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# Selma: White savior not required

By Walter L Fields  
NNPA Columnist

The fierce and aligned, if not coordinated, campaign to smear the motion picture “Selma” by suggesting it inaccurately portrays the role of President Lyndon Johnson in the fight for Blacks’ civil rights is par for the course. Critics of the movie that focuses on the campaign for voting rights in Selma, Ala. suggest that Johnson was a champion for civil rights and is principally responsible for securing voting rights for African-Americans.

At best that point of view is a misunderstanding, and at worst, and what I firmly believe, it is a deliberate attempt to create a false narrative to diminish the principal and central role of Blacks in advocating for their own freedom.

It is ironic, and sad, that the first full-length theater released movie chronicling the leadership of Dr. Martin Luther King Jr. is being trashed in an attempt to exalt a White president. The criticism of “Selma” betrays the truth and common sense. Lyndon Johnson was a southerner; a Texas politician firmly entrenched as a Dixiecrat. His selection as John F. Kennedy’s vice presidential running mate was a po-



litical calculation to secure southern votes and resulted in an uneasy alliance between the Texan and the young Bostonian. The tragic assassination of JFK thrust Johnson into the Oval Office and placed upon the Texan the late president’s agenda.

Lyndon Johnson was no civil rights champion. He was a pragmatic politician who was smart enough to read the moment and self-absorbed enough to recognize history would judge his legacy based upon a historical movement for Blacks’ rights.

Common sense makes plain that in the turbulent 1960s, no occupant of the White House, the seat of world power and White domination,

saw their role as a liberator of the descendants of enslaved Africans. The rights of Blacks were not central to the maintenance of power for a president though it became a necessary consideration for the preservation of order.

What also challenges the Johnson-as-savior narrative is the truth. As president, he walked gingerly in taking on southern governors who were using their powers to oppress African-Americans and deny them their constitutional rights. He reluctantly used his power to protect Blacks who were being subjected to violence in the south. Johnson ‘negotiated’ civil rights, and used his

See MLK, Page 7



## Another look at artificial sweeteners

-See Page 4



## Student career expo in Garland

-See Page 7



## DSO plans Duncanville performance

-See Page 10



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COMMENTARY

## The real Barack Obama re-emerges

By Julianne Malveaux  
NNPA Columnist

President Barack Obama knocked it out of the park during the State of the Union address. He was strong, progressive, firm, and relaxed. He was almost cocky as he offered a few jokes, smugly announced that he would have no more elections, and just generally exuded confidence. Instead of the kumbaya thing, he laid out his priorities to a Re-

publican Congress that will likely block much of what he proposed, especially when it comes to raising taxes on the wealthy to support his free community college program.

President Obama “threw down” in the hour-long speech that was frequently punctuated by applause. Republicans frequently withheld applause, but his confidence suggested that

See REAL, Page 3

## INSIDE...

People In The News .....	2
Op/Ed .....	3
Health .....	4
Community .....	5
Education .....	6
Community Spotlight .....	7-8
Entertainment .....	9-10
Market Place .....	11
Career Opportunity .....	12-13
Church Directory .....	14-15
NDG Book Review .....	16

## People In The News...

See Page 2



Tamaika LaRocque



Fallon Wallace



Anthony Bright

In December, more than 75,000 readers visited [NorthDallasGazette.com](http://NorthDallasGazette.com)!

## Tamaika LaRocque

TORRANCE, Calif., (PRNewswire) -- Lexus announced 19 recipients of the 2014 Lexus Verses and Flow Scholarship. The new scholarship program is presented in partnership with ten of the nation's Historically Black Colleges and Universities (HBCU) and is an expansion of the groundbreaking "Verses and Flow" program, featuring poetry, spoken word and music. Each scholarship recipient will be awarded \$5,000 in recognition of their community leadership and academic excellence.



The recipients of the Lexus Verses and Flow scholarship are:

- Clark Atlanta University - Adisha Penn and Marquea Alexander
- Florida A&M University (Tallahassee, Fla.) -

Tatyana Smith and Zemoria Johnson

- Grambling State University (Grambling, La.) - Tamaika LaRocque and Prentiss Smiley

- Hampton University (Hampton, Va.) - Tommie Collins

- Howard University (Washington D.C.) - Alana Jones and Ayanna McFarland

- LeMoyne-Owen College (Memphis, Tenn.) - Ashanti Carr and Tashika James

- Morehouse College (Atlanta) - Oren Davidson and Timothy Tukes

- North Carolina A&T University (Greensboro,

N.C.) - Adriana Sawyer and Garner Stewart

- Spelman College (Atlanta) - Chelsea Banks and Shelby Smith

- Xavier University (New Orleans) - Anh Nguyen and Hallie O'Quine

"In alignment with the Lexus Pursuit of Potential initiative to support our youth, we are proud of the work these scholarship recipients are doing in school and in their communities," said Brian Smith, Lexus vice president, marketing. "These HBCU student leaders have the tools to succeed and we expect they'll do great things for society in the future."

The launch of the scholarship coincided with the fourth season of "Lexus Verses and Flow," the National Association for the Advancement of Colored People (NAACP) Image Award-nominated variety show. Lexus Verses and Flow was broadcast on TV One. Blending electrifying musical and soul-stirring spoken word performances, the eight-episode season featured mega-watt stars Maxwell, K. Michelle, Joe, Johnny Gill, Ruben Studdard, Candice Glover, Gary Clark Jr., Sebastian Mikael, Leela James, Anthony Hamilton, Alice Smith, and Mali Music alongside more

than 25 of the best up-and-coming poets <http://lexus.us/1BUyohA>.

For complete information about the Lexus Verses and Flow Scholarship and a list of the participating HBCUs please visit: <http://luxuryawaits.com>.

Laz Alonso, the host of Season 4 last year shared, "HBCUs, compared to other schools are very, very underfunded. Typically, the students that attend HBCUs normally also come from a background where they need financial assistance. It's always awesome to have a company like Lexus recognize that and, to put it bluntly, put their money where their mouth is."

## Fallon Wallace

A UT Dallas team that delivered advice to a novice CEO trying to fix a deluge of problems in his struggling health care company placed first and earned \$3,000 in a student case study competition, sponsored by the North Texas chapter of the American College of Healthcare Executives (ACHE).



thetical difficulties drawn from issues on the business side of medicine and then presenting proposals to remedy them.

Team members Keith Herl, William Howard and

Fallon Wallace are all graduate students pursuing dual master's degrees in business administration and health care management. Their challenge centered on a hypothetical 60-year-old company that had pioneered a nonprofit, prepaid health maintenance organization insurance program. The company's initial market advantage lay in containing costs by relying on its own physician-led medical group to deliver care.

Over time, that advantage disappeared as competitors also adopted the HMO model. Subsequent economic pressures — includ-

ing a \$200 million operating loss in each of the previous two years — led to a dire financial situation as well as growing dissatisfaction among patients and the medical group, the Jindal School team concluded.

"The competition required our team to act as health care executives working together to immediately develop a strategy for the struggling organization," Wallace said. "ACHE provided an invaluable experience for our team to have a glimpse of some of the challenges we will face in our career as health care management profession-

als."

Ultimately, ACHE competitors focused on helping the company's newly appointed CEO quickly find workable means to increase revenue and restore belief in the company's viability.

For his inaugural meeting with his board of directors, the fledgling executive planned to propose two divergent rescue operations. The first entailed lowering rates, lowering costs, freezing salaries and instituting layoffs — all to regain a pricing advantage. The second choice: Change perception of the company by shifting away from opera-

tional efficiency in favor of top-quality service and care delivered at premium prices.

The Jindal School team's first piece of advice was to forget the either/or approach. Instead, in a 15-page paper and a 10-minute presentation, the team counseled the CEO to combine his solutions in a two-pronged approach incorporating both short-term and long-term strategies.

Some key elements of the team's short-term strategy called for immediate cost-cutting and strategic layoffs,

See WALLACE, Page 7

## Anthony Bright

Los Angeles, CA (BlackNews.com) -- Officially launching in January 2015, the STOP-ATTACK ([www.stop-attack.com](http://www.stop-attack.com)) app will leverage smartphone technology to make the world a safer place for everyone. Whether it's bullying, street harassment or something even more sinister, the app will record audio and video evidence and alert contacts of trouble in a matter of seconds. The developers of STOP-ATTACK have created a pair of explainer videos to showcase exactly how the app works in typical usage scenarios: "Always Be Prepared," "Bullying."



saults in this world," said Anthony "Tony" Bright, the creator of STOP-ATTACK. "Our hope is that STOP-ATTACK.com will be a powerful tool in this struggle. The app has been developed with simplicity as a core feature, so that even younger children can be protected, giving parents

much-needed peace of mind." The CEO will be presenting the STOP-ATTACK app at the Pre-Grammy Awards VIP Gift Lounge and The Oscars Gift Lounge hosted by GBK productions this February.

The app can be downloaded in the Google Play or iTunes store, and is available for free now until February 8, 2015.

STOP-ATTACK users will be able to customize many aspects of the app, such as creating a "Panic List" of people for the app to contact in an emergency, from friends and family to local first responders.

When a user activates STOP-ATTACK, the app instantly begins recording live audio and video and uploading the stream to the

cloud. Panic List contacts and designated first responders are notified immediately or after a brief, user-determined delay. The app will send the contacts a link with the GPS location and the recording of the incident.

A hot key allows for quick and discrete activation of the STOP-ATTACK app. For instance, a bully need not know they're being recorded until presented with the evidence by a school authority. On the other hand, it's sometimes advantageous to let everyone know that STOP-ATTACK is recording.

STOP-ATTACK will be available for both Android and Apple devices. To learn more about this game-changing safety technology, contact [info@stop-attack.com](mailto:info@stop-attack.com).

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**Published By**

Minority Opportunity News, Inc.

**Web Master**

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**Special Projects Manager**

Edward Dewayne  
“Preacher Boy” Gibson, Jr.  
James C. Allen

**Contributing Writers**

Jackie Hardy  
Ivy N. McQuain  
Terri Schlichenmeyer  
Nicole Scott  
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# Will the Supreme Court evict Fair Housing?

By Charlene Crowell  
NNPA Columnist

Although a series of civil rights laws were enacted in the 1960s, in the 21st Century many of these victories continue to face legal challenges. On January 21, one such challenge was heard by the United States Supreme Court. By the time the Justices rule in the case of Texas Department of Housing v. Inclusive Communities Project, the nation’s Fair Housing Act of 1968 will either be gutted or strengthened.

Lawyers argued whether the Fair Housing Act was intended to apply only to intentional discrimination or whether policies and prac-

tices that lead to exclusionary racial patterns are within the scope of the law, causing “disparate impact.”

In 2008, The Inclusive Project, a nonprofit organization that advocates fair and affordable housing in the Dallas metro area, sued the Texas Department of Housing and Community Affairs. It charged the state agency with perpetuating racial disparities violating fair housing by the way it used an indirect federal subsidy called Low-Income Housing Tax Credits (LIHTCs). The tax credits, used across the country to support permanently affordable rental housing options for low-income families, were alleged in Texas to tar-

get minority areas while excluding them in predominantly White ones.

In March 2014, the U.S. Federal Fifth Circuit of Appeals agreed with The Project. Undaunted by the appellate decision, in May 2014, the Texas agency petitioned the U.S. Supreme Court.

Since then, amicus or “friend of the court” briefs have been filed by a number of diverse organizations that include AARP, Hope Enterprise Corporation, Howard University School of Law Housing Clinic, Judicial Watch, Lawyers’ Committee for Civil Rights Under Law, NAACP Legal Defense and Education Fund, National Black Law Stu-

dents Association, the National Fair Housing Alliance and the Center for Responsible Lending (CRL).

Fair housing advocates have raised their voices and organized protests to mount pressure that conveys just how important fair housing is to the nation’s citizens and its economy.

Speaking at a January 21 midday rally organized by the National Fair Housing Alliance and held on the steps of the U.S. Supreme Court, Nikitra Bailey, senior vice-president with CRL said, “Today the question before the Supreme Court is a simple one: Will the court

See HOUSING Page 5

## REAL, continued from Page 1

whether they offered applause or withheld it was of no concern to him.

Michelle Obama wasn’t playing, either. While she has usually worn her trademark sleeveless dresses with pearls, once a puffy skirt, once with long sleeves. The shift look certainly flatters her figure and her toned arms tout her fitness. Her two-piece tweed suit, though, was a business suit. It reminded us that she is a lawyer (with a nod and a wink to CBS hit show “The Good Wife”) in addition to being a stylish first lady. Hopefully, the business attire signals that she will take care of business in the next two years. Her “Get Fit” initiative is much needed, and her partnership with Jill Biden to focus on military families is consistent with the president’s in providing jobs and other assistance for veterans.

In these last two years, perhaps the first lady can spread her wings and focus on the work and family issues she lived and that so many women juggle. I hope for too much, I think, when I suggest that she deal with the gender pay gap, but that is also an issue that would benefit from her attention.

While the president highlighted efforts to benefit the

middle class, he mentioned poverty just once. There are 45.3 million people who lived in poverty in 2013, the last year for which data are available. The rates are 9.7 percent for Whites, 12.3 percent for Asian-Americans, 25.3 percent for Hispanics, and 27.2 percent for African-Americans. In mentioning poverty without mentioning that some experience poverty differently than others, the president failed to put a tiny pin in his own celebration. I wouldn’t expect him to mention race explicitly, but he could have said, “And while poverty rates are falling, one in four families in some communities still experience poverty.”

Similarly, President Obama justifiably touted falling unemployment, which dropped from 6.7 percent a year ago, to 5.6 percent in December. The decrease has been across the board and included African-Americans and Hispanic as well.

However, there are 700,000 fewer people in the labor market than a year ago, indicating that more people are entering the labor market in response to its perceived strength. Without indicating race, the president could have talked



Official White House Photo

about the high unemployment rates among some groups.

Of course, presidents traditionally offer a laundry list of issues, with few getting more than a couple sentences worth of attention. Still, since the economic success story is one that President Obama correctly touted and it would have been appropriate for him to simply mention the unevenness of recovery.

And since the Affordable Care Act is a successful part of the Obama legacy, with nearly 7 million more people enrolling in the program, and some of the 2014 glitches eliminated, it would have been appropriate to mention it, specifically and in depth. Some might consider that waving a red flag in the faces of bullish Republicans, but in some ways the speech was a red flag, anyway.

When I listened to the State of the Union address, I thought “this is the Obama I voted for – twice, the Obama that was but a rising star in 2004, whose rousing speech at the Boston Democratic convention propelled him to national attention.” This Obama seemed presidential, not conciliatory. He stood by the executive orders he issued in 2014, and stated that he will his veto pen if Congress attempts to overturn his effort.

As he did in Boston, President Obama ended on a unifying note, a line that he has used often: “We are more than red states and blue states, we are the United States of America.” He was motivated when he said, “let’s start the work right now.” Bravo, Mr. President. Welcome back!

*Dr. Julianne Malveaux is an economist and author based in Washington, D.C.*

# Taking another look at artificial sweeteners

(NIH) Diet sodas and other treats sweetened with artificial sweeteners are often viewed as guilt-free pleasures. Because such foods are usually lower in calories than those containing natural sugars, many have considered them a good option for people who are trying to lose weight or keep their blood glucose levels in check. But some surprising new research suggests that artificial sweeteners might actually do the opposite, by changing the microbes living in our intestines.



developing type 2 diabetes. In contrast, the animals that drank sugar water remained healthy.

The result was puzzling. These mice weren't consuming natural sugars, so what was raising their blood glucose levels? The researchers had a hunch that the answer might lie in the gut microbiome — since those microbes play a vital role in digestion. Their suspicions were borne out. When they used DNA sequencing to analyze the artificial sweetener group's gut microbiome, they found a distinctly different collection of microbes than in the animals who drank sugar water.

The next step was to distinguish whether these changes in the microbiome resulted from high blood glucose, or caused it. When the researchers used antibiotics to wipe out the artificial sweetener group's gut microbes, their blood glucose levels returned to normal—evidence that the gut microbes were actively causing glucose intolerance. Additional proof came from

experiments in which the researchers transplanted microbes from both groups of mice into the intestines of a mouse strain that had been raised in a sterile environment from birth. The germ-free mice that received microbes from the artificial sweetener group developed glucose intolerance; those getting microbes from the sugar group did not.

But what about humans? The research team, which included Eran Elinav, an immunologist, and Eran Segal, a computational biologist, examined clinical data from 400 people taking part in an ongoing nutrition study. That analysis showed that, compared to people who didn't use artificial sweeteners, long-term users of artificial sweeteners tended to have higher blood glucose levels and other parameters often associated with metabolic diseases like diabetes, obesity, and fatty liver.

Next, the researchers asked seven healthy human volunteers, who had never previously consumed foods or beverages containing artificial sweeteners, to consume the daily maximum dose of saccharin allowed by the U.S. Food and Drug Administration for six consecutive days. Of the seven volunteers, four developed glucose intolerance, while three maintained normal blood glucose regulation. The researchers then took intestinal microbes from human volunteers and transplanted them into

germ-free mice. Microbes from humans with glucose intolerance also triggered glucose intolerance in the mice, while microbes from humans with normal blood glucose had no effect.

Previous studies have as-

sociated changes in the gut microbiome with obesity and diabetes in humans. But the latest findings, which still must be confirmed in larger studies and by other groups, advance our knowledge one step further by

suggesting that artificial sweeteners may be one of what's likely to be an array of factors with the power to shape such changes. Who knows what the next piece of that fascinating puzzle might be?

To explore the impact of various kinds of sweeteners on the zillions of microbes living in the human intestine (referred to as the gut microbiome), an Israeli research team first turned to mice. One group of mice was given water that contained one of two natural sugars: glucose or sucrose; the other group received water that contained one of three artificial sweeteners: saccharin (the main ingredient in Sweet'N Low®), sucralose (Splenda®), or aspartame (Equal, Nutrasweet). Both groups ate a diet of normal mouse chow.

To their surprise, the researchers discovered that many animals in the artificial sweetener groups—especially those that drank saccharin-sweetened water—developed a condition called glucose intolerance, which is characterized by high blood glucose levels and is an early warning sign of increased risk for

## 86 percent of Texans get assistance in the Health Insurance Marketplace

As the Feb. 15 deadline to sign up approaches, HHS is encouraging Texas consumers to check out their options for quality affordable coverage through the Health Insurance Marketplace. As of Jan. 16, 918,890 Texas consumers selected or were automatically reenrolled in Marketplace coverage. According

to a report with additional details released today by the U.S. Department of Health and Human Services, of the 918,890 consumers in Texas who selected or were automatically reenrolled in plans:

- 86 percent selected a plan with financial assistance
- 38 percent were under

35 years of age

- 56 percent reenrolled in a Marketplace plan and 44 percent selected a plan for the first time.

“We're pleased that in Texas, 918,890 people are signed up for Marketplace coverage, and 86 percent are able to lower their costs even further by getting tax

See HEALTH, Page 8

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1618	Triple Dynamite Overall Odds are 1 in 4.26	\$2	4/1/15	9/28/15
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# Valentine's Day Brunch supports Bridge Breast Network

Valentine's Day is near and love will be in the air at Fashion Bar's "Queen of Hearts Champagne Brunch" taking place at Dee Lincoln's Bubble Bar on Feb. 14, from 11 a.m. to 3 p.m. This love-filled brunch for singles, couples, friends and families is \$50 per person with a percentage of the proceeds benefiting the Bridge Breast Network, a local nonprofit organization that provides access to breast cancer services for low-income and uninsured individuals.

"Whether it's a significant other, parent, sibling or friend, we all have someone special in our lives who we can celebrate on Valentine's



Day," said Tiina Howell, event planner and founder of Fashion Bar. "This brunch is an exciting way to celebrate those treasured relationships, while supporting an organization that works daily to save the lives of the many loved ones who are battling breast cancer." The "Queen of Hearts

Champagne Brunch" will be a memorable afternoon filled with many signature highlights. Dee Lincoln's Executive Chef, Andrew Powers, will create a specially crafted brunch buffet menu of items that will include Texas Migas, chicken and waffles, Anson Mill grits, O'Brian potatoes and assorted fruit. Guests will also receive two complimentary mimosas and a gift bag filled with great mementos, while enjoying the smooth and melodic sounds of N'Tense The Band. In addition, Fashion Bar and the Bridge Breast Network will treat five breast cancer survivors to brunch, while also honoring and recognizing these individuals during this celebratory event. All attendees affected by breast cancer are encouraged to wear pink and will be presented with a pink rose.

"We are so excited to participate in this event that is celebrating the love and relationships of all people, while recognizing strong breast cancer survivors who have benefited from the services our agency provides to the community," said Terry Wilson-Gray, Executive Director of the Bridge Breast Network. "Last year alone we provided services to over 18,000 individuals and it is

See BRUNCH, Page 12

# McKinney gets high marks from residents

A recent City of McKinney citizen survey confirmed that the designation as the #1 best place to live in the country is justified.

Nearly every respondent, or 96 percent, reported they are satisfied or extremely satisfied with the quality of life in McKinney.

"This survey is an important voice for our residents. With this information, we are able to provide valuable feedback to city leaders and staff to use as programs and services are implemented and developed to best align with the needs of our community," said Communications and Marketing Director CoCo Good.



"The overall positive responses are extremely encouraging. It's particularly outstanding that the city has faced consistently rapid growth in the past decade and still residents are happy with their hometown."

The survey helped determine a benchmark for the feelings of residents on several key issues facing the city.

From quality of life and neighborhood safety to

See MCKINNEY, Page 14

## HOUSING, continued from Page 3

stand on the side of justice and fairness by upholding disparate impact as a critical tool under the Fair Housing Act, or will it take a step backwards in our nation's storied history and allow rampant discrimination in housing and finance markets to go unchecked?"

"The answer for the court should be easy," continued Bailey. "Disparate impact is a longstanding safeguard for fairness – it simply requires that policymakers, banks and other housing service providers pick the fairest option to avoid discrimination."

Myron Orfield, a professor of law and director of the Institute on Metropolitan Opportunity at the University of Minnesota, was equally direct on the issue in a recent blog.

"If the Supreme Court holds that there is no disparate impact cause of action under the Fair Housing Act, it will remove the single most effective tool available to fight discrimination and segregation," concluded Orfield.

In recent years, two other cases with essentially the same arguments were set-

tled before the Roberts Court could rule. In this third case, the likelihood of a settlement appears remote.

Key federal agencies have fully embraced disparate impact as central to their work. For example, in a 2012 address before the National Community Reinvestment Coalition, Richard Cordray, director of the Consumer Financial Protection Bureau, said, "We cannot afford to tolerate practices, intentional or not, that unlawfully price out or cut off segments of the population from credit markets."

Less than a year later in February 2013, HUD issued its own disparate impact rule holding that housing discrimination and lending occurs not only by intent; but also by effect. At the time, HUD Secretary Shaun Donovan said, "Through the issuance of this Rule, HUD is reaffirming its commitment to enforcing the Fair Housing Act in a consistent and uniform manner. This will ensure the continued strength of one of the most important tools for exposing and ending housing discrimination."

Earlier mortgage research by CRL found that racial disparities really meant that communities of color bore a disproportionately large share of foreclosures, lost wealth, and deteriorating quality of life. African-American and Latino borrowers were, respectively, 2.8 and 2.3 times as likely to receive a mortgage loan with a prepayment penalty – even though many of these borrowers could have qualified for more affordable and sustainable loans. At the height of the foreclosure crisis, borrowers of color were also foreclosed at rates nearly double that experienced by Whites.

With such broad and strong support for disparate impact and research revealing its harms, if the Supreme Court takes the more narrow approach of intentional discrimination as it relates to the Fair Housing Act, the multiple and rippling effects may reverse fair housing's hard-fought gains.


As Marc Morial, president and CEO of the National Urban League, recently wrote, "I think all fair-minded people would agree that we should not allow these types of dis-

criminatory outcomes to persist. Private civil rights attorneys, state Attorney Generals, federal enforcement agencies and others

continue to work diligently to ensure that those practices are a part of the past – and not our future."

Charlene Crowell is a

communications manager with the Center for Responsible Lending. She can be reached at [Charlene.crowell@responsiblelending.org](mailto:Charlene.crowell@responsiblelending.org).



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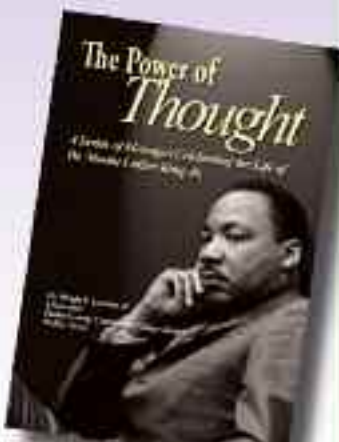
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# La Academia de Estrellas Charter School to host grand opening of new \$12 million Oak Cliff campus Jan. 30

La Academia de Estrellas Charter School (LAE) will be celebrating the opening of their new campus at 4680 W. Kiest Blvd. with a grand opening celebration on Friday, January 30, 2015.

The celebration will start with an indoor program at 9 a.m. and continue outside with the ribbon cutting. The school is pleased that many state, county and city officials will be in attendance.

Lorraine Mantei, the school founder and superintendent states: "During our 8-and-a-half years of serving students in Oak Cliff, we have dreamed of having

our own facility which would enable us to fully realize the goals of our program. This new campus has been designed with our basic educational tenets in mind and with room for future expansion. It is exciting for the entire LAE community to see the dream become a reality."

LAE is an open-enrollment charter school currently serving 1,050 students in grades ranging from 3-year-old pre-kindergarten to 8th grade. The vast majority of the students live in the Oak Cliff section of the city and 95 percent are classified as economi-

cally disadvantaged. The school philosophy emphasizes giving students real-world experiences through numerous field trips, community service projects and inquiry-based education. The cornerstones of classroom instruction are differentiated learning and small group activities.

The new Kiest campus accommodates all of the school's kindergarten to 8th grade students. It consists of a 90,000 s.f., two-story education building and a 10,000 s.f. gymnasium and serves a target student population of 792 students. Every classroom has windows to the outside and the

educational building has an inner courtyard. The gym has a hardwood high school size basketball court which is also lined for volleyball.

The LAE pre-kindergarten facility is located at 1811 S. Hampton Road and continues to serve 3- and 4-year old students.

## Registration open for BuzzFree PROMises Dress & Tux Giveaway


Prom season is right around the corner. Registration has officially opened for the 14th Annual BuzzFree PROMises Dress &

Tux Giveaway to be held on Saturday, Feb. 28 at the Kathlyn Joy Gilliam Collegiate Academy from 8 a.m.

See PROM, Page 16

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## Career Expo exposes students to local college, employment opportunities

More than 700 students discovered the multitude of higher education and employment opportunities that exist in their backyard at Garland ISD's Student Career Expo Jan. 13. The second-annual event allowed secondary students to interact with local businesses and educational establishments.

Organized by GISD's Career and Technical Education (CTE), Special Programs and Guidance and Counseling departments, along with the Garland, Rowlett and Sachse Chambers of Commerce and the Dallas County Community College District, the career fair pro-



Photo: Margaret Wis

notes community success. "This year's Student Career Expo was a wonderful, great experience," said Garland ISD's CTE Director Phil Gilbreath. "It was bigger than last year, and we have heard good feedback from professional participants and students."

The 2015 affair featured 38 regional companies and colleges, increasing participation by 65 percent. The event also drew a bigger crowd, due to the inclusion of 10 schools, which is a two-campus increase from last year. "We expanded the offering to middle schools this year," Gilbreath explained. "I was even told that the middle schoolers asked some exceptional questions that the representatives were not expecting. It went very well."

During the Career Expo, attendees heard from Garland Chamber of Commerce CEO Paul Mayer before networking with poten-

tial employers and educational advisors. "Fifty million people will leave the workforce over the next five to 10 years," Mayer told the students. "That means that 50 million of you are going to have to step up to do those jobs and fill the occupations of the future. That is why we are here—to provide a way to get you to that next step."

Atmos Energy, Digital Kinematics 3D, Garland Police Department, ITT Technical Institute, Plastipak Packaging Inc. and Sachse Veterinary Hospital were among the organizations represented. "An event like this can really

help students see that they have more options after high school," said Remington College Pharmacy Technician Department Chair Helen Ann Vance. "I think this is really important. I wish I had an opportunity like this when I was in school."

North Garland High School senior Yazmine Jackson took full advantage of the rich resources at hand. "I found out that Richland can take care of my first two years of college. I now have two upcoming appointments with them," she commented. "I think this event can help students who need informa-

tion on financial aid or need a job."

And though middle schoolers might not need jobs or seek help with college tuition at the moment, investing in the future generation is the fair's No. 1 priority. "The fact that students are able to see and visit with representatives from local companies and colleges, they are able to make a real connection to the next phase in life," Gilbreath said. "This event is all about opportunities. I hope to continue to expand the event next year. My goal is to have 50 booths and 100 percent school participation."

## MLK, continued from Page 1

considerable skill as a legislator, to win in the margins. And even while proving successful in moving civil rights legislation LBJ co-existed with FBI director J. Edgar Hoover, who was leading a campaign to suppress and eliminate Black leadership.

Lyndon Johnson should be credited for a few things. He courageously appointed two African-Americans to positions of authority in the federal hierarchy, historical appointments that were impactful in their significance. Former NAACP legal counsel Thurgood Marshall was named to the United States Supreme Court and the brilliant economist Robert Weaver was made the first

Black to serve on a presidential cabinet when Johnson made him secretary of the newly-created Department of Housing and Urban Development (HUD). And there were other appointments in the federal bureaucracy that changed the hue of national government administration. Still, these appointments did not fundamentally alter the citizenship status of African-Americans in our nation.

While I admire LBJ's tenacity, the campaign to canonize him as a civil rights saint is far-fetched. The simple question is "If King, Roy Wilkins, Clarence Mitchell, Jr., SNCC and others had not existed, would Lyndon

Johnson pro-actively advance a civil rights agenda?" The truthful answer is, no. Johnson felt the pull of a powerful social movement and understood that change, even if not desired or convenient, was upon the nation and inevitable his presidency. It was the leadership and advocacy of Blacks that created the space for Johnson to exercise presidential authority in the face of southern opposition.

Perhaps what galls me most with the latest effort to bestow white knighthood on a White male for racial sensitivity is it comes upon the heels of protests against police brutality. If we do not speak forcefully against the misappropriation of history, we will witness a similar false accounting about our

present circumstances decades from now. The campaign to make LBJ the epicenter of the civil rights struggle is like making the Warren Court the heroes of school desegregation and not the plaintiffs in *Brown v. Board of Education*. It also occurs as Hollywood churns out another motion picture anointing White benevolence toward a Black child, a seeming theme in 'Tinseltown' that suggests Black people are incapable of self-determination and success without the aid of Whites. It is the worst characteristic of White liberalism and perhaps the reason why it has taken until 2015, nearly 47 years after King's death, for a major motion picture to center on the Nobel Prize winner and human rights icon.

We are not in need of White saviors. We could use some willing White partners who recognize and acknowledge the brilliance of Black leadership and understand that their empathy and emotional investment

in our plight can never approximate the struggle, sacrifice and commitment of Blacks to our own liberation.

*Walter L Fields is executive editor of NorthStarNews.com*

## WALLACE, continued from Page 2

a cultural shift to put "patients first" and aggressive searches to find new revenue sources in high-end, niche services.

In advisory sessions with team mentor E. Kenneth Hutchenrider Jr., president of Methodist Richardson Medical Center, and with Dr. Britt Berrett, director of the Jindal School's bachelor's in health care management program, the team talked about revenue en-

hancement.

"Hutchenrider and Berrett opened our eyes to these other lucrative areas that were not being tapped," Howard said.

The team's long-term strategies focused primarily on marketing the cultural shift, which included a new primary care model of assigning each patient to a primary care physician and assigning doctors and staff to treatment pods — teams

that consistently worked together.

Crucial to all of this, the team said, was to garner as much support as possible by getting a core group of system leaders involved early.

"Our team also took a hard look at the 'what ifs,' all the cost, quality and human implications and possible impacts of their advice," said Dr. Forney Fleming, director of the master's in health care management program. "I think the judges appreciated that practicality. I believe the

students learned to do that in our classes, and it reflects well on them, the excellence of our faculty, and the quality of the program."

The competition took place Nov. 13 in Irving before the annual meeting of the North Texas ACE, where results were announced. In addition to a trophy and the prize money, each team member earned student membership in ACE and in the Dallas-Fort Worth Hospital Council.

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# Natchez gives away \$10,000 towards a Natchez Dream Wedding

Visit Natchez recently announced it is giving away \$10,000 towards a Natchez Dream Wedding. The oldest continuous settlement on the Mississippi River, Natchez is set amid dozens of grand antebellum mansions and historic churches making the city a romantic wedding destination for more than 50 years.

Couples are encouraged to submit their love story and photos at

[www.visitnatchez.org/dream-wedding](http://www.visitnatchez.org/dream-wedding) for the chance to win \$10,000 toward their dream wedding.

“Natchez has everything you need for the perfect wedding, said Hannah Durkin, Interactive Marketing Manager at VisitNatchez. Extravagant venues fit for a princess, amazing food and we even have the horse drawn carriage. Why would you not want

to make your dream come true here?”

Visit Natchez is giving away \$10,000 to one lucky couple to put toward their wedding, but there are some stipulations. For instance, the wedding must take place in Natchez, and the prize

money can only be spent on a list of approved Natchez-based businesses.

“We want to promote Natchez as a major wedding destination, and by having this giveaway we get a chance to really show what our businesses have to offer. We

are a one stop shop; you can get it all right here”, Durkin said.

Deadline for the contest is March 31, 2015.

For more information about the Natchez Dream Wedding Giveaway, please visit: [www.visitnatchez.org/dream-wedding](http://www.visitnatchez.org/dream-wedding).

## Gina Smith becomes a new member of College of the State Bar of Texas

AUSTIN – The College of the State Bar of Texas congratulates Gina “Pepper” Smith on her membership in the College. Smith practices Personal Injury, Criminal Defense, and Federal Litigation in Dallas.

A graduate of Howard University, The University of Texas School of Law, and Boston University, Ms. Smith is dedicated advocate for insuring that persons are made whole, that wrongs and injustices are righted, and that the Constitutional rights of all citizens are protected.

The College of the State Bar of Texas, the only organization in the United States formed for this purpose, is an honorary society of lawyers, chartered by the Supreme Court of Texas in 1981, to recognize and encourage lawyers who maintain and enhance their professional skills and the quality of their service to the public by completing at least double the required hours of continuing legal education each year.

Smith may be contacted at 214-749-0040 or at [ginasmithlaw.com](mailto:ginasmithlaw.com).



Gina Smith

## HEALTH, continued from Page 4

credits, making a difference in the lives of so many families,” HHS Secretary Sylvia M. Burwell said. “The deadline to sign up for coverage is just a few weeks away. We are encouraging Texas consumers to visit HealthCare.gov, call the call center or get in touch with a local assister to check out their options for quality, affordable coverage. We still have a lot of work to do before February 15, but are encouraged by the strong interest we’ve seen so far.”

Nationwide, 9.5 million consumers selected or were automatically reenrolled in quality, afford-

able health insurance coverage through the Marketplace through Jan 16. More than 7.1 million were in the 37 states, including Texas, using the HealthCare.gov platform and 2.4 million were in the 14 states (including Washington, D.C.) using their own Marketplace platforms.

Open Enrollment in the Marketplace runs until Feb. 15. Consumers should visit HealthCare.gov to review and compare health plan options. Find local help at: [Localhelp.healthcare.gov/](http://Localhelp.healthcare.gov/). Or call the Federally-facilitated Marketplace Call Center at 1-800-318-2596.

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# DCT premieres musical stage adaptation of highly imaginative feline, *Skippyjon Jones*

Dallas Children's Theater (DCT) is presenting SKIPPYJON JONES, a new musical commissioned in collaboration with Oregon Children's Theatre (OCT) this month.

SKIPPYJON JONES is a celebration of the unbridled imagination of the very young as seen through the eyes of a Siamese kitten who longs to lead the life of the swashbuckling Chihuahua Skippito Friskito! While raucous and full of

infectious humor, the story also demonstrates a child's ability and need to explore all aspects of their identity. When faced with loneliness and self-doubt, the determined young Skippyjon retreats to his toy-strewn closet to find adventure and become a hero. Peppered with joyous wordplay and colorful language, this will be an invigorating exploration of the imagination.

DCT Artistic Associate and Director Nancy Schaefer

shared, "Our designers, Amarante Lucero and Lyle Huchton are truly working from page to stage as they create this environment. We can see that this is the world inside Skippyjon's mind, made up with his toys playing the characters. We can all remember getting lost in our own world playing, and that's what we're going to show - the wonder of a child's mind. This group of actors and designers and the original score are all going

to bring that to life and it will just be delightful."

Author Judy Schachner states, "Never have I witnessed anything quite as moving as when I first sat among an audience of young fans watching one of my own stories come to life on the stage. Huzzah to Dallas Children's Theater for not only connecting children to the literature they love, but to reinforcing that connection with the glue of imagination."



## BOOM 94.5FM features new and familiar on-air voices

Two months after its launch, BOOM 94.5 introduced their hosts for mornings and afternoons. The Mark McCrazy Experience brings a unique, new flavor to weekday mornings, airing from 6 am to 9 am. And, afternoons, the Metroplex will be reacquainted with the familiar voice of Kenny J from 2 pm to 7 pm.

The Mark McCrazy Experience will feature a proven and winning ensemble cast. Mark "McCrazy" McCray is a veteran broadcaster and a Classic Hip Hop enthusiast with a unique sense of humor, fun and sarcasm, while exuding a passion for community.

Co-host India is part of the "experience." India relates to women and is the Hip Hop Fashionista. She openly shares her struggles with being single and taps into her vast Hip Hop knowledge while representing a lady's perspective. Rounding out the team is DJ Menace, he is a talented mixer, producer, MC and Hip Hop historian. Led by Mark McCrazy, this team shared tremendous success as the top-ranked morning show for several years in the West Palm market in South Florida.



"It's always been a desire of mine to return to Texas, where I have lived most of my adult life, and to host mornings," said Mark McCrazy, host of The Mark McCrazy Experience. "I've reassembled my team. India, Menace and I hosted a #1 ranked morning show in Florida for 8 years. I know we can bring the same energy, entertainment, local information, Hip Hop knowledge and community involvement to the place we call home, North Texas."

Radio One Dallas' Vice President and General Man-

ager, Gary Spurgeon, is excited about the early success of BOOM 94.5. "Boom 94.5 is experiencing significant growth in DFW and the North Texas area. The addition of Mark, India and Menace live in mornings, gives us even more momentum for the BOOM 94.5 brand," said Spurgeon.

Holding down the afternoon drive is broadcast veteran, Big Baby Kenny J. This Fort Worth native has been heard in the DFW area for nearly 20 years. On the ride home, listeners will have their cars rocking with

the 5 O'clock Traffic Jam featuring DJ Mo Dave.

"The combination of great Classic Hip Hop, live

and local morning personalities, a local afternoon program and our specialty features, gives BOOM 94.5 the

additional boost to take it to a whole new level of entertainment for the DFW listener," added Spurgeon.

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# DSO on the GO: Concert to be held at Duncanville High

The Dallas Symphony Orchestra (DSO) announces its popular DSO on the GO series will expand to Duncanville with a concert of light classics at 7:30 p.m. Saturday, Feb. 7, 2015 at Duncanville High School. DSO on the GO is generously supported by TACA (The Arts Community Alliance), the National Endowment for the Arts and The Ebby Halliday Companies.

"It's been several years since the Dallas Symphony has performed for the people of Duncanville, and we are very happy to be returning," said Dallas Symphony Orchestra President and CEO Jonathan Martin.

"We hope the community enjoys hearing the DSO perform close to their



Karina Canellakis has received much praise for her conducting and will be featured in the Duncanville performances. (DSO photo by Tracy Martin)

homes, and that our music-making will provide uplifting entertainment for friends and families from across Southwest Dallas County."

DSO on the GO: Dun-

canville features Dallas Symphony Assistant Conductor Karina Canellakis leading a program of beloved and familiar classics, including Symphonic Dances from West Side

Story and other jazzy Broadway melodies by Bernstein, Suppé's Light Cavalry Overture and Ravel's Mother Goose Suite.

Showcased with be Dallas Symphony Principal Clarinetist Gregory Raden playing the showpiece Premiere rhapsodie by De-

bussy.

Karina Canellakis was recently hailed by *The Dallas Morning News* for her "most brilliant conducting debut" with the Dallas Symphony at the Meyerson Symphony Center.

Gregory Raden has been praised for playing of

"heartrending eloquence" (*The Dallas Morning News*) and "exquisite nuance" (*The Washington Post*).

Tickets to DSO on the GO: Duncanville are \$19. Student tickets are \$9. Tickets can be purchased at [www.mydso.com](http://www.mydso.com) or by calling 214.TIX.4DSO.

## Selma screening...



Dallas County Commissioner, John Wiley Price (left); Dallas City Councilman, Dwaine Caraway (right) and NDG's V/P of Entertainment, Jessica Brewer at the special screening of the outstanding and riveting movie SELMA. Definitely a MUST SEE, in theaters now!!



## More Happy Winners...



(Left) Shantonio Scott was very excited to be NDG's winner of Marvel Universe Live Universe Tickets, she couldn't wait to take her son to enjoy the show!



(Above) NDG Entertainment winner Janet Boyanton won two tickets to DTC's Stagger Lee.

(At left) NDG's special patron, Dr. Shavers of Shavers Plus Counseling Solutions accepted tickets to the Harlem Globe Trotters!

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## Enter to Win! Ticket Giveaway

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## Four steps to accelerate your career success

By Vivian Ciampi

Globalization, technology, rampant regulation and fierce competition at every turn have made today's workplace more complicated than ever. This is causing professionals at all levels—from the mail room to the board room—to flounder as they attempt to navigate the escalating complexities, consistently perform at a high level, and achieve upward career mobility.

Because modern workplace dynamics have become so complex, leaders have less time than ever to spend coaching and mentoring employees, and to benefit from such guidance for their own professional gain. In addition, universities systematically churn out graduates who have learned black and white technical skills and theoretical concepts, but not how to aptly prepare for, and traverse through, the inevitable "Gray Area" of a company—the environment and culture that manifests from the multi-faceted challenges and forces an organization faces. The result is a glut of entry-level and entrenched professionals who are unprepared, unequipped and unable to effectively communicate in a way that will productively impact their career.

"While an intangible, the Gray Area is a very real phenomenon driven by human nature, internal and external politics, industry guidelines, company protocols and market pressures, among other factors," notes Vivian Ciampi, an esteemed Executive Coach and Harvard Business School Executive Education department coach and facilitator. "The importance of learning how to effectively communicate within this ambiguous environment cannot be understated. Too many in our nation's workforce, both employees and executives, are ill-equipped to engage with an audience—any audi-



Vivian Ciampi

ence—with ease and intention, which is keeping them from realizing their full potential and attain a maximum measure of success."

With this in mind, Ciampi offers these 4 tactical tips to help professionals at every level become a more effective communicator and, in doing so, gain better control of their career trajectory:

Become the "Universal Translator." The most val-

ued and successful person in any business is the one that can translate facts, figures, and concepts into actionable ideas that will not only make sense and resonate with their direct network, but also with any and all constituents those ideas will be presented to. This includes superiors, subordinates, peers, customers, prospects, business partners and vendors.

The Universal Translator does the following: steps out of their comfort zone or discipline; let's go of any insider department lingo or technical terms and focusses on the audience at hand; suggests specific ways others can move forward with the information relative to what is important to them; and presents the vision, plan or theory in a way that is clear, crisp, confident and above all, ACTION-ABLE. This person is so successful because of their ability to translate complex or technical concepts into strategic steps that will impact the bottom line. If others can understand, relate to and rally around what you are presenting, it is sure to yield winning results.

Meet before you meet. There's few things more painful and embarrassing than getting completely derailed in a meeting. Many

See TIPS, Page 13

### OPEN POSITIONS AT GOOD SAMARITAN SOCIETY – LAKE FOREST VILLAGE at 1/6/2015

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All qualified applicants will receive consideration without regard to race, color, religion, sex, national origin, disability or protected veteran status.

Dallas Independent School District



### NOTICE TO PROPOSERS

Prospective vendors or their representatives may obtain an electronic PDF format of various Procurement Proposal documents on-line from the Dallas ISD website homepage at <http://www.dallasisd.org/at> the "Vendor Opportunities" link.

### \*MWBE POLICY ENDORSEMENT\*

Dallas ISD is committed to the ideals of equal opportunity in all its business endeavors. It is the goal of Dallas ISD that at least 30% of the work performed under each contract will be provided by minority or woman-owned business enterprises.

## Dare to Dream Again

The key to growth for all companies is the magic of customer acquisition. In the 21st Century, with Facebook, Yahoo, and Bing, companies are moving toward the Internet with amazing purpose and speed as a potential customer can get more information quickly rather than using traditional marketing. In the 1990's, a viable company would be very foolish not to advertise in the Yellow Pages.

However, in 2014, that same company might hesitate to utilize traditional advertising yet very pro-active to insure they are seen on the World Wide Web that provides their potential customers with immediate information accessible with just the click of a mouse. We are now an "Information Society" that must have it NOW, not later. The quicker a company can provide that information, the better.

There is a Web Site called "BRILLIANT COMPENSATION" which outlines very efficiently the role and value of Network Marketing as one of the MOST EFFECTIVE MEANS of customer acquisition for numerous companies such as Mary Kay, Amway, Shacklee, Jusuru, ACN, etc. This Web Site will show in no uncertain terms how you can be part of a plan and a program that will "potentially" provide you with an income stream for life as long as you consistently are involved with "customer acquisition".

The key to this growth is finding a team of people and services that are in residual

demand. Products such as fuel, power, electricity, groceries, etc., that are consumable so that the customer continues to come back and purchase again and again. NSA Water Filters made many millionaires in the 1990's, but it lacked the variable of consumption that results in residual sales.

My team of leaders are working with a company that provides residual income to those who put forth and make the effort.

You will spend the rest of your life hoping that Social Security is sufficient to meet your needs in your sunset years. If you work with our team, you may never have to worry about Social Security again.

Our team has a power / energy product and service that will rock your world by allowing you to potentially generate a retirement income within just six to eight months\*. (Of course, certain restrictions/qualifications apply)\* This service is wonderful for seniors as it will help them eliminate and/or replace their electricity bill and generate a second income. The potential to generate serious income is incredible. When you call Mr. Ewing of Dallas, he will direct you to all of the information you need. **Please call 214-205-1436** and we will get you started on your way to dream again.

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**BRUNCH,** continued from Page 5

through the help of volunteers, donations and events like the 'Queen of Hearts Champagne Brunch' that we are able to continue our mission of saving lives by providing access to diagnostic and treatment services for breast cancer."

"Queen of Hearts Champagne Brunch" is encouraged and can be made by visiting fashionbar.tnrbmarketing.com or by calling 682-587-9805. Dee Lincoln's Bubble Bar is located in Uptown Dallas at 2101 Cedar Springs Rd., Dallas, Texas 75201.

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<b>Bombay Sizzlers</b> 397 East Las Colinas Blvd, Ste. 180	<b>Irving Salvation Army</b> 1140 E. Irving Blvd	<b>Cimarron Park Recreation Center</b> 201 Red River Trail	<b>Shepherd Church</b> 615 W. Davis	<b>VW Barbership</b> 4070 N. Bellline Rd. Ste. 143
<b>Le Peep</b> 4835 N. O'Connor Blvd.	<b>Antioch Christian Church</b> 2043 W. Walnut Hill Ln	<b>Georgia Farrow Recreation Center</b> 530 Davis Street	<b>West Irving C.O.G.I.C.</b> 4011 Conflans Road	<b>Northlake College</b> 2000 College Blvd Bldg. A
<b>Mattito's Tex Mex</b> 1001 MacArthur Park Drive	<b>Lee Park Recreation Center</b> 300 Pamela Drive	<b>Heritage Senior Center</b> 200 Jefferson Street	<b>Bible Way Baptist Church</b> 4215 N. Greenview Dr.	<b>Antioch Christian Church</b> 2041 West Walnut Hill
<b>Taqueria El Tacazo</b> 1150 W. Pioneer Drive	<b>Lively Pointe Youth Center</b> 909 N. O'Connor Rd	<b>iRealy Office Building</b> 320 Decker Drive	<b>Strictly Business</b> 4159 W. Northgate	<b>Kasbah Grill</b> 2851 Esters Rd
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<b>The Spirit Grille</b> 4030 N. MacArthur Blvd #112		<b>Irving Public Library</b> 801 W. Irving Blvd	<b>Elisha Mane Attractions</b> 3704 Cheyenne Street	<b>Danal's Mexican Restaurant</b> 508 N. O'Connor Rd
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<b>504 Salon</b> 3414 W. Rochelle				<b>Gary's Barbershop</b> 2117 Story Rd.
<b>Irving YMCA</b> 220 W. Irving Blvd				<b>African Village Restaurant</b> 3000 N. Bellline Rd
<b>Mitchell's Barbershop</b> 4020 N. Bellline Rd				<b>New Look Barbershop</b> 3317 Finley Rd.
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## TIPS, continued from Page 11

have seen it—someone showing up with well-prepared and rehearsed slides only to get completely pummeled with questions from every discipline in the room before they even get beyond the intro page. Instead of moving forward with their agenda, they are sent ten paces back and five paces to the side, only to leave the meeting with more work, lost credibility, a confused and frustrated audience and, above all, no progress on the agenda at hand. If you've ever experienced this personally or seen it happen to another, you know it is hard to recover.

The best way to counter this is the following: determine who your key constituents are relative to your topic ahead of time; set up one-on-one meetings with all of them at least a few days in advance of the big meeting; socialize the topic with each of the constituents individually; and make sure you understand their perspective and answer any questions or concerns that they have ahead of time. By taking these steps, you will undoubtedly gain valuable information that will not only help you refine your presentation, but also be poised and prepared to actually present in the real meeting.

Socializing the idea ahead of time may feel like extra work, but the benefits far outweigh the additional time—and the very real risks of not doing so. This strategy will facilitate your ability to effectively cover a lot of ground and actually garner decisions in the meeting without playing catch-up or spending valuable time trying to get everyone on the same page. Effective communication, speed and alignment are a few of the key advantages here.

Stop, ask and listen! Today's fast-paced workplace has most of us running at record speed, often in circles like we're on a hamster wheel. We are put-

ting out fires and have more in our email inbox than our outbox each and every day. The resulting pressure of this overload causes us to rush through conversations so we can cross it off our proverbial "to do list" and move on to the next triaged task. Unfortunately, plowing through important conversations will never yield a productive outcome, but often produces more work and headaches.

The best way to approach key conversations that need a little extra finesse or persuasion, particularly in the midst of a time-pressed schedule, are the following: stop and take a breath so you don't rush into your agenda in the first five minutes of the conversation; ask open ended questions, such as "What's going on in your department?" or "How has this system helped you?"

Once the person you're engaged with has the opportunity to respond, make 200% sure you are actively listening—not just hearing them—and that you give them ample time to convey their thoughts without your interjection, direction or interruption.

The majority of the time, you will gain key insights from these conversations and will be able to craft a more informed response—one that better resonates with the person(s) you're speaking with. Even if you already know the answer or have a brilliant retort, slowing down and letting others speak first, in full, allows them to "empty their cup" which puts them in a better position to have it filled back up with what you have to say in response. When you do finally have the chance to speak, keep in mind people only have the capacity to absorb so much. If we provide an overload of verbose detail, you risk overflowing the listener's "cup" and may ultimately lose the real essence of what you are trying to convey.

Stay focused on who your audience is and what

they care about to ensure that your dialogue and key points are streamlined and succinct. This tactic also helps build more productive, trusting professional relationships. The most successful people in any company aren't necessarily the smartest, but rather those who take the time to listen and learn from others because they truly value what they have to say.

Adhering to this strategy will not only make you a much more effective communicator, but it will also garner tremendous goodwill throughout the organization as you start to hone a discipline of talking less and listening more.

Converse with clarity. People today are inundated with data, work under tight timeframes, and talk in acronyms. Some technical people and other professionals tend to use a lot of insider jargon and industry terminology when they communicate, making it difficult for anyone outside their immediate network to understand. Also, incompetent people tend to rush through important details hoping no one else will ask questions or notice their inaptitude, and you certainly don't want to be perceived in this light. Such conversation crushers can leave others feeling intimidated, out of the loop and unable to effectively contribute.

Rather than contributing poorly to the conversation or sitting on the sidelines as the dialogue ensues, a better approach is to pick the right setting and ask clarifying questions to ensure messaging remains on point and resultant activities on track. If you're not sure where to start, the basic who, what, where, when, why and how is a sensible approach. For example, "Why are we doing this?"; "How will that work?" or "Where will this help the organization?" are some examples. The win-win with this strategy is that it fosters clear dialogue, makes people accountable to answer direct questions and often uncovers prob-

lems that need to be addressed but would have been overlooked had this approach not been utilized.

"Throughout my more than two decade tenure as an Executive Coach and Vice President inside Corporate America, I have seen millions of dollars senselessly lost merely due to ineffective communication," said Ciampi. "It's imperative for achievement-oriented professionals to communicate well in all aspects of their job. Doing so can be the key to cutting through the bureaucracy of an organization and taking control of one's career as opposed to feeling like a victim of circumstance. Mastering even a handful of skills, such as those cited above, can help professionals better negotiate their way through the proverbial career maze with speed, dexterity and accuracy."

*Vivian M. Ciampi is a Principal at Professional Coaching, LLC, a business navigational coaching firm.*



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**February 1, 8 a.m.**

Join us this Sunday for our praise and worship services, God will bless you. Iglesia de Cristo services at 5 p.m.

**February 4, 9:30 a.m.**

You're invited to join us for Bible study as we worship and praise God for His blessings. Prepare to be encouraged by God's plan to grow.

Brother Ramon Hodridge,  
Minister of Education  
1026 Avenue F  
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**February 1, 2015**

You're invited to our Sunday Morning "Prayer and Mediation" followed by Morning Worship Service at 10 a.m. See what God is doing through and with us in the New Year; you will be blessed.

**February 4, 7 p.m.**

Join us in Wednesday's Prayer and Bible Study Class with Senior Pastor Dr. Woodson and/or Associate Pastor Brenda Patterson teaching on the subject of Spiritual Warfare. These are Hot Topics in Winter Months. We will learn what God says about critical issues and topics through the study of His word. Come and be blessed by God.

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

**CHRIST COMMUNITY  
CHURCH  
IN RICHARDSON**

**February 1, 9:30 a.m.  
And 10:30 a.m.**

You're invited to our Morning Services as we worship, honor and praise God for His blessings and join us for Church School Classes at 10:30 a.m.

**February 4**

Join us at 12 Noon with Rev. Viveca Potter teaching on the Word of God; come back at 6:45 for Corporate Prayer and stay for Senior Pastor Autry at 7:30 p.m. teaching the Word of God.

Dr. Terrence Autry,  
Senior Pastor  
George Bush Fwy at  
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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: prayerline@theship3c.org

**February 1**

Join us this Sunday for our praise and worship services at 9:30 a.m. followed by Morning Services at 1550 Edelweiss Drive in Allen and bring someone with you; you will be blessed.

**February 4**

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 Jocyie Turner Fellowship Hall, 200 W. Belmont Drive in Allen. Be encouraged by God's plan for your maturity and His glory; and most of all, be prepared to grow.

Dr. W. L. Stafford, Sr.,  
Ed.D.  
Senior Pastor  
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Allen, TX 75013  
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**BIBLE WAY  
COMMUNITY  
BAPTIST CHURCH**

**February 1, 7:35 a.m.**

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

**February 4, 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)**

**February 1**

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

**February 4, 7 p.m.**

You're invited to our Wednesday's Bible Study; you will learn what God has to say to us. Come to be encouraged by God's plan for your spiritual growth and His glory.

Pastor Sam Fenceroy  
Senior Pastor  
300 Chisholm Place  
Plano, TX 75075  
972-633-5511  
www.mocop.org

**NEW MOUNT ZION  
BAPTIST CHURCH**

**February 1**

You're invited to join us for Early Morning Services at 7:30 a.m., followed by Sunday School at 9 a.m. and

Morning Worship at 10:30 a.m.

**February 4**

Join us for Wednesday's Bible Study and learn what God has to say to us.

Dr. Tommy L. Brown  
Senior Pastor  
9550 Shepherd Road  
Dallas, Texas 75243  
Phone: 214-341-6459  
www.nmzb.org

**SHILOH MBC  
IN PLANO**

**February 1,  
8 a.m. and 11 a.m.**

Come and worship with us this Sunday. God will greet us and bless us with words of wisdom as He leads and guide us in all truth and righteousness.

**February 4, 7 p.m.**

You're invited to our Wednesday's Bible Study to learn more about God's Word. Come and be encouraged by God's plan for your maturity and growth; and it's all for His glory.

Dr. Isaiah Joshua, Jr.  
Senior Pastor  
920 E. 14th Street  
Plano, TX 75074  
972-423-6695  
www.smbcplano.org

**THE INSPIRING BODY  
OF CHRIST CHURCH**

**February 1,  
7:30 and 11:30 a.m.**

You're invited this Sunday to our praise and worship service as we honor and magnify God's Holy name; and receive a blessing from Him.

**February 2, 7 p.m.**

Join us in Monday School as we learn what God has to say to us.

**February 6, 7 p.m.**

All men are invited to join us for Men's Fellowship night. What is God saying to us?

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

**MCKINNEY,** continued from Page 5

city services and programs, residents gave overwhelmingly positive feedback about how their city and tax dollars serve them. The survey results, in conjunction with the city's performance measurement outcomes, will be used by City Council and city staff to analyze the effectiveness, responsiveness and value of city services.

City staff worked with an independent, external firm, Raymond Turco and Associates, which conducted past citizen surveys in McKinney. The survey of 3,254 residents

was conducted via telephone and online from August through November 2014 with a confidence interval of 95 percent and a corresponding margin of error of +/- 4 percent. Questions collected trend data on how McKinney residents rate the quality of city services and the community as a whole, their awareness of and preferences regarding the city's communication vehicles and certain services.

The citizen survey results and a summary are posted on the city's website.



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# Some famous quotes from Dr. Martin Luther King, Jr.



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

Lest we forget some of these inspiring words and quotes of Dr. King, remember the following:

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. The true neighbor will risk his position, his prestige, and even his life for the welfare of others."

"There are some things so dear, some things so precious, some things so eternally true, that they are worth dying for. And I submit to you that if a man has not discovered something that he will die for, he isn't fit to live."

"When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day

when all of God's children, Black men and White men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!'"

"I believe that unarmed truth and unconditional love will have the final word in reality. That is why right, temporarily defeated, is stronger than evil triumphant."

"We've been in the mountain of war. We've been in the mountain of violence. We've been in the mountain of hatred long enough.

It is necessary to move on now, but only by moving out of this mountain can we move to the promised land of justice and brotherhood and the Kingdom of God.

It all boils down to the fact that we must never allow ourselves to become satisfied with unattained goals. We must always maintain a kind of divine discontent."

"When our days become dreary with low-hoovering clouds of despair, and when our nights become darker than a thousand midnights, let us remember that there is a creative force in this uni-

verse, working to pull down the gigantic mountains of evil, a power that is able to make a way out of no way and transform dark yesterdays into bright tomorrows. Let us realize the arc of the moral universe is long but it bends toward justice."

"We all have the drum major instinct. We all want to be important, to surpass others, to achieve distinction, to lead the parade. ... And the great issue of life is to harness the drum major instinct.

It is a good instinct if you don't distort it and pervert

it. Don't give it up. Keep feeling the need for being important. Keep feeling the need for being first. But I want you to be the first in love.

"I want you to be the first in moral excellence. I want you to be the first in generosity."

"Faith is taking the first step, even when you don't see the whole staircase."

"Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illuminates it."

"I submit that an individ-

ual who breaks a law that conscience tells him is unjust, and who willingly accepts the penalty of imprisonment in order to arouse the conscience of the community over its injustice, is in reality expressing the highest respect for the law."

"In the end, we will remember not the words of our enemies, but the silence of our friends."

"It may be true that the law cannot make a man love me, but it can stop him from lynching me, and I think that's pretty important." "Let no man pull you

low enough to hate him."

Like an unchecked cancer, hate corrodes the personality and eats away its vital unity. Hate destroys a man's sense of values and his objectivity. It causes him to describe the beautiful as ugly and the ugly as beautiful, and to confuse the true with the false and the false with the true."

"Man must evolve for all human conflict a method which rejects revenge, aggression and retaliation. The foundation of such a method is love."



Little Miss Kanae Wise, 3rd Grader at Carrollton Elementary and daughter of Ms. Demekia Wise, quoted several facts and passages of Dr. King's messages at the Annual MLK Day in Carrollton, TX, started in January '89 by Bahram (B.J.) & Sara Jalalizadeh and the Bahia's Community in the Carrollton, Farmers Branch and the Lewisville area and have continued to be involved. -Picture by Ms. Angelina Akers.



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[www.avefchurchofchrist.org](http://www.avefchurchofchrist.org)

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Sunday Bible Class.....9:45 am  
Sunday Morning Worship.....10:45 am  
Evening Worship.....3:00 pm  
Iglesia de Cristo Services .....5:00 pm  
Wednesday Bible Class.....7:00 pm

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[www.themprc.org](http://www.themprc.org) Fellowship Christian Center Church 972.359.9956

200 W. Belmont Drive • Allen, TX 75013  
A Kingdom Building Church

Pastor: Dr. W.L. Stafford, Sr.

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200 W. Belmont Drive  
Allen, TX 75013  
8:00 a.m.

Sunday Morning Worship  
Surrey Elementary  
1555 E. Babcock Drive  
Allen, TX 75012  
9:30 a.m.

Wednesday Night Live  
200 W. Belmont Drive  
Allen, TX 75013  
5:00 p.m.

Lady Beth Stafford

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# NDG Book Review: *The Girl on the Train*

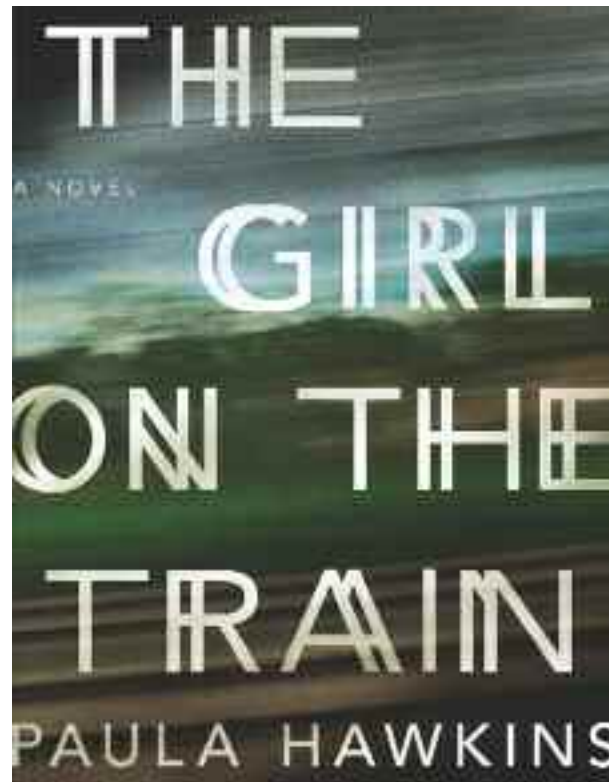
By Terri Schlichenmeyer

Off the beaten tracks.

That's where the house is, the one that catches your fancy whenever you pass by. To your eye, it's unique and whoever lives there must be interesting. They probably have tons of friends and fabulous lives – and in the new book “The Girl on the Train” by Paula Hawkins, spying on them is the ticket to knowing.

Every morning at 8:04 sharp, Rachel Watson took the train from her Ashbury apartment into London. It wasn't a particularly pleasant ride – the train was generally packed and often late – but to make the time pass quicker, she admired houses along the tracks and she watched for Jess and Jason.

Those weren't their real names, of course, because



Rachel had never actually met them but she enjoyed seeing them, however briefly. They lived in the suburb where she used to live, back when she was

happy, thin, married, and sober most nights. She could imagine many tiny details about Jess and Jason; she envisioned their lives, their jobs, their relationship.

And then one day, on her way to London, she looked through the train window and saw Jess kiss a man who wasn't Jason! Two days later, after drinking so much that she blacked out completely, Rachel learned something even more shocking: Jess (real name, Megan) was missing...

Suburbia was not where Megan Hipwell thought she'd end up.

When she was younger, Megan figured she'd go on a lifelong adventure with her beloved brother, but Ben had died years before. She went a little wild after that, but now she was settled, married with no job

prospects and a husband she bitterly fought with. She loved Scott, but she longed for a little excitement and she was determined to find it.

Anna Watson was irritated, exhausted, and scared. Mostly, she was scared because her husband Tom's ex-wife Rachel – an alcoholic with big problems – was unstable and she kept calling and showing up in their neighborhood. Tom had promised to take care of the whole Rachael thing, but Anna didn't think he could; one could never really tell for sure what Rachel was capable of doing...

Did you ever catch one of those movies that, at some point, makes you want to stand up and scream, “DON'T GO IN THERE!”?

Yeah, that edgy squirminess is what you get when reading “The Girl on the Train.”

And as for trying to figure out whodunit, you can forget about that until the final pages. Author Paula Hawkins keeps her readers in the dark, right alongside her characters, right until the light dawns on one of them and we get the Aha! moment that mystery mavens relish. But don't put your bookmark away yet: even then, Hawkins has one more thrilling oomph, which makes for an ending that's just-right satisfying.

I think mystery lovers and fans of thrillers will both get a kick out of reading this novel, so look for it this week. But beware – start “The Girl on the Train” and any plans you had will be derailed.

## Director Kevin Macdonald leaves the door open for surprises in *Black Sea*

By Ruth Ferguson  
NDG Editor

Kevin Macdonald might just make nautical dramas cool again with his latest film, *Black Sea*. He visited Dallas to discuss the making of the film and the surprising Jude Law.

*Black Sea* features Law, who believe it or not was not Macdonald's first choice for the lead role in his film. But after his experience with Forest Whitaker and *The Last King of Scotland*, Macdonald has learned to not rush to judgement.

“If someone wants to come see me, I will meet them,” Macdonald shared, always leaving the door open for a performer to surprise him. Apparently Law did.

“He was so enthusiastic,” and according to Macdonald in preparation for filming Law even spent time living on board a submarine with a unit of the British



Kevin Macdonald

Navy.

Law has had less attractive gritty roles such as the killer pursuing Tom Hanks in the 2002 film *Road to Perdition*, but he is usually better known as the handsome leading man. In *Black*

*Sea* as Captain Robinson Law is certainly the man in charge, but not this is not a typical role for him.

Macdonald pointed out that for this film, “Jude turned himself into a character actor.”

Apparently the crew in general became very entrenched in the feeling and vibe of this movie. Originally a set was built leaving them with the ability to remove the walls, the intention was this would allow the filmmakers to mimic the tight quarters even on the set. However, because they worked on the submarine first, Macdonald changed the game plan. He indicated the crew pushed back and even though they could remove the walls, they did not.

The story revolves around a rag tag team of Russian and British seamen on this search for gold, with a single American. Some may see the American Daniels played by Dallas native Scoot McNairy as the bad guy, but not Macdonald.

Yes Daniels is, “more slick, more cosmopolitan, and privileged,” but like the other men Daniels was seeking an opportunity for

redemption too.

“Men define themselves by their money and work,” Macdonald pointed out and Captain Robinson is looking back on his life choices and regretting the fact throughout the years he chose the job. Like the others men, there is this sense of hope that if Captain Robinson and Daniels can complete their mission, they can make their lives have meaning.

Macdonald was in Dallas the day Oscar nominations were announced. While his name is not on the roster for 2015, he was celebrating the fact his wife, Tatiana was nominated for Best Achievement in Production Design for her work on *The Imitation Game*.

*Black Sea* is a tense character study, showcasing not only solid performances by the cast, but the deft hand of director Kevin Macdonald. It is rated R and opens Friday, Jan. 30 in Dallas.

### PROM,

continued from Page 6  
to 2 p.m. Pre-registration for this free event is required.

The 14th annual BuzzFree PROMises Dress & Tuxedo Giveaway provides dresses and tuxedos/suits free of charge to high school students who pledge to stay drug and alcohol free on prom night and beyond. The program reinforces healthy behavior while allowing the students the opportunity to have a memorable and safe prom experience.

On Feb. 28, registered students who have signed a pledge to be alcohol and other drug free on prom night will attend workshops designed to promote healthy behavior, enjoy a fashion show and will choose a free prom dress or tuxedo/suit for their special night.

For more information on this event, and how you can help, please visit [facebook.com/buzzfreeprom](https://www.facebook.com/buzzfreeprom). To register, visit [www.surveymonkey.com](https://www.surveymonkey.com).