles every day and has completed several 5 and 10K runs. "When I first joined the group, it was so encouraging to be around people who did not know me, but showed they cared about me," said Calvert. "They taught me what was good for my body."

Christina Davis - Went from size 20 to size 6 in less than a year. She attributes her success to the Fit and Faithful Living prayer-powered fitness meetings and Facebook-page community support. Christina works out every day with her 4-

year-old daughter who has spina bifida. "It is great to know that I am not struggling alone," said Christina Davis. "Fit and Faithful Living provided me knowledge, encouragement, and empowerment to change my lifestyle."

Other Fit and Faithful Living Expo speakers include:

DFW area radio personality Dr. Jill Waggoner, who will speak on the right way to maintain a healthy lifestyle.

SUPA CrossFit Coach Charles Weaver, who will lead the audience in exercises that you can do at

work.

Marathon runner Jerome Merlau, who will detail how he lost over 200 pounds and sprinted into his new lifestyle.

A VIP reception will be held on Friday, September 12, 2014, where guests will get to meet keynote speaker Eric Dickerson.

Fit and Faithful Living was started by LaChanda Dupard as a way for people to combine a healthy lifestyle and faith-based living. FFL provides fitness events and workshops to help people fight obesity. Dupard started a fitness regimen

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## Andrew McCaskill

New York, NY (BlackNews.com) -- Nielsen recently announced Andrew McCaskill has joined Nielsen as Senior Vice President, Corporate Communications. He will report to Chief Communications Officer Laura Nelson. In this role, McCaskill will have global responsibility for Nielsen's corporate media relations efforts. He will be based in New York City.

"Drew brings a breadth and depth of experience that will be invaluable for Nielsen as we advance our communications efforts," said Nelson. "We're pleased to welcome him to the team."



McCaskill brings more than 15 years of experience to Nielsen, most recently serving as a senior vice president in the New York office of public relations firm Weber Shandwick, where he led global communications strategy for numerous Fortune 500 companies and consumer brands.

Prior to joining Weber Shandwick, he spent 13 years with William Mills Agency, managing operational and financial performance for a portfolio of insurance, banking and mortgage clients such as LexisNexis, Xerox Mortgage, TransUnion and Vanilla VISA Gift Cards. He developed and executed comprehensive communications strategies and media relations campaigns for more than 100 technology companies and financial institutions.

Earlier in his career, he held roles with Turner Broadcasting and The Coca-Cola Company.

"Nielsen has remarkable stories to tell, and I look forward to helping the com-

pany achieve its media relations and positioning objectives," said McCaskill.

A graduate of Morehouse College, McCaskill received an MBA from the Goizueta Business School of Emory University.

Nielsen Holdings N.V. (NYSE: NLSN) is a global information and measurement company with leading market positions in marketing and consumer information, television and other media measurement, online intelligence and mobile measurement. Nielsen has a presence in approximately 100 countries, with headquarters in New York, USA, and Diemen, the Netherlands. For more information, visit [www.nielsen.com](http://www.nielsen.com).

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# A victory for affirmative action

By George E. Curry  
NNPA Columnist

Almost lost among the news last week about the war in the Middle East and a war of another kind in Washington between Republicans and President Obama was a bit of good news: A federal appeals court, acting on a case remanded by the Supreme Court, upheld the University of Texas' modest affirmative action program.

Celebration of the victory is expected to be short lived because it is certain that the Supreme Court, which remanded the case to the U.S. Court of Appeals for the 5th Circuit last summer, will take the case up again, this time ruling directly on whether the university's carefully crafted affirmative action program is constitutional.

Unlike the court's last affirmative action ruling involving Michigan – which had less to do with the merits of affirmative action and was more about whether a state ballot initiative could be used to ban affirmative action – the

Texas case goes to the heart of affirmative action.

The lawsuit was brought by Abigail Fisher, a White applicant who was turned down for admission to the University of Texas at Austin, the state's flagship university, in the fall of 2008. Texas operates a Top Ten Percent Plan, which grants automatic admission to state universities to students who graduate in the top 10 percent of their class. The year Fisher applied, 81 percent of the university's admission slots was filled in that manner.

The remaining openings were filled through what the university calls a holistic review program, which looks at such factors as demonstrated leadership qualities, extracurricular activities, honors, awards, essays, work experience, socioeconomic status, family composition, family responsibilities, the applicant's high school and race. No numbers were assigned to any of those categories.

Fisher did not finish in the top 10 percent of her class, forcing her to

compete with 17,131 other applicants for the remaining 1,216 seats for Texas residents. Given the number of Top Ten Percent students accepted to the University of Texas, even if Fisher had been perfect in her holistic review, school officials said, "... she could not have received an offer of admissions to the Fall 2008 freshman class. If she had been a minority, the result would have been the same."

Of all of the factors admissions counselors examined, such as essays and awards, Fisher chose to blame her failure to gain admission strictly on race.

Like a string of Whites challenging affirmative action, she filed suit claiming the consideration of race violated the equal protection clause of the 14th Amendment to the U.S. constitution, a provision that was first adopted to protect former slaves from Southern lawmakers. It states that "no state shall ... deny to any person within its juris-

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"Like a child, I don't see race or politics – the only thing that is important to me is to make a difference in a child's life and to make sure that that child is fed on a daily basis."

I wonder exactly how long this woman has been living in South Africa, considering she "doesn't see race." While the institution of apartheid no longer exists, the structural basis for apartheid is alive and well, given the level of poverty, the lack of jobs, and limited opportunities for education. Either Ms. Rautenbach and her Ogilvy and Mather colleagues have their heads in the sand, or they are being disingenuous.

Not only is this ad racist, but it reinforces the tendency of some White people to associate people of African descent with animals, or as some subspecies, not human beings. In the United States, this harks back to slavery when African Americans were seen as good enough to work to exhaustion, good enough to have sex with, but not good enough, by law, to be taught to read and write. Not good enough to be treated equally. In colonized parts of the African continent and Latin America, the same parallels were often made. Europeans justified their exploitation by referring to African people (or Latin American Indian, or the people that Christopher Columbus "discovered" as "uncivilized" and less human than the colo-

nizer. Sub-human beings.

President Barack Obama and First Lady Michelle have been portrayed as subhuman by racist bloggers. The New York Post published a cartoon, in 2009, of a dead ape, with the caption "They'll have to find someone else to write the next stimulus bill." After a week of protests, Rupert Murdoch issues a tepid apology. At least the Feed A Child team chose apologize "unreservedly."

The Feed a Child people are, at best, insensitive louts. They aren't the only ones at fault though. The ad agency's willingness to produce this ad is repugnant, and anyone who is thinking of using this agency might want to think again. There were people on the set when this ad was produced, or behind the scene in edit. Did even one of them have made some noise, or are they so accustomed to African people being treated as animals that they had no quarrel with this offensive ad? It suggests that there were few, if any, Africans involved in the development and production of this reprehensible ad. Perhaps that is why Alza Rautenbach does not see color.

The goals of the Feed A Child, founded in 2010, are stated on their website. They say they feed children "of no particular color or "ethical (sic)" group. They also say one of their goals is to "restore dignity". Do these Feed A Child people really think

it is dignified to portray an African child as a dog?

The Feed A Child organization may well have good intentions but "good intentions are not good enough." If they can't respect the people they are trying to help, then they really don't need to help. Their ad depicts the noblesse oblige than many colonized people find offensive. Instead of having an African child crawl around like a dog, why not show a full dog dish and a half-full child's dish to make a point. Treating a child as a dog reinforces the notion of White superiority that Caucasians like Alza Rautenbach embrace.

As for Ogilvy and Mather, they really ought to know better. What is the purpose of having an international company if there is no international sensitivity to these matters? Ogilvy and Mather was founded in 1948 in New York City. They've seen their share of social transformation. Someone at the agency should have had the integrity to put a foot down and said "no way." Instead, they chose profits over people.

In the name of helping hungry children, Ms. Rautenbach has dehumanized them and Ogilvy and Mather here the instrument of their dehumanization. These folks really ought to be ashamed, but clearly they know no shame. Just dehumanization.

Julianne Malveaux is a Washington, D.C.-based economist and writer. She is President Emerita of Bennett College for Women in Greensboro, N.C.



# Depression in teens thrives through silence

By Anna Challet

(New America Media) When Amber Cavarlez was in high school and her mother died of colon cancer, she and her Filipino Catholic family went to church and lit candles every day. But, she says, “After she passed, nothing was said about it. No one talked about it.”

In her home, she says, sadness was an “invisible subject.” And when she cried at school and sought help, she received an anonymous message through Facebook that said, “Don’t cry at school because no one cares.”

She learned to keep her feelings to herself, but her family’s struggles weren’t over – her brother was diagnosed with bipolar disorder and attempted suicide several times in the following years. By then attending college in San Francisco, she often found herself emotionally unable to go to class, and was told by the administration that she’d have to improve academically or drop out.

She sought the help of a therapist on campus and eventually graduated. Now 23, she is a mentor with the Peer Wellness Program at Edgewood Center for Children and Families in San Francisco. Though doing well herself, she wishes her brother had had someone to talk to when he was in school. Young people “need someone there to ask about (their feelings), to make it valid,” she says.

Cavarlez spoke with other young people at a media forum organized by New America Media in San Francisco last week on challenging stigmas around youth depression. Alongside the youth storytellers, a panel of experts in the mental health field weighed in on the views of depression across different cultures and a fractured system for delivering mental health services. They agreed that youth depression is more widespread than many people realize, and that it thrives on silence.

But both advocates and practitioners were above all optimistic about the future of mental health



Valerie Klinker (center), a NAM videographer, presents a short film as part of a panel on youth depression. On the left is Sonya Mann, and on the right are Amber Cavarlez and Robert Cervantez. (photo credit: Zoe Kaiser)

in children and youth, and expressed a growing excitement over treatment options – in the words of Patrick Gardner, founder of the Young Minds Advocacy Project, “We have a moment of opportunity to change some things.”

“The public is engaged in a way that I have never seen before around children’s mental health,” he said.

Gardner says that access to mental health coverage has increased dramatically because of the Affordable Care Act, and that “we can expect these resources to continue to grow.” But, he says, “We aren’t especially effective at systems in delivering services to children.”

He points to long waiting lists for services – “Because we delay access to the system, (people) drop out,” he says – as well as the need to improve the quality of care.

## Depression in the very young

Dr. Manpreet K. Singh, an assistant professor at Stanford School of Medicine who works in the university’s Pediatric Mood Disorders Program, stressed the importance of parents and educators being able to recognize early warning signs. “These signs can be evident even as early as infancy and early childhood, especially if the child has been exposed to family stress, chaos, conflict, or trauma,” she said.

Young children who are depressed, she says, might withdraw

from activities that are normally fun for them, easily anger or become irritable, have difficulty with relationships, or be extremely sensitive to rejection or failure as compared to other kids. They also might decline academically, have headaches or stomachaches that don’t respond to treatment, or change their eating or sleeping patterns. She cautions that depression tends to run in families and can transmit from parent to child.

Like Gardner, Singh is optimistic about the future of treatment. “We now know for a fact that [depression] is treatable in children,” she said.

A 19-year-old woman who spoke on the panel was one such person who was depressed from a young age. Lena’s parents are immigrants from China. Her biological father had another family in China; he brought them to the United States when she was 6 years old and kicked Lena and her mother out of the house.

“No one would acknowledge me as family. That was very hard for me to deal with,” she said. “I really had nobody growing up ... I asked, ‘Why didn’t I have a father? Why was everybody else so lucky?’ I realized I didn’t like doing things anymore. I had no interest in things.”

She went to a teacher when she was in 6th grade and asked to talk to a therapist. “I would cry through the entire session,” she said. She would often think about “What [she] was taught, how

[she’s] not supposed to share anything.”

## The stigma across cultures

Katherine Kam, a journalist who has reported on depression and suicide in Asian American adolescents, added that “Among parents, especially in traditional immigrant households, there’s not a lot of understanding about mental illness and about depression ... Parents often rejected the diagnosis because they felt that it was a very embarrassing diagnosis. It brought shame to their families.”

Counselors who work with Asian American families told her that depression is often seen as a personal weakness or a moral failing in Asian cultures, and that if a person works hard enough he or she can overcome it.

Jeneé Darden, the host of Mental Health and Wellness Radio at P.E.E.R.S. in Oakland (Peers Envisioning and Engaging in Recovery Services), spoke of a similar experience having depression in the African American community.

She would sometimes hear from family and friends, “Black women are supposed to be strong, or depression is a white thing, that going to a therapist is a white thing.”

“I would hear, ‘You’re not praying hard enough,’” she added. “Our first step to getting help is the pastor, is the church ... [I would hear] ‘Don’t take your problems to the therapist, take them to Jesus.’”

## Different ways of finding help

A 20-year-old Indian American woman going by “Leela” (she didn’t want her parents to know that she had spoken publicly about her experiences) recalled having been depressed for most of her life. Her depression worsened, though, after she was sexually assaulted in college.

“My tendency is to become immobile, and I barricaded myself inside my dorm room for the rest of the year,” she said. “I did not leave. I told my parents that I was going to school but I was not.

“When I tell my parents, I sort of feel like I have to justify the way I’m feeling,” she said. “(I say) ‘I’m not doing well in school because I’m scared.’ ‘I’m not doing well in school because some days I cannot leave the house.’”

She says that what helped her was finding other people who feel the way she does.

Robert Cervantez, 19, said that talking about his depression doesn’t help. For him, it’s being a musician that helps him cope – it gives him “an outlet to express (his) depression and (his) anger.”

Sonya Mann, also 19, called herself “genetically unlucky” coming from a family with a strong history of mental illness. She feels lucky to have had professional medical support while she was growing up, but she continues to feel shame over her depression: “Even though I’ve been told so many times that it’s not my fault, that’s it’s not a personal weakness ... I don’t believe that it’s not my fault.”

She’s had to come to terms with the fact that she will likely have to manage her depression all her life. She agrees that it’s treatable, she says, but “I don’t think it’s curable. It’s something you have that you learn how to deal with.”

## New ways of thinking, and looking to the future

Rob Gitin, the co-founder and executive director of At The Crossroads, which reaches out to homeless youth, said that current trends around the way services are delivered need to change.

“Services are becoming more conditional, more outcome-focused, shorter-termed and more disciplined,” he said.

When kids act out in ways that are consistent with symptoms of youth depression, such as skipping school and getting into fights, “These are things that will get you kicked out programs,” he said. “You’re not doing what you’re told to, you’re being violent, you’re not engaging with

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and changed her unhealthy eating habits to decrease her medical-history health risks such as high

blood pressure, lupus, arthritis and high cholesterol. Her husband Reggie Dupard, a retired NFL

player, was able to reduce his blood pressure and cholesterol numbers after he got involved with the FFL program. “People get overwhelmed and don’t know

how to start on the road to a healthy lifestyle,” LaChanda Dupard explained.

“Through Fit and Faithful Living we support people as they

learn to eat right and do right for overall health.”

For more information about the expo visit [www.fitandfaithful-liv-ing.org](http://www.fitandfaithful-liv-ing.org).

# Miles receives 2-year contract extension with DISD

The Board of Trustees of the Dallas Independent School District (Dallas ISD) has approved a two-year contract extension for Superintendent Mike Miles that will keep him with the district through July 2017.

The Trustees voted 7-2 to approve the extension during a special meeting that began July 21 and ended July 22.

"Superintendent Miles has put in place a solid foundation for Dallas ISD to transform itself during the last two years," said Miguel Solis, president of the Dallas ISD Board of Trustees. "The vote by the board to extend his



contract is a vote of confidence in his leadership and the comprehensive vision that he has communi-

cated in the Destination 2020 strategic plan."

"It is a privilege to serve the students and families of Dallas ISD and I look forward to continuing our important work as a school district to improve our students' college and workforce readiness through the Destination 2020 strategic plan," Miles said. "There is still much to do to improve the district but progress has been made during the last two years. Our plan of investing in people, focusing on the classroom, strengthening our systems and engaging the community will result in Dallas ISD having the highest

percentage of college and career-ready graduates of any urban district in the country."

As part of the contract, Miles will continue to receive a salary of \$300,000 annually and may earn up to \$200,000 for leading Dallas ISD to certain academic and performance milestones. Superintendent Miles will now be able to offer his consulting services up to eight days a year, and any earnings from those efforts will be donated to the Dallas Education Foundation.

Miles began his tenure in Dallas ISD July 1, 2012. During that time, Miles has led several efforts

to support increased student achievement. The Destination 2020 plan includes a new principal evaluation system and the innovative Teacher Excellence Initiative that will help Dallas ISD retain, support and reward the best teachers. It also provided additional support to 21 Imagine 2020 schools in South and West Dallas. The district will expand early childhood education, the Imagine

2020 program, a new personalized learning program for students and a social-emotional student support system, and open as many as 35 additional schools of choice by 2020.

## SMU STEM Program for Minority Students receives \$2.6 million Dept. of Defense grant

DALLAS (SMU) – Joy Brown-Bryant would like to be U.S. surgeon general one day. But first, the 14-year-old from Oakland, California, wants to help reconstruct the faces of military burn victims as a plastic surgeon. Brown-Bryant is well on her way to achieving her goal; she is spending the summer at Southern Methodist University taking college level science classes, extracting DNA from strawberry cells in biochemistry lab and preparing for weekly exams.

As one of 100 seventh- and eighth-grade minority STEMPREP Project students at SMU this summer, she is part of a program that boasts an impressive success rate – 100 percent of STEMPREP project students who finish the program attend college and 83 percent go on to graduate school to become physicians, pharmacists, dentists, researchers or engineers.

"Being in this program empowers students," says Charles Knibb, STEMPREP director of academic affairs, an SMU research professor and a former surgeon.

The U.S. Department of Defense recently awarded the STEMPREP Project a \$2.6 million grant to support its goal of increasing



STEMPREP students living the college life in an SMU dining hall (Photographer: Anthony Merriett)

the number of minorities in STEM fields. According to a 2013 report from the U.S. Census Bureau, African Americans make up 11 percent of the U.S. workforce but only 6 percent of STEM workers. Hispanics make up 15 percent of the U.S. workforce, but just 7 percent of the STEM workforce.

Based at the Annette Caldwell Simmons School of Education and Human Development at SMU, the program recruits bright, science-minded middle school students for the first phase of the STEMPREP project. These students are currently living on campus for six weeks of college-level biology, chemistry, statistics and research writing classes, daily biochemistry labs, and the creation of a

final in-depth research presentation on a disease. Each day begins with class at 9 a.m. and wraps up after study hall at 9 p.m.

Moses Williams, executive director, founded the program in 1990 when he was admissions director for Temple University School of Medicine in Philadelphia.

"As a gatekeeper, I realized there were not a lot of minorities being considered," he says. "I wanted to change that." He compares the program to training young athletes: Identify talent early and then nurture it through practice and coaching.

In addition to science, students learn the nonacademic lessons of college life at SMU – sharing a room in a residence hall, selecting

their own meals in the campus dining hall and washing their own clothes. "I'm an only child; I've always had my own room," says Stephen Isabell, a seventh-grader from Olney, Maryland. "Living in a dorm is a lot different than home, but it's worth it. I'm becoming more independent."

One of the best parts? "Making new friends with people from all over the country," says Brown-Bryant.

After two summers at SMU, students in grades 9 through 12 are ready to work as summer research interns at laboratories at universities, the National Institutes of Health and private industry, with careful mentoring all along the way. This summer, STEMPREP high school and college students are interning in research laboratories in Bethesda, Philadelphia, Vancouver and Dallas.

At SMU, 12 STEMPREP high school seniors have come full circle, returning to the university as counselors to the newest crop of young scientists.

"Being part of STEMPREP confirmed my decision to become a doctor," says 18-year-old STEMPREP counselor Feaven Berhe. "In ninth grade when

I started working in a research lab studying chemotherapy for breast cancer, I knew I wanted to pursue a medical career."

Berhe assisted with breast cancer nanochemotherapy research for two summers at Thomas Jefferson University in Philadelphia and last summer conducted a behavioral study on rats at the National Institute on Drug Abuse. This summer she is

assisting with pancreatic cancer research at the University of Texas Southwestern Medical School.

At 10 p.m. curfew each evening, Berhe checks on the seventh- and eighth-grade students in the residence hall. "It makes me emotional to talk with them," she says. "They are beginning to realize that they are part of something that is life-changing."

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By Jason Alderman

Back-to-school shopping. Between new clothes, classroom



Engage your kids in the budgeting process. Share how much

Spread clothing purchases throughout the year so your kids don't outgrow everything at once. Many stores hold fall clearance sales to make room for holiday merchandise.

Before buying new clothing or

Bottom line: If you get organized before setting out on back-to-school shopping, you can save money, time and aggravation.

*Jim Clingman, founder of the Greater Cincinnati African American Chamber of Commerce, is the nation's most prolific writer on economic empowerment for Black people. He is an adjunct professor at the University of Cincinnati and can be reached through his Web site, [blackeconomics.com](http://blackeconomics.com).*



## Oak Cliff block party on Aug. 9

The Oak Cliff Cultural Center celebrates its 4th Anniversary with a free Block Party on Jefferson Boulevard. There will be music, dance, workshops, hands-on activities, food and fun for the whole family.

The public is invited to enjoy the fun from 3 p.m. to 9 p.m., Saturday, Aug. 9 between Zang Blvd. and Madison Ave. in Dallas.

During the past four years, the Oak Cliff Cultural Center has provided cultural workshops, events, and activities for patrons of all ages. More than 22,800 people attended events and activities at the Center during the 2012-2013 Season. In celebration, the Center will hold a block party featuring live music from the



Oak Cliff Cultural Center guitar program La Rondalla, performances by resident dance companies Alegre Ballet Folklórico and Cuicani in Xochitl, face painting and art booths with Karla Ceballos, vendor booths, dance workshops, food and much more.

Vendors applications are available by contacting Oak Cliff Cultural Center Manager, Rafael Tayamo by email at Rafael.Tamayo@dallascityhall or by phone at (214) 670-3777. Applications are also available at <http://dallasculture.org/oak-cliffculturalcenter>.

## The Wiz opens new season in Garland

GARLAND — Get ready to ease on down that yellow brick road to Oz. Garland Civic Theatre will open the 2014-2015 season with a staging of “The Wiz”, the musical version of L. Frank Baum’s “The Wonderful Wizard of Oz” by Charlie Smalls and William F. Brown. Dorothy’s adventures in the Land of Oz have been set to the music of rock, gospel, and soul. The production will run Friday through Sunday, August 1 – August 23, 2014 with Thursday performances on July 31 and August 7. Tickets are now available beginning at the Arts Center Box Office. Call 972-205-2790 during regular business hours or order them online at [www.garlandartsboxoffice.com](http://www.garlandartsboxoffice.com). All tickets are \$27 which includes service fee. There are discounts available for KERA members and groups of 10 or more; call the box office for these.

The production is directed by Kyle

McClaran, the musical director is Byron Holder, and the choreographer is Christian Houston. The cast includes Evan Figg as The Wiz, Christian Houston as Dorothy, Cindy Kahn as Addaperle and Evillene, Darren McElroy as Tinman, R. Bradford Smith as Lion, Timothy Turner-Parrish as Scarecrow, Genine Ware as Aunt Em and Glinda, and Anthony Willis as Scarecrow. Playing all the other characters of OZ are Allison Allbee, Hector Cabrera, Brandi Giles, Chandler Houston, Chavis Humphrey, John Hogwood, Samantha Masucci, and Alyse Sefchick.

Season sponsors include Garland Cultural Arts Commission and The Dallas Morning News. Underwriters include Linda Braga, Dr. Lisa Garner, and Garland Power and Light. Visit the GCT website at [www.garlandcivictheatre.org](http://www.garlandcivictheatre.org) or call 972-485-8884 for additional information.

## Are your wardrobe decisions stressing you out?

As if there weren’t enough to worry about in day-to-day life, people often find themselves frozen in front of their closets during the morning rush, panicking about what to wear.

“I think everyone has that terrible feeling of insecurity from time to time when you just know you have on the wrong outfit – as if it’s not just your clothes that are frumpy and outdated, but you, too,” says styling consultant Ashley Martini, author of the new book, “Styletini,” and founding member of Martini Fashions, ([www.ashleymartini.com](http://www.ashleymartini.com)).

“Unfortunately, in today’s society, people do judge books by their covers – and perception is reality. You can sense how people respond to you, especially in relation to job opportunities and relationships.”

Getting your outfit right can be challenging, she concedes. People want to be confident yet comfortable; up-to-date yet not necessarily “hipsteriffic;” professional but not overly formal. Most have a favorite outfit or two, but those get old quickly when worn twice a week.

“One of the first things you

should understand is that your criteria really isn’t conflicting – you can be stylish, professional and comfortable, all with that stamp of individuality,” Martini says. “You just have to know what to look for.”

Martini talks tips to take the stress out of the morning dress hour.

Not all trends work for all body types. “You have to be honest with yourself; skinny jeans may not work for you, and forcing yourself into a pair that’s semi-workable is not the best way to optimize your closet,” she says. “The trendiest

thing any individual can do is answer the question: Is it flattering?”

Women have six basic body types: triangle, narrow above the waist and wider on the bottom; inverted triangle, with fuller shoulders and chest and slim hips and thighs; rectangle, also known as athletic with little definition in the waist and hips; diamond, high-sitting, full stomach with wide hips and full thighs; apple, similar to diamonds, but with a lower-sitting stomach – also known as oval-shaped; hourglass, with equal upper and lower halves with well-defined waists.

Know your measurements! Measure the parts of your body that most define your shape: your hips, shoulders, waist and bust. Wear underwear (but not shapewear) when measuring hips, and wrap the tape around the fullest part of your hips and butt for the most accurate measurement. Don’t tug too tightly or loosely when measuring; the number in the center front is your hip size.

To measure shoulders, keep your back straight and your shoulders

See **WARDROBE**, Page 11

## TEEN, continued from Page 4

services.” In their search for evidence-based results, programs end up shutting out the kids who need help the most, because those kids don’t live up to strict expectations.

And, he says, the outlook of many service providers needs to change.

“I think that a lot of the time the people doing the work make a mistake. They think that it is your job to make people feel better. It’s not your job to make people feel better, it’s your job to make people feel okay about however they’re feeling,” he says. “If you try to do that all you’re going to do is force them to deny their feelings and suppress whatever

they’re going through.”

“There is no model on how you help people,” he adds. “How you help people is you listen to them, you get to know them as an individual. You learn what’s great about them and what’s awful about them, and you help them accept whoever they are and help them figure out who they want to be.”

Ziomara Ochoa, LMFT, is the supervisor of the South County Youth Team at Behavioral Health and Recovery Services in San Mateo. She primarily provides services to a Latino population, many of whom are immigrants or undocumented. Her work, she

says, is moving from a focus on treatment into the realm of prevention, with programs like Mental Health First Aid, a public education program that educates participants about risk factors and warning signs of mental health problems and teaches them how to help a person in crisis.

The hope is that by educating the community through platforms like forums and group discussions, depression and mental illness in young people can be prevented through community awareness.

It’s part a movement, she says, to “integrate community-based practices that really work with our community and really validate [them] just as much as evidence-

based practices.”

Kordnie Lee, a Youth Mental Health First Aid instructor with Lincoln Child Center in Alameda County, added “It’s really about giving a common language ... if a young person is doing something that you don’t understand or exhibiting symptoms that you don’t understand, that you [don’t] just send them to someone else and that person’s going to figure it out. It is a community, it is a holistic responsibility that all of us have.”

Visit [newamericamedia.org/feelbetter](http://newamericamedia.org/feelbetter) to hear stories from other young people. Journalists can use [kidsdata.org](http://kidsdata.org) to access population health and demographic data on California children, youth, and families, includ-

ing data on emotional and mental health.

*The forum was supported by the Lucile Packard Foundation for Children’s Health. It is part of a larger initiative by New America Media and our statewide network of youth-produced community media hubs to use storytellers and our ethnic media partners to break the stigma about depression and promote greater awareness of treatment options, including Medi-Cal enrollment. This work is supported by The California Endowment, The California Wellness Foundation, the Zellerbach Family Foundation, The Atlantic Philanthropies, and The van Loben Sels/RembeRock Foundation.*



# Last chance to register for Dallas Mayor's Back to School Fair

Free one-stop shop event to provide school supplies for 15,000 qualifying Dallas schoolchildren, plus immunizations, vision and dental screenings, haircuts, information, kidsactivities, entertainment and more

A one-stop shop designed to equip families with the back-to-school basics, the 18th-annual Mayor's Back To School Fair, presented by Walmart and Sam's Club, will take place Friday, Aug. 1, from 8 a.m. – 2 p.m., at the Automobile and Centennial buildings at Fair Park.

Many parents agree that costs can quickly add up when preparing children for the first day of school. That's why so many community supporters continue to come together every year to help students and families with their school-related needs at the Mayor's Back To School Fair. From free school supplies for Dallas schoolchildren (who meet specific eligibility requirements), to free health, dental and vision screenings, immunizations and haircuts, to the latest information on education, health

and social services, the 18th-annual Fair offers parents and children everything they need for the first day of school. Plus, the Fair will feature musical entertainment, kids activities, games, interactive demos and more.

"The Mayor's Back to School Fair helps thousands of Dallas families prepare so children are ready to learn the very first day of school," said Mayor Rawlings. "Our thanks go to the donors, nonprofit partners, schools, media sponsors and volunteers who step up every year to support students and education in Dallas."

Walmart will conduct free vision screenings and offer general health screenings, including blood pressure and glucose checks, for all family members. The Baylor School of Dentistry will provide free dental screenings, fluoride applications, free toothbrushes and toothpaste to students, and offer free oral health information. Dallas County Health & Human Services will provide free immunizations. And Cedric B's Bar-

ber and Beauty Salon and Ogle School of Hair, Skin and Nails will offer free haircuts so children will look sharp the first day of school.

"On behalf of Walmart and the Walmart Foundation, we are proud to be the presenting sponsor of the Dallas Mayor's Back to School Fair which impacts so many children in the Dallas area as they get ready to head back to school in the fall," said Mike Hart, Walmart Market Manager. "Walmart is passionate about helping people live better and making a positive impact where we live and work. We know this event will help thousands of Dallas children and their families get what they need to have a great start to the school year."

In addition, Half Price Books will donate more than 7,000 books. North Texas Food Bank is partnering with Walmart to provide fresh fruit for families.

Educational information and services, in English and Spanish, will be offered at hundreds of community resource booths on crime pre-

vention, fire safety, college readiness, housing, transportation, personal finances, health, nutrition and literacy. Dallas ISD will provide information on magnet schools, scholarship and alternative programs, psychological and social services, parenting, and family literacy.

Eligible families who

qualify for free school supplies are encouraged to pre-register by mail or in person at one of the remaining pre-registration events (see list of events below).

IMPORTANT: Although the Fair's array of activities and services are free and open to the public, free school supplies are available ONLY to those who

meet specific eligibility requirements (must be public school students pre-K through 12th grades who reside in the City of Dallas or attend a Dallas ISD school and meet the 2014 Federal Poverty Income Guidelines). A photo id, proof of residency and proof of income are required to qualify.

## 30-Day Challenge issued to end the 'marriage crisis'

(BlackNews.com) -- While committing to marriage is something that should be approached with patience and care, far too many intelligent, accomplished, and savvy African American women cannot find the compatibility they desire and deserve. So much so that approximately 65 percent of African American women over the age of 25 are single and looking for a well-matched marriage.

Author and motivational speaker Toni King, comments, "Generally speaking, marriage has declined across all ethnicities, but African American women bear the brunt of the current marriage crisis."

It is for this reason that King has created a 30 day challenge for women that is shared in her new five-part audio series and calendar called "The 30 Day Challenge to Connect and Fall in Love with the Man of Your Dreams." Many women want to be in love, but few realize that being in love has already been provided," Toni stresses.

"Women tell me after they take the 30 Day Challenge: 'You nailed it! My knower has finally been turned on and I feel special!'" The challenge is based upon Solomon's Song of Songs.

Originally King shared her 30 Day Challenge exclusively in her live seminars - but due to its increasing popularity has compiled her techniques and lesson plan into a Series and Love calendar that can be accessed by women around the nation through Amazon.com and the website, [www.30days2love.com](http://www.30days2love.com).

King's goal is to inspire all women, particularly women of color. By inspiring women to approach love in a whole new way and to positively engage in ways to open the door of activation and expectation. The 30 Day Challenge system is already positively impacting the family structure within the African American community.

King was quoted as saying, "What most

See CHALLENGE, Page 16



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## DISD, continued from Page 1

local control.

To be sure, Chapter 12 Subsection B of the Texas Education Code allows school districts to change who governs it and how it's governed. Despite this change of governance, home-rule or charter school districts would still have to meet certain state and federal guidelines.

This story will focus mainly on defining home rule per state law. Subsequent coverage of the topic will explore who does or does not support home rule and why.

### What could change?

According to the education code, a school district may adopt a home-rule charter under which the district will operate.

The law states that a home-rule school district can adopt and operate under any governing structure and create offices, as well as determine the selection process and qualifications and duties of the officers. Other items that would be within a home-rule district's power to change include student discipline, leaves of absence, and professional development requirements.

Gonzalez said a school district with a home-rule charter would have the freedom to change things such as the length of the school year, teacher contracts, salary schedules, and terms of board trustees – if it decides to have one – and when to have elections for these trustees.

"You have some teacher groups worried about protections, salaries, and contracts. Some are worried about the governance and the possibility that the charter would do away with the current board of trustees," he said. "I think that's where a lot of the opposition has come in – just the not knowing."

Some of these adjustments, Gonzalez said, can

actually be changed without home-rule.

Districts, he said, simply have to apply to the Texas Education Agency for a waiver and follow the required process. By going for a home-rule district charter, Gonzalez said, a district could make all of the changes at once and simply take the items before voters.

Rena Honea, president of Alliance American Federation of Teachers, said these concerns have been voiced to her by teachers and parents. Her organization represents DISD teachers and support staff and is affiliated with the state-based teachers' association called Texas AFT.

Alliance AFT has been holding a series of community meetings to discuss what teachers and parents know about home rule and to give these individuals an opportunity to voice their concerns. Honea said the information gathered at these meetings will be taken to the charter commission, so that, hopefully, there will be true community, teacher, and student voice inside the charter.

"They can choose to accept it or they can choose to reject it. But at least the taxpayers ... the people that really support the neighborhood public schools; they have a voice in what happens with the school district," Honea said.

### What remains the same?

Of course, the proposed changes don't mean that home-rule school districts would have total free reign to do as they please.

School districts that adopt a home-rule charter would still have to abide by certain federal and state guidelines. These guidelines include application of federal law and applicable court orders relating to eligibility for and the provision of special education and bilingual pro-

grams; health and safety provisions; high school graduation requirements; school finance laws; and bus safety standards.

Additionally, the letter of the law states the State Board of Education retains the right to place on probation or rescind/revoke a home-rule charter, if there has been a mismanagement of funds or a violation of the charter.

Furthermore, the adoption of a home-rule charter does not affect the district's boundaries, or taxes or bonds of the district authorized before the effective date of the charter.

Essentially, Gonzalez said, the district would become more like a charter school.

"It would still be subject to the state oversight that a charter school would be. For example, the state would still provide the general structure for the district; the home-rule district would still have to report data to the TEA; and it would still have to do criminal background checks on staff and people working with students," he explains.

### So what's next?

What's not clear is just what the charter will look like once it comes before voters.

Currently, a charter commission has been pulled together to draw up a proposed charter to bring before voters, if possible, for the November elections.

As laid out in the law, Marten said the commission has one year to devise a proposed charter. But the hope, he said, is that the commission can get the work done in a much shorter time frame.

If this happens, Marten said 25 percent of registered voters need to vote for approval of the charter.

"And we hope (they reach that percentage) because of other elections that will be happening at that time of year," he said.

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# Cirque du Soleil represents the Michael Jackson legacy

By Ruth Ferguson  
NDG Editor

*Michael Jackson THE IMMORTAL World Tour* by Cirque du Soleil is on stage this weekend and promises to be a treat for fans of the legendary pop star and Cirque du Soleil fans. The show is a celebration of Jackson's music and in fact is more like a concert experience instead of a traditional Cirque du Soleil show because it actually features a live 11 member band. Also one of the two vocalists performs a duet with Jackson through creative technology. The Cirque du Soleil team was provided with access to the original recordings of his music library which made the duet possible.

The collaboration came about because Jackson was personally a Cirque du Soleil fan, seeing several of the shows in California and even visiting their head office in Montreal. The idea for working together was discussed before his untimely death.

The Jackson estate and Cirque du Soleil team believe this show is a way to celebrate his legacy and create something he would have wanted to be a part of himself.

The show features 35 of Jackson's songs ranging from his beginning with the Jackson 5 throughout his solo career when he changed the music industry and pop culture.

To capture so much of the

music, the full songs will not always be featured, sometimes they are mashup snippets.

And don't worry favorites such as *Thriller* and *Beat It* are on the playlist. But they included other songs which were personal favorites of Jackson such as *Have*

*You Seen My Childhood*.

The team putting the show together include not only input from his family, but designers who worked with Jackson over the years and former dancer Jimmy King. The band performing at each show includes four musi-

cians that played with Jackson as well.

*Michael Jackson THE IMMORTAL World Tour* by Cirque du Soleil is at the American Airlines Center July 25 and 26 at 8 p.m. each night. Tickets are available through TicketMaster.

## Will *Lucy* unseat *Dawn of the Planet of the Apes* this weekend?



Scarlett Johansson's latest action flick *Lucy* is going to face off against *Dawn of the Planet of the Apes* this weekend.

Will it unseat *Apes* at the top of the box office? Read our review at NorthDallasGazette.com on Friday!

## Access Denied: BET Awards not positive for Black press

By Brandon Brooks and Jennifer Bihm  
Special to the NNPA from the *Los Angeles Sentinel*

there," said Valerie Goodloe, who has done large scale photo shoots here for more than 12 years.

A group of veteran photojournalists and media professionals in Los Angeles have joined their colleagues across the nation in out-

"At a black event [like the BET Awards] there is no reason that a black photographer shouldn't be

See BET, Page 11



Photo: Robert Torrence / NNPA



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# BET, continued from Page 10

rage, at the recent rejection of legendary photographer Bill Jones at this year's BET Awards. The incident, they said, was the most egregious so far in a long line of insults to the Black media at this and other red carpet events, organized by White public relations firms like Slate PR and giant photo outlets like Getty Images. They, along with Jones suffered through hassle and runaround, not only at this year's event but hundreds of events in years' past.

"Enough is enough," said Robert Torrence, who has been a photographer in Los Angeles for forty years. "Here Bill Jones is, 83 years old, everybody respects him not as a black photographer but just as a premiere photographer period. All the celebrities know and love him. To me, [Bill being rejected] was like the straw that broke the camel's back."

Now, they are speaking out, they said, hoping to uncover insidious practices, that include putting Black media professionals in bad locations on the red carpets and in the shows, continuously and unnecessarily checking access passes or flat out denying credentials to black media while giving white media all access.

"On behalf of the National Newspapers Publishers Association, the unfortunate denial of basic professional respect to an iconic photographer who is not only well known but well respected in the African American community... BET should be awarding people like Bill Jones. And if BET is going to [hire contractors] they should be African American so this can't happen again," said Ben Chavis, NNPA president.

"At a black event [like the BET Awards] there is no reason that a black photographer shouldn't be there," said Valerie Goodloe, who

has done large scale photo shoots here for more than 12 years.

"But, a lot of the photographers who usually grace that red carpet, who shoot for smaller black publications were not allowed to shoot..."

What happens in Goodloe's and the others' opinions, is that "big fish" photo services like Getty and Wire Image intend to monopolize the Black photography pool in Los Angeles and across the country.

"For example, you go to red carpet, and the first they want to know is if you're from wire or if you're on a different wire service or, if you have the ability to put something on the wire," Goodloe explained.

"Nine out of ten black photographers shoot for small black publications. They shoot for maybe their own websites and stuff like that. Sometimes they don't have access to a wire service."

"But the reality of a wire service is that, nine out of ten times the pictures don't go up on the front pages of the wire service anyway. So, these people, these black folks say, 'ooh they're going to put us up on the wire...', if they are not Chris Brown, Beyonce or Rihanna or somebody, they are not going to put you up because nine out of ten times, they don't know who these artists are and they won't even pick up their camera and shoot them."

"The insulting thing is that they have all these white wire services that aren't taking the pictures, that aren't posting them, but black people think that if they are on the wire services it will get them credibility..."

Finimage photo agency founder Malcolm Ali had been denied award credentials via email but had hoped to be able to assist Jones with his red carpet gig. He was with Jones

when the 83-year-old who had been shooting large events like the Grammys and Oscars for years, was denied his BET credentials.

"In my opinion, for them to deny Bill Jones, it's an organized conspiracy to slowly eliminate all Black media photographers from these events and the conspiracy is coming through Getty Images," Ali said.

"In the big events (Grammys, Oscars, etc.) most of the time we're pushed out period and most of the black events, (NAACP Image, BET Awards) we're pushed around, like they don't want us there," Torrence said, adding that although he was credentialed he and other Black media photographers were relegated to a "pile" at the end of the red carpet.

Meanwhile, Lynn Allen Jeter, president of PR firm Lynn Allen Jeter and Associates said BET should be embarrassed for denying

Jones and the other outrageous stunts they pulled on June 29.

"As far as the Bill Jones rejection as well as veteran Tanya Hart's rejection... Tanya Hart covers the Oscars and the Grammys... and for BET to reject either one of these veterans is really unacceptable," she told the Sentinel in a recent interview.

Jeter felt that Slate PR, hired to replace BET's original corporate communications group who made room at past events for both giants like Getty and small media outlets alike, orchestrated the set up so that black media were underrepresented. When she got there, she, like Torrence, Ali and Goodloe was bounced around from one location to another, trying to get passes for clients like actresses Lisa Raye and Margaret Avery, who currently star in "Single Ladies", a show currently airing on BET.

"My client Margaret Avery who plays the mother of Gabrielle Union on the show was so mishandled and so mistreated by BET's crew and staff that a woman who is a very peaceful lady started cursing..."

"For many years the Black Photographers have been the backbone of the Black Press," said Sentinel Publisher Danny J. Bakewell Sr.

"I find it totally unacceptable that any organization which would undermine their value or deny credible professionals access, particularly an event where the subjects are predominantly Black is not going to be tolerated."

For his part, Jones called the incident "unfortunate."

"I was hurt," he told the Sentinel.

As of press time BET had not responded to the Sentinel's attempts to reach them.

## Poll: 63 percent of Americans believe blacks are responsible for their own conditions

The Root/New America Media -- According to a poll conducted by the Pew Research Center, 63 percent of Americans believe blacks are responsible for their own inability to succeed.

Overall, Americans' views varied greatly depending on their political leanings, the study found. More than 80 percent of those who identified as "steadfast conservatives" believed that blacks are responsible for their current station in life, while more than 80 percent of those who identified as "solid liberals" believed that racial discrimination plays a role in holding blacks back.

## Hey Irving, Pick Us Up!

You can find a copy of the North Dallas Gazette at any one of these fine businesses and organizations. Be sure to pick up a copy every week to stay on top of the issues important to the Irving area in particular and the DFW African American community as a whole.

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# Obamacare reportedly saved patients \$9 billion in premiums

Health and Human Services Secretary Sylvia M. Burwell announced this week that consumers have saved a total of \$9 billion on their health insurance premiums since 2011 because of the Affordable Care Act.

Created through the law, the 80/20 rule, also known as the Medical Loss Ratio (MLR) rule, requires insurers to spend at least 80 percent of premium dollars on patient care and quality improvement activities.

"We are pleased that the Affordable Care Act continues to provide Americans better value for their premium dollars," said Secretary Burwell.

An HHS report released today shows that last year alone, consumers nationwide saved \$3.8 billion up front on their premiums as insurance companies operated more efficiently. Additionally, consumers nationwide will save \$330 million in refunds, with 6.8 million consumers due to receive an average refund benefit of \$80 per family. This standard and other Affordable Care Act standards contributed to consumers saving approximately \$4.1 billion on premiums in 2013,

for a total of \$9 billion in savings since the MLR program's inception.

The report shows that since the rule took effect, more insurers year over year are meeting the 80/20 standard by spending more of the premium dollars they collect on patient care and quality, and not red tape and bonuses.

If an insurer did not spend enough premium dollars on patient care and quality improvement, they must pay refunds to consumers in one of the following ways:

- a refund check in the mail;
- a lump-sum reimbursement to the same account that was used to pay the premium;
- a reduction in their future premiums; or
- if the consumer bought insurance through their employer, their employer must provide one of the above options, or apply the refund in another manner that benefits its employees, such as more generous benefits.

The 80/20 rule, along with other standards such as the required review of proposed premium increases, is one of many reforms cre-

ated under the health law helping to slow premium growth and moderate premium rates. Combined with

the savings consumers are receiving from tax credits on the Marketplace and the new market reforms, in-

cluding the prohibition of pre-existing condition exclusions and charging women more for insurance

than men, the 80/20 rule helps ensure every American has access to quality, affordable health insurance.

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**WARDROBE,** continued from Page 7

ders relaxed, and extend the tape from the outer edge of one shoulder to the outer edge of the other.

To measure your waist, bend forward and note where your body creases — that's where to measure.

For bust, wear a top without a bra, which often alters measurements. Wrap the

tape across your back and under your shoulder blades and arms — and around the fullest part of your breasts.

Own your plus-size, petite or tall body. You've probably heard the statement, "Real women have curves." Yes, they do, but there are also real women with smaller busts; long and

lean women, and some built like the ancient fertility goddess statues. All of us are "real."

One tip for plus-sized women: highlight your assets — shapely legs and well-toned arms are meant to be flaunted. Petite women: Opt for pieces that come in naturally shorter lengths, such as cigarette pants, knee-length or higher

skirts and three-quarter and shorter sleeve tops and jackets. Showing more skin will make your limbs look longer. Tall women: Wear high heels if you want to — just because you're taller doesn't mean they're off limits.

*Ashley Martini is the author of the new book on style, "Styletini," (www.ashleymartini.com).*

**VICTORY,** continued from Page 11

diction the equal protection of the laws."

As the University of Texas noted, the holistic review was created to give students an individualized review during the admissions process.

"Close scrutiny of the data in this record confirms that holistic review — what little remains after over 80% of the class is admitted on class rank alone — does not, as claimed, function as an open gate to boost minority headcount for a racial quota. Far from it," the appeals court stated. "The increasingly fierce competition for the decreasing number of seats available for Texas students outside the top ten percent results in minority students being under-represented — and white students being over represented — in holistic review admissions relative to the program's impact on each incoming class."

For example, the court noted, "Of the incoming class of 2008, the year Fisher applied for admission, holistic review contributed 19% of the class of Texas students as a whole — but only 12% of the Hispanic students and 16% of the black students, while contributing 24% of the white students."

In 2003, the Supreme Court, in *Grutter v. Bollinger*, upheld the constitutionality of affirmative action in a case involving the University of Michigan Law School. The court's 5-4 majority accepted the assertion that diversity is essential to the educational

mission of universities, but required a standard of "strict scrutiny" be applied, requiring that remedies be narrowly tailored to achieve the goal of a diverse student body.

The University of Texas, following a long, documented history of racial animus, complied with that narrow Supreme Court standard and the Fifth Circuit originally sanctioned those efforts. The decision was appealed and the Supreme Court sent the

case back to the appeals court.

Now, for the second time since 2011, the 5th Circuit judges have stated unequivocally that UT is operating a lawful affirmative action program.

That was evident to Ruth Bader Ginsburg, the lone dissenter in the 7-1 decision to send the Texas cases back to the 5th Circuit. She said, "...Like so many educational institutions across the Nation, the University has taken care to follow the model approved by the Court in *Grutter v.*

*Bollinger.*"

But this conservative-dominated Supreme Court will probably visit this case yet again, trying to find a way to chip away at one of its own rulings.

*George E. Curry, former editor-in-chief of Emerge magazine, is editor-in-chief of the National Newspaper Publishers Association News Service (NNPA.) He is a keynote speaker, moderator, and media coach. Curry can be reached through his Web site, www.george-curry.com.*



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Join us for Sunday Worship Services at 9:30 a.m. at 1550 Edelweiss Drive in Allen and bring someone with you. You will be blessed.

**July 30**  
You are invited to our Wednesday's 12 Noon-Day Live Prayer and Bible Study and/or our Wednesday Night Live Prayer and Bible Study at 7 p.m. to learn more about God's Word at Joycie Turner Fellowship Hall at our 200 W. Belmont Drive location.

Dr. W. L. Stafford, Sr., Ed.D.  
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**July 30, 7 p.m.**  
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Dr. Timothy Wilbert, Pastor  
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**July 27, 8 a.m.**  
Join us this Sunday for

Morning Services as we worship God for His blessings. Also, we will have a blood pressure screening for members and visitors at 9:45 a.m.

**July 30, 7 p.m.**  
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Dr. Isaiah Joshua, Jr. Senior Pastor  
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Pastor Rickie Rush  
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**July 27, 10 a.m.**  
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# Christians that please the Lord



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

"Prepare it with oil on a griddle; bring it well-mixed and present the grain offering broken in pieces as an aroma pleasing to the Lord." **Leviticus 6:21**

There is a requirement to be blessed at a deeper spiritual level by God. Christ requires it of each of His servants. He required it of Paul when He struck him down on the Damascus Road.

He required it of Joseph when he was left in the pit and then sold into slavery. He required it of Jacob when he left his homeland penniless and needy. He required it of most every major leader that He used significantly - brokenness.

Brokenness cannot be achieved on your own. It is something God does Himself. We cannot determine that we are going to be broken, but we can refuse to become broken.

When God begins this deeper work in our lives, we can kick and scream and re-

fuse the process. We can manipulate and strive to stay on top, but this only delays His work.

Pride and mammon are ruling strongholds of the workplace. Brokenness is considered a weak position in the workplace. However, God says until we are broken we cannot be an aroma pleasing to the Lord.

God wants you to be an aroma in the workplace and in your neighborhood. In order for this to happen, you and I must be a broken vessel in His hand. Pray that God would allow you to become a pleasing aroma to Him no matter the cost.

Therefore, the goal of the Christian life is death, not success. A popular teaching says that if we follow God, we will prosper materially. God may, in fact, bless His people materially, but few can make this claim among third-world countries.

Wealth must never be the goal of a person's life, only a by-product. "I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds." - **John 12:24**

It has been told that a missionary to a Middle-

Eastern country has shared a motto among their ministry team: "God does not require success, but radical, immediate obedience."

Jesus' obedience gained Him the cross. It did not gain Him popularity among the heathen, the religious or financial success, or a life of pleasure.

His obedience resulted in His death on the cross. This is the same goal Christ has for each of us--death of our old nature so that He might live through us.

That may not sell well among outcome-based Christian workplace believers, but it will result in an eternal reward that far ex-

ceeds any earthly reward. "Behold, I am coming soon! My reward is with Me, and I will give to everyone according to what he has done." Revelation 22:12.

The Christian life is a paradox--the first will be last, death in return for life, and we are encouraged to offer praise to God to overcome a spirit of heaviness. It requires faith in a God who operates from a different set of values that are sometimes difficult to measure from human standards. Let death work in you a life that only God can raise up.

Today is a great day to thank our Lord and Savior. Thank Him for this day. Thank Him that you are able to see, to hear, to speak, to move about. You are blessed because a forgiving and understanding God has done so much for all of us.

We, as Christians have witnessed His hand of blessing, His miraculous power in the lives of those we love, and He just keep on blessing us.

There may be times when you find it hard to manage your time well. There seems to be so much to do. Ask God to help you to prioritize your daily activities to align with His will, His plan, His purpose, to do what is most important.

As well as the little mundane tasks that must be done. As Him to help you to know when to say "no" to projects and requests that come along that would overwhelm you or take away from what He want you to do.

Ask God to help you to always love and care for those lives that He has entrusted to your care and circle of influence.



Sister Tarpley with niece, Sonya Demus Patrick and her mother, Eleana Demus, at Sonya's graduation from the University of Phoenix, Dallas Campus, on Sunday, 07-20-2014 at the American Airlines Center, with a Bachelor in Criminal Justice Administration/Human Services.

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**Avenue F Church of Christ**  
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[www.avefchurchofchrist.org](http://www.avefchurchofchrist.org)

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

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Wednesday Prayer: 6:00pm  
Wednesday Bible Study: 7:00pm  
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# NDG Book Review: *Getting Waisted: A Survival Guide to Being Fat in a Society That Loves Thin*

By Terri Schlichenmeyer

Up and down. Up and down.

When your children were infants, you did it for them all night. You do it now with the remote, clicking through when you're looking for something good on TV. You're up and down while cleaning, working, exercising, and weighing yourself – and on that note, if the latest diet doesn't work, maybe the next one will.

Or, maybe, as you'll see in the new book "Getting Waisted" by Monica Parker, it's time to break this yo-yo string.

Born in Glasgow, Scotland, Monica Parker was six-and-a-half pounds at birth but an hour later, "I weighted sixty-two pounds." That's a slight exaggeration, she admits, but the point is that, for as far back as she remembers, Parker was overweight.

Her mother, whom Parker calls Queen Elizabeth (resemblance in attitude only), was a Viennese refugee from Hitler's regime who'd been forced to leave her two eldest children behind during the war. The family was reunited when Parker was a small child, but the damage



had already been done: she grew up lonely, picked-on, self-conscious, and believing that her mother barely noticed her. Subconsciously thinking that being larger would mean being seen, Parker ate.

She was chubby when the family – which now included Parker's estranged father – immigrated to Toronto. She was chunky as a teen when she learned that her size gave her "power" – but not enough to keep her from being raped. She tried to flirt, tried to date, hoped to find a boyfriend, and ended up being little more than a sidekick to her two svelte roommates as a young adult.

Men didn't like Parker's body. She didn't like it, either.

Parker tried every diet

that sounded workable. She starved herself, then binged; rewarded and punished herself; and almost ruined the relationship she always wanted. And then, in one of those only-in-Hollywood moments, Hollywood called and Parker was offered a job she dreamed of. It meant moving to Beverly Hills, though, an atmosphere that didn't exactly nurture Parker's body image...

"Getting Waisted" is a nice surprise. It's funny in the right places, sad where sad belongs, and supportive in a Sisterhood kind of way. However, there's a big but...

In this memoir, author Monica Parker takes us through her personal ups and downs – a lot. Reminiscent of yo-yo dieting, we read about highs and lows that happen repeatedly, details that start to seem like more of the same. I didn't mind that at first – or fourth, or fifth – but I quickly lost my appetite for it. It just made the book feel padded.

But then – literally on the penultimate page – we get the nugget we've waited for, the raison d'être, the thing every woman needs to know. I wish it had come sooner, but angels sang

when I read it and that's good enough for me.

Watch for copious amounts of (justified) (and

charming) name-dropping when you read this book – and if you're a mirror-avoiding, diet-trying wo-

man who hates her thighs-arms-stomach-chin, you should. For you, "Getting Waisted" is one to pick up.

## CHALLENGE, continued from Page 8

women do not realized is that there are things that she has within her own power to change her final outcome and I take her to the place she didn't know she had. No woman has to accept those statistics; there is so much more that awaits her that will change her outcome if she will be courageous."

The 30 Day Challenge includes five sessions that women must complete before beginning the 30 day calendar and are encourage not to cheat themselves by looking ahead. The teaching sessions positions and frees the heart, mind and body for spiritual intimacy and natural love. Then the 30 day calendar will lead each participant on her

own individual love journey; a recipe for a relationship that endures. The series provides emotional renewal and helps strengthen women in ways not previously offered by other forms of entertainment or ministry.

"It simply works," stated Marybeth a 30 Day Challenge user.

Although King cites there is no panacea for the "marriage crisis problem," the 30 Day Challenge is an interactive system that individually aids and supports women with the removal of emotional baggage and fears that too often block the path to well matched intimacy and love.