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Minority teachers are abandoning classrooms

Black, Latino educators find other professions

By Stacy M. Brown Special to the NNPA from the Afro-American Newspaper

Minorities are significantly underrepresented in public schools, despite the fact that the number of black and Latino students have in-

A new report from the Center for American Progress (CAP) in Northwest — "The Leaky Pipeline for Teachers of Color: Getting More Teachers of Color into the Classroom" — revealed that while much has been done in the past 25 years to substantially increase the number of minority teachers, high levels of attrition has offset that success.

"If you spend time in almost any major school district in America today, you will notice that the students often do not look much like the teachers. In fact, in some areas, the students don't look anything like their teachers," said Ulrich Boser, a senior fellow at CAP. "There is a significant demographic gap in the largely white teaching profession and an increasingly diverse student population," he said.

Released on July 7, the report revealed that black and Latinos are



While the Center for American Progress report outlined the barriers facing educators of color in the public school system, it also provided recommendations. (Courtesy of the Center for American Progress)

more likely to work and remain in high-poverty, hard-to-staff urban schools and districts than their white counterparts; in fact, they often consider it their duty to do so.

What's more, minority teachers usually are committed to the success of children of color, and they affect a wide range of student academic outcomes, the report's authors said. They also serve as powerful role models for all students and prove that teaching can be a viable career for minorities.

Deaundra Francis, of Northeast who holds a Master's of Public Administration, said there are three major hurdles facing minorities who aspire to become teachers.

"After working at the University of Louisiana at Lafayette in the Teacher Prep Student Support Services program, we found that black, low-income, first-generation college students had barriers that prevented them from completing their education degrees," Francis said.

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Editor's picks for travel bags

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Dangers of energy drinks in school kids

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Garland firefighter blazes a new trail

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Everyone needs to vote

By James Clingman NNPA Columnist

This is a call for all eligible Black folks to register and vote in every election from now until eternity, so we can stop the rallies, marches, and demonstrations related to vot-

Despite being the most party-loyal voters in history, and receiving the least for that loyalty (No quo for our quid), we continue to deal with votingrelated issues. If everyone would vote we could

move on to the "weightier" matter of building our own communities again. So please, all Black folks who are eligible, get registered and vote! Let's make quid pro quo a reality for Black voters.

In 2012, Black folks turned out in a larger percentage than Whites and other groups for the first time in history. In 2008, Blacks voted 95 percent for Barack Obama. Now, in 2014, we are still rallying folks around "voting"

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People In The News...



Sheila M. Goss



Deeadra Brown



In July 22,000 visited NorthDallasGazette.com - news added daily!

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People in the News www.NorthDallasGazette.com

Sheila M. Goss

Authors, poets and artists will be featured at the 12th Annual Tulisoma South Dallas Book Fair and Arts Festival to be held Aug. 29-30 in Fair Park.

The free festival promotes literacy and highlights businesses and arts in south Dallas.

The festival kicks off at 10 a.m. Friday Aug. 29 with the 2014 Heart and Soul Tour of South Dallas historical sites and landmarks, led by District 7 Dallas City Councilmember Carolyn R. Davis. Call (214) 671-9398



to register for the tour, which will depart from the African American Museum in Fair Park.

Saturday Aug. 30, author presentations, writing and art workshops, open mic

poetry, book signings, children's activities, storytelling, panel discussions, cooking demonstrations and performances will be featured at the African-American Museum.

From 8 to 10 a.m. Saturday Aug. 30, Cornerstone Baptist Church, 1819 Martin Luther King Junior Blvd., will host A Taste of Gospel, showcasing some of South Dallas' finest gospel music voices.

Performances will include the South Dallas Concert Choir, Seasoned Saints Community Choir of Dallas, Cornerstone Baptist Church Combined Choir,

Tabernacle Choir of Joy Tabernacle A.M.E., Gospel artist Jarryl McQueen and Jazz Saxophonist Chuck Anderson.

Words of inspiration will be delivered by Rev. Dr. Michael W. Waters of Joy Tabernacle A.M.E. Church and Pastor Chris L. Simmons of Cornerstone Baptist Church.

Among this year's Tulisoma participants are:

Shahrazad Ali - She is the author of *The Blackman's Guide to Understanding the Black Woman*; a book that sparked controversy when it was published in 1989. In the years since

the controversy began, Ali has re-emerged in the media as a guest social commentator on the CNN/HLN program Dr. Drew on Call.

Richard Williams - Father and coach of tennis greats Serena and Venus Williams, he is the author of the memoir, *Black and White: The Way I See It.* The book tells the story of a self-made man who saw the value of education and had the discipline to practice what he learned.

Sheila M. Goss - Screenwriter, national best-selling author and 2012 Emma Award Finalist, her book, *Montana's Way*, was nominated for a 2013 African American Literary Award. She's an *Essence Magazine* best-selling author and honored as a Literary Diva: The Top 100 Most Admired African American Women in Literature.

Luenell Campbell - A comedian and actress, she has appeared in the films Taken 2 and That's My Boy and on television in The Middle and It's Always Sunny in Philadelphia. Her stand-up appearances include Snoop Dog's Bad Girls of Comedy on Showtime and Stand-up in Stilettos on the TV Guide Network.

Deeadra Brown

Deeadra Brown has been promoted from her current position of associate principal at MacArthur High School to principal of Barbara Cardwell Career Preparatory Center, a school of choice in Irving ISD. Superintendent Jose L. Parra, Ed.D. made the announcement to district staff earlier today. She will begin transitioning to her new role immediately

"Ms. Brown has a strong history of instructional leadership that has led to sustained data-driven suc-



cess," says Robert Abel, Irving ISD's division director for high schools and alternative campuses. "Her collaborative approach to education has led to amazing teams working toward a common goal of increased student growth and performance. I am confident she will lead Cardwell in a way that pushes students to reach their full potential."

Brown has worked in Irving ISD for the last two school years as a campus leader at MacArthur High School. Prior to Irving, she served DeSoto ISD from 1996 to 2012. She worked as a teacher and coach at DeSoto High School before serving as the school's Dean of Students and as an assistant principal at the DeSoto High School Fresh-

man Campus. Prior to her teaching and leadership positions in DeSoto, Brown taught and coached at Travis Middle School in Amarillo.

"I'm very excited about this opportunity and I look forward to serving the community and students of Irving," says Brown.

At Cardwell Career Prep, students have the flexibility of a split schedule and can choose a customized academic program from number of career pathways. Approximately 450 students are accepted to attend Cardwell each year. The campus

serves students who want to excel in a non-traditional high school setting, and those who attend Cardwell can also participate in career development programs offered at Irving ISD's James A. Ratteree Career Development Center.

Brown holds an associate's degree from South Plains Junior College, a bachelor's degree from Cameron University and a Master of Education from Texas A&M, Commerce. She is a member of the Association for Supervision and Curriculum Development, the Texas Association

for Secondary School Principals and Delta Sigma Theta. She's been nominated to Who's Who Among High School Teachers and earned the Employee of the Year honor in 2009 for the DeSoto Freshman Campus.

Brown says she plans to work closely with former Cardwell principal Curtis Mauricio to build on the school's success.

In late May, Superintendent Parra announced that Mauricio, who had served as Cardwell's principal since 2005, was the new principal of Nimitz High School.

Jasmine Alexander

The Miss Black USA Pageant and Scholarship Foundation recently announced Miss Black Colorado Jasmine Alexander as the new Miss Black USA 2014.

On Sunday night at the University of the District of Columbia Performing Arts Center in Washington, D.C., a distinguished panel of judges chose Alexander for top honors out of 25 contestants from across the nation. Alexander is a 26-year-old Air Force Intelligence Officer stationed at Peterson Air Force Base.

In 2013, Alexander was deployed to Afghanistan on a special mission to provide pertinent information to the



troops to secure their safety. Immediately after being crowned, Alexander said, "As a member of the Armed Forces and now as Miss Black USA, I can't think of a better way to serve my country."

The newly crowned beauty queen will use her reign to promote the Heart Truth campaign to raise awareness of heart disease.

"One in every four women die of heart disease and we really need to push fitness, healthy living, and a healthy lifestyle so that will be one of the first endeavors I undertake as Miss Black USA," explains Alexander.

Alexander's Miss Black USA prize package included a \$5,000 scholarship and a trip to Africa. She holds a B.A. in Mass Communications and a Master's degree in Human Services and Executive Leadership from Liberty University. Alexander is also a proud member of Zeta Phi Beta Sorority, Inc.

The 2014 Miss Black USA pageant was sponsored by Arik International Airways, K. Khristian Michael, and the NYS Collection

The First Runner up was Miss Black Tennessee Gabrielle Lewis. The Second Runner-Up was Miss Black California, Jasmine Johnson.

The Miss Black USA Pageant and Scholarship Foundation, Inc. is a 501 (c)3 non-profit organization whose mission is to provide educational opportunities to outstanding young women of color.

The Miss Black USA Pageant was founded by Karen Arrington in 1986. To date, the pageant has awarded more than \$300,000 in scholarships.

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Migrant Children: Innocent victims of the U.S. 'War on Drugs'

By Marian Wright Edelman NNPA Columnist

Bishop Minerva Carcaño, the Los Angeles Area Resident Bishop of the United Methodist Church, is acting with urgency. Along with more than 100 other religious leaders and activists, she was arrested for civil disobedience at the White House for protesting the deportation of the unaccompanied children crossing our border after fleeing from the brutal violence and poverty of El Salvador, Guatemala, and Honduras.

A few days earlier, she visited Port Hueneme Naval Base in Oxnard, Calif. for the second time and met some of the hundreds of migrant children temporarily housed there. Joining her this time were Bishop J. Jon Bruno of the Episcopal Diocese of Los Angeles, Robert Ross of the California Endowment, and Fred Ali of the Weingart Foundation.

Referring to first visit to Port Hueneme, she said, "The naval base has been turned into a holding site for these children, and it was to capacity with 575 children and young people between the ages of 13 and 17, and they've all been through horrific experiences. Many of the girls have experienced sexual assaults, and some of them have been raped . . . If you ask them what the prayer in their heart is, they'll tell you immediately, with a sense of faith, that indeed it's going to happen – and their prayer is that God will give them life."

Bishop Carcaño spoke to the Children's Defense Fund (CDF)'s Samuel DeWitt Proctor Institute for Child Advocacy Ministry at CDF Haley Farm in mid-July about the humanitarian crisis of thousands of desperate children crossing our border. The details are haunting: An unaccompanied tod-

dler being cared for by little girls sitting in a locked cell for 12 days. A grandmother with three little grand-daughters who a gang had threatened to take if she didn't pay more than \$20,000.

Nearly 60,000 unaccompanied children traveling alone. They are in many ways the latest innocent victims of the U.S. war on drugs. Even as the U.S. worked with Mexico and Colombia to close down the drug cartels and gangs there, the massive market for illegal drugs here in our nation has remained. To feed our illegal drug habit, the drug lords and vicious gangs have moved operations and created unprecedented levels of violence in El Salvador, Guatemala, and Honduras. Now these essentially lawless countries have become some of the most dangerous places on the planet.

Part of the solution may rest with

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issues, voting rights, and voting procedures. As I said, we vote the most but receive the least. What will change this ridiculous scenario? I say, 100 percent registration and voter turnout; then we can finally stop spending such an inordinate amount of on those subjects.

Booker T. Washington once said, "There are some Negroes who don't want the patient to get well." It is still true today with politics among Black folks. We have leading Blacks whose every move is centered on the political. For their personal economic prosperity, they do very well; but when it comes to a collective solution, you can't find them with a search warrant.

They keep Black folks "fired up and ready to go" to the polls, but not to the marketplace, where the real action and power reside. Booker T. also said, "There are reports that in some sections the Black man has difficulty in voting and having counted the little white ballot he has the privilege of depositing twice a year. But there is a little green ballot he can vote through the teller's window 313 days each year and no one will throw it out or refuse to count it."

Since we don't get it, I strongly suggest that until we achieve full participation in voting. There will always be someone who tries to keep the patient sick, dependent, and drunk on the fantasy that politics will save us. The only thing that does is wear out good shoe

leather from marching so much. If you think the ballot is stronger than the dollar, then put the word out for everyone to register and vote.

Black people have embraced the illusion of political power in exchange for a more important possession: economic power. For six decades, we have languished in political purgatory, thinking we would be all right if we could just get some Black people elected to public office. So why don't we just establish a national goal of 100 percent registration and voting? Then we can move beyond this political charade and stop falling for the best head-fake in history.

Our major conferences have become nothing but mini political conventions. We invite politicians to speak and, of course, keep the flock focused on their agendas. Joe Biden spoke at the NAACP convention and gave them all the political red meat they could handle as he concentrated on voting rights. "These moves to limit the 'right to vote' are nothing more than pure politics, masquerading as attempts to combat corruption where there is none," Biden said. "Pure politics"? Really?

Cornell Brooks, the new president of the NAACP, said his plan is to focus on criminal justice issues, fight the rollback of the Voting Rights Act and diversify the NAACP's membership. In his answer to Roland Martin's question, "What is your top pri-

ority?" Brooks said, "Well, the top priority would be to listen and engage a membership which reaches hundreds of thousands of members, but certainly in audience and the coalition of inclusion that stretches across the country." Say what!?

(Note: On July 30, 2014, the NAACP announced a partnership with Dunkin' Donuts to increase Black franchises. Kudos to Brother Dedrick Muhammad for that initiative.)

On her radio show, Bev Smith discussed this issue with George E. Curry. They asked why there is less emphasis on economic empowerment than on political empowerment among our major organizations. They called for an Economics Report Card and for the best and brightest among us to devise and execute an economic plan for Black people. Bev Smith lamented, "Where are the voices like those of the past?" Both agreed that we have the 'professional expertise to help ourselves" in the economic arena. I concur, but we must first get this voting albatross from around our necks.

In my best James Brown impression, "Please! Please! Please!" All Black people register and vote so we, the "patients," can finally spend our time getting well.

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, blackonomics.com.

Five tips for Mom's back-to-school sanity

By Jennifer Keitt

Heal self-defeating thoughts: "I stunk at math and my kids will stink too!" This was my greatest self-sabotaging thought as a Mom, and I had to heal! As Moms we allow toxic negative thoughts to run through our minds every single day. It's time to stop it this school year! Moms can be defeated in their parenting before they get out of bed in the morning. Thoughts can't be removed—they have to be replaced. So here is what every Mom needs to try: Face the fear. Just because you aren't good at math, for example, doesn't mean that's going to be your child's truth. It's hard, but arrest those thoughts as soon as they enter into your mind (handcuff it literally). Then replace the negative "Jimmy isn't going to "get" math thought with "Jimmy is smart, resourceful and able to do it!" (Plus Mom, you can hire a tutor or grab a homework coach to support him). Repeat these "healing" thoughts and strategies every



time those old self-defeating ones come up.

Have patience with yourself: Life takes patience—especially life as a Mom! So the cookies burned up—run to the store and put some store bought cookies on the tray to send into school! So your child is wearing the same socks two days in a row—he/she won't die, cut yourself some slack. Take a deep breath, slowly

exhale and give yourself the gift of having patience with YOU every day this school year.

Attend to your own needs: It's hard for Moms to "put their oxygen masks on first." I know. I've raised four kids! The boldest thing Moms can do is dare to take care of themselves first. Get up early and go out on that Saturday morning run. Grab that cup of coffee with a friend for girl talk. Take a

long bath locked behind closed doors at midnight! Attending to your own needs first is taking the time to honor you, and preparing to be the best Mom possible for your kids this school year. You can't be who you haven't nurtured and you can't give what you don't have.

Know what makes you smile: We lose sight of how much joy our children really do bring into our lives underneath the crushing weight of the responsibility of parenting. This school year, remember over and over again what you love about your children. What do your kids do that only they can do to make you smile?

My son is the only one on the planet that can flash those eyes and teeth and melt my heart! I know this and I look forward to it. Moms, plan for moments of laughter throughout the school year while in the car line, waiting after practices or trudging through homework. Lighten your life by knowing what makes you smile.

Put everything in perspective:

Before you know it, the kids are gone. I know this sounds cliché but, because I am acutely aware of how real this really is, I want to encourage you to stroll slowly through this school year rather than trying to get through it in a dash!

The scariest thing you can do as a Mom is to will yourself to keep the bigger picture in mind. Don't sacrifice the relationship with your kids while trying to preserve your reputation as "Mom." It can be hard to keep the bigger picture in mind when they won't get out of bed in the morning; but trust me it's worth keeping a lifetime with your child in mind every single day this school year.

Jennifer Keitt empowers and educates more than one million listeners across the globe each week as the host of Today's Black Woman Radio Show and, her new talk show, THE JENNIFER KEITT SHOW, which airs on KISS 104FM in Atlanta, GA. www.jenniferkeitt.com.

Healthy eating tip: Keep salad ingredients on hand

Keep salad supplies on hand because it helps to make healthier food choices when the hunger bangs hit. Stock up on items like:

shredded or washed and ready lettuce – use a variety and maybe use a new lettuce type at least once a month to discover a new favorite

- chopped peppers
- sunflower seeds
- different veggies like butternut squash and radishes – julienne or crinkle cut will make them more appealing to kids



sometimes

- cucumber
- parsley
- healthy dressing choices
- fresh fruit

By having the ingredients ready to go, salads are an easy way to make ½ your plate veggies. Small steps to a healthier eating lifestyle.

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Editor's pick for travel and backpack

By Ruth Ferguson NDG Editor

Where did the summer go? You still have travel plans! You still need to finish your back to school shopping! Well, here are two items you can purchase that will make your life a little easier.

Stylish Sustainability

The Pelcor bag is one of the most unusual I have had the pleasure to rub my hands against. It is literally made of cork, but you would never imagine that with it's soft suede-like texture. It is not often you can find a high-end bag that will also appeal to your inner tree-hugging, save the climate nature. If sustainability is important to you, the Pelcor Cedar Tote is the right bag for you.

The cork is extracted from the cork oak tree, which has a lifetime of 250-350 years, and is the only tree whose bark regenerates itself after each extraction. After the first extraction, cork can be harvested every nine years. An adult cork oak produces several hundred pounds at each harvesting and will live for many generations. It survives and prospers as part of a unique worldwide ecosystem: the cork oak meadow.

After the tiradia (process of harvesting), the cork is left to dry in the meadow. Raw planks of cork are then boiled, making them more





elastic and easier to flatten, after which they are sorted by thickness and quality. Only the finest quality of cork is selected for manufacturing into Pelcor accessories. This quality of cork has a soft, suede-like texture, unlike the rough cork stoppers used in wine and champagne (or often cork

The Pelcor cork skin bag is lightweight, waterproof and environmentally friendly.

As in nature, no two Pelcor pieces are exactly alike subtle chromatic variations make each an utterly unique

So, if you are ready to hit the road for the last girlfriend getaway of the summer, this is a great bag. You can order it exclusively at pelcorusa.com.

Pelican's S140 Sport Elite Backpack

Do you feel like every

time you turn around your kids have destroyed another backpack? These days all too often they do seem made to last five minutes. Not the Pelican S140 - it is is rugged, but also comfortable, including features like a lumbar padded ergonomic and ventilated back.

But what I love about the Pelican S140 is that it is made for the modern student - or biz traveler - you know those of us who cannot travel without at least one of our mobile devices. Specifically the backpack has a protected - and I do mean protected section for your mobile tools.

The watertight crushproof case will actually protect a laptop, or tablet. This means that if you just slide your wallet in a pocket, you can safely care your items on the flight with one carryon bag. Ladies will like what they describe as the "suregrip soft rubber handle" which might help cut down on that hand fatigue we sometime experience.

Parents, will this bag absolutely guarantee that the new laptop is safe when Johnny throws it around? Come on you know Johnny better than we do - but you stand a much better chance of it surviving the daily slams on the floor or desk.

The sample S140 Sport Elite Backpack provided to me was all in black, but they also come in orange and green. You can order the bag at pelican.com.

City of Dallas and Enroll Dallas County Coalition plan local healthcare education event

Dallas residents that have a new healthcare plan can attend the "Got Healthcare? Get Educated!" event being held on August 16, 2014 from 10:00am to 12:00pm at the West Dallas Multipurpose Center located at 2828 Fish Trap Road. The event aims to educated residents on how to use their new healthcare plan.

During the first open enrollment period, over 700,000 Texans signed up for a healthcare plan under the Affordable Care Act. As Dallas County has the most uninsured residents in the whole state, the push for more to enroll will continue this fall.

Deputy Mayor Pro Tem Monica R. Alonzo and the Enroll Dallas Coalition will host this event that is open to the public. The event will be bilingual and will not only educate residents on how to use their new healthcare plans, but will also encourage their neighbors to sign up as well.

"As residents are now signing up for healthcare under the Affordable Care Act, it's important that they get the most out of their plan. This event will educate residents on healthcare basics and encourage those that don't have healthcare to sign up." says Deputy Mayor Pro Monica

Representatives will be onsite to discuss healthcare basics, the upcoming fall enrollment period, and to discuss children's Medicaid, CHIP, and WIC programs.

Garland Civic Theater schedules auditions

Garland Civic Theatre has scheduled auditions for "Cabaret". The Book is by Joe Masteroff, Music is by John Kander, and Lyrics are by Fred Ebb. Auditions are on the afternoons of August 30 and 31, 2014 beginning at 1:00 pm. Callbacks begin at 6:00 pm on the 31st. Rehearsals begin on September 8, 2014.

The auditions will be held at the offices of Garland Civic Theatre, 102 North Sixth Street in downtown Garland. Appointments which can be made by calling the Garland Civic Theatre office at 972-485-8884 are required for all auditions. Auditioners

should bring a headshot and resume to their appointment. Prepare 2 songs of choice, 1 ballad and 1 up tempo Broadway. Bring your sheet music; accompanist is provided. Songs from "Cabaret" are welcome. Cold readings and dance auditions are at callbacks only. Roles for 9 females and 13 males are available. Performers aged 14 to 65 who are strong dancers, tumblers, play musical instruments, and any other fun special skills are encouraged to audition. This cast will be ethnically

Ryan Matthieu Smith is directing this story of nightlife at the seedy Kit Kat Klub that revolves around the English cabaret performer Sally Bowles and her relationship with the young American writer Cliff Bradshaw. The music director is Cherish Robinson and the choreographer is Michael Albee.

The production dates are Thursday, October 23, 2014 through Saturday, November 15, 2014 at Granville Arts Center, 300 North Fifth Street, Garland, Texas. [Note: performances will be Thurs (Oct 23 & 30) nights at 7:30, Fri & Sat nights at 8:00 and Sun (Oct 26, Nov 2, 9) or Sat (Nov 15) matinees at 2:30].



Back-to-school means back to good nutrition basics

By Merilee Kern

As parents prepare for yet another "back to school" season, they will scurry to malls in search of new clothes for their ever-growing child along with a litany of school supplies too numerous to name. But, let's not forget healthy school lunches and after-school snacks as we plan ahead for the upcoming school year.

Here are a few great ideas to assure a happy school day is also a healthy school day:

- Lean meat, such as shaved ham or turkey, on whole grain bread or in a wheat wrap with some lettuce, low/fat free cheese, and a touch of low-fat/fat-free mayonnaise or mustard is sure to please...and nourish
- Even the quintessential children's sandwich, PB&J, can be made in a healthy way these days. Many peanut butter brands now offer low-fat and low-sodium versions. That, coupled with an all-fruit, sugarfree jelly on whole grain bread makes this school cafeteria staple a guiltless pleasure.
- Tuna fish is jam packed with oh-so-beneficial Omega-3 fatty acids. When mixed with low-fat mayonnaise, diced apple, and, if your child likes, a bit of onion and served in a wheat pita it's nothing short of delish and a healthy home run!
- BLTs can also be healthy! Simply swap regular bacon for the turkey bacon variety (in moderation due to high-sodium levels) and layer with lettuce, tomato, and fat-free mayonnaise. Sandwich in whole grain bread or roll into a pita wrap your child will nary know the difference between this healthy version versus its fat-packed counterpart.
- What to serve on the side of the main school lunch item? Options abound! Low-salt pretzels; fat- and sugar-free yogurt or cottage



cheese; celery sticks filled with low-fat/low-sodium peanut butter; any kind of pre-washed fresh fruit (nature's gift to humanity); dried or dehydrated fruit, such as raisins; apricots, pears, apples, roasted or raw almonds, walnuts or peanuts (not oiled or candied); low-fat string cheese or chunked low-fat cheese; and even baked chips or healthy pita chips in moderation are all great choices.

• Skip the sugary juice box and send along a bottle of water instead to get your child in the habit of working toward his/her optimal fluid intake (experts recommend one consume about .5 ounces of water per pound of body weight).

It's common knowledge that after school is prime time for snacking, and it is also a time when many kids make, shall we say, less than nutritious food and beverage choices. Here are a few health and fitnessfriendly after school snack alternatives your kids are sure to love:

- Potato Chips/Fries Cut the potato in the desired shape (round, rectangular, oblong, etc.). Fully coat with egg whites. Season with a touch of salt or other herbs as desired. Bake at 350 degrees until golden brown. Serve with sugarfree catsup.
- Popcorn: Air pop popcorn and on it drizzle a moderate amount of powdered butter substitute, light parmesan cheese, or even honey for a tasty twist.
- Pizza: On a fat-free-/low-carb whole grain tortilla (or whole grain bagel), smear tomato paste or sauce and top with fat-free cheese, whatever veggies the child

likes, and even lean meats like ham or turkey dices. Bake at 350 degrees until cheese is melted with a few brown spots on top.

- Tortilla Chips: Cut Chinese wonton squares (usually found in the produce aisle) in half diagonally so they become triangles. Spread out evenly on a baking sheet, lightly spray with cooking spray, and sprinkle on a dash of salt. Bake at 350 degrees until crunchy. Eat alone or serve with fatfree salsa or the below-described Mexican bean dip.
- Mexican Bean Dip: Drain and food process two 14-ounce cans of black beans. Add 3/4 cup of fatfree salsa and 1/2 tablespoon of Worcestershire sauce and blend until completely smooth. Top with a dab of fat-free sour cream, fat-free cheese, diced tomatoes, chopped green onions, etc. as desired.
- Fruit Smoothies: These are a warm weather staple that can, and should, be enjoyed year-round. While fruit smoothie recipes abound, it need not be a complex process. Simply blend, in amounts to your personal liking, either plain or flavored fat-free/sugar-free yogurt with skim milk, ice cubes, and either fresh or frozen fruit chunks. For added sweetness, you can

add a touch of honey or an artificial sweetener, such as stevia. Blend and enjoy!

- Healthy Ice Cream Sandwiches: These are a snap - and always a crowd pleaser! Purchase any type of round fat-free/sugar-free cookie on the market (preferably the new whole grain varieties) or bake any low-fat/low-calorie cookie recipe from scratch. Sandwich waistline-friendly sherbet, sorbet, or gelato between two cookies and press to make a sandwich. For added excitement, flavor, and visual interest, you can also roll the outside edge of the "sandwich" in chopped unsalted nuts, shredded coconut, raisins or finely diced fresh or dried fruit.
- Parfait: While the word "parfait" may not be in your child's vocabulary, (s)he will love making and eating this snack layered with goodness. In a cup or bowl, simply create thin, alternat-

ing layers of non-fat yogurt, low-fat granola (or other heart-healthy cereal product), and fruit slices or whole berries. Make as many layers of each as you like and then dig in!

• Jell-O: Let's not forget how much colorful, jiggly Jell-O can delight, especially when it is jam-packed with diced fruit.

Children's health advocate, health industry veteran and two-time fitness champion, Merilee Kern, is the creator of the groundbreaking "Kids Making Healthy Choices" APP for children, parents/caregivers and educators (available on iTunes), which is based on her award-winning, illustrated fictional children's book, "Making Healthy Choices – A Story to Inspire Fit, Weight-Wise Kids." She may be reached online at: www.KidsMakingHealthy-Choices.com.





Trailblazing firefighter sees career as one of service to community

Ivan Brooks was recently promoted to the rank of Lieutenant with the Garland Fire Department. He is the first African-American to test and achieve this rank in Garland, and he is one of six African-Americans fire-fighters in the department. Lt. Brooks, is a 20-year veteran with 14 years of experience as a paramedic.

Lt. Brooks spoke by phone with the *North Dallas Gazette*, and when asked how why he chose a career in firefighting he indicated, "I always thought about it since I was a child."

Brooks shared that as a first-grader when asked by his hometown newspaper what he wanted to be when he grew up his reply was "football player or fireman." So when Brooks and his friend found themselves in dead end jobs, he remembered his long ago aspiration and together they took the test. His friend joined the Dallas Fire Department.

Lt. Brooks attended Texas A&M University, and throughout his career he has received 10 lifesaving bars and one Certificate of Merit.

As B-Shift swing lieutenant his new responsibilities place him in a position of leadership.

"I have a crew I supervise instead of doing a lot of the work," he said. "I supervise the team doing the work."

Now he is the one giving directions and bears the responsibility of the safety of the firefighters on the scene on his shoulders.

When asked what he enjoyed about serving as a firefighter, Lt. Brooks quickly pointed to the camaraderie of the team.

"They become your second family," he said. "Because we spend one-third of our life at the station."

For anyone considering a career as a firefighter, Lt. Brooks points out, "It is an awesome career, but you have to have the right mind-



set for it. Firefighting must be a job that you in your heart you want to do."

Some might be surprised to hear the career described in a way that suggest you need a servant's heart. But

according to Lt. Brooks, "You have to want to help people, you have to be self-less in your job. It is more about the person you are trying to help than it is about you."

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The Garland Fire Department is looking for men and women interested in a career as a firefighter/paramedic. You must be between the ages of 18 and 35 with a high school diploma or GED. Starting salary is \$47,100. Applications accepted online only at www.garlandfire.com.

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A CAREER FOR LIFE

Sharing the memories...



Booker T. Washington (Bulldogs) Class of 1962 recently enjoyed their 50th class reunion. Pictured above are; (L to R): Carl Sider, Lawrence Kennedy, Michael Chambers, Roy Dabbs, Henry Giles, Joe Scott and Charles Ingram (Middle Row): Maggie (Curry) Anderson, Lula (Davis) Moss, Lena (Boyd) Coleman, Roslyn (Canyon) Hearn, Gwendolyn (Johnson) Chance, Sherry Thompson Gambrell, and Jo Ann Gardner. (Front Row) Rodger Cartwright.

Class officers included; Class President, Lawrence Kennedy, Vice President, the late James Rhodes, Secretary, Leatrice (Brown) Westbrook, Ass't Secretary, the late Marilyn (Mooney) Thornton and Miss BTW, Jackquelyn Denise (Jackson) White.

Sherry (Thompson) Gambrell said, "Many of us have reached 65 and above with reasonable health and strength and we thank God for that."



Study shows energy and sports drinks are actually harmful to kids

By Viji Sundaram

(New America Media) BERKELEY, Calif. — The drumbeat of criticism against soda by health researchers and health care advocates in recent years has hurt soda sales nationwide, but the vast range of alternative sugary beverages targeted at youth — energy, sports, tea and fruit drinks — continues to fly off store shelves and vending machines because of "misleading health claims," according to a UC Berkeley study out Wednesday.

Researchers at the school's Atkins Center for Weight and Health studied 21 sugary drinks popular with young people that were touted by their manufacturers as enhancing "health and strength." They concluded that the manufacturers were putting what researchers called a "health halo" over the beverages. The claims were not only false the beverages were harming children's health, researchers said.

"Despite the positive connotation surrounding energy and sports drinks, these products are essentially sodas without the carbonation," asserted the study's lead author, Dr. Patricia Crawford, who cofounded and directs the Atkins Center. "Rather than promote health as claimed in advertising, these drinks are putting our children's health at risk."

"Under the guise of offering the public more choices, beverage manufacturers are using a 'health halo' to attract increasingly health-conscious consumers of all ages back to sugary drinks," noted Dr. Harold Goldstein of the California Center for Public Health Advocacy, which commissioned the study. "Their health marketing claims are the 21st century equivalent of selling snake oil."

Goldstein previously spearheaded statewide campaigns that helped the enactment of state laws removing soda and junk food from California schools.

Harmful additives

The drinks, researchers say, not only deliver "troublesome" levels of sugar and calories but the additives that are typically marketed as health- and performance-enhancing could do a great deal of harm to children's health. Those additives include such ingredients as caffeine-rich guarana, ginseng, taurine, gingko biloba and ginger extract. Of those five, only ginger extract is classified as "likely safe" for children by both the National Institutes of Health's National Center for Complementary and Alternative Medicine.

"The others are possibly safe for adults," Crawford observed.

A worrisome factor is the synergistic effect of the additives, researchers say. Caffeine – the mainstay of many of these drinks — for instance, when blended with



guarana, increases the physiological effects of the caffeine in the beverage.

Studies show that one cup of many energy drinks contain more caffeine than a cup of coffee. And because these energy drinks are cold and sweet – two appealing factors for a child's palate — a child could over-consume them.

"There's a medical risk of children drinking too much energy drinks," Crawford said.

She said it's paradoxical that parents go to great lengths to protect children by buckling them up in car seats and keeping plastic products out of reach, yet don't think twice about letting them ingest sugary beverages.

She pointed out that study after study shows that even when you control for obesity, just one sugar-sweetened beverage puts a person at cardiovascular risk and doubles the risk for diabetes.

While Crawford acknowledges that the health impact of these additives has not been studied in children, when consumed in high quantities by adults they harm health.

"Businesses' relentless pursuit of profit comes before the cost to health," asserted Larry Cohen, executive director of the Oakland-based Prevention Institute, a non-profit dedicated to improving community health. "It's clear we need stronger labeling and limits on marketing, as well as higher taxes on unhealthy foods."

A bill introduced last month in the House by Rosa DeLauro, D-Conn., will tax sodas and other sugar-sweetened beverages. De-Lauro hopes that the Sugar-Sweetened Beverages Tax (SWEET) Act, will curb the nation's rising diabetes and obesity rates. This is the first time in five years that such a bill is under consideration in Washington, D.C.

DeLauro is reported as saying she is under no illusion about the chances that her SWEET Act will become law. She does not even expect the bill to come to a vote. But she wants to bring the debate to Washington, hoping it might help galvanize local efforts to levy similar taxes.



Fact:

Seven types of commonly used herbicides and pesticides washed down our storm drains can be found in the Trinity River. Lawn chemicals and pesticides can pollute the storm drainage system, including area creeks, lakes, and the Trinity River, potentially harming plants and aquatic wildlife.

Tips:

- Don't apply yard chemicals when it is very windy or about to rain.
- + Try using natural and organic alternatives.
- + Follow the instructions for the chemicals including organic alternatives.



In Texas, most eligible immigrants do not become U.S. citizens

By Anthony Advincula

(New America Media) For Hortencia Ortega, the decision to become a U.S. citizen boiled down to her three children whom she had left behind in Mexico.

An immigrant from San Luis Potosi, she moved to the United States eight years ago in search of work to support her children back home. Alone, she had no other family in the United States when she arrived in Texas.

"I promised that I would return as soon as I could." she said through a translator, "and that we would be together again."

Ortega worked odd jobs, and two years after she arrived, she remarried. Her husband is already a U.S. citizen. (Her children are from a previous marriage.) Three years after she got her permanent residency, she filed naturalization paperwork, so she could one day reunite with her children.

Last year, the 56-year-old woman was sworn in as a citizen, and now has an American passport. The \$680 fee was waived, because of her low-income

"My citizenship has not only given me work stability and financial freedom, but also the opportunity to [be reunited] with my family," she said.

With the help of an immigration lawyer, Ortega has already started the process of petitioning to bring her



Hortencia Ortega (Anthony Advincula/New America Media)

three children, now 32, 29 and 27 years old, to the United States.

Changing the attitude

But not all immigrants eligible for naturalization follow in Ortega's footsteps a pervasive attitude that, according to citizenship advocacy groups, needs to be changed.

"In Canada, it is almost a default if you don't get naturalized, while it seems to be the other way around here," said Lydia Bean, senior consultant at People in Communities Organized (PICO) Network. "And, if [for] any reason you refuse to get naturalized in Canada, you really have to swim against the mainstream."

Two years ago, there were about 1.3 million legal permanent residents, or green card holders, in Texas. Of that number, about 930,000 were

58,000 immigrants in the Lone Star state became naturalized.

Nationally, of the estimated 13.3 million immigrants with legal permanent resident status in the country, about two-thirds were eligible for naturalization.

For eligible immigrants, barriers to applying for naturalization include lack of English skills and civic knowledge, criminal and immigration history, and the \$680 application fee.

"Between 2010 and 2014, there has been an increase in the number of legal permanent residents eligible for naturalization, and yet we are not tapping into that," said Claudia Ortega-Hogue, Texas director of civic engagement for NALEO Educational Fund.

Service providers

Luis Arango-Petrocchi, project manager for the citizenship program at Catholic Charities of Dallas, says eligible immigrants can seek help from service providers.

"We're here to help complete your N-400 [new] application [form]. We have immigration attorneys and representatives to review your applications," Petrocchi added. "Citizenship is a life-changing experience."

For Mario Vargas, becoming a citizen helped him to land an important internship with a government agency.

When he applied for an internship with a federal government agency in Texas, the 23-year-old political science student at the University of Texas realized that his green card was not enough.

"I was told that they will accept me if I became a U.S. citizen," Vargas said.

With the help of Proyecto Inmigrante, the same Dallas-based immigrant service provider that helped Ortega with her naturalization application, he successfully made it through the interview process.

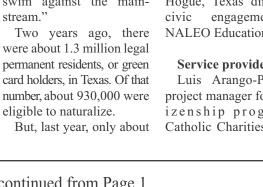
"I asked the interviewer [immigration officer] if they could speed up the process and, luckily, I was told that they will do the pledge that

day so I could get the internship," Vargas added.

To be eligible for naturalization, the applicant must be a legal permanent resident and at least 18 years old; have lived in the United States continuously for five year or three years if married to a U.S. citizen. The applicant must also be able to speak, read and understand basic English; pass a background check; show knowledge of U.S. government and history; and swear allegiance to the United States

Acquiring citizenship

See CITIZENS, Page 13





TEACHERS, continued from Page 1

"Because it's required by most states and higher education institutions to pass the Praxis I and II exams as well as all required courses, minorities have not been able to do so and they change their majors to something more compatible," she said. "The second barrier is the financial and family obligations which may hinder future progress toward an education degree and the third barrier that I propose has to do with culture."

Melissa Mesku, also of Northeast, who works for New Worker magazine, said she once taught at a high school in a povertystricken New York neighborhood and circumstances made it difficult for her to continue her career.

"I'm a woman of color and I taught English as a second language [ESL] for refugee and immigrant students and most of the newer teachers were also minorities at my school," Mesku said. "I stayed for a year. Coming from a disadvantaged economic background, I simply couldn't afford to continue to live on a teacher's salary. If I wanted upward mobility, I had to move on to more lucrative work, especially considering the difficulties and commitments required to work in a hard-to-staff school and spending my own money to clothe and feed students and working 13 hours per day with no resources or books."

Jerry Jones would like you to not believe your lying eyes

By Ruth Ferguson NDG Editor

According to Dallas Cowboys owner Jerry Jones, you should not necessarily believe what you see in the photos circulated on the Internet last week with two alleged strippers.

Reportedly the photos are five years old and he claims, "Someone has misrepresented photos taken at a restaurant five years ago for their own purposes and so I'm just not going to comment," in comments to ESPN.com.

The usually camera loving Jones was noticeably quiet last week, but he claims it was because he was ill.

Bottom line – I was a long time

fan of Jones and despite my disappointment with his dedication to quarterback Tony Romo, Jones has left his imprint on the NFL. It would be a shame if these photos derail recent attempts to try and finally get him a Hall of Fame entry

as an NFL executive/owners. All of the key players from the glory days of the 1990s Dallas Cowboys have been enshrined and it is time for Jerry.

Assuming we can erase from our memories those photos.



@INFIN8SON shared a tweet with racy photos of Cowboy's owner Jerry Jones with young women in provocative poses.

Hip Hop Corner

By Jineea Butler NNPA Columnist

I had the honor of sitting in on LL Cool Jay's private listening session in New York City. He was previewing excerpts from his upcoming release of the G.O.A.T II. When super producer Alize Jones from Beatbrokerz Ent. invited me to the session, I was thinking, what's he trying to do with the hood? You would think that he would have lost some of his street cred being in Hollywood but he represented the evolution of Hip Hop. His demeanor was well versed and professional but his swag was hood. Everybody in the studio was Hip Hop, the vibe was Hip Hop, the love was Hip Hop, LL is Hip Hop.

It was the ultimate atmosphere of what Hip Hop is supposed to look like. It was opportunity in the air. Young producers playing their best tracks for The Greatest of All Time? LL checking for the tastemakers to whip their head back and forth? Where they do that at? I was waiting for Ashton Kushner to pop out and say 'You just got Punked.'

It wasn't until he spoke about what he was trying to accomplish with the project did I understand that he is the Greatest of All Time. LL said that he realized New

York's voice was missing on the Hip Hop scene and he wanted to use his celebrity status to reach back to those who didn't get an opportunity to step in while the South manhandled the airwaves. Only a real MC can understand that no matter where you at in life, if the place that birthed you is not all right, then you are not all right. His sincerity was written all over his face, he knew that it was his duty to revive something that was the cornerstone of his heart. New York Hip Hop. Being the GOAT is about more than just making

I remember LL from as far back as the movie, "Krush Groove." The infamous scene where he bust into the audition with Jam Master Jay, Rick Rubin, Jekyll and Hyde and they told him no more artists. LL motioned to signal, "I'm not trying hear what you saying." and turned to his hype man, I believe it was B, holding the Boom Box and yelled 'BOX.'

He was so intense that Jam Master Jay reached for his gun. But LL kept rocking and won them over in a matter of seconds because he spit Hip Hop. That's the true essence of Hip Hop, digging deep and producing something that you love. LL's kick in the door mentality is what many

See HIP HOP. Page 12



Low Black Employment in Hi Tech Silicon Valley

By Benjamin F. Chavis, Jr. NNPA Columnist

The nation's digital technology and social media companies are helping to transform how people throughout the world communicate and do business. In the process, Silicon Valley has become more than a geographical headquarter for digital and social media companies. It's where cutting edge technological research is being conducted.

There are, however, some glaring contradictions and serious disparity issues involving some of the most financially profitable social media companies in the world. They are the issues of economic inequality and inequity. The companies lead the world in technology but ranks at the bottom when it comes to workforce inclusiveness and overall economic fairness toward Black Americans and Latino Americans.

Recent research on tech and social media company workforce diversity in America revealed that Black Americans are over indexed when it comes to high tech and social media products and services. But that's not reflected in the workforce. For example, of Yahoo, Google, Facebook. Linkedin, Twitter, and eBay each hired Black Americans at a rate of only 2 percent or less. The boards of many of these tech and social media companies are even whiter -some with no Black board members or top executives.

At a time when the U.S. economy is recovering, this is not the time for racial exclusion, inequality, and economic disparities concerning race. Doing business with Black-owned businesses must also be included in the remedies that now have to be planned and implemented to rectify this terrible and devastating retrenchment of civil rights

and economic equality.

We resolutely agree with the frontline advocacy and effective leadership of Jesse L. Jackson, Sr. and the Rainbow PUSH Coalition on these issues. In a timely televised interview on the Bloomberg Business Channel, Jackson asserted, "Patterns of real racial segregation are in Silicon Valley. The evidence is that we over index in purchasing their products. But when it comes to employment..... There is evidence of a pattern of racial exclusion. Their profits are soaring, yet the disparities abound. eBay does not have a Black or a Latino on their board. Inclusion must be intentional. There is no job in Silicon Valley that a Black or a Latino could not hold. I hope EOC will go to Silicon Valley and conduct hearings. We intend to have a fair equitable relationship."

We all are aware that our long struggle for freedom, justice and equality is today still very much needed. In fact, due to Black American and Latino American large percentage participation in social media that ranges from 30 percent to 40 percent, we have an obligation to speak out and stand up to show our support for equality. Central to the goal of establishing the "Beloved Community," as articulated by Dr. Martin Luther King, Jr. years ago, was the prerequisite of attaining economic justice for all.

There is no question that Jesse Jackson is on the right road at the right time to challenge Silicon Valley. We should all join in this important movement for equality, fairness and justice. Too often some of us sit idly by on the sidelines of history as spectators while social change unfolds. We should all support the Rainbow PUSH Coalition's leadership on this

matter. This is a struggle that we must win. The benefits will help immeasurably to advance to cause of economic empowerment of our families and communities throughout the nation.

Social media should exemplify social change and equal justice. Racial disparity and economic inequality contradicts the very notion of "social media." Racial segregation was wrong years ago and it is still wrong, evil and sinful today.

In an article in the August 5, 2014 edition of Crains headlined, "Jesse Jackson has Silicon Valley's number," The civil rights leader concluded, "The country's moving toward tech — it's the fastest-growing, most lucrative opportunity..... The biggest growth engine is social media....

See TECH, Page 13



EMPLOYMENT OPPORTUNITIES

CHIEF OPERATING OFFICER

The Urban League of Greater Dallas is seeking a Chief Operating Officer to lead the agency's strategic goals and objectives as well as the day to day operations of the organization. This will include grant writing and knowledge of grant program and service delivery, relationship building and oversight of program management and budget preparation. The COO ensures that the agency services are in compliance with all federal, state, and other funder requirements. Must have strong networking with DFW communities, businesses and government entities. Demonstrated executive leadership skills.

Bachelor's degree in a human services field or business is required. Master's degree preferred. Over ten years of progressive program operations management experience required.

Submit Resume, Cover Letter and Salary Requirements To:

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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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New Look Barbershop 3317 Finley Rd.

Irving Arts Center 3333 N. MacArthur #200

HIP HOP, continued from Page 10

have forgotten in Hip Hop.

We sometimes forget on whose shoulders we stand. I saw a young LL in rare footage from Ralph McDaniel's Video Music Box Archives; his energy was pure and he was genuinely grateful and elated to be not only in the presence of Uncle Ralph but to have finally made it to Video Music Box.

He stated, "I know I

made it if I'm on Video Music Box." And he was right. LL has defied what a rapper from Queens is expected to accomplish. Father Time has granted LL a career to be studied. He grew up in front us and became the GOAT. The ultimate test of time I'm sure for him as well is after you cross over do country music, host the Grammy's, get nominated for daytime

Emmys, star in a few movies, can you still rep that mic on your arm?

What I have seen looking in was remnants from a young LL doing what he loved and recognizing that he has grown into a formable man under the umbrella of Hip Hop.

He couldn't shake his love of lyrics and hardcore tracks and surely he can't live without his radio. The unsung hero on the project

was Bimmey Antney, whom LL referred to as the Quarterback.

It was Bimmey's job to round up New York's hottest talent and give them some shine next to the GOAT. The love for Bimmey was evident in the shouts he got from every artist that blessed a track. LL was making everybody step up their game up and, consequently, the album was incredible.

Jineea Butler, founder of the Social Services of Hip Hop and the Hip Hop Union is a Hip Hop Analyst who investigates the trends and behaviors of the community. She can be reached at jineea@gmail.com.

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MIGRANT, continued from Page 3

I am encouraged to see the coming together of many faiths in McAllen, Texas to respond to the crisis in their city. But this crisis needs a compassionate response from every city and our entire nation. I shudder when I see the angry outbursts about these helpless children coming from some communities.

The best solution, as always for children, is to reunite them with their families whenever and as soon as possible. Of the nearly 60,000 unaccompanied children who have crossed the border since October, it is reported that nearly 50,000 of them have been released to sponsors or family members, sometimes even to a parent already living in the U.S. The continuing horror is for those children being kept in detention like those Bishop Carcaño keeps visiting.

In her July Haley Farm sermon,

the faith community here and abroad. Bishop Carcaño said: "If our children see us ignoring the plight of the immigrant child, what do we teach them? Do we not teach them that immigrant children are worthless, not worth our attention or our care? And what do we teach the immigrant children if they never see anyone extend a hand, a caring hand to them? Do we not confirm that lesson of worthlessness, and do we not teach them that the world is indeed cruel and unjust? And will either lesson bring them and us any justice, any equity, any peace, any joy?"

Bishop Carcaño's words are a reminder that those of us who follow Jesus' teachings and the call in every major faith tradition to care for children must act on our faith. We must see these thousands of children in need of help right now not as a political dilemma but as an urgent humanitar-

As Bishop Carcaño says: "We must

be the strongest witness for justice in God's reign that we can muster, a witness for the children ... not just for some children, but for all of God's children."

As such witnesses, we must help ensure sufficient resources are provided by the government and faith and other community organizations so these vulnerable children will be treated humanely, find safe families and warm food to eat, and receive the counsel and due process hearings guaranteed them in law before any are returned to their dangerous homelands and possible deaths.

It is deplorable that Members of Congress left town for their own summer vacations with the humanitarian crisis continuing and without providing the resources the government needs to ensure safety and justice for these innocent children.

Marian Wright Edelman is president of the Children's Defense Fund. For more information go to www.childrensdefense.org.

legal permanent resident or a green card holder," said Dan Adriansen, immigration case manager for Catholic

For more information about the

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CITIZENS, continued from Page 9

gives immigrants not only the right to vote and to work for the federal government, but also protects them from deportation, allows them to travel and live abroad indefinitely without losing

their status in the United States and petition their children and immediate family members, advocates say.

"A petition from a citizen has a faster approval than the one filed by a Charities of Dallas.

New Americans Campaign, go towww.new-americanscampaign.org.

TECH,

continued from Page 11

We're being left behind. The deplorable statistics in tech had to be confronted. Now is the time to challenge the industry."

Yes, now is the time! Let's organize and mobilize. Let's raise more public awareness about these inequalities. Silicon Valley should not be permitted to remain being a valley of prosperous inequity. Let's challenge and transform Silicon Valley into a valley where "Justice will roll down like waters and righteousness like a mighty stream."

Benjamin F. Chavis, Jr. is the Interim President and CEO of the National Newspaper Publishers Association (NNPA) and can be reached for national advertisement sales and partnerproposals dr.bchavis@nnpa.org; and for lectures and other professional consultations at: http://drbenjaminfchavisjr.wix.com/drbfc.



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August 17, 7:35 a.m.

Join us this Sunday for our praise and worship services; and receive a blessing from God.

August 20, 9:30 a.m.

You're invited to join us for Bible study as we worship and praise God for His blessings.

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

BETHEL BIBLE FELLOWSHIP

August 17, 9:45 a.m.

You're invited to worship with us as we praise God for His blessings. Our mission is to empower individuals to live like Jesus Christ.

August 20, 7 p.m.

Join us in Wednesday's Prayer and Bible Study

www.thesriplic.org

Class with Assistant Pastor, Brenda Patterson teaching this week on the subject of Homosexuality.

Dr. Terrance Woodson, Senior Pastor 1944 E. Hebron Parkway Carrollton, TX 75007 972-492-4300 www.bethelbiblefellowship.org

CHRIST COMMUNITY CHURCH IN RICHARDSON

August 17, 8:45 or 11 a.m.

Join us in our Morning Service as we worship, honor and praise God for His blessings to us.

August 20, 7 p.m.

You're invited to our Wednesday Night Bible Study to learn more about the Word of God.

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

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Pastor Minnie Hawthorne-Ewing 635 W. Campbell Road Suite 201 Richardson, TX 75080 972-480-0200

FELLOWSHIP CHRISTIAN CENTER CHURCH IN ALLEN "The Ship"

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

August 17

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.

August 20

You're 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. Senior Pastor 1550 Edelweiss Drive In Allen for Sunday Morning Worship. Admin. Building Address Is 200 W. Belmont Drive Allen, TX 75013 972-359-9956 www.theship3c.org

BIBLE WAY COMMUNITY BAPTIST CHURCH

August 17, 7:35 a.m.

Join us this Sunday for our praise and worship services; and receive a blessing from God.

August 20, 7 p.m.

You're invited to our Wednesday Bible Study to learn more about God's word and how it can lead and guide you.

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

MT. OLIVE CHURCH OF PLANO (MOCOP)

August 17

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Join us in our Sunday School at 8:30 a.m. and to stay for our Sunday prayer at 9:30 a.m. and our Worship Service at 10 a.m.

August 22-24

You're invited and welcomed to our 10th Annual Women's Conference. Theme: "Somebody Ought to Say Something." Proverbs 14:1

Pastor Sam Fenceroy Senior Pastor 300 Chisholm Place Plano, TX 75075 972-633-5511

NORTH DALLAS COMMUNITY BAPTIST CHURCH

August 17, 11 a.m.

You're invited to join us and bring a friend as we worship and praise God for all of His blessings.

Pastor Billy R. Robinson 1718 Trinity Valley Carrollton, TX 75006 972-484-1185 www.ndcbc.org

RHEMA LIFE CHURCH IN PLANO

August 17, 10 a.m.

Join us for our Praise and Worship Service. Come and bring someone with you.

Rev. James W. Thomas, Pastor/Founder 3801 K Avenue Plano, TX 75074 469-467-7575

SHILOH MBC IN PLANO

August 17, 8 a.m.

Join us this Sunday for Morning Services as we worship and praise God for His blessings.

August 19, 7:30 p.m.

You don't want to miss Pastor Joshua's teaching this,

See CHURCHES, Page 16

MT. OLIVE CHURCH OF PLANO

300 Chisholm Pl. Plano, TX 75075 972-633-5511 Answers you need, Hope for today is waiting for you... Sunday School for all ages 8:30 am Sunday Morning Prayer 9:30 am Sunday Service 10:00 am Wednesday Night Service 7:00 pm Pastor Sam Fenceroy Pastor Gloria encerov www.mocop.org Radio Programs Vision & Truth Live

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When God seems far away



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"Why, O Lord, do You stand far off? Why do You hide Yourself in times of trouble?" Psalm 10:1

One of the great mysteries of God is His ways. Some of His ways almost appear to bring us into the most difficult places, as if He were indifferent to our circumstances. It would appear that He is turning His head from our sorrows.

These events in our lives have a particular objective to perform for us. That objective is to bring us to the end of ourselves that we might discover the treasure of darkness. "Yet when I hoped for good, evil came; when I looked for light, then came darkness." Job 30:26.

When we are taken into these dark periods, we begin to see light that we never knew existed. Our sensitivities become heightened and our ability to see through spiritual eyes is illuminated.

Unless we are taken into these times, our souls never develop any depth of char-

We do not gain wisdom, only knowledge. Knowledge is gained through understanding; wisdom is gained through the experience of darkness.

After we go through these periods, we discover that God was, in fact, with us throughout the entire time. It does not feel or appear that He is there when we are in the midst of the dark pe-

However, He is there walking with us. He has told us countless times that He will never leave us. But. when we are in those dark periods, it does not feel like God is there because He does not rescue us from the circumstances.

God does this for our benefit in order that we might become more like Jesus. Jesus learned obedience from the things He suffered, read Hebrews 5:8.

What does that say about how you and I will learn obedience? Embrace the dark times and gain the wisdom that God intends for you from these times.

Then when you seem to be in "a black hole" God for you. . . " 2 Corinthians

When you are in a spiritual black hole in your life the pressure can be unbearable. No sense of God's presence. No sense of anything going on around you. God seems about as far moon - at least from a perspective.

I believe every Christian who is called to make a significant difference in his world experiences times like these.

These are the times when we question the reality of

says, "My grace is sufficient away as the man in the God, the love of God, the personal care of God. And He demonstrates to us that He was there all the time. These are "faith experiences" that God does in every person who is called to a higher level of relationship with Him.

> These times are needful in order to know that we have a "heat shield" that can withstand the incredible heat that comes when we follow Him with a whole heart - a heart that is radical in a commitment to fully follow His ways.

Elisha had that spirit. He slaughtered his 12 oxen and burned his plowing equipment so that he would not have the opportunity to return to anything if God didn't come through. 1 Kings 19:21.

God's Word said, "And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

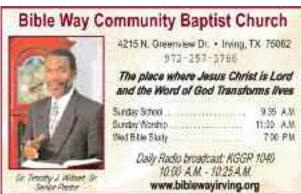
Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong." 2 Corinthians 12:9-10.

Reach toward Heaven and depend on God when He seems too far away to be the source of victory in your life. Allow God's banner to wave over your life so that He might receive glory. He brings love and joy to everyone who accepts it.

Remember, God has a purpose for your life. Ask Him to help you to fulfill that purpose, for wisdom to pass ever test He allows to come to you, for strength and faith to succeed and excel for His honor and glory.



Sister Tarpley and Mr. Leon Williams, a businessman from Paris, Texas after a celebration service at First Baptist Church of Hamilton Park.



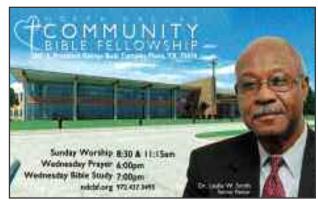


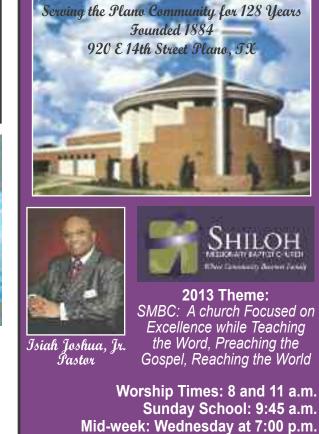
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NDG Book Review: First Day at Zoo School

By Terri Schlichenmeyer

This year, you'll be just like the big kids.

Yep, this year, you're going to school. You'll have a brand-new backpack filled with paper and crayons. You'll have a desk where you'll sit and raise your hand when you want to talk. You might even get to ride the bus.

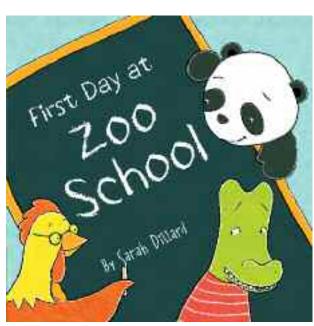
Best of all, you'll make new friends at school, maybe even a new best friend, but be careful what you ask for. In the new book "First Day at Zoo School" by Sarah Dillard, Alfred's new BFF is B-A-D.

Mrs. Wattles had the seats lined up and her blackboard was clean. It was the first day of Zoo School, and she was eager to welcome her new students.

Amanda Panda was ready for school. She was excited because there were so many possibilities for this year. But Alfred Alligator wasn't sure. He wasn't sure if he wanted to go to school. He just didn't see the reason.

Amanda didn't see something else when she got to Zoo School on that first day: she didn't see a best friend. Everybody else had one, so she clearly needed

Then she spotted Alfred standing all by himself.



Here was the best friend Amanda always wanted! They could sit together, right up in front of the class. They could eat lunch together every single day and maybe even share what was in their lunch bags. They'd be a team for every game. They'd walk home together at the end of every day. It would be awesome fun!

But Alfred wasn't having any of that. He hated sitting up front in class. He tried to hide from Amanda at lunchtime, but it didn't work. She even made him play a game that she wanted to play, even though he didn't like it.

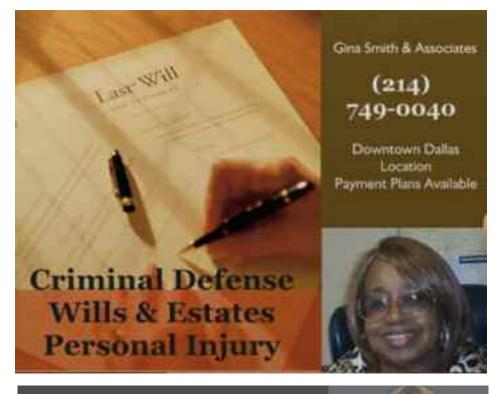
the WORST. Alfred didn't need all that, and he didn't need Amanda telling him what to do. He was NOT her best friend, and he told her so - and then he felt bad. He never meant to hurt Amanda's feelings. How could he make things bet-

That first day of school is always scary - for you and for your child. But you can smooth the way with a cute little book like "First Day at Zoo School ."

Every class, it seems, has at least one overeager student and author Sarah Dillard captured this one perfectly. Your child will clearly see that Amanda This best friend idea was Panda has good intentions but Alfred Alligator isn't so sure about them, which may help children learn that they'll meet all kinds of people in school. The humor in this situation also takes some of the scare out

of First-Day Jitters, and the it may become a favorite, hilarious (even to adults) illustrations will make you both giggle.

Kindergarteners-to-be and newly-minted First Graders will enjoy this tale; even later in the semester. For them, or for any child who's changing to a new school and is nervous about it, "First Day at Zoo School " will be a big hit.



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CHURCHES, continued from Page 14

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August 18, 7 p.m.

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