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## Getting a handle on stress

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## LEGO Kidfest makes its way to Dallas

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COMMENTARY

## Policing the Police

By Julianne Malveaux  
 NNPA Columnist

Except for the Good Lord, everybody has someone or something to "check" him or her. Unfortunately, President Obama has an unresponsive Congress to check him, and Supreme Court to do the same. Elected officials are checked by voters (when they vote), and the Securities and Exchange Commission usu-

ally checks corporate crooks. Reputable media sources correct their errors and plagiarists lose their jobs. Everybody has to answer to somebody. There are consequences for everyone – except the police.

At least that's part of the story Sunil Dutta tells in an article he wrote for the *Washington Post*:

"If you don't want to get shot, tased, pepper-

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# Symbolism without Substance: From Jena to Ferguson

By James Clingman  
 NNPA Columnist

Remember the Jena Six? Some 15,000 to 20,000 protesters went to Jena, La. in 2006 to demonstrate against injustice. After all the speeches, threats, marches, and church rallies, the people went home and nothing really changed. The prosecutors did their thing and the system rolled right over Mychal Bell and the other five defendants. It was business as usual. Did we learn anything from Jena that we can apply in Ferguson?

What will take place in Ferguson when the protesters leave? What happened in Sanford, Fla. after they left? What has happened in Staten Island since Eric Garner was choked to death and the marches have?

The latest report says the prosecutor is still trying to "collect the dots," much less connect the dots, and most have forgotten about Garner and his family and moved on to Ferguson, as it now becomes the crisis du jour for Black people.

Eleven years ago, Kenneth Walker was shot and killed by a police officer on I-185 in Columbus, Ga. He was in a car that was pulled over by mistake. He was on the ground, unarmed, when a police officer shot him twice in the head. After protesters and marchers went



Protesters take to the streets of Ferguson to protest the shooting death of Michael Brown. (Photo by Velo\_City/Flickr)

home, the officer was acquitted.

There are many instances of Black men killed by police with impunity. So what's my point? Well, as I watched the church services and listened to the speeches in Ferguson, I eagerly awaited the speakers' solutions. I could have missed it, but I never heard a solution that centered on economics. I heard the obligatory voting solution, in light of an embarrassing 12 percent turnout among Black voters, but an "I Voted!" sticker will not stop a policeman's bullet, and voting alone will not change our condition in this

nation.

I also heard the praying solution, and I do believe that prayer changes things. However, I am suggesting that the folks in Ferguson and all across this country not only pray but fast as well. That combination will definitely create change.

Be clear now: I am not talking about giving up food for a period of time. The kind of fasting I am suggesting is a "product fast," which does require doing without and less buying, but isn't the cause worth it? Maybe the "leaders" who came to

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Dr. Francesca Filby



Crystal Adell



Inga Watkins

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## Dr. Francesca Filby

New research from the School of Behavioral and Brain Sciences' Center for BrainHealth at UT Dallas found that connections between certain brain regions are amplified in risk-taking teens.

"Our brains have an emotional-regulation network that exists to govern emotions and influence decision-making," said Sam DeWitt, the study's lead author and UT Dallas doctoral student. "Anti-social or risk-seeking behavior may be associated with an imbalance in this network."



The study, published June 30 in *Psychiatry Research: Neuroimaging*, looked at 36 adolescents ages 12-17; 18 risk-taking teens were compared to a group of 18 non-risk-taking teens who were

the same ages and sex.

Participants were screened for risk-taking behaviors, such as drug and alcohol use, sexual promiscuity and physical violence, and underwent functional MRI (fMRI) scans to examine communication between brain regions associated with the emotional-regulation network. Researchers also found that the risk-taking group showed significantly lower income compared to the non-risk-taking group.

"Most fMRI scans used to be done in conjunction with a particular visual task. In the past several years, however, it has been shown

that performing an fMRI scan of the brain during a 'mind wandering' state is just as valuable," said Dr. Sina Aslan, adjunct assistant professor at the Center for BrainHealth and president of Advance MRI. "In this case, brain regions associated with emotion and reward centers show increased connection even when they are not explicitly engaged."

The study — conducted by Dr. Francesca Filby, director of cognitive neuroscience research of addictive behaviors at the Center for BrainHealth, and her colleagues — shows that risk-taking teens exhibit

hyper-connectivity between the amygdala, a center responsible for emotional reactivity, and specific areas of the prefrontal cortex associated with emotion regulation and critical thinking skills.

The researchers also found increased activity between areas of the prefrontal cortex and the nucleus accumbens, a center for reward sensitivity that has been associated with addiction.

"Our findings are crucial in that they help identify potential brain biomarkers that, when taken into context with behavioral differ-

ences, may help identify which adolescents are at risk for dangerous and pathological behaviors in the future," DeWitt said.

He also points out that even though the risk-taking group did partake in risky behavior, none met clinical criteria for behavioral or substance use disorders. By identifying these factors early, the research team hopes to have a better chance of providing effective cognitive strategies to help risk-seeking adolescents regulate their emotions and avoid risk-taking behavior and substance abuse.

## Crystal Adell

By Zenitha Prince  
Special to the NNPA from  
*The Afro-American Newspaper*

Crystal Adell defies the stereotype that Black women do not consistently pursue a physical exercise discipline.

Now, the certified personal trainer is on a mission to further dismantle the stereotype and reverse the disproportionate statistical data regarding health and obesity among Black women by advancing the message of healthy living.

"It is my personal mis-



sion to change obesity statistics globally by encouraging [women] towards a lifestyle that shapes a healthier world for us all," she told the *AFRO*.

Adell has always been a

health and fitness enthusiast. As a child, she was involved in gymnastics, dance and cheering. She watched her mother practice workout routines as a part-time aerobics instructor and later compete as an amateur body builder in the late 1970s to the early 1980s.

"Eating healthy and living an active life was the norm in our household," Adell said.

7b53ebe37ff870c3e7586e04fb8efccfIn 2009, Adell founded Black Women Do Workout, using social media as a virtual platform to offer fitness tips and serve as a place for women of color to learn diet and ex-

ercise tips and to discuss their body image issues.

Today, Black Women Do Workout boasts an online community numbering nearly 1 million followers who engage in unfiltered raw health news topics, culinary advice, national athletic events and real life before-and-after stories. The site has even attracted the attention of Olympic star Mary Lou Retton, Adell said.

"Women became inspired by my writing-style of positive messages and my creative use of motivational graphics which began a culture on the page of positive reinforcements, creating a sisterhood network in large

numbers," Adell said of the campaign's popularity.

That popularity grew further as Adell formed partnership agreements with other fitness companies, allowing Black Women Do Workout to procure the much-needed national services of doctors, exercise/fitness clubs, health-inspired restaurants, nutritionists, and fitness trainers for its followers and customers. For example, Adell just signed on as creative director of Timbuk Fitness, which is promoting an alternative to Zumba that uses African dance moves.

Through her company, Adell also sponsors national

health and fitness expos and other events.

"As a result of Black Women Do Workout, Black women in particular around the world have taken a particular interest in a lifestyle change that include activities that are not only energetic and fun to engage in, but maximizes alternatives in exercise awareness," Adell said.

"Women who have never tried dance as a way of fitness, for instance, are now interested in group fitness exercises like Timbuk African Dance and Zumba. Adventurous women who

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## Ocelia Gibson

Inga Watkins has worked with many well known personalities in the fashion and entertainment industries. She had the pleasure of meeting Whitney Houston when she worked as her stand-in for the "The Preachers Wife" soundtrack.

Inga began her career as a model and has gained her expertise with 20+ years of experience.

She was motivated to form the Modelquette® etiquette program in 2006 when she saw a need to help people of all ages improve their social skills. Inga stresses the importance of



taking accountability for actions, striving for excellence, and always having faith.

Whether she is working one-on-one with men or women who are looking to reinvent themselves or in a group setting with students looking to build their brand

she gives them key tools to use to set goals and see them through. Inga encourages students to dream big and gently but firmly prods students to never let fear and negative stereotypes hold them back.

It is evident that she loves what she does. As a frequent keynote speaker and panelist for many organizations across the country including churches, schools, and corporations, she brings a dynamic, friendly speaking style to which everyone can relate. Inga will tailor her speeches and workshops to fit each client's needs.

Organizations everywhere will benefit from her valuable, life-enhancing

lessons which can help improve every aspect of one's life from personal to professional.

She has recently self-published her first etiquette book, "Faux Pas to Fabulous" where she shares her expertise in everything from Dining Etiquette to Character Building to Social Media Savvy. She loves to write and shares her observations on her blog at [www.opensalon.com/blog/daily\\_faux\\_pas](http://www.opensalon.com/blog/daily_faux_pas)

Inga was recognized for her style on the *Wendy Williams Show* where she was named "Eye-Candy" of the day and has also appeared on the *Dr. Oz Show*. She has been featured on

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# Differences in black and white

By George E. Curry  
NNPA Columnist

Public opinion polls confirm a fact that has been documented in instances ranging from the O.J. Simpson verdict to recent events in Ferguson: When it comes to race, Blacks and Whites largely view events through a different set of lenses.

Several recent polls provided yet more proof of this disheartening trend.

According to a recent New York Times/CBS News poll, more than half of Black Americans polled – 57 percent – said the killing of the unarmed, 18-year-old Michael Brown by Ferguson, Mo. Police Officer Darren Wilson on Aug. 9 was “not justified.” Among Whites, 25 percent said the shooting death was unjustified.

In addition, 31 percent of White Americans, and 71 percent of Blacks, said they think police are generally more likely to use deadly force against a person of color than a White person.

The performance of Gov. Jay Nixon, a Democrat, also received mixed reviews, so to speak. He mobilized the Missouri State Highway Pa-

trol and then activated the Missouri National Guard after declaring a state of emergency and imposing a curfew. Blacks were twice as likely as Whites to say involving the National Guard only made matters worse.

Only a quarter of Blacks nationally are satisfied with Gov. Nixon’s actions, while nearly half said Nixon’s performance in the aftermath of the shooting was unsatisfactory. In contrast, Whites were divided: A third were satisfied and a third dissatisfied.

Not surprisingly, Blacks, Obama’s most loyal bloc, continue to back him by large margins.

Sixty percent of African Americans said they were satisfied with the president’s actions; 20 percent said they were dissatisfied. Whites were split, with 35 percent in support of President Obama and 39 percent dissatisfied.

The New York Times poll showed that 10 percent of those surveyed thought race relations have improved since Obama has been in office, 52 percent felt they are about the same as before and 35 percent said race relations have gotten worse under Obama. Of those saying things had gotten

worse, 40 percent were White and 21 percent were African American.

There are many independent markers that indicate, in general, that race relations have improved over the last half century, including attitudes toward interracial marriages. Amid such progress, however, there is undeniable evidence that Blacks and Whites look at racially-tinged events from a different perspective.

A survey conducted by the Pew Research Center for the People & the Press found that 80 percent of African Americans say the shooting in the St. Louis suburb of Ferguson raises important issues about race that merit discussion. By contrast, only 37 percent of Whites – less than half the ratio of Blacks – feel that way. In addition, among Whites, 47 percent feel race is getting more attention than it deserves in the Michael Brown case. But only 18 percent of Blacks share that view.

According to the poll, 65 percent of Blacks feel police have gone too far in reacting to Michael Brown’s death and 20 percent feel the response was about

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sprayed, struck with a baton or thrown to the ground, just do what I tell you. Don’t argue with me, don’t call me names, don’t tell me that I can’t stop you, don’t say I’m a racist pig. Don’t threaten that you’ll sue me and take away my badge. Don’t scream at me that you pay my salary, and don’t even think of walking aggressively walking towards me. Most field stops are complete in minutes. How difficult is it cooperate for that long?”

This is the police mentality — I have the power and you don’t so just shut the hell up and submit to any outrage. I have a badge and you don’t, so I have the right stop you while driving because you are too black and too young to have this new car. I have a right to stop you while you are running for the bus because you might, just might, have been running from a robbery. I have the right to harass you while you are standing still, just because. I have a right to talk to you rudely and belligerently. My badge gives me the ability to violate your rights.

Dutta, who served on the LAPD for 17 years and is now a professor of homeland security, acknowledges that cops can be wrong, and suggests that those who have “a beef” — “ask for a supervisor, lodge a complaint, or con-

tact civil rights organizations. Feel free to sue the police!” he writes.

Did he spend his LAPD years assigned to the Disneyland precinct? Given his demand that people should just shut up and put up, Bugs Bunny would be sitting in the back of a blue and white.

People of color have been gagged by the put up or shut up form of police brutality for far too long, being forced by fear to close eyes and ears to the beatings and killings of our people for any reason. Law enforcement officers moonlighted as Klan members (or is it the other way around) from the post-Reconstruction era until the end of the civil rights era. People, don’t forget that.

When African American southerners came west during World War II because work was plentiful, Oakland was among the cities that looked south for their new White police officers, people so adept at harassing Black people without reason that they didn’t need to be trained.

One of the reasons the Black Panther Party was started was in resistance to police brutality. At one point, Panthers and others legally armed citizens with books of law, chose to help them evaluate police officers by following them as they so-called pa-

trolled the streets.

This did not stop police harassment, but it put a spotlight on it. It didn’t put enough of a spotlight for a group of rogue officers to beat and frame more than 100 people, and to cost the city millions to settle lawsuits that resulted from their actions. In 2003, the Oakland Police Department agreed to reforms, but they have come so slowly that a federal judge is now supervising them. Ten years after a reform agreement, a judge has to step in? Oakland is not the only police department that is deficient, but what ties Oakland, Calif. to Ferguson, Mo. is police mentality, not just brutality.

How to stop the mentality that leads to brutality?

Require every police officer to have a body camera, and invalidate the arrests of those who do not wear one. Require every police vehicle to have a video camera. I can already hear people objecting to regulations and requirements. I can hear others saying we need to talk. Dr. Martin Luther King, Jr. said, “the law will not make you love me but it will keep you from lynching me.” Talk later. Stop this madness by requiring electronic police supervision now. The police should be policed, they should have a system that checks them and protects us.

Julianne Malveaux is a D.C.-based economist and author.

# Stress a key factor in mental health

By Stacy M. Brown  
Special to the NNPA from  
*The Washington Informer*

Stress wreaks havoc on the mind and body.

Until now, it hasn't been clear exactly how stress impacts health and promotes disease, but researchers at Carnegie Mellon University in Pittsburgh said they have found that chronic psychological stress is associated with the body losing its ability to regulate the inflammatory response.

"Prolonged stress alters the effectiveness of cortisol, which regulates the inflammatory response because it decreases tissue sensitivity to the hormone," said Sheldon Cohen, a professor of Psychology at Carnegie Mellon's Dietrich College of Humanities and Social Sciences.

Cortisol counts as a steroid hormone that's activated in the body when there's a prevalence of stress. "Inflammation is partly regulated by the cortisol and when cortisol isn't allowed to serve this function, inflammation can get out of control," Cohen said.

Health officials said when it comes to stress; no group has more anxiety than African-Americans.

Now, more than ever, blacks are facing a reduction in income, a lack of adequate employment, housing discrimination and other issues that can trigger mental health problems.

Also, those in African-American and other minority communities are less likely to access care for mental health issues because of the stigma that surrounds depression, a lack of self-esteem and other problems, said Sophie Clark, the executive director of the National Alliance of Mental Illness (NAMI) in Southeast.

Researchers said major depression has been discovered to be the single largest cause of disability in the world and, despite that fact, it routinely goes unrecognized, undiagnosed and untreated.

"Mental health issues are more [common] than most people realize," Clark said.

"The stigma surrounding mental health issues affect everyone, but it has a greater impact in communities of color."

At least 10,000 District of Columbia residents suffer from mental health issues, according to figures obtained from NAMI.

Officials said African-Americans shouldn't wait for assistance and they must also take the initiative in letting their physicians and loved ones know if they're experiencing mental health problems.

Dr. Kisha Davis, director of community outreach for the Casey Health Institute, an integrative medicine center in Gaithersburg,



Major depression has been discovered to be the single largest cause of disability in the world, despite that fact, it routinely goes unrecognized, undiagnosed and untreated. (Courtesy of BET)

Maryland, said blacks tend to rely on family, religious and social communities for emotional support rather than turning to health care professionals.

"The care providers they seek may not be aware of an important aspect of the person's life," Davis said.

In a study produced in July by the medical journal, *General Hospital Psychiatry*, researchers found that blacks with depression and another chronic medical condition, often don't receive the proper mental health treatment.

Those who do seek treatment for depression are likely to receive medications from a primary care provider and are less likely to get care from specialized mental health providers, said the study authors at Carnegie Mellon.

Consequently, those patients rarely receive the standard mental health care that's recommended in the guidelines provided by the American Psychiatric Association.

"People who have depression are more likely to develop other diseases and vice versa," said Amma A. Agvemang, one of the study's authors.

"We found depression treatment below par for minorities, even those with co-morbid diabetes or hypertension. Having a mental illness makes both more complex to treat, and the rate of obtaining depression treatment remains low for this population," Agvemang said.

Health care experts also remain adamant that many of the problems associated with mental illness can be traced to stress.

Regardless of race or background, all would do well to avoid stress.

"The immune system's ability to regulate inflammation predicts who will develop a cold, but more importantly it provides an explanation of how stress can promote disease," Cohen said. "When under stress, cells of the immune system are unable to respond to hormonal control, and consequently, produce levels of inflammation that promote disease. Knowing this is important for identifying which diseases may be influenced by stress and for preventing disease in chronologically stressed people."

# Helping your daughter feel good about her body

As a parent or guardian of a girl, you want her to take good care of her body. Of course, it's not always easy to get girls to eat right, exercise, stay safe, and develop other healthy habits. You've taken a great first step by looking for helpful information.

This section of girlshealth.gov covers questions about girls' bodies inside and out. Keep reading to learn about dealing with puberty, periods, sex, sleep, backpacks, and much more.

Remember, the pre-teen and teen years are times of huge changes — physically, emotionally, and socially. Your love and support can really help the girls in your life.

Talking with your teen or pre-teen about some topics — from body piercings to birth control — can be tough, especially



when she may be feeling pretty independent. Make sure to let her know that you take her opinions seriously. And make sure to say what you expect from her. Believe it or not, when asked whose opinion they care about most, most teens will name their parents.

## ADELL, continued from Page 2

are curious about activities like biking, kayaking, boxing, or rock wall climbing now find themselves connecting to like-minded individuals looking for the same."

Adell said her ultimate goal is to take her movement to a major television network.

"In my heart is the yearning to show the world that the best of what any woman can present to it, regardless to color or race, is her inner beauty and how she chooses to use it to turn things around for her," she said. "I would like to showcase broadly a different side of beauty."

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# Dallas Symphony Orchestra announces its first-ever free live concert simulcast at Klyde Warren Park

The Dallas Symphony Orchestra announces a free live concert simulcast to be screened Saturday, September 13, 2014, at Klyde Warren Park. The concert will feature Music Director Jaap van Zweden conducting the Dallas Symphony in performance with acclaimed violinist Itzhak Perlman as soloist. The concert, simulcast live from the 2014 Dal-

las Symphony Orchestra AT&T Gala at the Morton H. Meyerson Symphony Center, will feature Daphnis and Chloe Suite No. 2 by Ravel, Capriccio italien by Tchaikovsky, and Perlman joining the Dallas Symphony in the Violin Concerto No. 1 by Bruch. The free concert simulcast is presented by Bank of America, Merrill Lynch Wealth Management and

U.S. Trust.

"It is such a thrill to be able to share the musical excellence and excitement of the Dallas Symphony's 2014 AT&T Gala with everyone in Dallas," said Jan Miller, who with her husband Jeffrey Rich, is chairing the 2014 Dallas Symphony Orchestra AT&T Gala. "Itzhak Perlman is an icon. Jaap van Zweden is a super-

star. Together with our Dallas Symphony they will present a memorable evening of beautiful music, and this simulcast will share that experience with music-lovers beyond the Meyerson."

The concert simulcast, produced in partnership with WFAA Channel 8, will be the first in the history of the Dallas Symphony. Patrons may enjoy of the ameni-

ties and activities at Klyde Warren Park before the Gala Concert begins at 8:45 pm. Following the performance, downtown Dallas visitors will be treated to a fireworks display in celebration of the 25th anniversary of the Meyerson Symphony Center.

"All of us at Bank of America,

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# Kellogg Foundation weighs in on Ferguson shooting

BATTLE CREEK, MICH. -The Michael Brown shooting in Ferguson, Missouri, has once again focused attention on an unarmed person of color losing his life in a situation that certainly appears should have been avoidable. This has become an all too familiar scenario in America. The deaths of Fong Lee, Trayvon Martin, Michael Brown, and countless others, demonstrate that the law enforcement and justice systems in our nation are broken, and must be immediately addressed.

The W.K. Kellogg Foundation (WKKF) is saddened by this tragic loss of young lives, and also by the reaction - violence and looting by some protesters and the heavy-handed response from some authorities, scenes that have brought back visions of the 1960's when civil rights activists were met with force in the streets.

This is not the America that we want for our children.

WKKF is working to create conditions where vulnerable children of all races can thrive and be successful. Since the birth of our nation, racial privilege and structural inequities have influenced the nation's policies and social systems, from justice and law enforcement to healthcare, education and child welfare and other facets of everyday life. In America, those who differ from the majority because of race, color, sexual orientation, religion, gen-

der, weight and other characteristics face a deluge of outright discrimination and unconscious bias.

As the nation addresses the system failures that have contributed to the deaths of Brown and the others, we must also acknowledge the role that racism plays in these tragedies. WKKF believes that racial healing must be a major component of the prescription that takes our nation on a course to-

ward equality and justice for all. Our America Healing initiative has been helping communities bridge their racial divides and move forward together. We will continue those efforts through our grantees across the country. For instance, the Advancement Project works to end the "schoolhouse to jailhouse" track and has been instrumental in addressing the vast racial disparities in discipline at

the nation's public schools. In Mississippi, the William Winter Institute for Racial Reconciliation is bringing diverse communities together with programs such as the one that makes civil rights and human rights curriculum available for all students. And in Chicago, the North Lawndale Employment Network helps formerly incarcerated individuals transcend labels and stereotypes to become pro-

ductive members of their local communities.

WKKF proudly supports the work of Phillip Atiba Goff, Ph.D., president of the Center for Policing Equity, who is at the forefront in helping police departments understand how their officers' unconscious biases can affect their police work and their attitudes toward the people they serve.

We want our law enforcement authorities to better

understand that just because someone is of a different race, gender or sexual orientation, it doesn't make them a criminal; it doesn't give a license to end the life of an unarmed man or woman.

WKKF is a partner in the Executive Alliance, a collaboration of some 40-plus foundations focused on changing conditions for young men of color, and by

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# More students aspire to attend college, ACT study finds

By Dorothy Rowley  
Special to the NNPA from  
*The Washington Informer*

American College Testing Inc., which offers college admissions assessments for high school students through standardized tests, says a new study finds interest in higher education to be increasing among high school graduates.

Whether that interest means more graduates are enrolling in colleges and universities remains to be seen — particularly since many of them might not be ready for post-secondary studies, said

Paul Weeks, an ACT vice president for client relations.

“For over 20 years, ACT has been putting out an annual report on the condition of college and career-readiness,” Weeks told the Wall Street Journal. “The population now represents about 57 percent of the graduates nationwide. ... It’s important for us to keep a gauge on how students are doing in terms of preparedness.”

Weeks added that while access to college has increased and aspirations are high, too many students are unprepared.

“When we looked at [results

from last year], well over 80 percent [of students] indicated that they wanted to go into higher education, but only 69 percent actually enrolled,” he said.

Weeks said that in 2013, ACT officials saw minor increases in overall average test scores that highlighted increases in English, reading and science.

“But I think most concerning, is that we still see a large percentage of students — over 30 percent — who our research indicates aren’t ready for any of the corresponding college courses in English, math, reading and science,” he said.



ACT officials say there is a gap between students who aspire to attend college and those who actually enroll. (Courtesy photo)

## LAJC seeks to open college doors for youth

ARLINGTON — LaDonna Vick, Executive Director of the Lee Arthur Johnson Center (LAJC) in Arlington, Texas, is on a mission to help youth achieve their college dreams.

The LAJC’s Mission is to enhance the student learning process by promoting the intellectual growth of students and providing comprehensive testing services to members of the community outside the formal school setting. They provide SAT/ACT preparatory courses, student focused tutoring, and Dream to Achieve College Tours. These services are provided

at a very low cost or free. Vick is proud to day, “It gives those who cannot afford those high cost test prep centers (Sylvan and Huntington) a chance to get the help they need.”

LAJC came out of Vick’s concern for her two daughters who did well academically in school, but had a difficult time with testing. When they entered the level in their school career to begin testing for college, both experienced a level of testing anxiety that prevented them from getting high scores. “They did well enough to get into the college of their choice, but

missed scholarship opportunities because of their low test scores.”

LAJC is named after her father, the girls “Papa”. Vick states, “LAJC was named in honor of him because he knew how important it was the girls were afforded the chance to pursue their education. She continued to say, “If he were here, I know he would be proud of the young women they have become.”

She reiterated, “even though her daughters struggled with those National tests, they have been very successful in college.” She

believes they are not an exception to that rule, but there are countless other youth that could benefit from the services LAJC offers by not only achieving higher test scores, but a greater level of confidence in their abilities.”

Vick’s oldest daughter graduated from Oklahoma University (OU) in May 2014, double majoring in Linguistics and African/African-American Studies. She completed both degrees in the “normal” 4 years for undergraduate work. The younger is now a sophomore at Oklahoma State University, majoring in An-

imal Science Pre-Veterinary Medicine on target to apply to veterinary school her junior year.

The success of these youth alone is quite an accomplishment for the Lee Arthur Johnson Center. It attests to the professional and caring services each

student receives and how well they do even after the students leave the center and pursue their college aspirations.

Be sure to check out LAJCs services and if you would like to donate, visit their website at [www.lee-arthurjohnsoncenter.org](http://www.lee-arthurjohnsoncenter.org)

### WATKINS,

continued from Page 2

VH1’s *Gotti’s Way*, WVOX, the *Westchester Journal News* and other publications.

She has the distinct honor of being the recipient of the 2009 Negro and Professional Womens Clubs’ Entrepreneur Award.

Inga currently serves as the protocol chair of the Westchester Chapter of Jack and Jill of America. She is married and the mother of three beautiful children,

Watkins is available for speaking engagements by contacting her via e-mail at [info@modelquette.com](mailto:info@modelquette.com).



## GRAND OPENING!

Sept. 17 at 4 pm.  
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The Greater Irving-Las Colinas Chamber of Commerce is executing a ribbon-cutting for Million Dollar Pawn & Gun on September 17th at 4 p.m. Free hot dogs chips and cold drinks will be served from 5 to 7:30 p.m. It is a family-owned and operated Pawn Shop. Come out and meet Billy Hollingsworth, his family and workers.

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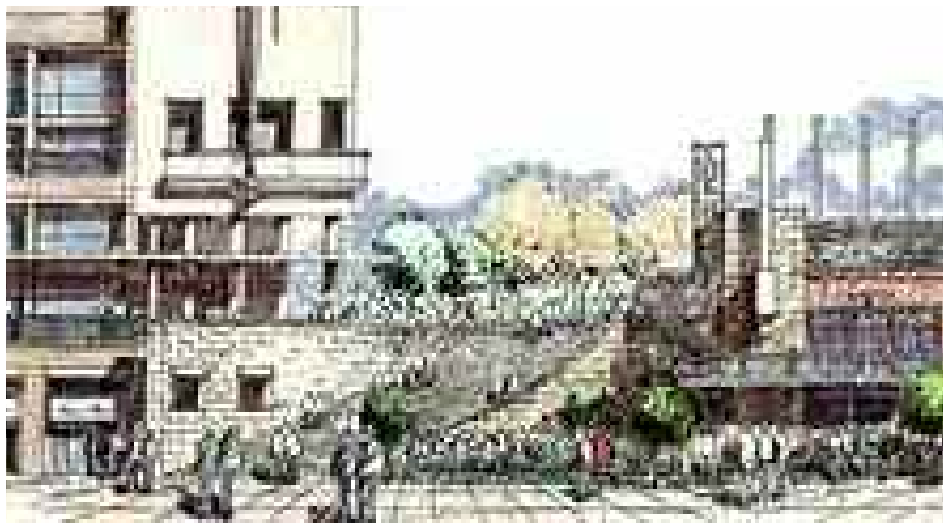
# Groundbreaking scheduled for Irving Music Factory on Aug. 30

North Carolina-based ARK Group has announced it will host a groundbreaking ceremony for the Music Factory Entertainment Center at 7 p.m. on Saturday, Aug. 30.

The ceremony will take place on the future site of the project (300-380 W. Las Colinas Blvd.), next to the Irving Convention Center in Las Colinas. The event is free and open to the public.

"We are very excited to bring this amazing project out of the ground and give the residents of Irving the world class entertainment center that they have long desired" said Noah Lazes, President of the ARK Group.

The celebration will be family-friendly and will include food trucks, a special performance by an all-star band featuring members from Dashboard Confessional and The Apples in



Stereo and a free outdoor movie screening of "Raiders of the Lost Ark" following the ceremony. The first 1,000 people through the gate will get a free commemorative Music Factory hard hat."

"Gensler is very excited to be a part of the Music Factory project," said Barry Hand, Gensler architect and Studio Director. "The Music

Factory is a unique mix of business and lifestyle amenities that will bring needed vitality and a distinct sense of place to the Las Colinas district. The ARK Group has a track record of successful entertainment venues in other cities and its plans for the Music Factory far outpace the offerings at any of the existing entertainment com-

plexes in Dallas-Fort Worth. The Music Factory will serve many segments of the corporate, residential and tourist demographics with diverse dining and entertainment attractions that will keep patrons and visitors coming back for more."

Located between State Highway 114 and Las Colinas Boulevard near the Irv-

ing Convention Center, the Irving Music Factory is expected to be a regional destination for music, food and fun. Balfour Azteca will be the construction manager and site grading is expected to begin in late August.

The project is expected to employ more than 1,000 workers.

"The Irving Music Factory brings viable economic development, retail and dining into the Urban Center and is a vital investment in Irving's future," said Beth Bowman, president and CEO of the Greater Irving-Las Colinas Chamber of Commerce. "Its location on a prime piece of Irving real estate provides access to the DART Orange Line making it a true destination site for North Texans."

The \$165 million entertainment-anchored development is slated to include

300,000 square feet of retail and restaurants, 100,000 square feet concert hall and amphitheater with 8,000 seats, an outdoor event plaza and 100,000 square feet of office.

"Location, combined with our robust corporate partnerships, makes the City of Irving a significant city in which to do business. Adding restaurants, retail and entertainment options are a direct response to the requests from residents and our business community," said Irving Mayor Beth Van Duyne.

The district will be within walking distance to Irving Convention Center and future Irving Convention Center Hotel, accessible to the DART Orange Line and it will also be serviced by Las Colinas' Area Personal Transport (APT) people mover system.

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**30th Anniversary in the Ministry**  
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 Theme: "Moving Toward The Vision" Habakkuk 2:2-4  
 Location: THE SUMMIT (in the Central Park Ballroom)  
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 \*Tickets available thru August 31, 2014 (Call the church for more information)

**Community Picnic and Open House- Saturday, September 13, 2014**  
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# From 'Hands up, don't shoot' to 'Hands up, vote'

By Benjamin F. Chavis, Jr.  
NNPA Columnist

Out of every momentous national tragedy that Black Americans have continued to endure in the United States, there has always emerged a redeeming moment to push harder and further on the long journey toward freedom, justice and equality. The continuing unrestrained fatal police killings of Black American males in St. Louis County, Missouri is now described as part of a national "open season" to kill Blacks in America. What should we do now? What is the redeeming action that should be taken?

In the aftermath of the murders of Michael Brown, Eric Gardner, Trayvon Martin, Jordan Davis and so many others, what should be our next course of action? Dr. Martin Luther King, Jr., writing in his last book, pointed the way.

Writing in *Where Do We Go From Here: Chaos or Community?* Dr. King stated in 1967: "The persistence of racism in depth and the dawning awareness that Negro demands will necessitate structural changes in society have generated a new phase of white resistance in the North and South."

Dr. King's prophetic words, written 47 years ago, are equally true today. With the "browning of America," there has been a steady increase in racially-motivated police violence against Blacks and Latinos.

The tragic murder of Michael Brown by police

officer Darren Wilson in the St. Louis suburb of Ferguson has reverberated around the world. It is just the latest example of a society that refuses to end racial oppression or acknowledge its racist past. I remember that Dr. King responded to police brutality in the 1960s by telling his followers: "I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow cells. Some of you have come from areas where your quest for freedom left you battered by the storms of persecution and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive."

As we say of faith-witnessing in the Black church tradition, "Lord, have mercy, we sure have received a lot of unearned suffering..... now it is time for us to get some redemption." This bring me to my central point. With all that is going on in Missouri, Florida, Texas, North Carolina, Michigan, Ohio, New York, California, Louisiana, Illinois, Washington, D.C. and elsewhere, we must transform our anger over police brutality, poverty, and economic inequality into a massive voter turnout. We should be preparing right now in every voting precinct in every congressional district and in every state where we live to have an unprecedented high voter turnout this November. We did it in 2008 we

did it in 2012 and we can do it again in 2014.

Too often we live in communities where we have the potential margin of victory for local, congressional, statewide and national elections, but we simply do not go to the polls and vote, even though so many of our people died, bleed, went to jail, and "suffered" for us to get the right to vote. Having a right to vote is not enough. We all must exercise the right to vote not once but in every election. It's extremely important that we do so this year because people expect us to because Obama's name will not be on the ballot and mid-term voting is traditionally lower than in presidential years.

Voting our political, economic and spiritual interest is not only "redemptive," it is also the right thing to do. Very often police officers are not prosecuted for acts of racial violence against Black Americans because locally "elected" prosecutors and district attorneys get elected and stay in office because we do not vote at the rate that we should. Citizens in Ferguson, Mo., a community that is at least 2/3 African American, only vote at a rate of about 12 percent – about a third of their representation in the population. That is a terrible reality that must now change. Understand, I am not saying that voting in record numbers will solve all the problems that we face in America. But what I am saying clearly is that our failure to understand the power of the vote holds

back our progress in the United States.

I was so proud to see thousands of people marching nonviolently every day in Ferguson in protest to Michael Brown's murder. The unified chant, "Hands Up, Don't Shoot," captured the energy and aspirations of millions more throughout the country and indeed around the world. Let's

keep that energy going strong. Let's remain vigilant, vocal and visible. As we move forward over the next 60 days, let's also organize and mobilize to register to vote and to massively turnout the vote everywhere. Election Day should be Pay Back Day. Let's also begin to chant "Hands Up, Vote!" Let's make the difference.

*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 partnership proposals at: [drbchavis@nnpa.org](mailto:drbchavis@nnpa.org); and for lectures and other professional consultations at: <http://drbenjaminfchavisjr.wix.com/drbcfc>.*



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## DSO, continued from Page 5

Merrill Lynch and U.S. Trust are pleased to be a part of this first-ever simulcast concert,” said Richard Holt, President, Bank of America Dallas. “By bringing the concert to Klyde Warren Park and the Dallas Arts District, we are able to expose a much wider audience to excellence of the DSO while providing free access to the arts for all.”

“The Dallas Symphony AT&T Gala is the driving fundraiser supporting the education and community outreach programs for the Symphony throughout the year, so it is a proud moment to be able to also bring the excitement of the DSO AT&T Gala to the community through the simulcast at Klyde Warren Park.” said Holly Reed, Regional Vice President of External Affairs at AT&T.

The Gala Concert concludes a week of free concerts and public events celebrating the 25th anniversary of the Meyerson Symphony Center, which first opened in September 1989. Celebrations of the 25th anniversary of the Meyerson by the Dallas Symphony and others will continue

through the 2014/15 concert season. Details on the celebration events can be found at [www.mydso.com/m25](http://www.mydso.com/m25).

“The Morton H. Meyerson Symphony Center was conceived and constructed as a permanent home for the Dallas Symphony, and a concert hall to be enjoyed by all the citizens of Dallas,” said Dallas Symphony Orchestra President and CEO Jonathan Martin. “This first-ever simulcast by the Dallas Symphony extends the reach of both the DSO and the Meyerson, fulfilling this mission of Dallas’ concert hall for the audiences of the 21st century.”

Details on the 2014 Dallas Symphony Orchestra AT&T Gala, both inside the Meyerson and out, are available at [www.mydso.com/gala](http://www.mydso.com/gala).

As the largest performing arts organization in the Southwest, the Dallas Symphony Orchestra (DSO) is committed to inspiring the broadest possible audience with distinctive classical programs, concerts with popular personalities, and innovative multimedia presentations.

## SYMBOLISM, continued from Page 1

Ferguson were afraid to call for a product fast because they could lose a check or a contract or an endorsement or their status among corporate giants. Capitalism can tolerate marches that call for voting and prayer, but it has a great deal of angst when a decline in consumption and sales occurs.

“Black-Out” days and other shotgun approaches are nice gestures but have no overall affect; they are simply more symbolism without substance. They make you feel good but won’t cause anyone to change. Folks just go out the next day and buy what they want.

A product fast is quite different. For instance, Black folks consume a lot of soft drinks, gym shoes, liquor, fast foods, and other items we don’t think we can do without. Just stop buying some of these products until corporate CEO’s tell the politicians who would tell the governors who would tell the mayors and prosecutors who would tell the police chiefs who would tell their

officers to stop violating our rights. You better believe their voices will be heard.

Money runs politics, and when campaign donors are against something they will get results from the politicians they support, especially when their bottom-line is adversely affected. For example, can you imagine Starbucks CEO Howard Schultz, Coca Cola CEO Muhtar Kent, Pepsi Cola CEO Indra Nooyi, NBA Commissioner Adam Silver, Nike CEO Mark Parker, McDonald’s CEO Donald Thompson, Diageo Liquor’s CEO Ivan Menezes, and even Anheuser Busch’s CEO Thomas Santel, standing before national media and calling for an end to injustices against Black people? Nothing personal against these companies; it’s just as they say in war, “collateral damage.” But the damage would stop when the folks who run this country speak out.

Al, Jesse, and others have been marching for decades, and we

got Michael Brown, Eric Garner, Trayvon Martin, Jordan Davis, Sean Bell, Oscar Grant, Timothy Thomas, Nathaniel Jones, Kenneth Walker, Patrick Dorismond, Amadou Diallo, John Crawford, Ezell Ford, and nameless others.

Stop the insanity of doing the same thing and hoping for different results. We need leaders who are unafraid to call for economic solutions, not leaders who will hurt you if you get between them and a TV camera or microphone. Get the folks who are really in charge of this country to speak out, and we will see a positive change. Start your local Prayer and Fasting campaign now; and use the money you save to build businesses, create jobs, and recreate real Black communities.

*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](http://blackonomics.com).*

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2014



## Alamo Drafthouse Cinema to open third location in Las Colinas

Hot on the heels of announcing the second location in North Texas on South Lamar and Cadiz south of downtown Dallas, Alamo Drafthouse Cinema DFW, voted 2014's Best Movie Theater by the readers of *D Magazine*, announces today that Las Colinas is the location for the third Alamo Drafthouse in North Texas. Alamo Drafthouse Cinema will open in the new Music Factory at Las Colinas located at Hwy 114 and Fuller Drive immediately south of the Irving Convention Center at Las Colinas.

The development breaks ground at a special outdoor event on Saturday night, August 30 at 7 pm featuring a free Alamo Rolling Roadshow of *Raiders of the Lost Ark* (1981), food trucks, temple-themed bounce houses, local craft beers from Community Beer Company, whip demonstrations, and, of course, an original 35mm prints and games that have made Alamo famous. This event is BYOC (Bring Your Own Chair). The film starts at sunset.

This free event will be held at 500 W Las Colinas Blvd, Irving, TX 75039 (adjacent to the south side of the Irving Convention Center at Las Colinas in the field). A bar for the event will be cash only (ATM on site), but most food trucks do accept credit cards. No outside food or beverage is allowed except for water.

"We couldn't be more excited to be a part of the Music Factory at Las Colinas," said Bill C. DiGaetano, COO of Alamo Drafthouse Cinema DFW. "We pride ourselves in taking first-run movies and events to the next level. Being a part of an entertainment specific development is a perfect fit. Each Alamo is unique to the community it serves; co-tenants like the 8,000-seat amphitheater, extraordinary restaurants,



the bowling center, and other entertainment venues give us opportunities to create incredible events for our guests at the theater or with a neighboring venue."

Alamo Drafthouse Las Colinas will be a state-of-the-art theater. Each auditorium will be equipped with the latest in 4K digital projection with larger-than-average screen size to room ratios and 7.1 Dolby Surround Sound. Select auditoriums will also feature 35mm projectors for cinephiles to experience classic and repertory content as they were meant to be viewed. Not only will they feature superior audio-visual equipment, additionally the format of each theater will eliminate the traditional front row, ensuring every seat in the theater allows for an optimal viewing experience. In addition to in-theater dining Alamo Las Colinas will feature a second floor lounge and patio offering an extensive menu of draft and bottled beers, wine, cocktails and freshly made food. The lounge will offer patrons an inviting place to socialize whether waiting for a movie or simply coming to sample scratch-made menu items, cocktails or local craft beers.

"The addition of Alamo Drafthouse to this project is a tremendous win," said Irving Interim City Manager Steve McCullough. "We recently announced the financing on the city's portion of the Entertainment Center and are pleased to be moving forward and bring-

ing additional entertainment options to Irving."

Tim and Karrie League founded Alamo Drafthouse Cinema in 1997 as a single-screen mom-and-pop repertory theater in Austin. Seventeen years later, the now 19-location chain has been named "the best theater in America" by *Entertainment Weekly* and "the best theater in the world" by *Wired.com*.

Alamo Drafthouse Founder & CEO, Tim League, created Fantastic Fest, a world renowned film festival dubbed "The Geek Telluride" by *Variety*. Fantastic Fest showcases eight days of genre cinema from independents, international filmmakers and major Hollywood studios.

Charlotte, NC-based ARK Group is behind the development of the forthcoming Music Factory in Las Colinas, which will be home to an 8,000-seat indoor/outdoor concert hall, more than 50,000 square feet of open-air plazas and over 20 restaurants and entertainment venues. The Music Factory will feature multiple outdoor stages for after-work concerts, fashion shows, international festivals, art exhibits, and much more.

"We are excited to have Alamo Drafthouse join our diverse mix of tenants", said Noah Lazes, president of the ARK Group. "Alamo has set the standard for the drafthouse/movie theater experience. This new location will become a fixture of entertainment and hospitality at the Music Factory."

## LEGO KidsFest in Dallas August 29-31

The award-winning LEGO KidsFest returns to Texas – this time at the Dallas Convention Center — from August 29-31.

Those who attended the previous show can once again expect hands-on building, creative experiences and one-of-a-kind activities. Children of all ages and builders of all skills and levels are welcome. The show only makes seven North American appearances each year.

LEGO KidsFest features dozens of new activities and popular favorites on the three-acre show floor.

New activities for this year's visit to Dallas include LEGO Chima, LEGO Friends Photo Booth, LEGO Star Wars, LEGO Disney Princess, LEGO Super Heroes and LEGO Mindstorms.

Once again, show-goers can enjoy the LEGO Model Museum, the LEGO Master Builder Academy, Race Ramps, Creation Nation, Construction Zone, LEGO DUPLO, LEGO Retail store and LEGO KidsFest Marketplace, the Big Brick Pile, LEGO Ninjago and more.

"Any family who likes to be inspired, get hands-on and have fun together won't



want to miss LEGO KidsFest," said Vince Rubino, LEGO events manager.

"We're bringing so many activities for Dallas-area families to showcase their creativity and building skills in what is sure to be a family event to remember."

Five sessions – all identical – are available for the August 29-31 tour stop. LEGO KidsFest tickets are \$22 for adults and \$20 for children and can be purchased online at <http://www.legokidsfest.com>.

# Jesse Jackson Will Expand Silicon Valley Initiative to Other Sectors

By George E. Curry  
NNPA Editor-in-Chief

BIRMINGHAM, Ala. [NNPA] – After he completes his campaign for more diversity in Silicon Valley, Jesse Jackson plans to expand the pressure on technology companies in other regions of the country and then go after other sectors of private industry, including financial services, banking and advertising.

In an interview after speaking at the annual convention of the Southern Christian Leadership Conference (SCLC) here, the Atlanta-based civil rights organization co-founded by Dr. Martin Luther King, Jr. that gave birth to Jackson's Operation PUSH and Rainbow PUSH, the civil rights leader was already eyeing other targets.

"As I looked at everybody's fight for who can make the smallest government, I thought about our being basically a government-created middle class – policemen, firemen, teachers. As you cut down on the civil service jobs, those jobs disappear. Where are the



Jesse Jackson at SCLC 2014 convention in Birmingham, Ala. (NNPA Photo by Ann Ragland)

growth industries? Silicon Valley for starters, the automotive industry next, banking next – the whole private sector. You fish where the fish are."

Jackson said getting high tech companies to disclose their employment data, EEO-1 forms that large companies must file with the federal government, was a major victory.

"We asked for their EEO-1 reports, but most of the big companies didn't want to deal with that because they have 2 percent or 3 percent minority employment across the board," Jackson told the NNPA News Service.

When Jackson first announced his Silicon Valley

initiative at his Wall Street Project in New York, it was not known if he would follow through, as he has done in other campaigns in the past, or move on to other issues, which he has also done with equal frequency.

He lamented on the lack of Black board representation at Google or Facebook and said he would challenge the absence of people of color.

"One of the myths is that it's [technology] is so so-

phisticated that we can't do it," Jackson said. "First of all, 70 percent of all of the jobs in Silicon Valley do not require high tech skills – lawyers, ad agencies, marketing, social services or engineering, though we can do that, too."

He added, "When you look at Facebook's board, the only engineer on its board is Mark Zuckerberg, its founder. Don Graham [former publisher of the Washington Post] is not an engineer. [Former White House chief of staff] Erskine Bowles is not an engineer yet he sits on the board. It's just a tight, White circle."

In March, Jackson sent a letter to 20 companies, including Apple, Twitter, Facebook, Hewlett Packard, Google, and eBay saying, "Technology is supposed to be about inclusion, but sadly, patterns of exclusion remains the order of the

day. When it comes to African Americans on Boards – ZERO. C-suites, ZERO. Minority firms in IPOs and financial transactions, advertising and professional services – ZERO. These ZEROES are contrary to the enlightened values exposed by the industry. Rainbow PUSH is seeking meetings with tech leaders to address these ZEROES head on."

When Jackson met with companies, most initially resisted disclosing their employment data.

"Those companies all filed a lawsuit in court and won – they won the right not to expose their EEO records," he said. "Their rationale was that if they tell their numbers, they would be giving up propriety information."

Before going on attack, Jackson did what he always does when he targets a company – he purchased stock so that he could take his case to shareholders at their annual meeting. Then, one

See JACKSON, Page 12

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## Hey Irving, Pick Us Up!

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Irving YMCA  
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## JACKSON, continued from Page 11

by one, the companies began disclosing employment data.

- eBay (61 percent White; 24 percent Asian; 5 percent Latino; 2 percent Black)

- Google (61 percent White; 30 percent Asian; 3 percent Hispanic and 2 percent Black)

- Facebook (57 percent White; 34 percent Asian; 4 percent Hispanic and 2 percent Black)

Twitter resisted until Jackson used Twitter and ColorofChange.org to launch an on-line petition drive demanding that Twitter reveal its employment data. Ironically, Blacks over index on Twitter (26 percent), according to a Pew Research Center study, followed by Hispanics (19 percent) and Whites (14 percent).

Twitter finally disclosed its data on July 23, showing: 59 percent of its staff in the U.S. is made up of Whites; 29 percent Asian; 3 percent Hispanic and 2 percent Black.

On the day Jackson addressed SCLC, Apple released its employment data showing 54 percent of its jobs were held by Whites, 23 percent by Asian, 11 per-

cent Hispanic and 7 percent Black. Its employment of people of color appears to be highest among high tech

companies.

“We have not demanded two-way trade and our government has not volunteered to initiate it,” Jackson said. “By now, the

EEOC should be holding hearings. It’s so public that they are violating equal employment standards.”

He continued, “We feel

diminished by corporate power. If we could fight the government, surely we can fight a corporation. This is just the first step with Sili-

con Valley. The next steps are for ad agencies, marketing, NNPA, Black lawyers – the whole range of things we do.”

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## DIFFERENCE, continued from Page 3

right. Again, Whites had a different reaction, with 33 percent saying police had gone too far and a roughly equal proportion, 32 percent saying authorities had acted properly.

More than half of all African Americans – 54 percent – reported they were following events in Ferguson very closely. Less than half of Whites – 25 percent – and Latinos – 18 percent – said they were closely following the events in Missouri.

There was a political divide as well, with 68 percent of Democrats feeling the Michael Brown case raises important issues while only 22 percent of Republicans contending it raises racial issues that need to be discussed. Also, 61 percent of Republicans say the issue of race has gotten too much attention in the case; only 21 percent of Democrats support that view.

The 1996 murder trial of O.J. Simpson exposed this raw divide. A CNN/USA Today Poll showed that 62 percent of African-Americans supported the jury's decision to acquit the former football star.

However, only 20 percent of Whites agreed with the jury. There was a similar split in polls taken during Hank Aaron's campaign to break Babe Ruth's all-time home run record and Barry Bond overtaking Aaron.

Even on a supposedly race-neutral issue such as federal aid to victims of Hurricane Katrina, racial views were split. According to a CNN/USA Today poll, six in 10 African Americans said the federal government was slow to rescue residents of New Orleans because many of them were Black. However, only one in eight Whites concurred.

How can we narrow the racial divide when we can't even agree if there is one?

*George E. Curry, former editor-in-chief of Emergence magazine, is editor-in-chief of the National Newspaper Publishers Association News Service (NNPA.) He is a keynote speaker, moderator, and media coach. Curry*

*can be reached through his Web site, www.georgecurry.com.*

*You can also follow him at www.twitter.com/curry-george and George E. Curry Fan Page on Facebook.*



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## BIAS,

continued from Page 5

extension, young women of color.

These partnerships are important components of change. We must have communities working together with law enforcement, but that only comes when there is trust from both sides. We don't have that today.

We can have the America that we envision. But it will take work from all of us. And it will take healing.

*The W.K. Kellogg Foundation (WKKF), founded in 1930 as an independent, private foundation by breakfast cereal pioneer, Will Keith Kellogg, is among the largest philanthropic foundations in the United States. Guided by the belief that all children should have an equal opportunity to thrive, WKKF works with communities to create the conditions where vulnerable children can realize their full potential in school, work and life.*



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**August 31, 7:35 a.m.**  
Join us this 5th Sunday for our praise and worship services; and receive a blessing from God.

**September 3, 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

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**August 31, 9:45 a.m.**  
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**September 3, 7 p.m.**  
Join us in Wednesday's Prayer and Bible Study Class with Assistant Pastor Larry Gardner teaching this week on the subject of Addictions.

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

**CHRIST COMMUNITY CHURCH IN RICHARDSON**

**August 31, 8:45 or 11 a.m.**  
Join us in our Morning Service as we worship, honor and praise God for His blessings to us.

**September 3, 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  
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**August 31**  
Join us for Super Sunday Worship Services at 9:30 a.m. at 1550 Edelweiss Drive in Allen and bring someone with you; you will be blessed.

**September 3**  
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  
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**BIBLE WAY COMMUNITY BAPTIST CHURCH**

**August 31, 7:35 a.m.**  
Join us this Sunday for our praise and worship services; and receive a blessing from God.

**September 3, 7 p.m.**  
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Pastor Sam Fenceroy  
Senior Pastor  
300 Chisholm Place  
Plano, TX 75075  
972-633-5511

**NORTH DALLAS COMMUNITY BAPTIST CHURCH**

**August 31, 11 a.m.**  
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Pastor Billy R. Robinson  
1718 Trinity Valley  
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972-484-1185  
www.ndcbc.org

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**SHILOH MBC IN PLANO**

**August 31, 8 a.m.**  
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**September 3, 7 p.m.**  
You are invited to our Wednesday's Bible Study to learn more about God's Word.

Dr. Isaiah Joshua, Jr.  
Senior Pastor  
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Plano, TX 75074  
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www.smbcplano.org

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# From pain to purpose



Sister Tarpley

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

"My brethren, count it all joy when ye fall into diverse temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing. If any of you lack wisdom, let him ask of God ... and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. **James 1:2-6. (KJV)**

God often allows pain to awaken our purpose in life. Without some type of incentive, many individuals would never fulfill the purposes for which God created them.

Oftentimes a measured assault invades our life and creates a depth of pain that all we know to do is call upon God with our whole

being.

When this first happens, our motivation is to ask God to take away the pain. After a period of extreme emotional and many times physical hurt, a second phase begins for us.

This second phase moves us to discover a new and deeper relationship with God. We begin to discover things about ourselves and about God that we never would have learned without this stimulus from God.

Slowly, our heart changes our motivation from pain to loving obedience because there is a transition of the heart that takes place. No longer do we seek God for deliverance from the pain; like Jesus at the Garden of Gethsemane, we seek Him because He is God.

"And he went forward for a little, and fell on the ground, and prayed that, if it were possible, the hour might pass from him. And he said, Abba, Father, all things are possible unto thee; take away this cup from me: nevertheless not what I will, but what Thou wilt. **Mark 14:35 & 36.**

When we move to the second phase we often find

ourselves moving into a new vocation and calling for our lives because God often separates us from the old life in this process.

No doubt Joseph felt this pain of his crises when his brothers stripped him out of his coat of many colors,

they also threw him in a pit without food or water and finally they sold him to a company of Ishmeelites.

However, later Joseph could realize God's purposes in his crisis. Like Joseph, we are able to say, "But as for you, ye thought

evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive." **Genesis 50:20.**

Why not let God move you from your place of pain to your place of purpose. Let God show you the secret things He has reserved for you as a result of the crises you may find yourself in.

Allow Him to guide you on the paths that He has for you to travel. Ask God to help you be obedient to His will and His prompting to you.

"And we know that all things work together for good to them that love God, to them who are the called according to His purpose." **Romans 8:28.** You see, it's not about you it's about God!

Too many people put off something that brings joy to

them or someone else just because they haven't thought about it; they didn't have it on their schedule, didn't know it was coming or they were too rigid to depart from their routine. There are times you must seize the moment or time.

How many people that didn't do something positive the morning of Sept. 11?

It's a good thing to learn to be a little more flexible. Tell someone that you love him or her today. Be a little kinder to some you meet along the way, you don't what they will have faced before they saw you.

Look back and thank God, look forward and trust God. Look around and serve God. Look within and find God. God opens doors that no man can close; and closes doors that no man can open.



First Lady Phylis Stromile, St. John Baptist Church is Chairlady of Carrollton's Jubilee of Cultures being held September 20, 2014 at Historic Downtown Carrollton on Broadway Street

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# NDG Book Review: *Endangered* worth saving time for

By Terri Schlichenmeyer

Save the whales!

You've read a lot of signs like that in your life, online and real-time. Save the whales or the environment, penguins or tigers, fish, trees, or grasses, there's always something about to disappear, and you know that when it's gone, it's gone.

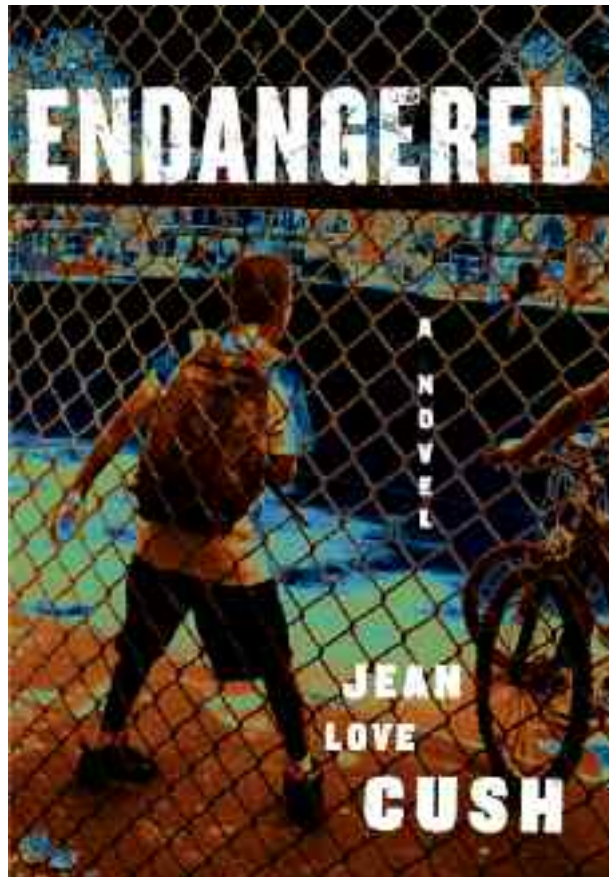
But what about people? Aren't they in trouble, too? In the new book *Endangered* by Jean Love Cush, who's going to save young black men?

Janae Williams had always told her son, Malik, not to run when the cops came. It was worse if you did, she said. So while he was hanging out on a Philadelphia street corner with his friends and sirens came their way, Malik stood still – and was arrested for the murder of a boy he knew.

But, of course, Malik didn't do it. Janae knew that her son was innocent. He was just 15 years old, a good-enough student, her baby. She'd raised him right – his father certainly had no hand in it – and Malik wasn't capable of killing.

Still, he was in jail and the court system was a maze that Janae couldn't quite figure out. She wanted Malik home, no matter what – even if it took putting her trust in an unusual source who claimed he could help her son.

When Calvin Moore left



the 'hood, he closed the door. He'd always had his sights on law school, power, money, a good life. He'd been at a big Philadelphia law firm for several years and was on track to make partner soon – so when his boss asked his assistance with a pro bono case for a non-profit, Calvin was reluctant. The Center for the Protection of Human Rights didn't want his experience; of that, he was sure. All they wanted was his black face to represent.

Known for around-the-globe humanitarian work, Roger Whitford always wanted to make a difference, and his organization

was poised to do it. They just needed a case that was right, one he could defend in court in a way that would force nation-wide revisions for Black boys within the justice system.

Roger had an audacious plan, and the case against Malik Williams was perfect...

Talk about good timing.

With its focus on justice and its characters' shouts for legal change, "Endangered" may be the most relevant book you'll read this year. Be aware, though: author Jean Love Cush, who has a background in law, loads controversy inside her story.

And yet, this drama isn't all just courtroom-based. Cush's characters are created with razor-sharpness and put in gut-wrenching situations. She then offers statistics (real ones!) to support her story – shocking

stats about African American education, crime, society, and justice that move the story along, enhance its most memorable parts, and pull readers even further in. All I can say is "wow."

The cover of this book

looks like it might be for middle-schoolers, but that's incorrect; its audience is definitely 16-and-up. If that's you, and you're open to one impressive thought-provoker, *Endangered* is a book to save time for.

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## Patio Sessions returns to downtown

Patio Sessions is back with an exciting fall season of free live local music in Sammons Park, now at a new, later time.

From 6:30 to 8:30 p.m. every Thursday night in September and October, enjoy a diverse array of area musicians, including emerging new artists and favorites of the area's independent music scene.

Dine at one of several local food trucks in the park, get an iced coffee from Pearl Cup Coffee, and relax with friends and family in the shade of the Winspear Opera House's expansive Sky Canopy for an evening of local music and community.

The Fall Patio Sessions line-up includes the following acts:

Sept. 4 - Rodney Parker & 50 Peso Reward with Tyler Rougeux

Sept. 11 - Salim Nourallah with Chris Holt

Sept. 18 - Boxcar Bandits

Sept. 25 - Cassie Holt and the Lost Souls with Haylee & Amanda

Oct. 2 - The Roomsounds with RTB2

Oct. 9 - Luke Wade & No Civilians with Kirk Thurmond

Oct. 16 - Home By Hovercraft with Low Dark Hills

Oct. 23 - Calhoun with Catamaran

Oct. 30 - Mariachi Quetzal - Dia de los Muertos celebration!