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### A survey of Hispanic health

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### Cinco de Mayo on Jefferson

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### Happy Mother's Day

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### Win Tix to Just Like Yo' Daddy!

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COMMENTARY

## Justice not delayed in Baltimore

By George E. Curry  
NNPA Editor-in-Chief  
NEWS ANALYSIS

WASHINGTON (NNPA) – Three extremely qualified African American women are at the forefront of making certain that Freddie Gray's death at the hands of police in Baltimore will not go unpunished.

Loretta Lynch began her first day as U.S. attorney general by focusing

her attention on Baltimore and offering the assistance of her department. Within hours of receiving a report from the medical examiner that Gray's death had been ruled a homicide, state attorney Marilyn J. Mosby promptly announced the filing of charges against six Baltimore cops in connection with Freddie Gray's death. A couple of hours later, Mayor Stephanie

See JUSTICE, Page 3

# North Dallas Gazette believes Young Sung is right for Carrollton

NDG View

After carefully studying the two candidates running for Carrollton City Council, Place 2, the *North Dallas Gazette* is proud to recommend Mr. Young Sung as the right man for the job at this time in the history of Carrollton.

As a businessman seeking to bring his international experience to the City of Carrollton, his opponent doesn't have that experience.) Young Sung is fluent in both English and Korean; he has a diverse background as a court interpreter, successful real estate broker, which could ultimately bring new international development to the city, a court mediator and Department of Justice language consultant. Sung has completed nearly three years of law classes and has been qualified through the FBI as an interpreter.

Carrollton is a thriving city on the brink of even bigger growth. The Historic Downtown is undergoing a transformation with more walking and play space with the renovations and construction to a new park on the Downtown Carrollton Square, the site of concerts and other special events throughout the year. Compared to other suburbs such as Garland, Carrollton has done an excellent job with the combination of living, working and playing in their downtown community. With the completion of the 35Express project



Young Sung is running for Place 5 in City of Carrollton

in the coming year, the area will only continue to thrive.

According to his recent campaign materials Sung believes, "More sales tax revenue will stabilize residential tax base, and, for that reason alone, a lot of emphasis should be placed on economic development with smart use of available land and existing commercial and residential properties."

Having a progressive and savvy business minded council member will help to strengthen Carrollton's visionary growth plan.

Young Sung is active in his community and has been endorsed by the Korean Society of North Texas as well as the former councilmember and Mayor Pro Tem, Shirley Tarpley who is also the Religion Ed-

itor of the *North Dallas Gazette*.

With a Bachelor of Arts in Management from Maryville College in Tennessee and his keen sense of business experience; a MBA from Letourneau University in Longview, TX; a member of the Korean Chamber of Commerce; a member and deacon at the Korean United Central Methodist Church and a family man with a wife and two kids, he has a vested interest in the future success of Carrollton, there he has the best to offer the citizens of Carrollton with a new voice and a new vision.

As a result, the *North Dallas Gazette* fully endorses Young Sung for Councilman for the City of Carrollton in Place 5.

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## People In The News...

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Nick Cannon



Sonjia B. Dickerson



Cassandra "Momma C" Gaines

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## Nick Cannon

UNIVERSAL CITY, Calif — Multifaceted entertainer Nick Cannon will kick off the festivities for NBC's broadcast of "Red Nose Day" with "Red Nose Day Danceathon with Nick Cannon," streaming live on NBC.com beginning Wednesday, May 20. "America's Got Talent" host Nick Cannon will attempt to dance non-stop for 24 hours in honor of the inaugural Red Nose Day celebration in the United States, leading into the "Red Nose Day" telecast on Thursday, May 21 (7-10 p.m. CT) on



NBC.

Streamed live from the NBC Experience Store at Rockefeller Center in New York City, the day of dance will be filled with guest DJs and musicians, celebrity drop-ins, and a variety of

dance acts and troupes. Viewers can support Cannon's endeavor through sponsorship and donation.

"I can't wait to leave it all on the dance floor in the 24 hours leading up to 'Red Nose Day,'" said Cannon. "I'm honored to participate in such an amazing event, and to help raise money for such a worthy cause."

"Red Nose Day," a live three-hour entertainment comedy, parodies, videos produced by Funny Or Die, live musical performances and short appeals films that shed light on those in need. With a focus on having fun, raising money and changing

lives, the star-studded event will raise money for Red Nose Day to help lift children and young people out of poverty in the U.S. and in some of the poorest communities in the world.

Created by film director/writer Richard Curtis ("Notting Hill," "Bridget Jones Diary," "Love Actually"), Red Nose Day is an enormously popular annual event in the U.K. that has raised more than \$1 billion over the past 30 years. Red Nose Day, inspired and supported by Comic Relief U.K., is coming to the U.S. for the first time with the live broadcast on May 21.

People from all walks of

life are encouraged to have fun and raise money through buying red noses (sold exclusively at Walgreens and Duane Reade stores nationwide), organizing fundraising events and watching and donating during the television special. See [www.rednosedayusa.com](http://www.rednosedayusa.com) for more info.

The money raised during Red Nose Day will fund programs that address the immediate needs of children and young people living in poverty in the U.S., Africa, Asia and Latin America. Our charity partners include Boys & Girls Clubs of America; charity: water; Children's Health Fund; Feeding America;

Gavi, the Vaccine Alliance; the Global Fund; LIFT; National Council of La Raza; National Urban League; Oxfam America; Save the Children and United Way.

Not only are stars like Christina Aguilera, Will Farrell, Sam Smith, John Legend and many more signed on, but just yesterday we announced a 24-hour Danceathon hosted by Nick Cannon and earlier this week Matt Lauer announced that he's taking a 225-mile bike ride from Boston to NY to raise money for Red Nose Day. At its heart, RND raises needed money for great organizations working in the US and internationally to alleviate child poverty.

## Sonjia B. Dickerson

Dayspring Family Church, located at 618 N. Beltline Road, in Irving, Texas, will be celebrating its 20th Year Women's Conference & Luncheon, May 7-9 at the Hilton DFW Lakes Hotel, in Grapevine. In honor of the 20 years, collections and donations at the conference will benefit 22 non-profit organizations.

Conference Coordinator and Host, Pastor Sonjia B. Dickerson says, "Its so very important that we remember those who are less fortunate or who are encountering challenging times.



We should be moved with compassion as our Lord Jesus was when He saw the needs of the people. We must never forget to share our blessings with others. We are blessed to be a

blessing!"

The non-profits are: The Family Place, Presbyterian Night Shelter for Single Women and Children, Brighter Tomorrow's, La Voz del Anciano (Voice of the Elderly), Lifeline Shelter for Families, Inc., Union Gospel Mission, Mercy House, YWCA, Our Children's House, River of Life Homes Women and Children, The Bridge Emergency Youth Services, Hope's Door Plano, Arlington Life Shelter, Battered Women's Foundation, All Church Homes for Children, Mission Arlington, Bridges of Wisdom, Safe

Haven Arlington, Adeyemo Lifting the Soul International, Promise House and Opening Doors for Women In Need.

"Our conference theme is Faith For The Next Level", says Pastor Dickerson. "Our goal is to help the women who attend this conference become better wives, better mothers, better sisters and better friends as they go to the Next Level."

Sonjia B. Dickerson is an author, gospel recording artist and Pastor of the Dayspring,, where her husband Bishop Kevin Dickerson is Senior Pastor. She

received her Bachelors Degree in Accounting from Loyola University in Chicago, Illinois. The completion of her Masters Degree in Biblical Studies as well as Doctor of Ministry was at Vision International University. She has attended the Calvary Cathedral Bible School, John Maxwell Leadership Training Institute, and has attended The Joint College of African American Bishops Helpmeets' Session for fourteen years. She is currently working on her Masters of Divinity Degree at Criswell College.

Dayspring Family

Church is located at 618 N. Belt Line Road in Irving, Texas.

The Senior Pastor is Bishop Kevin Dickerson, and his wife Sonjia B. Dickerson serves as the Pastor. The ministry was founded in 1994, and, it is designed to cross denominational, racial and ethnic barriers. Dayspring Family Church is dedicated to directing families to Jesus Christ and teaching them how to be equipped and available for service in the work of the Lord. The church also has a food pantry through the North Texas Food Bank.

## Cassandra Gaines

Muskogee, OK (BlackNews.com) -- Soul food guru and author Cassandra "Momma C" Gaines, is all about keeping soul alive with her best selling book, Momma C Is Soul Food and now with the launch of her new products, "Momma C's Soul Food In A Jar" at the Homeland Supermarket chain, featuring her Black-eye Pea Salsa, Mild Chow Chow, Pickled Okra, Sweet Potato Butter and Watermelon Pickles. The initial launch took place at the Homeland Supermarket, on 2410 Chandler Road, Muskogee, Oklahoma, on May 2.

There will also be a display set up in front of the



store, where customers can come and sample the products and also participate in a meet and greet with the one and only "Momma C," as she does a demo of some of her most famous soul food recipes!

"This is the first time that Momma C's Soul Food In A Jar is being sampled and

made available to the public," says Store manager Jason Fritz. "Cassandra Gaines is well known in the community as 'Momma C!' I've also known her for many years, so when she came to me and said can I get this in retail, I jumped on it!! It's a local product and we like to see people succeed locally!! It's also a good opportunity for my customers to sample the product and meet the person who made the product."

Momma C's Soul Food In A Jar has been approved to roll out in five other Homeland Supermarket locations; three in Muskogee, one in Haskell and the other in Pryor, Oklahoma. For more information, visit [www.mommacsoulfood.net](http://www.mommacsoulfood.net) Cassandra "Momma C"

Gains is the soul food guru and author who is all about keeping soul food alive with her best selling book, Momma C Is Soul Food and now with the launch of her new products, Momma C's Soul Food In A Jar. She began her career as a soul food cook at the tender age of 8, where she spent many hours in the kitchen with her mother trying out various soul food recipes. Cassandra "Momma C" Gains is the founder of The National Soul Food Cook Off and the coordinator of The Martin Luther King Soul Food Cook Off, which takes place every January in Muskogee, Oklahoma.

Cassandra and her culinary skills and knowledge have been featured in numerous media outlets.

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# Baltimore: Another horror-movie rerun

By James Clingman  
NNPA Columnist

The movie we are watching in Baltimore is a re-run and a sequel. The price of admission has always been too high, but we continue to pay the exorbitant price, anyway. As the opening line in the old TV show, “Drag-net,” proclaimed, “The story you are about to see is true. The names have been changed to protect the innocent.” In today’s society, that second line should say,

“The names have been changed to protect the ‘guilty.’”

My 11-year-old nephew, since the age of five or six, has been reciting, verbatim, the words from his favorite movies. He knows the directors, the release dates, and the bios of the stars in those movies. He has seen his favorite movies many times over. He reminds me of Black people, as we watch the same movie over and over, except we do not remember the vital informa-

tion contained in the movie, and we even forget who the main characters were and the roles they played.

The latest movie being run in Baltimore is a sequel to the ones we watched in Ferguson, Mo. and Staten Island, N.Y. It is a rerun of what we saw in Los Angeles, Cleveland, and North Charleston, S.C. How many times are we going to pay the price of admission to see the same movie without memorizing the lines and learning from them? How

many times must we go through the same experience before we change our response to it?

Some very interesting and pitiful responses (reviews) have come from some of the “leaders” in Baltimore in the aftermath of Freddie Gray’s death. We knew what the politicians’ reviews would be; they are always true to form. But the older folks, who decry the violence as “insulting” and “disrespectful” to Freddie’s

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## JUSTICE, continued from Page 1

Rawlings-Blake followed up with a strong warning to rogue cops that her administration would not tolerate racism.

Mosby summed it up this way: “If, with the nation watching, three black women at three different levels can’t get justice and healing for this community, you tell me where we’re going to get it in our country.”

One legal maximum holds that justice delayed is justice denied. If that’s the case, early indications are that there will be no delay in justice in Baltimore in connection with the death of Freddie Gray, who was arrested and placed in a police van without a seat belt on April 12. He fell into a coma en route and died a week later as a result of injuries to his spinal cord.

Mosby, a descendant of five generations of police officers, surprised the public last Friday by how quickly she filed charges against six police officers.

At the news conference, she said: “To those that are angry, hurt or have their own experiences of injustice at the hands of police officers I urge you to channel that energy peacefully as we prosecute this case I have heard your calls for ‘No justice, no peace,’ however your peace is sincerely needed as I work to deliver justice on behalf of Freddie Gray.”

Mosby is a graduate of Tuskegee University, a historically Black institution in Alabama. At 35 years old, she is believed to be the youngest chief prosecutor in the nation. And she clearly aligned herself with the young people who had protested Gray’s death.

“...to the youth of the city. I will seek justice on your behalf. This is a moment. This is your moment. Let’s insure we have peaceful and productive rallies that will develop structural and systemic changes for generations to come. You’re at the forefront of this cause and as young people, our time is now.”

In a statement to the media that lasted less than two minutes, Mayor Stephanie Rawlings-Blake warned: “To those of you who want to engage in brutality, misconduct, racism and corruption, let me be clear: There is no place for you in the Baltimore City Police Department.”

On Friday, President Obama said, “It is absolutely vital that the truth comes out on what happened to Freddie Gray. And it is my practice not to comment on the legal processes involved; that would not be appropriate. But I can tell you that justice needs to be served.”

When strong sisters take strong stances, invariably there are vocal opponents.

Rawlings-Blake was re-

peatedly criticized for not requesting the National Guard and heavy military equipment earlier to curb the violence that flared after Gray’s death. But, as she repeatedly explained, she wanted to avoid the over reaction that Ferguson had undergone, which only incited more street violence.

Speaking at Gray’s funeral, Rep. Elijah Cummings (D-Md.) declared, “I’ve often said that our children are the living messages we send to the future we will never see, but now, our children are sending us to a future they will never see. There is something wrong with that picture,” he said “I’m in the twilight years, but I am telling you we will not rest we will not rest until we address this and see that justice is done.”

To the surprise of no one, the Fraternal Order of Police asked Mosby to step down as prosecutor.

Gene Ryan, president of Fraternal Order of Police (FOP) Lodge 3, wrote: “I have very deep concerns about the many conflicts of interest presented by your office conducting an investigation in this case. These conflicts include your personal and professional relations with Gray family attorney, William Murphy, and the lead prosecutor’s connections with members of the local media,” he wrote. “Based on several nationally televised interviews, these reporters are likely to be witnesses in any

potential litigation regarding this incident.”

The FOP is raising money for the accused police officers, but must find another site after GoFundMe, the crowd funding site, took down the site.

According to public records, Murphy donated \$5,000 to Mosby’s campaign and served on her transition committee.

*The Baltimore Sun* quoted Rochelle Ritchie, a spokesperson for Mosby: “State’s Attorney Marilyn Mosby has been elected by the residents in Baltimore City to uphold the law in every neighborhood including her own, regardless of if her husband is the councilman within the district where numerous crimes occur. Hundreds of people donated to her campaign. There is no conflict of interest surrounding Billy Murphy. He is representing the family in a civil case which has nothing to do with the criminal case.”

In an interview with the *New York Times*, Mosby said her life experiences made her uniquely qualified to prosecute this case.

Mosby, whose husband serves on the city council, would later tell a reporter, “I’ve had experiences as an African-American woman where I’ve been harassed by police, or my husband has been pulled over and harassed by police. Does that give me a perspective? I think it does.”

Follow George Curry on Twitter at @currygeorge.

# Study: A minority of women seek health care after military sexual assault

By Veterans Affairs  
Research Communications

Despite growing public awareness of sexual assault of women during their military service and increased efforts by the Department of Defense to deter sexual crimes and encourage reporting and help-seeking, a Veterans Affairs study suggests most female service members who experience sexual assault are still unlikely to seek post-assault health care, at least in the short term.

The study, published in *Medical Care* in April 2015, found that fewer than a third of sexually assaulted servicewomen sought such care.

The low numbers are notable, say researchers, because women who experience sexual assault tend to become heavy users of health care resources in the years following their assault.

“There are numerous health consequences associated with sexual assault,”

says Dr. Michelle Mengeling, an affiliate investigator with VA’s Comprehensive Access and Delivery Research and Evaluation team and lead author on the study. “Examples include gynecologic, gastrointestinal, chronic pain symptoms, and sexual dysfunction. There are also mental health outcomes such as PTSD, depression, substance abuse, and anxiety.”

While many studies have demonstrated the relationship between trauma, such as sexual assault, and chronic health problems, says Mengeling, this research looked specifically at the factors associated with post-assault care utilization and the reasons servicewomen did not seek care. The goal was to identify the factors that prevent servicewomen from seeking post-assault care.

Research has shown that women in the military experience higher rates of sexual assault than their peers in the general population, with

estimates of 30–45 percent of servicewomen experiencing military sexual trauma.

For the study, researchers interviewed 1,339 women who were either veterans or were still serving in the military about their experiences with attempted and completed sexual assault. Of the whole group, 207 of the women reported being sexually assaulted during military service.

Of those, only about a third used health care specific to their assault. Roughly a quarter of those who used post-assault care sought both medical and mental health care, and only four servicewomen received both medical and mental health care within six months of the assault.

“Few women got care and few women reported [the assault],” says Mengeling, also an associate research scientist at the University of Iowa. “Sexual assault is widely considered the most serious and traumatic crime possible, short of homicide. One of the first

steps in potentially mitigating some of the negative health effects of sexual assault is seeking immediate post-assault medical and mental health care.”

Mengeling adds, “Most of the servicewomen said they did not immediately seek care because they were embarrassed, or did not think they needed medical attention.”

Many also voiced concerns about confidentiality and how seeking care might adversely affect their military careers. However, few said that leadership discouraged seeking medical care or mental health services.

Those who reported the sexual assault were far more likely to receive care. Mengeling says, “This finding was consistent with our prior work showing that few servicewomen made an official report to Department of Defense officials about their sexual assault, and that concerns about confidentiality, being embarrassed, and adverse career impacts were associ-

ated with servicewomen’s decisions about both seeking post-assault health care and reporting.”

Mengeling also points to the importance of sexual assault screening at routine health checkups. Although few servicewomen reported getting post-assault health care, almost all reported undergoing routine annual physical exams. Mengeling suggests providers screen for sexual assault histories in order to provide “trauma-informed care” throughout women’s lives.

VA has been conducting universal military sexual

trauma screening for both male and female veterans since 2002.

“Most women who have experienced sexual assault don’t report or seek post-assault specific care, but they do continue to get health care,” says Mengeling. “It is unclear if women’s current health care providers are aware of their sexual assault histories. Thus, sensitively inquiring regarding sexual assault histories allows providers to provide appropriate and timely care to address the physical and emotional needs of their patients.”

## A look at Hispanics’ health in the U.S.

The first national study on Hispanic health risks and leading causes of death in the United States by the Centers for Disease Control and Prevention (CDC) showed that similar to non-Hispanic whites (whites), the two leading causes of death in Hispanics are heart disease and cancer. Fewer Hispanics than whites die from the 10 leading causes of death, but Hispanics had higher death rates than whites from diabetes and chronic liver disease and cirrhosis. They have similar death rates from kidney diseases, according to the new Vital Signs.

Health risk can vary by Hispanic subgroup. For example, nearly 66 percent more Puerto Ricans smoke than Mexicans. Health risk also varies partly by whether Hispanics were born in the U.S. or in another country. Hispanics are

almost three times as likely to be uninsured as whites. Hispanics in the U.S. are on average nearly 15 years younger than whites, so taking steps now to prevent disease could mean longer, healthier lives for Hispanics.

“Four out of 10 Hispanics die of heart disease or cancer. By not smoking and staying physically active, such as walking briskly for 30 minutes a day, Hispanics can reduce their risk for these chronic diseases and others such as diabetes,” said CDC Director Tom Frieden, M.D., M.P.H. “Health professionals can help Hispanics protect their health by learning about their specific risk factors and addressing barriers to care.”

This Vital Signs report recommends that doctors, nurses and other health professionals:

- Work with interpreters

to eliminate language barriers when patients prefer to speak Spanish.

- Counsel patients with or at high risk for high blood pressure, diabetes, or cancer on weight control and diet.

- Ask patients if they smoke and, if they do, help them quit.

- Engage community health workers (promotores de salud) to educate and link people to free or low-cost services.

Hispanic and other Spanish-speaking doctors and clinicians play a key role in helping to provide outreach to Hispanic patients.

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# Help imagine the Irving of tomorrow

Public input is critical to shaping Imagine Irving, the new Comprehensive Plan that will guide the city's growth and investments for the next 20 to 30 years. The results from mapping and instant polling exercises from April's Neighborhood Workshops are in. See what 130 of your neighbors said about Irving and how they envision Irving's future at [imagineirving.org/what-we-heard](http://imagineirving.org/what-we-heard):

See what 130 of your neighbors said about Irving and how they envision Irving's future. Redevelop and Repurpose. Residents are



interested in seeing revitalization in the Heritage Crossing District and along Irving Boulevard. Redevelopment of Irving Mall, a catalytic new development at the former Texas Stadium site and a desire to repurpose the Dallas Cowboys Training Facility were among the many other sug-

gestions.

**New Connections.** Improved north/south travel connections across the city, including more options for crossing State Highway 183 and improvements to existing north/south streets. More routes for pedestrians and biking that create a safe and connected network

throughout the city are also a priority for residents.

**Expand Public Spaces.** Residents would like to see the city invest more in existing parks and secure additional open space that is well connected. Residents also expressed strong interest in new community facilities and a cultural/community center in southern Irving.

**New Investments.** The new DART line provides great opportunities for new transit-oriented housing and

commercial growth. Participants see plenty of opportunity for rehabilitation, redevelopment and promote growth in existing neighborhoods.

Did you miss the workshop events? Don't worry! You can still provide your input by taking this short five to 10 minute online survey. For more information, photos from past events, future opportunities to get involved or to sign up for project updates, visit [imagineirving.org](http://imagineirving.org).

## Little Elm readies for mosquito breeding season

A cooperative effort among several departments within the Town of Little Elm is designed to address the annual arrival of mosquito season, says Mike Green, Community Integrity Coordinator.

"Our department is working hand-in-hand with Streets and Stormwater along with

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## RERUN, continued from Page 3

family, are even more disingenuous. They seem to have forgotten about 1968 when their generation, and maybe even some of them, burned down buildings and looted all across this nation, in the aftermath of MLK's assassination. Were their actions deemed insulting and disrespectful to King's family? If so, did that stop them?

The self-righteousness I hear from those in my generation about the youth who are doing the same thing they did in the 1960s is unfortunate. Where were they before the looting and burning started in Baltimore? Were they busy teaching the youth that what took place in the 1960s was detrimental to their neighborhoods, as they now like to say to TV news reporters? If they have not, until now, passed on those lessons to younger folks, their words ring hollow today.

Some of the sanctimonious comments being made by my generation very strongly suggest that even though we have seen this movie many times, we are content to watch it again without having shared its lessons. Is it because we are ashamed of ourselves now? Do we think we are better than our youth today? We should be bringing the gen-

erations together rather than separating them and acting like we have not been where they are.

Amos Wilson said, "The violently oppressed react violently to their oppression." He also said, "Just as power corrupts, powerlessness also corrupts." This is the main plot of our 21st century version of the 1968 movie. Same theme, different characters. Why do we only react to what young people do, rather than work with them every day by giving them alternatives to prevent their negative behaviors? It irks me to see our grown men saying, "They need jobs." Well, create some jobs to give them. It's so sad to hear our adults crying out, "They need education." Well, provide them with education. Our youth see many of us as weak and impotent when it comes to protecting them.

We have the resources to provide everything we say our youth need. What must they think of our words, our prayer sessions, our news conferences, our political speeches, and our tepid efforts now to stop and correct their behavior, when we have not used our resources to take care of them? Our answer is to run to those who don't care about them

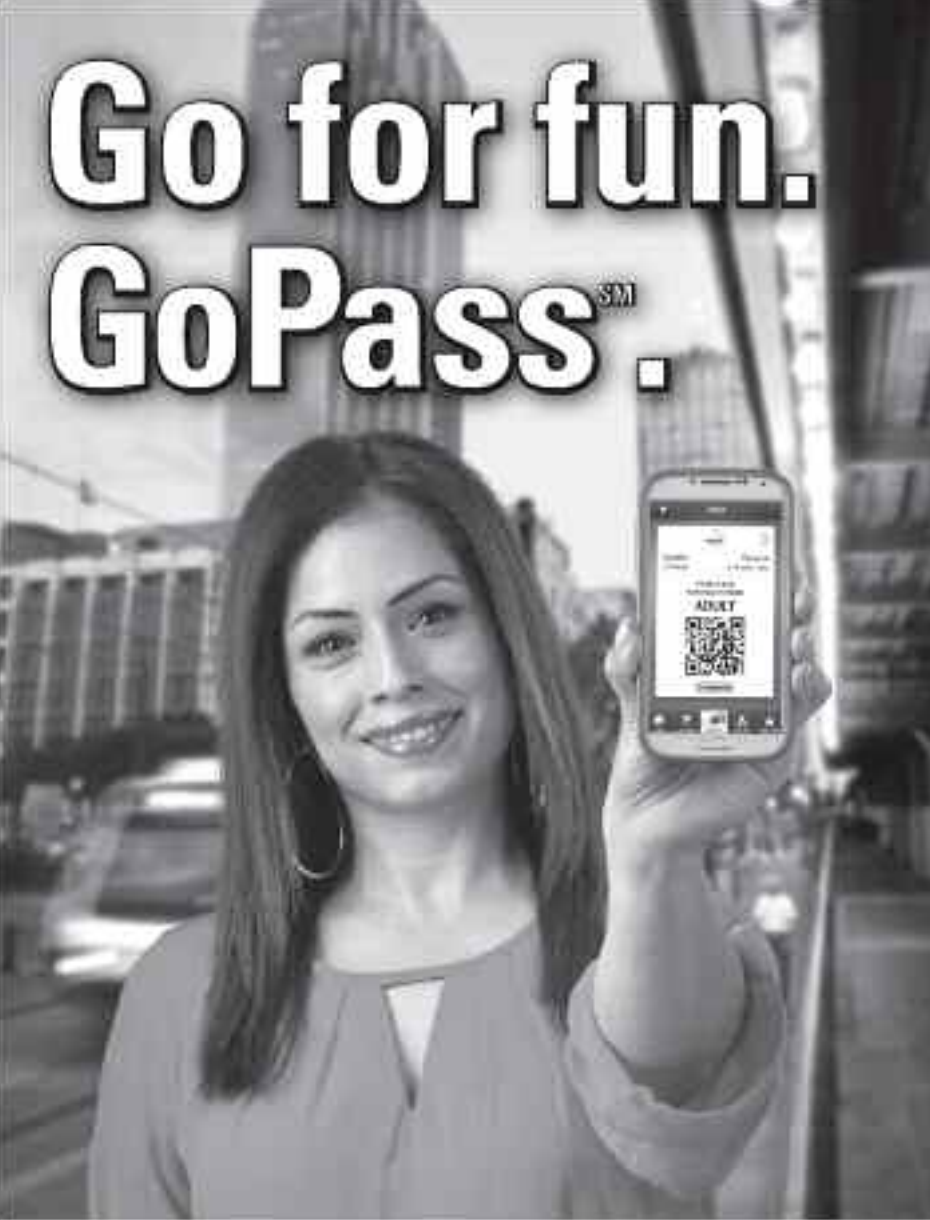
and beg for jobs, food, education, and everything else they need.

Frederick Douglass' words are clear regarding power, but as I always add, a demand not backed-up by power will not come to fruition; and the real power in this country is the almighty dollar. Just look at what happened in Indianapolis when the LGBT folks were upset. They did not burn anything down or throw one brick, because they know that dollars rule the day. Their threats to withdraw their dollars were immediately addressed by the politicians.


People whose families own storefront businesses are very unlikely to throw bricks through the windows and burn them down. Sgt. Joe Friday had another saying in *Dragnet*: "Just the facts ma'am, just the facts."

*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 can be reached through his website, [blackonomics.com](http://blackonomics.com). He is the author of *Black Dollars Matter: Teach Your Dollars How to Make More Sense*, which is available through his website; professionalpublishinghouse.com and Amazon Kindle eBooks.*

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# Collin College chemistry professor named 2015 Piper Professor

This week, the Minnie Stevens Piper Foundation named Dr. Amina El-Ashmawy, Collin College professor of chemistry, as a 2015 Piper Professor. This honor is presented annually to 10 Texas professors for superior teaching at a college or university.

"We are very proud of Dr. El-Ashmawy's accomplishment," said Mac Hendricks, chair of the Collin College Board of Trustees. "Her dedication to her students and to the field of chemistry sets an example everyone should strive to follow."

Dr. El-Ashmawy has been a professor at Collin College since 1991. She holds a doctorate in chemistry from the University of North Texas and earned her master's and bachelor's degrees in chemistry from Texas A&M University as well as an Associate of Science degree from Kilgore College.

She is well known on



Collin College Professor of Chemistry Dr. Amina K. El-Ashmawy was named a 2015 Piper Professor, one of 10 in the state of Texas. (Photo by Nick Young, Collin College photographer)

campus and in her industry as an innovator and leader. In addition to her regular teaching duties, Dr. El-Ashmawy developed online chemistry curriculum and taught undergraduate research classes in the col-

lege's Center for Advanced Studies in Mathematics and Natural Sciences. She is a published author with multiple journal articles and textbook credits to her name, including a chapter in the upcoming "Sputnik to

Smartphones: A Half-Century of Chemical Education." Dr. El-Ashmawy has also worked extensively with the American Chemical Society (ACS), which named her an ACS Fellow in 2013.

"Dr. El-Ashmawy brings both a love of education and the natural world to her classes, sharing the often unnoticed wonders of chemistry taking place all around us in a way her students can understand," said Dr. Neil Matkin, Collin College district president. "She continues a tradition of academic excellence among our faculty as she becomes the seventh Collin College professor selected as a Piper Professor."

Dr. El-Ashmawy was honored to receive the

award.

"I am humbled that I was selected by the Piper Foundation, as several gifted colleagues have been before me, and, I'm sure, several will be after me," she said. "It is indeed an honor to re-

ceive the Piper Professorship. I gratefully accept the award not only for myself but for Collin College and all my colleagues."

This is the second year in

See PIPER, Page 11

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## Competency-based certificate shows your work experience counts

Do you ever think "I already know everything they are teaching in those management courses. Where's my degree?" Turns out it's at Collin College.

A new Competency-Based Business Management Certificate Program starting this fall gives participants the chance to earn credit for business skills they use every day. The program is perfect for people already in the workforce who never found time to go to school but want to advance in a job market where an advanced education is rewarded.

Program participants use their professional work experience, knowledge and skills to demonstrate core concepts like "communication," "team building," "leadership," "critical thinking," "human resources management" and "organizational skills." Competency Based Education (CBE) requires the

same courses as the traditional certificate route. With this program, though, program participants drive the pace of the coursework and can progress faster than normal classes thanks to the knowledge and skills they use every day. In addition, small class sizes mean students have greater access to mentors and facilitators.

"What makes our competency program different from programs offered by other universities is the local faculty, and the fact that this program was built around local company needs, with their input in mind," program advisor Dr.

Cindy Briggs said, alluding to the research panels that were a part of the program's planning.

Participants work at their own pace with online classes accessible through any computer and avoid repeating material they already have a mastery of. This allows them to decide how quickly they want to complete the program, making the program cost effective as well, because participants can complete the certificate in one semester, saving time and money.

To be eligible for the CBE program, all courses

See COLLIN, Page 13

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**CDBG COMMUNITY DEVELOPMENT BLOCK GRANT**

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The City of McKinney is gathering community input for Community Development Block Grant (CDBG) funds received over the next five years.

CDBG funds are used in McKinney to provide homeless shelter services, mental health counseling, youth and senior services, support toward affordable housing, and much more.

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For a full listing of CDBG public meetings  
**www.mckinneytexas.org/cdbgplan**



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Political ad paid for by Mike Rawlings for Mayor, 500 Crescent Court, Suite 200, Dallas, Texas 75201

# TWC and Richland College partner to offer Small Business Program

Richland College recently partnered with the Texas Workforce Commission (TWC) to offer the "Skills for Small Business" program, providing free or reduced cost training for Texas-based small businesses with fewer than 100 employees.

Training through this program will help private, for-profit businesses become more competitive by increasing employee skills.

"Richland College is committed to not just helping our students learn new, valuable skills, but also helping our local community by providing area businesses with valuable training for their employees," said Judy Guerra, a project leader for continuing education at Richland College.

When a qualifying small business identifies a training need, courses may be



selected based on classes offered at Richland College. "Skills for Small Business" will provide tuition and fees for employees who participate in an existing course applicable to a business need. Up to \$1,450 may be approved for newly hired workers and exiting employees may be eligible for

up to \$725. Newly hired workers include those who were hired within 12 months prior to receipt of the application.

"Providing small business owners the skilled workforce they need helps build a healthy local economy," said Andres Alcantar, TWC chairman. "We recog-

nize the important role of small businesses in their communities and are committed to their success throughout the state of Texas."

Since its inception in 2010, "Skills for Small Business" has funded training for more than 370 new and more than 2,400 incumbent workers from more than 425 small businesses throughout Texas.

To register, small businesses should apply directly to TWC for training approval at [www.texasworkforce.org/ssb](http://www.texasworkforce.org/ssb).



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# Disney's *NEWSIES* is on stage through May 10

Disney's *NEWSIES*, Broadway's smash hit musical, is pleased to announce a lottery ticket policy for the North American Tour at the Winspear Opera House in the Dallas Arts District and plays a limited two-week engagement through Sunday, May 10.

In Dallas, the production will conduct a pre-show lottery at the AT&T Performing Arts Center Information Center box office, making a limited number of tickets available at \$25 apiece, in cash, for each performance.

Entries will be accepted at the Information Center box office beginning two and a half hours prior to each performance; each person will print their name and the number of tickets (1 or 2) they wish to purchase on an entry form that is provided. Two hours before curtain, names will be drawn at random for a limited number of tickets priced at \$25 each, cash only. Only one entry is allowed per person. Entry forms are checked for duplication prior to drawing. Winners must be present at the time of the drawing and show valid ID to purchase tickets. Limit one entry per person per performance and two tickets per winner per performance. Tickets are subject to availability.



*NEWSIES*, the new American musical, features a Tony® Award-winning score with music by eight-time Academy Award® winner Alan Menken and lyrics by Jack Feldman, a book by four-time Tony® Award winner Harvey Fierstein and is produced by Disney Theatrical Productions. *NEWSIES* is directed by Tony® nominee Jeff Calhoun and choreographed by Christopher Gattelli, who won a 2012 Tony Award® for his work. The entire creative team has reunited to bring the breakout smash musical to audiences across North America.

When it opened on March 29, 2012 *NEWSIES* was intended for a Broadway run of just 101 performances. The show's fiercely devoted fans had other ideas, however; they propelled the show to a run of 1005 performances, attendance of more than 1

million and a gross of over \$100M.

While on Broadway, *NEWSIES* set and broke seven Nederlander Theatre house records and became the highest-grossing show from the 2011-12 Broadway season. The show received 23 major theatrical nominations – including eight Tony Award® nods – and won Tony®, Drama Desk and Outer Critics Circle Awards for Score and Choreography.

Set in New York City at the turn of the century, *NEWSIES* is the rousing tale of Jack Kelly, a charismatic newsboy and leader of a ragged band of teenaged 'newsies,' who dreams only of a better life far from the hardship of the streets. But when publishing titans Joseph Pulitzer and William Randolph Hearst raise distribution prices at the newsboys' expense, Jack finds a cause to fight for and rallies newsies

from across the city to strike for what's right.

*NEWSIES* is inspired by the real-life 'Newsboy Strike of 1899,' when newsboy Kid Blink led a band of orphan and runaway newsies on a two-week-long action against Pulitzer, Hearst and other powerful newspaper publishers.

The stage version introduces seven brand-new

songs by the original team of Menken and Feldman while keeping many of the beloved songs from the film, including 'Carrying the Banner,' 'Seize the Day,' 'King of New York' and 'Santa Fe.'

Since the film's 1992 theatrical release and subsequent DVD release, *NEWSIES* has grown into a cult phenomenon, and for

years had been the single most requested title of all the Disney musical films not yet adapted for the stage. (The film featured a screenplay by Bob Tzudiker & Noni White (Tarzan, 102 Dalmatians).)

For more information, visit [Newsies-TheMusical.com](http://Newsies-TheMusical.com), [Facebook.com/Newsies](http://Facebook.com/Newsies) and [Twitter.com/Newsies](http://Twitter.com/Newsies).

## D/FW Malls kickoff Mother's Day special events

In celebration of Mother's Day, North East Mall, Allen Premium Outlets, and Grand Prairie Premium Outlets invite the area's chicest moms to indulge in style at the "Indulge: Fashion + Fun for Moms" events. Indulge provides mothers with a much-needed opportunity to treat themselves and celebrate motherhood through a fun,

fashionable shopping experience. The events will take place Thursday, May 7 and Friday, May 8 at the various properties:

- North East Mall, Thursday, May 7 from 5-7 PM: Moms will enjoy the latest fashion trends, refreshing beverages, food samples, massages, fun photo booth, Candy Bar station, swag bags, pampering services,

giveaways, and more. Guests that spend \$150 or more in the mall on the day of the event will walk away with a beautiful cosmetic bag\*, while supplies last. Moms can also enter to win one of five spa packages, valued at \$500.

- Allen Premium Outlets, Friday, May 8 from 6-8 PM:

See MALLS, Page 9

## Enter to Win! Ticket Giveaway

NDG Entertainment Ticket Giveaway!!! Visit [www.northdallasgazette.com](http://www.northdallasgazette.com) to win tickets to *Just Like Yo' Daddy* @ Friendship West Baptist Church, June 20, 2015.

## Cinco de Mayo on Jefferson Ave. in Oak Cliff



Jefferson Avenue in Oak Cliff was once again the scene of the annual Cinco de Mayo celebration and parade. The event was held on Saturday and drew a crowd of hundreds. (Top left) A Lion Mascott in the parade gets a much-needed cool-down. (Above) Representing the importance of education through local high schools, Mountain View College joins in the procession. (At left) Aztec and Folklorico dancers take a break after the Cinco de Mayo parade. (NDG photos by Nina Garcia)

## On Stage...



Rapper Juvenile takes the stage during the BOOM 94.5 Festival on Saturday.



## Another happy winner...

Dra Noel Wilson was the lucky winner of tickets to the 94.5 BOOM Festival courtesy of the North Dallas Gazette. Be sure to visit our website regularly for numerous opportunities to attend the biggest events as our guest!

## MALLS, continued from Page 9

The event will take place at participating stores throughout the center. Free gift with in-store purchases totaling \$250 or more.\* Guests can obtain complete details on the event and gift redemption at Simon Guest Services, located inside the Food Court, the day of the event.

• Grand Prairie Premium Outlets, Friday, May 8 from 6-8 PM: Moms and their friends will experience

fashion tips and style consultations, beauty services, light bites, product demonstrations, plus special event giveaways and retailer offers throughout the mall.

“Simon has had a long-standing tradition of celebrating Moms and the important roles they play in our lives,” said Holly Conner, Director of Marketing and Business Development at North East Mall. “Held right before Mother’s Day,

Indulge events create a perfect opportunity for Moms – who always think of others first – to focus on themselves and enjoy a social evening of fashion, food and fun.”

Simon’s Indulge events are free and open to women of all ages. For more information, visit [www.simon.com](http://www.simon.com).

\*Limit 1 per person and/or only while supplies last. Valid only during the Promotion Period. Must be 18 or older to participate. Void where prohibited.

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# PrivacyCheck offers tool to analyze privacy policies

AUSTIN, Texas — The Center for Identity, a research organization at The University of Texas at Austin, today released PrivacyCheck, a free browser extension that scans privacy policies online and illustrates the risk of sharing personal data with any given company. Currently available for Chrome users, PrivacyCheck gives users a simple, fast way to make informed decisions about privacy.

PrivacyCheck automatically provides a graphical, at-a-glance summary of the ways in which a company plans to use personal data.

The browser add-on scans lengthy privacy policies and rates the usage policies by highlighting easy-to-understand risk levels (shown in green, yellow or red) of 10 factors affecting a consumer's identity security and privacy. Those factors are:

- Email Address: How does the site handle your email address?
- Credit Card Number: How does the site handle your credit card number and home address?
- SSN: How does the site handle your Social Security number?
- Ads & Marketing: Does

the site use or share your personally identifiable information for marketing purposes?

- Location: Does the site track or share your location?
- Children's Personally Identifiable Information: Does the site collect personally identifiable information from children under 13?
- Law Enforcement: Does the site share your information with law enforcement?
- Policy Change: Does the site notify you or allow you to opt out when its privacy policy changes?
- Control of Data: Does the site allow you to edit or

delete your information from its records?

- Data Aggregation: Does the site collect or share aggregated data related to your identity or behavior?

"PrivacyCheck gives consumers an easier way to make truly informed decisions about whether to click 'I Agree' and to control where their personal information ends up," said Dr. Suzanne Barber, director of the Center for Identity at UT Austin. "Whether a company could sell personally identifiable information to third-parties or whether an app will release data to law enforcement without a

search warrant, consumers deserve greater transparency before sharing their information."

International, federal and state laws require most businesses to publicly post

a privacy policy stating how they use customers' personally identifiable information. As a result, most privacy policies are easily ac-

See **PRIVACY**, Page 13

## PIPER, continued from Page 6

a row that a Collin College professor has been honored by the Minnie Stevens Piper Foundation.

Dr. Kyle Wilkison was named a Piper Professor in 2014.

Other previous winners

on the faculty at Collin College include Dr. Peggy Brown, Dr. Rosemary Karr, Scott Yarborough, Gary Hodge and Dr. Lynn Jones.

The Minnie Stevens Piper Professor award, first granted in 1958, recognizes

outstanding educators at two- and four-year colleges and universities. The prestigious honor comes with a \$5,000 honorarium and a gold pin.

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## MOSQUITO, continued from Page 5

other Public Works divisions to meet this challenge head-on," he said. "Our aggressive, proactive approach is one which we believe will provide the best results."

Developed several years ago, the Little Elm Mosquito Management Plan provides a blueprint for how the Town will confront the yearly mosquito breeding season. The plan has undergone a number of changes and improvements since its inception, chief among them is a much earlier start to the eradication campaign.

"The main points of the

plan, though, remain the same," said Green. "Public awareness and cooperation remain our best defense against mosquito breeding and the spread of disease. Residents can help by taking the time to ensure there is no standing water on their property and keeping the four Ds in mind."

The four Ds refer to the actions residents can take to decrease their chances of contracting West Nile Virus through a mosquito bite. These include: Dress, wearing long sleeves and long pants when mosquitos are most active; Drain, emptying and overturning con-

tainers where water may pool; Dunk, placing larvicides in ponds, water features and fountains; and DEET, using appropriate insect repellent on exposed skin.

"We have not had a West Nile Virus case in Little Elm since 2012, and that was only one person," he added. "When residents are aware of their impact and cooperate, we feel it makes a major difference."

The trapping, testing and eradication program has already been in place for several weeks around town. In fact, there are over 75 locations around town where larvicides are applied every

30 days from March to October and additional locations as necessary. At the same time, a number of traps are set up to capture mosquitos for testing. And, the testing has now been brought in-house versus using a testing lab in Austin, saving precious time in getting results of possibly infected mosquitos.

And, as before, the Town is providing free larvicides dunks to residents for use on their private property. The dunks are available at the Recreation Center, Public Works, Town Hall and the Public Safety Building.

## PRIVACY, continued from Page 8

cessible online but are often so lengthy and technical that consumers don't have time to read them. In 2012, researchers at Carnegie Mellon University estimated that the average In-

ternet user would need to spend about 200 to 250 hours a year to read each privacy policy they encounter in full — approximately the same as one full month spent at work.

PrivacyCheck is the only privacy policy analysis service that offers comprehensive Web coverage. PrivacyCheck's data mining approach automatically reports on any privacy policy on the Web, without bias or limitation.

## COLLIN,

continued from Page 6 must be completed in the CBE format. Registration is by permission only and a mandatory information session is required to acquaint students with competency-based model, distance education, technology and other resources.

The next information session is from 6:30-8 p.m., Tuesday, May 19 in Collin College's Central Park Campus Conference Room A. Central Park Campus is 2200 W. University Drive in McKinney.

Get the next information session date and more information about the program at [www.collin.edu/academics/programs/business-management.html](http://www.collin.edu/academics/programs/business-management.html) or contact Dr. Cindy Briggs at [cbriggs@collin.edu](mailto:cbriggs@collin.edu) or Dr. Margie Vance at [mvance@collin.edu](mailto:mvance@collin.edu).

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**May 10**  
Join us this Sunday at 8 a.m. for Mother's Day and our praise and worship services, God will bless you. And don't forget to come back at 5 p.m. for our Iglesia de Cristo Services (the Word of God in Spanish.)

**May 13, 7 p.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  
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Plano, TX 75074  
972-423-8833  
www.avefchurchofchrist.org

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**May 10, 9:45 a.m.**  
You're invited to our Sunday Morning "Prayer and Meditation" followed by Morning Worship and Mother's Day Service at 10 a.m. See what God is doing through and with us; you will be blessed. Don't forget to come back at 5 p.m. for the Word of God in Spanish at our Iglesia de Cristo Services.

**May 13, 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 cool Topics in Spring months. Learn what God says about critical issues and topics through the study of His word.

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**CHRIST COMMUNITY CHURCH IN RICHARDSON**

**May 10, 8:45 a.m. and 11 a.m.**  
You're invited to our Morning Services as we worship, honor and praise God for His blessings. Our April Month Series is "My Career Path in Babylon." What does your faith look like in your work place?

**May 13**  
Join us at 12 Noon with Rev. Viveca Potter teaching on the Word of God; come back at 6:45 p.m. for Corporate Prayer and stay for Senior Pastor Autry at 7:30 p.m. teaching the Word of God. Our youth will come for Food and Fellowship at 7 p.m. followed by Bible Study at 7:30 p.m. and Tutoring/Homework Assistance at 8 p.m.

Dr. Terrence Autry, Senior Pastor  
701 Centennial  
972-991-0200  
Richardson, TX 75081  
[www.Christcommunityrichardson.org](http://www.Christcommunityrichardson.org)

**FELLOWSHIP CHRISTIAN CENTER CHURCH IN ALLEN "The Ship"**

**May 10**  
Join us this Sunday Mother's Day services and for our praise and worship at 8 a.m. in the Joycie Turner Fellowship Hall, 200 West Belmont Drive in Allen; followed by Morning Services at 9:30 a.m. at

Bolin Elementary School, 5705 Cheyenne Drive in Allen and bring someone with you; you will be blessed.

**May 13**  
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 the Joycie Turner Fellowship Hall, 200 West 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  
5705 Cheyenne Drive at Bolin Elementary School in Allen 75002 for Sunday Morning Worship and the Admin. Building Address is 200 W. Belmont Drive Allen, TX 75013  
972-359-9956  
[www.theship3c.org](http://www.theship3c.org)

**BIBLE WAY COMMUNITY BAPTIST CHURCH**

**May 10, 7:35 a.m.**  
Join us this Sunday for our praise and worship services and receive a blessing from God.

**May 13, 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.

**May 15, 7 p.m.**  
Join our Women's Ministry group for fellowship and fun.

**May 16, 9 a.m.**  
Join our Men's Ministry group for fellowship and fun.

Dr. Timothy Wilbert, Pastor  
4215 North Greenview Dr. Irving, TX 75062  
972-257-3766  
[www.biblewayirving.org](http://www.biblewayirving.org)

**MT. OLIVE CHURCH OF PLANO (MOCOP)**

**May 10**  
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.

**May 13, 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.

**May 17, 10 a.m.**  
Join us for our 21st Pastors Appreciation Service. "And how shall they preach, except they be sent? As it is written, How beautiful are the feet of them that preach the gospel of peace, and bring glad tidings of good things! Romans 10:15

Pastor Sam Fenceroy Senior Pastor  
300 Chisholm Place  
Plano, TX 75075  
972-633-5511  
[www.mocop.org](http://www.mocop.org)

**NEW MOUNT ZION BAPTIST CHURCH**

**May 10**  
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.

**May 13**  
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](http://www.nmzb.org)

**SHILOH MBC IN PLANO**

**May 10 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.

**May 11-17**  
Join us for Women's Day; this year's theme is "Basking in the Presence of the

Lord", Psalm 91:1-2.

**May 13, 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](http://www.smbcplano.org)

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**May 10, 7:30 and 11:30 a.m.**

You're invited this Sunday for our Mother's Day celebration and it is "Hats Day" as we praise, worship, honor and magnify God's Holy name.

**May 13, 7 p.m.**  
Join us in Monday School as we learn what God has to say to us.

**May 15, 7 p.m.**  
All men are invited to join us for Men's Fellowship night. What is God saying to us?

Pastor Rickie Rush  
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# Happy Mother's Day!



**Sister Tarpley**

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

This coming Sunday is Mother's Day. My column this week is a tribute to all godly mothers. Godly mothers are not just birth mothers; they are stepmothers and adoptees mothers too! God only knows what many special mothers go through.

They are grandmothers and some great grandmothers, mother-in-laws, church mothers, and mothers that have adopted children. They are little old ladies in neighborhoods that help watch out for children.

They are also mothers that gave up a child for adoption because she believed (right or wrong) that it was better for the child to give him or her up.

There is no comparison to godly mothers; may God continue to richly bless each and every one of them.

This Sunday, if you wear a red rose for a mother who is alive, a white rose, for a deceased mother or like I have done since my mother's death in 1984, no

rose at all, at first because it was too painful for me to wear a white rose; and because I know that my mother is alive in Heaven, thank God for your mother. No one else will love you more, or as unconditionally!

My mother, Mrs. Cedella Baker Demus, was born on May 13th; often her birthday falls on Mother's Day and my last grandson, Philip Lot, was born on Mother's Day, May 9, 2004. Since my mother's death, it is a doubly painful day for me.

I am grateful to God that she lived; she was a great wife, mother, a friend and a God fearing woman. If your mom is living, may I suggest some things to do that will last, and give her joy for years to come.

Treat her to dinner or buy her a flower every now and then. Call her, just to say, "I love you." Hug her; you don't have to say a word. Surprise her with a small gift when it's not Mother's Day (she will treasure it like it was very valuable.)

Compliment her; and smile every time you see her. Listen to her with loving care. Laugh with her and encourage her. Believe in her and pray for her, sick or well. Hold her hand; as she once held yours. Write

short love notes to her, if her eyesight is still good.

Something to make you laugh: Answers given by 2nd grade school students.

Why did God make mothers?

1. She's the only one who knows where the scotch tape is.

2. Mostly to clean the house.

What ingredients are mothers made of?

1. Clouds, angel hair and everything nice in the world; and one dab of mean.

2. Magic plus super powers and a lot of stirring.

Why did God give you your mother and not some other mom?

1. We're related.

2. God knew she likes me a lot more than other people's moms like me.

What kind of little girl was your mom? 1. She's my mom and none of that other stuff.

2. I don't know because I wasn't there, but my guess would be pretty bossy.

3. They say she used to be nice.

What did mom need to know about dad before she married him?

1. His last name.

2. She had to know his background. Like is he a crook? Does he make at least \$800 a year?

3. Did he say NO to drugs and YES to chores?

Why did your mom marry your dad? 1. My dad makes the best spaghetti in the world and my Mom eats a lot. 2. My grandma says that Mom didn't have her thinking cap on.

Who's the boss at your house?

1. Mom doesn't want to be boss, but she has to because dad's such a goof ball.

2. Mom. You can tell by

room inspection. 3. I guess Mom is, but only because she has a lot more to do than dad.

What's the difference between moms and dads?

1. Moms work at work and work at home; dads just go to work at work.

2. Moms know how to talk to teachers without scaring them.

3. Dads are taller and stronger, but moms have all the real power 'cause that's who you got to ask if you want to sleep over at your

See TARPLEY, Page 16



Young Sung, candidate for Carrollton City Council Race, place 5 with three mothers in his life that have given him, love and good advice over the years. (L to R) Mrs. Joung S. Kim, mother-in-law, Susan Sung, wife and his mother, Mrs. Nam Sung

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Allen, TX 75013  
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# NDG Book Review: Welcome to My Breakdown

By Terri Schlichenmeyer

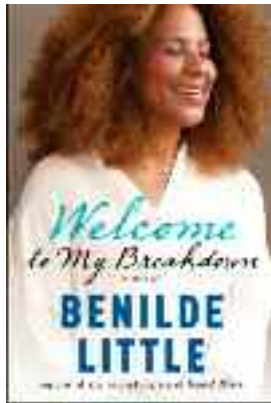
You're tired of having red eyes.

You're tired of crying, too; tired of an empty soul, runny nose, and dry mouth but you know there are more tears inside you and they need to come out. Whoever said that big girls don't cry needs to know that that's not true: as in the new book "Welcome to My Breakdown" by Benilde Little, sometimes crying is only the beginning.

For many years, Clara Little liked to say that she knew her last child would be a girl. She predicted it, and it happened – perhaps through force of will because, says her daughter, Clara was that kind of person: self-reliant and strong.

Clara worked long overnight shifts, but made sure that her house was spotless. She helped care for her neighbors and her family, giving her children a good upper-middle-class life at a time when that was a rare thing in their mostly-African American New Jersey community. Her giving spirit and her no-nonsense personality remained well-known for the rest of her life, and when Clara died, her many friends mourned along with her family.

For Benilde Little, the death of her mother was a crushing blow – the biggest



in a series of events that bruised her already-fragile, sensitive soul. Two months prior, Little lost her father-in-law. After her mother's death, her best friend's mother died, the financial market collapsed, the Littles' income fell, Little's dog got sick, menopausal symptoms exacerbated, and her husband was diagnosed with cancer.

For months, Little could barely function without dissolving in tears. She had trouble getting out of bed, she stopped calling on

friends, and her writing career all but halted. Seemingly everybody had advice and most offered support but, powerless to pull herself up and knowing that this was more than just grief, Little began seeking help for a diagnosis of clinical depression. She tried therapy sessions, prescriptions, distractions, and exercise but she still couldn't stop crying and she couldn't erase certain mental images that plagued her. There were good days, but they were eclipsed by the very, very bad ones - until she began to see things that further opened her eyes.

We've all had times in our lives when nothing goes right. "Welcome to My Breakdown," shows what it feels like when one of Those Days lasts for years.

Indeed, although it's hard to accurately explain the depths of depression or grief, author Benilde Little

still gives readers a good sense of the senseless, and of the confusion that's felt when one is completely, totally powerless to explain why certain harmful emotions are so sticky and can't abate. We're also taken on a

trip through a few of the various treatments that work – and don't – before Little finds a shaky conclusion.

Be aware that there's quite a bit of back-story filler and empty name-drop-

ping here but since this book could be a comfort to anyone experiencing grief or depression, the pay-off might be worth the journey. For that person, "Welcome to My Breakdown" could be a memoir well-read.

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## TARPLEY,

continued from Page 15  
friend's.

4. Moms have magic; they make you feel better without medicine.

If you could change one thing about your Mom, what would it be?

1. She has this weird thing about me keeping my room clean. I'd get rid of that.

2. I'd make my Mom smarter; then she would know it was my sister who did it and not me.

3. I would like for her to get rid of those invisible eyes on the back of her head.

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