

Planting seeds for PhDs

Project encourages minorities to earn doctoral degrees in business, enter academia

By Tonya Whitaker, M.A. North Dallas Gazette

With college and university commencement exercises completed for the spring, graduates are now beginning the next chapter in their lives.

For two particular groups of undergraduates – African Americans and Hispanics with business degrees - the likelihood they encountered an African American or Hispanic at the helm of the business school or a faculty member are slim, according to the results of recent study.

The PhD. Project, an organization formed to increase the number of blacks and Hispanics in academia at the university level, found that among the 1,601 business schools in the U.S., African Americans are dean of just 33 - or 2 percent. Hispanic Americans account for just nine - or 0.5 percent - of deans.

The project also found the representation of African Americans and Hispanics on the boards of large businesses is greater than the number of business colleges' faculty. Blacks represent 8.5 percent of directors at the largest 200 S&P 500 companies, and Hispanics account for 4.5 percent of director seats at those companies, according to an



authoritative industry report. Of the 200 largest businesses, 73 percent have at least one African American director, and 47 percent have at least one Hispanic American director.

Although the study's intent is to place business schools' faculty and race into perspective, other studies suggest that many African American and Hispanic undergraduates earn business degrees. According to The Journal of Blacks in Higher Education, in 2007, of the more than 146,000 undergraduate degrees awarded to African Americans, 35

percent of them were in business management and administration. In 2005, 22 percent of the 101,000plus undergraduate business degrees earned by Hispanics were in business, as noted by the National Center for Education Statistics.

Since there are more minority students earning these degrees, it makes sense for colleges and universities to recruit faculty that is more reflective of its student makeup. Bernard J. Milano, The

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Avoid the extra pounds at Memorial Day BBQs -See Page 4



Voter fraud alleged in **Dallas polls**

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Black ranks dropping in college baseball -See Page 8



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Attacking economic racism

By Benjamin F. Chavis, Jr. racism." NNPA Columnist

Despite ill-intended efforts to do it for us, Black Americans have a responsibility to define our own reality. It is a fundamental human right recognized and respected by the United Nations. Therefore, it is incumbent upon us to define, without apology, the deadly and debilitating manifestation of racial discrimination and injustice as "economic

Why are so many Black Americans still mired down in intergenerational poverty, lack of health care, inadequate education, raging unemployment, disproportionate imprisonment, the highest rate of housing foreclosures and housing discrimination, the lowest rate of bank lending and overcall exclusion from access to sustainable

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Tarsha Arrington-Steele

Armani Worrell



Dr. Perneesa Steele

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Tarsha Arrington-Brown

(BlackNews.com) Tarsha Arrington-Brown's book, If I Knew Then, What I Know Now... About College (www.authortarsha.com) is an insightful book that addresses the necessity for college readiness and preparedness courses for young people with aspirations of attending college, and graduating.

A first-generation college student, Arrington-Brown attended Northern Illinois University, Kishwaukee College and Chicago State University, before receiving her bachelor s degree in sociology. If that journey was not enough of a chal-



lenge, Arrington-Brown had to overcome learning difficulties in high school, and during her young adult life. Compounded with being raised in Chicago's volatile Englewood neighborhood, by a single mother, in a low-

Armani Worrell

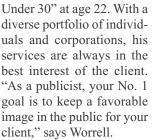
By Christina Sturdivant Special to the NNPA from the Afro-American Newspaper

Behind every great product, brand or entertainer, there is a team of individuals rarely seen, but always working. "Sometimes creative people don't understand the business so that's when they hire business people such as managers, agents, entertainment attorneys, and marketing directors," Armani Worrell, CEO of W. Public Relations told the AFRO, April 4. "We have to tap into that artist,



client or brand, understand what they're trying to achieve and manifest those goals, dreams and ideas."

In 2012, Worrell was selected as one of 93.9 WKYS's annual "Top 30



income household.

Upon reflecting on her

educational experience, Ar-

rington-Brown was inspired

to write If I Knew Then,

What I Know Now ... About

College to provide a road

map and guide. The book

outlines a multitude of sce-

narios and provides infor-

mation that can prepare stu-

dents to not only be ready

for college, but also enter

feeling confident and en-

couraged. Arrington-

Brown said, "This book was

created to give hope to

young people who have

dreams of one day going to

college and graduating.

And, if they already in col-

lege, it will inspire them to

work through the tough

"You're supposed to help them to elevate their platform by taking all avenues available and use those doors to push them in a positive direction."

Worrell got his public relations start in 2010 when D.C. music artist RAtheMC asked him to be her hype man. At the time, he worked full-time at the United States Navy Memorial times, because their hard work will pay off in the end."

If I Knew Then, What I Know Now... About College also has a companion workbook entitled Being Ready, Prepared and Successful in College that includes study questions, planners and useful links for college research. The book itself, covers essential topics such as preparing for college and getting accepted, together with information regarding money management, grants, scholarship and loans.

Arrington-Brown also speaks at school and colleges, and is the founder and director of the nonprofit organization Ready 4

Foundation where he learned the ins and outs of event planning and management, while also attending the Art Institute of Washington for Digital Media Production.

While traveling with the MTV Video Music Awards nominated artist, he soon realized that being on stage was not his forte. "When I got up there, I was happy to support and be there for her, but it just wasn't me," he says.

Instead, he took notice of her marketing and public relations teams and repositioned himself as her publicist. In 2011, he started his College (www.ready4college2.org), which serves the community through education, career and resources. Ready 4 College's vision is to see under-privileged youth and families grow, through preparation and advocacy.

Arrington-Brown who also regularly speaks at schools and colleges, is also an entrepreneur and inventor, who has a patented signature furniture product under the name, "Lady TAB Shoe Rack." Tarsha Arrington-Brown currently lives in Chicago with her husband, Alan Brown and their three children

The founding focus of

company and began attending events, networking and learning the ropes.

Since then, Worrell has represented local recording artists Pert McFly, Lano and IhsAn Bilal, as well as Ms. Maryland US 2010-2012 Tiffany Parker, and Uno's Chicago Grill in Bowie, Md., among others. He's hosted charity events at the Children's National Medical Center, participated in World AIDS Day in Baltimore, Md. and the American Black Film Festival in Miami. Additionally, he's worked with artists and athletes from Miami and Atlanta to St. Louis and

Ready4College is to give young people the best tools to succeed in their college and career goals. Parents and the community want young people to know that we don't only want them to go to college but also want them to graduate.

The program seeks to promote positive selfimage, integrity, respect, creativity, being healthy and empowerment. They strive to educate, equip and encourage every person they come in contact with. Ready 4 College's vision is to see under privileged youth and families grow through preparation and advocacy.

Canada.

Born and raised in Prince George's County, Md. Worrell has special ties to the D.C. metro area and hopes to create a new climate in the city. "I'm trying to be a liaison for the entertainment, lifestyle and sports worlds where they'll reach out to my firm and my clients for opportunities here in D.C. like how they come to other big firms in New York and LA," he says. "I want to create that space in D.C."

Self-described as a genuine guy with great interpersonal skills, Worrell may be just the man for the job.

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Dr. Perneesa Steele

Dr. Pernessa Seele, community activist, founder and CEO of The Balm in Gilead, Inc., announces the Healthy Churches 2020 Conference, Nov. 4-6 at the Hilton Charlotte University Place in Charlotte, NC.

This three-day national event brings together faith leaders, health directors, doctors, nurses and members of congregationalbased health ministries to find answers to today's complex questions and provide the information needed to help ease the troubling issues in our inner cities and third-world like rural areas.

Healthy Churches 2020 will offer education sessions and workshops on dis-



ease prevention, care and treatment in order to strengthen the knowledge and skills of people involved in faith-based health activities such as health ministries, annual church health fairs, community kitchens, faith-based clinics



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Michelle Obama resists taking the easy way out

ing as well as sobering. I am

certain the class of 2015 at

Tuskegee will always re-

member the strong and

poignant words of wisdom

that they were given during

their graduation cere-

monies. But we all can learn

We live today in an in-

creased atmosphere of

racial polarization in Amer-

ica since the election and re-

election of President Barack

Obama. We, therefore,

from her timely remarks.

By Benjamin F. Chavis, Jr. NNPA Columnist

More than any other first lady of the United States of America, Michelle Obama continues to stand above those who would attempt to distort her leadership. First Lady Obama's recent commencement address at the Tuskegee University in Alabama exemplified her courage to speak truth to the world without fear of repercussions.

cussions. should welcome public ut-Michelle Obama's resilient optimism is refresh-

ATTACK, continued from Page 1

wealth generation in every c region of the nation? n

How is it mathematically possible for Black Americans to spend more than \$1.2 trillion annually in the United States, and yet the overwhelming majority of the companies that make huge profits from the annual spending of Black Americans do nothing more than invest far less than 1 percent of their profits back into Black-owned businesses and grassroots organizations throughout the country?

Why does the American economy remain racially segregated in 2015? Why are Black Americans consigned to poverty and economic inequality?

The answer is amazingly simple: It is the reality of economic racism, defined as the intentional racial discrimination against Black Americans and other people of color to prevent economic equality, justice, parity, advancement, and empowerment; it is the systematic racial exclusion of Black Americans and other people of color from economic policy-making at local, state and national levels in both corporate and governmental entities; and, it is economic institutionalization of racial oppression, stereotyping, and profiling coupled with the ignorance of racial prejudice and hatred.

Yes, this is an admittedly

nued from Page 1 complex definition of economic racism. The matrix of complexity concerning economic racism, however, does not make it impossible to challenge and to overcome. No one is born a racist. We can and will eventually liberate ourselves from all forms of of racial oppression and economic racism.

We have not concentrated on economic racism as much as we should have because of the overemphasis on politics. But we eventually had to recognize that even our political system is controlled by economics and politicians tend to be more responsive to those who support their campaigns economically.

The economic liberation of Black America will require establishing more internal unity and more external coalition-building and partnering with those who stand for freedom, justice and equality with their money, words and deeds. Organizing and mobilizing an effective movement to challenge and overcome economic racism is long overdue

The perpetrators of racial injustice and discrimination are always reluctant to confess or acknowledge the reality of these centuries-old phenomena. In the United States, in particular, there is a historic and contemporary denial of how race plays a determinative role in all asrounding any attempt to address the question of race in the United States.

Michele Obama is perfectly qualified and strategically positioned to use her leadership in a constructive manner to advance the interests of Black America and all those who struggle and cry out for freedom, justice and equality. As a talented Harvard Law School graduate, devoted mother, and loyal spouse to the president, the first lady has risen to become one of the most admired persons in

pects of society. As former U.S. Senator Bill Bradley (D-NJ) was fond of saying, "Slavery was America's original sin, and racism remains its unresolved dilemma."

And we see that racism manifested in so many ways.

Today, it now appears that the only way to get people to acknowledge racially-motivated police misconduct against Black Americans and other people of color is to have a video tape of the transgression. Thank God for the recent videotape of the police murder of unarmed Walter Scott in North Charleston, S.C. Sometimes, as was the case with Eric Gardner in New York City, we can have videotape and rouge cops still escape punishment.

Racism in all of its oppressive manifestations must not only be consistently called out and challenged, but also we must be vigilant and diligent to make sure that we are effective in the elimination of the undergirding factors that cause racism to exist and persist in the first place.

In my home state of North Carolina more than 32 years ago, while helping to lead civil rights protests against the digging of a massive toxic waste landfill in predominantly African American Warren County, I coined the term "environmental racism." Warren County was also the place where Congress of Racial the world.

The first lady eloquently stated, "But here's the thing – our history provides us with a better story, a better blueprint for how we can win. It teaches us that when we pull ourselves out of those lowest emotional depths, and we channel our frustrations into studying and organizing and banding together – then we can build ourselves and our communities up. We can take on those deep-rooted prob-

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Equality Chairman Floyd B. McKissick Sr., the first African American to receive a law degree from the University of North Carolina, attempted to build Soul City as an economic empowerment zone and a new city for Black Americans and others who considered themselves progressive.

Environmental racism is the intentional racial discrimination in the deliberate targeting of ethnic and minority communities for exposure to toxic and hazardous waste sites and facilities, coupled with the systematic exclusion of racial minorities in environmental policy making, enforcement, and remediation. As a result of the definitive work that we did on this issue back in the 1980s, today there are effective and transformative environmental justice movements and organizations across America and throughout the world.

One day, I hope we'll be able to look back and say the same about economic racism.

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

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Health

Nine tips to brave the Memorial Day BBQ buffet

MEMPHIS — Memorial Day is coming and if you're like most health-conscious folks, you're torn. On one hand, you're tempted to celebrate with a hotdog in one hand, a hamburger in the other, and an umbrella-festooned drink close by. On the other, you're painfully aware that swimsuit season is coming soon (heck, maybe even that very day) and you don't want to greet it looking like, well, the "guest of honor" at the pig picking.

Here's the good news, says Warren Honeycutt: There's no need to spend the party miserably cozied up to the boring veggie tray. You can have your cake and eat it too—it's just a matter of balance and sustainability.

"We tend to use celebrations as a free pass to eat poorly," says Honeycutt, author of Get Lean for Life: 7 Keys to Lasting Weight Loss. "Problem is, this mindset will permeate every warm-weather celebration to come-pool parties, backyard barbeques, festivals-and before you know it, your whole summer has been one big, decadent pig out.

"Fortunately, there's an alternative: eating healthfully in a way that doesn't feel like deprivation and that you can sustain over time," he adds. "But if you don't do some planning and strategizing in advance, it just won't happen. Your default party persona will kick in, and your good intentions will be toast."

A respected expert in weight loss, fitness, and nutrition, Honeycutt knows what works and what doesn't. He is a championship bodybuilder who has been a Southern Classic Physique Champion, two-time Mr. Tennessee, and six-time Mr. America finalist. Now, at age 62, he enjoys perfect health without any prescription medications. Honeycutt offers personalized fitness training through his comprehensive Get Lean pro-

gram, which features detailed fitness videos for exercising at the gym, at home, at the office, and while traveling; personalized meal plans; motivational material: and more.

Here are nine of Honeycutt's tips for staying on track this Memorial Day:

Sneak healthier recipes into your celebrations. If you'll be hosting a celebration or attending a potluck, prepare a dish that uses healthier but still satisfying ingredients. The Internet is full of healthy substitutions. and Honeycutt's own Get Lean program offers dozens of appetizing, healthy recipes by registered dietitians.

"Instead of a 600-calorie pork BBQ sandwich, for example, prepare an equally tasty grilled chicken kebab at only 150 calories," he says. "Also, be aware that home-cooked dishes are often healthier than pre-prepared store-bought options. And definitely take advantage of seasonal fruits and vegetables!"

Fill up before you go out. Yes, it's something of a cliché, but it's a cliché for a reason: It works. When faced with a buffet table loaded down with tempting choices, it's all too easy to mindlessly graze until, be-

gorged yourself full of empty calories. Preparing a healthy meal or snack for yourself before you leave will curb your appetite and keep you from filling up on unhealthy party food.

"The worst time to be hungry is at a gathering loaded with junk food," Honeycutt comments. "If you've had something nutritious to eat beforehand, you won't give that fattening snack table a second (okay, maybe third) glance." Don't go straight for the

food. Yes, that buffet table looks amazing ... but it's not the only thing worth your attention at this party. Make the rounds and say hello to your friends before grabbing a plate. Find the host and thank him for inviting you. Draw some sidewalk chalk art with your niece or throw a baseball with your son.

"When you're in the middle of an enjoyable interaction with someone else, you might forget all about eating for 15 minutes, or half an hour, or more!" Honeycutt says. "Nourishing your relationships with the people you love can be even more satisfying than nourishing your body."

Limit yourself to one plate-but make it one

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fore you know it, you've **GREAT plate.** Making healthy choices is not just about what you eat, but also how much you eat. (Honeycutt challenges you to research recommended portion sizes for your favorite foods. You'll probably be shocked!) Learning how to limit your portions (especially at a party where unhealthy foods are so plentiful) is essential to maintaining a healthy weight. A good first step is resolving to eat only one plate of food-but make that one

plate count. "Scope out the entire buffet line before going through it, and put only the dishes you really want to eat on your plate," Honeycutt recommends. "If you're still hungry later on, you can always make yourself something at home. When you feel lean and refreshed the next morning, rather than bloated and groggy, you'll be glad you stopped before

dipping seconds or thirds." Take your time and savor the flavor. It's a natural inclination to eat quickly when you're hungry-and that impulse is heightened when you're in a party atmosphere with other fun activities you'd like to participate in. But Honeycutt reminds that it takes around 15 to 20 minutes for the brain to realize that the stomach is full-so enjoy your meal slowly. "Taking the time to savor

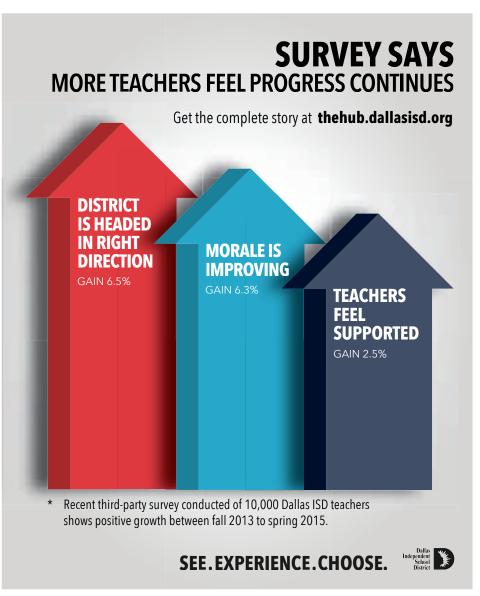
your food lets you realize when you've had enough. and it also enhances the entire experience," he comments. "You'll be surprised at how much more you enjoy eating when you take it slowly."

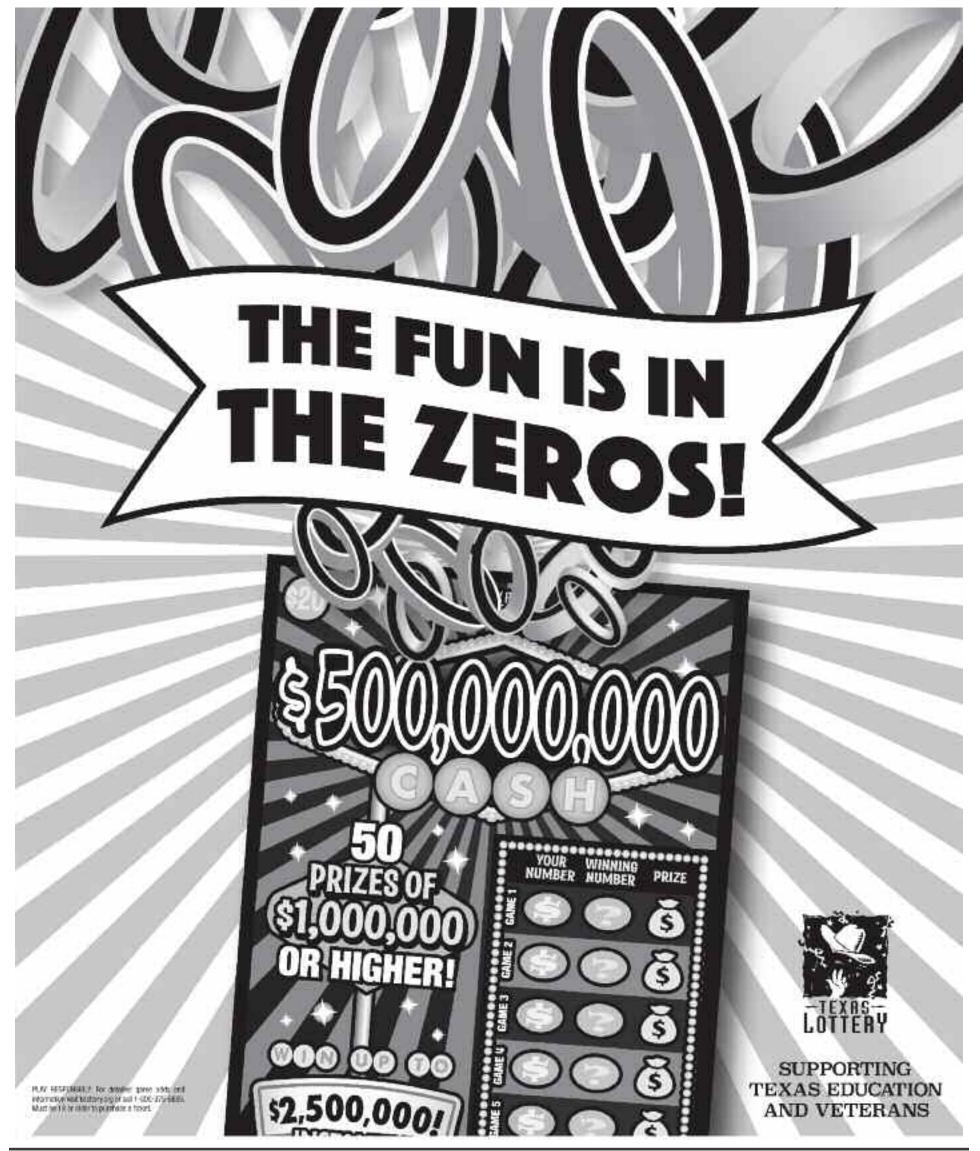
Give the veggie tray a fair shake. As Honeycutt has mentioned, you don't have to limit vourself to carrot sticks and cucumbers, but if you do spot fruits or veggies among the cookies,

chips, and finger sandwiches, put a few of these healthier options on your plate. They'll fill up space that (be honest) would otherwise be piled up with high-calorie fare.

"It's okay to partake in some of the more decadent offerings available-it is a party, after all—but do your best to find a healthy balance," he advises. "Good health is about doing the right thing most of the time."

Don't let what you drink derail you either. Whether it's alcohol or sugary soft drinks-or worse, alcohol and sugary soft drinks-what you drink at a party can sabotage a healthy diet just as quickly as what you eat. Everyone knows that sodas are packed with sugar and can wreak havoc on teeth and waistlines alike, Honeycutt says, but sometimes we tend to conveniently forget that alcohol See BBQ, Page 13





message to the Class of 2015 Δ

By Marc H. Morial NNPA Columnist

"Life for me ain't been no crystal stair. / It's had tacks in it, /And splinters, / And *boards torn up, / And places* with no carpet on the floor-Bare. / But all the time / I'se been a-climbin' on, / And reachin' landin's, / And turnin' corners, / And sometimes goin' in the dark / Where there ain't been no light. / So, boy, don't you turn back." – Langston Hughes, "Mother to Son," 1922

If you are disposed to using the Internet as your guide, a diploma will generally be described as the proof of your successful completion of a course of study, or the bestowal of an academic degree. Speaking from personal experience, I can tell you that diploma in your grasp, occupying a prominent space on a wall or waiting to be pressed into your eager hand is so much more than the sum of your years-long efforts to be where you are today. Your degree is a key that opens a new door, a new phase of life and a new set of challenges.

Your life's journey - and its achievements – does not end here. Celebrate, because you've earned it; bask in your well-earned feeling of accomplishment today, because tomorrow you will find that there is much work to be done.

On the other side of that new door is a staircase, and that staircase may not be the kind fashioned from crystal with smooth, reliable, clearcut steps. Obstacles may slow or impede your climb. There may be tacks, broken floorboards and torn up carpet that would trip, or at worst, defeat someone without the training you have been so fortunate to attain. There is no shortcut here, no elevator, or bypassing of these difficult steps and turns. There is, however, the choice to apply the perseverance and commitment to excellence you have already shown in your higher education journey.

On the one hand, there is much to celebrate in our country when it comes to academic achievement in African-American communities. Today, we enjoy the highest high school graduation rates in history. More students of color are in college and dropout rates are at historic lows.

But the wealth and unemployment gap between Blacks and Whites remains wide. While the Black unemployment rate has finally dipped into the single digits, it stubbornly remains more than twice as high as the jobless rate for Whites. As our country's economy continues to make steady gains after the debilitating 2008

recession, millions in Black and Brown communities are being left behind. In this country-founded largely on the principle of economic progress through hard work-the American dream of upward mobility remains only a dream for too many of its citizens.

Your education, drive and diploma, may likely shield you from the harsh economic realities experienced throughout communities of color across our nation, but it does not strip you of an obligation to be an actor, rather than a spectator, in our country's struggle to create one nation with liberty, justice and economic opportunity for all.

No one gets to where they are on his or her own. You have parents, grandparents, friends and family members who invested in your future success, put you on this path and made sure you stayed the course. How will

you repay their commitment to you? Whether your ancestors came here by plane, by train, by ship or shackled underneath the hull of a ship; whether the continent they called home was Asia, Europe or Africa, what they did when they reached the shores of our nation, what they sacrificed-all of it is debt incurred. How will you choose to compensate them for their struggles?

Among you are the teachers who will lift the standard of education in poor communities and begin to close the achievement gap; among you are the preachers who will heal the wounds of communities torn apart by violence: among you are the elected officials who will institute laws and policies that promote social and economic fairness for all of America's citizens. Herein lies the answer. The answer our nation has been searching for is you and your talent, put to a higher purpose.

I cannot promise you that your climb to success in this life will be a crystal stair. You may very well encounter dark corners and obstacles. What I can promise you is that you have been prepared to meet these challenges head on. And more than meet these challenges, you have also been prepared to be an actor in solving so many of the longstanding issues and inequities facing our nation, so "don't you turn back."

Marc H. Morial. former mayor of New Orleans, is president and CEO of the National Urban League.





The case for student loan debt forgiveness

By James Clingman NNPA Columnist

By the time you read this article, millions of college students will have graduated and be looking for jobs, many will be going on to grad school and millions will suddenly be faced with paying off college loans or contemplating obtaining a loan for graduate studies. Neither option is attractive.

Even if students are fortunate enough to have a job when they graduate, if they are laden with tens of thousands of dollars in debt, it will be very difficult to save money for their future, pay living expenses and costs associated with the job they accept, and make \$300-\$600 in monthly payments for college loans.

For those moving on to grad school, unless they have a fellowship or some other kind of grant, they will have a tough decision to make when the loan officer at their school or the bank says, "No problem,

here's a \$30,000 check to pay for your degree." I hate to think what it costs for an

medical degree these days. At more than \$1 trillion, having surpassed credit card debt, college loan debt is an albatross around the necks of students, some of whom had no idea of what they were getting into and some who did know but refused to do anything about it until now, when it's too late.

With the job market the way it is and has been for Black people for decades, some graduates will have an overpriced college degree without a commensurate job prospect. They will be faced with the challenge of paying back their loans while looking for a job that does not exist. Or, they will have to accept the prospect of joining the ranks of the "underemployed."

This is indeed a sad state of affairs for our best and brightest, the grandchildren of the baby boomers. It is said that "millennials," as

they are called, are the first generation that will be worse off than their parents. Most parents want their children to do better than they did, and most parents participate in that aspiration by putting a little money aside to help their children get off to a reasonable start in life. However, in today's economic climate, there is very little of that kind of help available from parents who are struggling just to pay the rent and keep the lights on.

What can we do?

High on our agenda should be a demand made, to Congress and whoever is running for president, for student loan debt forgiveness. A strong, independent bloc of voters must go to candidates in both parties and make this demand. Keep in mind, however, as I have said before, a demand without power backing it up is just rhetoric. I think we have heard enough and had enough of empty words by some of our leaders to know that it will take more than just asking for what we want. We must be willing to withhold our votes in order to get what we want-and that goes for both parties. The banks and other fi-

nancial entities got their \$780 billion bailout. Where is ours? Why not bail the students out, and why not bail the homeowners out rather than merely "adjusting" their loans? The bankers were given billions that they used to make even more money from the taxpayers (That be us, y'all) who paid their bills. Contrary to what we were told, lending was curtailed rather than expanded, and hundreds of thousands of folks are still homeless because there was no real bailout program for them.

The so-called American **Recovery and Reinvestment** Act, as of January 1, 2014, had paid out \$816.3 billion in tax benefits, grants, con-

See DEBT, Page 7

DISD cafeteria workers feed students' bodies and spirits

George Hardeman, the cafeteria manager at Louise Wolff Kahn Elementary School, is a popular man on campus.

He and his staff not only garner accolades for serving good food and greeting students with smiles every day, but also draw praise for going the extra mile to make mealtime enjoyable. In addition to meals, they entertain students with music and dance moves on Fridays. Their service to students earned them the Food and Child Nutrition Services' (FCNS) Heart of Child Nutrition Award.

Whether serving their clients breakfast in the classroom or evening supper, the Kahn cafeteria staff has a reputation for going above and beyond the call of duty to satisfy and delight students. The seven



The Louise Wolff Kahn Elementary School cafeteria staff has a reputation for going above and beyond the call of duty to satisfy and delight students. (Photo courtesy DISD)

staff members pour lots of singing the praises of love and experience into the 550 breakfasts, 600 lunches, and 100 suppers they serve daily. That might be explained by their rich background in food service. Together, they have more than 60 years of industry experience, all gained in Dallas ISD.

FCNS Specialist Lorraine Cheng is among those Hardeman and his staff.

"They are a good team at Kahn," Cheng said. "Their kitchen is very clean and always organized. They've received four and five star awards for the past several years. Mr. Hardeman, the cafeteria supervisor, is actively involved with his staff and students, and even helps with a few extracurricular programs."

comes to our health," Dr.

Seele states. "We must en-

gage our faith institutions in

promoting healthy behavior

change; seeking medical at-

tention and adherence to

treatment. According to a

Pew Research Poll, over 80

percent of African Ameri-

cans are affiliated with a re-

ligion. Engagement with

local churches is the most

effective way of reaching

these people and create

change in their lives."

STEELE, continued from Page 2

and other community health programs. This year's host is former NBA star Earl "the Pearl" Monroe. 2015 Conference Chairpersons are world-renown medical experts James R.Gavin III, MD, PhD and Bishop Horace E. Smith, MD. Organizers expect 350 - 400 attendees from across the country.

Named one of TIME magazine's "Most Influential Persons in the World," Dr. Pernessa Seele is an esteemed voice of authority who has worked with three U.S. presidential administrations on critical health issues domestically and abroad.

"African Americans are on life support when it

DEBT, continued from Page 6

tracts, loans; and entitlements. Who got that money? In my neck of the woods, the folks who got the most were those who worked on the roads and expressways; of those contractors and workers, few if any were Black.

Georgia recently embarked on a \$1 billion-plus road improvement project, and even with 3.2 million Black folks in that state, the fourth highest in the nation, Black contractors and workers will not benefit as much as they should. Department of Transportation

inclusion rules are based on Disadvantaged Business Enterprise Programs, in which White female businesses get a significant share of the contracts, and "front" companies rule the day.

So with all of the barriers facing our 2015 graduates, and the bleak outlook for improvement of their lot, the least we could do is bail them out of their student loans. Politicians said the banks were "too big to fail," and I guess the bankers were "too big to jail." They caught a huge break from

For the 411 in the community, go to www.northdallasgazette.com

George W. Bush and Obama. It's time for a break for Black and poor people now. Hey politicians, forgive student loans.

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. 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.

Voter fraud alleged in Dallas elections

An election challenge was filed by Subrina Brenham and Eric Williams, candidates for District 8 on the Dallas City Council. They are alleging the votes were rigged in their complaint filed with the Dallas County District Court against the city and the Dallas County elections office. The two are requesting a hearing and the opportunity to review

election records as well as a new election.

> The southern Dallas seat, replacing Mayor Pro Tem Tennell Atkins who could not run because of term limits, featured six candidates on the ballot. Erik Wilson and Dianne Gibson respectively received 26 and 32 percent of the votes and will face each other in the runoff election on June 13.

According to the final results Brenham received 8 percent of the votes tallied and William received 5 percent. Published reports include an allegation that at least one location did not include their names on the ballot.

Early voting begins on June 1 and ends June 9. The runoff election is Saturday, June 13.

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Baseball scholarships becoming elusive for Black HS grads

Part II of II By Lamar Brooks NDG Special Contributor

A typical young, black male in football and basketball glides down a gilded pathway by the time they are seniors in high school in both of those sports. My brother Chet, a blue chip, Parade All American as a senior, had bags of letters from every major university in the nation when he was a senior at Carter High School. You know this story well as you see it play out every year across high schools in Texas: Notre Dame, USC, UCLA, Florida State, Oklahoma, Michigan, Alabama, Miami, Ohio State, Texas, LSU, Nebraska; they all came calling on gifted young black males to help transform or maintain their programs.

Indeed, this is the accustomed stance for young black men: the decision where to lay their roots at many of the nation's finest colleges and universities. In Chet's case, all these same schools beckoned him to sign with their program, not only because of his football skills, but his academics were through the roof as well. Those programs that were recruiting Chet obviously know talent, as Chet, years later landed in the Texas Black Sports Hall of Fame, the Texas A&M Hall of Fame, and earning two Super Bowl rings from his time as an All-Madden Safety with the San Francisco 49ers.

Well, I see Hardy as a modern-day version of Chet,



late, black athletes are finding it hard to make it into the college ranks of this groundbreaking sport. (Photo: U.S. Library of Congress)

but with a major variant in play. He resides in a sport that appears conflicted at all levels (youth, college and pro) about how much leeway to give a young, black baseball player.

In Hardy's case, he may have arrived before his time in a collegiate sense. It doesn't appear that deserving kids like Hardy – for all of their merits on and off the field – will be able to entice the "gatekeepers" at college baseball's highest levels to "pull a Bear Bryant," where Bryant, in the early 70s, decided allwhite football squads were passé. Bryant helped lead Alabama out of the dark ages, taking the entire college landscape (SMU, USC are among the enlightened programs that had previously diversified their squads) with him as his move to black ballplayers finally ushered in widespread acceptance on most campuses and thus allowed blacks to finally compete with the nation's best and on the best teams in the nation.

Though Hardy has the talent to allow him to play for virtually any school in

the nation, he has fruitlessly performed in front of schools like Louisiana Tech University, the University of Arkansas-Little Rock and Stephen F. Austin. For some reason, those schools and

"This Quality Award re-

flects the care and attention

that goes into each match

between a Big and a Little.

The Lone Star agency has

done an outstanding job

serving children in its com-

munity," said Pam Iorio,

President and CEO of Big

Brothers Big Sisters of

gramming.

America.

others aren't biting.

Let's recap, MLB is impressed to a degree, but not any of the schools mentioned above.

Of course to even attend college while playing baseball is an honor, no matter the level. Here's why: according to NCAA statistics, of the 137,000 high school seniors who play baseball each year, 6.8 percent of those players will make it to the NCAA level. It is estimated that less than 5 percent (compared with 42 percent and 32 percent for both NCAA basketball and football) of NCAA baseball players are black, with the majority of those players residing in the places like the historically black SWAC, MEAC, and CIAA conferences among others. A running joke among black baseball coaches is that even those conferences are no safe haven for talented black baseball players these days, with programs like Lincoln University and other predominantly black colleges evidently unable to find black players.

For some odd reason the juxtaposition of Major League Baseball's positive acknowledgment of Chad's abilities versus the lukewarm reception on behalf of colleges and universities personifies the sport for a typical black player these days.

Why?

Among other reasons, take your pick: Gatekeepers (those in control of who shows up on the baseball field) who want to ensure that blacks never dominate baseball in the way that football and basketball is; the fact that baseball is considered a partial scholarship sport, where players have to foot as much as 75 percent of their tuition bill (unlike football and basketball which are 100 percent funded scholarships); the cost of travel ball to get on the "map" of college recruiters; college coaches afraid the black player from a single parent home will want to eschew their scholarship in favor of getting drafted to help their families financially and thus not "waste" precious time and resources in pursuit of a player who will most likely spurn their offer.

There is also the thought that many white baseball coaches either don't want to, or don't know how to interact with the black player.

Think back to the Oklahoma incident in 2005 where OU coach Larry Cochell let out this little gem: "There are honkies and white people and there are niggers and black people, Dunigan (his lone black player at the time) is a good black kid."

Cochell's involuntary resignation soon followed. Perhaps in hindsight, Cochell may have wished he had not ever allowed Dunigan to play for him; then of course Cochell's stellar career would have

See BASEBALL, Page 9



Local Big Brothers Big Sisters honored by National Leadership Council

The Big Brothers Big Sisters National Leadership Council (NLC) recognized the local affiliate, Big Brothers Big Sisters Lone Star, with a 2015 Big Brothers Big Sisters of America Quality Award.

Big Brothers Big Sisters is in its 88th year of serving our community's children.

"I am so proud of our board and staff for making

quality programming a priory for our local children," said Rob Roby, President and CEO of Big Brothers Big Sisters Lone Star. "Their hard work equates to more mentorship in Texas and a brighter future for area youth."

In the past year, we served 8,024 children and were recognized for its quality community pro-

NDG Book Review: Child, Please is worth a look

By Terri Schlichenmeyer

It was enough to make any kid fearful for his life.

It was That Look your Mama gave you – the one you got when you were acting up, the one that made you want to join the Witness Protection Program. That Look could freeze a kid on the spot forever like a statue and, though it was deadly, it rarely came with sound – except, says Ylonda Gault Caviness, a heavy sigh and "Child, Please."

Growing up, there were many things you learned by observation – one of them being a sharp knowledge of when you were approaching your mother's last nerve. Like most kids, Ylonda Gault Caviness tried to avoid that mess; instead, she craved her Mama's approval, though it wasn't earned easily. And that was the way things just were.

Until Caviness had her first child.

Chloe was born on a hot August day, and Mama was enormously pleased, though she'd never admit it. In the first days, she was helpful and indulgent with the new baby but, never one to filter what she said, she was constantly critical and eagerly pounced on that which she perceived was wrong. That grated on Caviness. Still, mere weeks into new-Mommyhood, Caviness was shocked when Mama an-



YEONDA CAULT CAVINESS

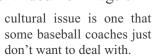
nounced that she was going home. Caviness felt abandoned.

There were grounds for that, Caviness reasoned. Mama had never had much of a mother herself: when she was just four years old. her mother died and her father quickly gave her a stepmother who was almost straight out of a bad fairy tale. Consequently, Mama didn't put her own children in the center of her life. She gave them the love they needed, but not that which they wanted.

Some months later. Caviness had her second daughter, Trinity, an easy baby who made motherhood particularly good for Caviness and made Mama quite amused at the way children are raised today. Bemusement, however, didn't change her forwardness: to Caviness' chagrin, Mama remained frustrating. By the time baby Cole came along five years after Trinity, everything - the help-nohelp, the unwanted advice, and Caviness' exhaustion-

BASEBALL, continued from Page 8

continued uninterrupted. That interaction thing seemed to get in the way in the end. Or perhaps Cochell's choice of verbiage in front of ESPN announcers was just a knucklehead move that should have rightly got him fired. But that 10-year old incident has not quite died in the minds of parents of black players who feel the



Interpretation: Black ballplayers go ahead and have a field day in college basketball and college football but we don't roll like that in college baseball.

One thing for sure, the Chad Hardy's of the world deserve better.



had all come to a crash.

So you say there are times when you consider asking your mother for a DNA test? And though you love your kids, you might include them, too? Before you grab the swabs, read "Child, Please."

The first thing you need to know is that author Ylonda Gault Caviness is funny. I mean, LOL funny, in a way that will make you feel like she's been your friend since junior high. You can practically picture the conversations you'd have with her.

But this book isn't all comedy: Caviness dispenses advice and sass, yes, but she also displays a sweet amount of gratitude, understanding, and the kind of love only shared between mothers and the daughters they drive crazy.

I think this is a perfect book for everyone who's ever had a Mom or been one. It's also great for any Mother-to-Be. If you love laugh-out-loud, cry-a-little memoirs, then "Child, Please" is worth a Look.



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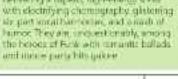
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Dru Hill's Nokio speaks about Baltimore's recovery

Special to the NNPA from the Afro-American Newspaper

Nokio has been all around the world in the two decades the 36-year-old has performed, written and recorded music as onefourth of the R&B powerhouse group Dru Hill.

But while he's seen it all, his hometown has stayed in his heart. That's why he said he was devastated as he watched the Baltimore uprisings unfold following the death of Freddie Gray.

"I was out of town and to see parts of my old neighborhood on fire and to see the rioting and the protesting and everything that was going on, I couldn't take it anymore," he told the AFRO during a recent interview.

Nokio, born Tamir Ruffin, knew that he had to do his part to aid in his city's recovery. So he and the group turned to their first



instinct.

"At first we were like, we should do a concert, but then we decided to do a song," he said. "From that conversation, I basically wrote a song in 15 minutes. The ball's been rolling on that and it will be coming out soon."

The singer explained that he's also used this time to try to connect to the youth and speak at local schools.

"I want to be a voice to the kids who are here and I want to try to help them understand that you can get out of here," he said. "That's not me telling them want to tell them that you can get out and learn something and bring it back."

That method is something that Nokio and the other members of Dru Hill know all too well. The group's humble beginnings started right on the streets of Charm City, where they performed at local talent shows as teens. They finally got their big break in 1995 when they were signed to Universal Music Group's Island Records. Subsequently, the group went on to have a string of successful hits such as "In My Bed," Never Make a Promise," and "How Deep is Your Love."

While he's resided in different places over the span of his career, Nokio said that homesickness drew him back. And now, with all of the recent drama that has unfolded in his city, he believes that this is perfect

and will look to keep her

streak alive in front of her

Other top divers include

American hopeful David

Colturi, who finished fifth

overall last year and is aim-

ing to take the crown from the UK's Gary Hunt; who

won last year's Texas com-

petition with historic high

scores on the road to his

fourth overall Red Bull

Cliff Diving Championship.

hometown fans this May.

time to bring about change—especially in African Americans' relationship with law enforcement.

"The whole issue of police brutality isn't something new," he said. "Within the laws of the land and the lessons that we are taught of right and wrong, what happened shouldn't have happened.

Your first thought of seeing a police officer should be 'you are here to protect me,' not 'you are here to throw me away.' As Black men, we will sit there and think about if we did something just at the sight of the cops pulling up."

The singer explained that he believes having "neighborhood cops" who are familiar with their assigned area and its citizens could be a move in the right direction.

But ultimately, he said he believes it all goes back to the kids. He said he hopes to build new schools in Baltimore at which students will learn about finances and managing money just as much as they learn about other subjects. "One of the biggest things that happens with us as artists and Black people in general is that we don't ever learn about money as a concept," he said. "If you learn it and adopt certain practices, once you achieve your goal, you're not going to be running out the gate to buy everything that you ever wanted in life.

"If we don't continue to have the conversation about the problem, it's not going to be a balance," he said. "Everybody needs to know that this issue is not going away this time."



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Red Bull Cliff Diving World Series Returns to Texas on May 30

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return of 2014's Red Bull

Cliff Diving female world

champion and San Antonio

native, Rachelle "Rocco"

Simpson, who will be re-

turning to her home state to

compete in the first stop of

the women's division in

2015. The 26-year-old high

diver placed first in all three

women's events last year

The Red Bull Cliff Diving World Series, the world's most thrilling high diving competition, returns to the U.S. on May 30. Hell's Gate at Possum Kingdom Lake will host the event for the second consecutive year and is the lone U.S. stop in the global series. Last year, a crowd of 6,000 spectators on boats, kayaks and paddleboards took in the action, with more expected to join the floating-room-only crowd this year.

The competition will see divers in the Men's Division dive off of Hell's Gate from 90 feet above the water, while the Women's Division competitors will dive from 65 feet. These elite divers will reach speeds of up to 53 mph during their three-second free fall, with nothing protecting





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SEEDS, continued from Page 1

said diverse faculty is crucial to student success in the classroom.

"Business schools have long recognized the value of attracting and educating a diverse group of MBA, undergraduate and doctoral students, but when minority students look at business school faculties and leadership, they see very few people who look like them. This can send the signal that business isn't for them, said Milano, who also serves as president of the KPMG Foundation, creator and lead sponsor of the project.

"Placing more role models and potential mentors in front of the classroom and in the Dean's office will help to attract more underrepresented minorities to business studies and business careers – a goal we all share.'

Milano also notes Native Americans are also extremely underrepresented (4 percent) as faculty members

Ph.D. Project's co-founder, at those 1,601 business schools.

> "This serves as a deterrent to young undergraduates choosing a major or a college, and deprives those minorities who do study business of role models, mentors, and career coaches who could help them succeed academically. Business schools are very supportive of and involved in The PhD Project in an effort to improve faculty diversity."

> The University of North Texas, University of Texas at Dallas, and University of Texas at Arlington are the local institutions aligned with project.

> Marilyn Wiley, Ph.D., senior associate dean in the College of Business at North Texas, said it is extremely difficult to recruit and hire minority faculty members in business right now, as there are very few black and Hispanic students in doctoral programs.

PhD project is to grow this population. They assist minority students in preparing for and finding doctoral programs in business. They form a network to help these students succeed and graduate. As the pool of minority Ph.D.'s grows, we hope to make our faculty more representative of the community we serve."

Hasan Pirkul, Ph.D., dean of the Naveen Jindal School of Management and Caruth Chair of Management at the University of Texas at Dallas, echoes Wiley's concern. Pirkul said the university does have a solid number of Asian American faculty members and students. According to university statistics, seven of UT-Dallas' faculty members consider themselves African American, while six members are considered Hispanic.

"We are continuing to address racial diversity - primarily caused by a lack of diverse candidates. One solution is to increase enrollments of African Americans "One of the goals of the and Hispanics in Ph.D. programs in business." Wiley said minorities and

women who major in business at the undergraduate and graduate levels must "see the possible;" in other words, they see faculty members who look like them and have found success in academics and the business world.

"It is extremely helpful to students to have role models in the classroom with whom they can identify and who may share similar backgrounds or cultures," she said. "Minority students benefit from working with successful minority faculty who can help them understand unique issues they

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www.goelc.com 1-855-298-4059 may face in their own careers."

Milano added: "Students of color have to wonder if they have arrived at the right place. It is wonderful to a minority student to knock on the door of a minority professor who understands what he is going through, to provide understanding and a trusting ear. You can't perform to your potential when you are not comfortable."

Learn more about The Ph.D. Project at www.phdproject.org.







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Tech Titan Awards open for nominations

The Tech Titans Awards Gala recognizes the most elite in North Texas technology - individuals currently transforming the high-tech industry and giving companies that competitive edge.

The Tech Titan awards showcase the innovators, adopters, and executors impacting the industry.

The Metroplex Technology Business Council (MTBC) is the largest technology trade association in Texas and will host the 15th annual Tech Titans Awards Gala the evening, August 21, at the InterContinental Dallas Hotel. The gala is a black-tie event celebrating the achievements of these cutting-edge leaders.

The Tech Titans committee is a group of volunteers who organize the ceremony, and judges are drawn from a variety of disciplines in technology, leaders in the DFW area and past winners.

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BBQ, continued from Page 4

in weight gain.

"Alcohol contains lots of empty calories, slows down the metabolism, and can weaken inhibition, which can then lead to overeating (and possibly some other embarrassing behaviors)," he reminds. "Since you're at a party, you may not want to go the teetotaler route—and that's fine!—but does every drink have to be a beer? I suggest replacing at least every other drink with water. This strategy will keep you hydrated and save you the many unwanted side effects of alcohol." Use the buddy system.

can also be a major culprit As with many things in life, making healthy choices is easier when you don't have to go it alone. Ask a friend or spouse to help you stay on track if your willpower starts to waver.

"If you can convince someone else to party healthy with you, you won't feel like you're the only one missing out-and the two of you can remind one another of why you want to make smart choices," Honeycutt comments. "Remember, it's not about deprivation-it's about making healthy decisions you can maintain for life."

If, despite your best in-

MICHELLE, continued from Page 3

lems, and together - together – we can overcome anything that stands in our way."

In other words, we should strive to avoid complacency and the cynicism of hopelessness. The history and the centuries-old legacy of African people in America and throughout the world proves our ability to overcome the hardships of oppression and injustice. It was also good to hear Michelle Obama call for Black American unity and "banding together."

Our families and communities across the nation are certainly in critical need of greater unity and collective resolve to stand up together to provide leadership and direction in particular for our youth and young emerging leaders. We cannot afford to permit the evolution of an ahistorical generation of young people who have not been given the truth of our history nor given the encouragement that they need to excel and make their mark on history today.

In fact, over the next weeks we will witness numerous graduation ceremonies in particular at other Historically Black Colleges and Universities (HBCUs). The good news is that thousands of Black American

college graduates from HBCUs and from other institutions of higher learning will be pushing forward to demand greater access to wealth-building careers with the intent on giving more back to the communities from which they have emerged. Like the first lady, I am optimistic about the future to the extent to which we continue to stand up to injustice while at the same time pressing forth to economically empower our

families and communities. Education and empowerment are both goals that must be attained and each generation has to rise to the occasion with persistence and focus. There will be setbacks and sometimes disappointments in everyone's life. Yet, the enduring lesson from Michelle Obama's magnificent address was that when those life challenges happen, do not let your problems or critics define who you are. We have to have faith in our own capacity to rebound and to stand for truth even when it might not be the popular or politically expedient.

We are a resilient people. We resist oppression. We are against inequality and injustice. We stand for liberation and freedom for ourselves and for all people. The more we stand together, the more we make day. You can't change the past, but you have full control over the future-so when you've slipped up, direct your mental energy to planning your next meal or progress. We are grateful that in our lifetime we are privilege to witness how the first lady epitomizes what it means to be a freedom fighter with courage and

tentions, you still lose con-

trol, cut yourself some

slack. If you do happen to

overeat, remember that it's

not the end of the world.

One mistake won't ruin a

healthy lifestyle unless you

allow it to. (Just don't do it

at every gathering this sum-

"Everyone slips up from

time to time," Honeycutt

confirms. "Whatever the

circumstances are, it's im-

portant to understand that

tomorrow really is another

mer.)

Benjamin F. Chavis, Jr. is

grace, but most of all, with a

glowing resilience that mo-

tivates and inspires others to

excel.

workout instead of dwelling on your mistakes. Be as kind to yourself as you would be to your best friend. Encourage the most important person in your life...YOU!"

"Pick one or two of these strategies to focus on-or go to your Memorial Day celebration armed with all of them," Honeycutt concludes. "Once you realize that sticking to healthy behaviors isn't the massive lifestyle change you imagine it to be, getting lean will become second nature. With a few simple changes, you can have a happier, healthier Memorial Day-and overall lifestyle."

the President and CEO of the National Newspaper Publishers Association (NNPA) and can be reached for national advertisement sales and partnership proposals at: dr.bchavis@nnpa.org; and for lectures and other professional consultations at: http://drbenjaminfchavisjr.wix.com/drbfc.



Job Position: Publishing Company currently looking for Graphic Design/Internet Marketing Intern

Job Description: We are currently seeking someone to manage our new You-Tube Channel. Must be able to edit and produce video content, create digital interactive activities, develop digital content, database organization and identification, design promotional material, social media marketing, etc. Will report to designated Executive for design approvals, depending on project.

The ideal person will not only help us with video production but can also help execute a strategy for increasing traffic to our YouTube channel

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Church Happenings

AVENUE F CHURCH OF **CHRIST IN PLANO**

Mondays – Fridays

Call 972-423-8833 for AF-FECT, Inc. or email: AF-FECTxInc@aol.com for counseling services, re-sources and assistance for job readiness and training programs for individuals.

May 24

Join us this Sunday at 8 a.m. for 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 27, 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.

May 31, 5th Sunday Fellowships

Join us for Bible Classes at 9:30 a.m.; Morning Worship at 10:45 a.m. and a meal and activities afterwards.

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

BETHEL BIBLE FELLOWSHIP CARROLLTON

May 24, 9:45 a.m. You're invited to our Sunday Morning "Prayer and Meditation" followed by Morning Worship 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 27, 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.

Please support our Mission Team fundraiser at http://www.gofundme.com/ bethelmission. Share this link with everyone you know.

Dr. Terrance Woodson, Senior Pastor

1944 E. Hebron Parkway Carrollton, TX 75007 972-492-4300 www.bethelbiblefellowship.org

CHRIST COMMUNITY CHURCH IN RICHARDSON

May 24, 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 May Series is "Caring for Your Temple, Mind, Body and Spirit."

May 27

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 Assis-

May 31, 10 a.m.

Join us for 5th Sunday Service in the park at Central Park (Granger) 1310 W. Avenue F, Garland, TX 75040. We will have fellowship, games, a health Fair and a picnic.

Dr. Terrence Autry, Senior Pastor 701 Centennial 972-991-0200 Richardson, TX 75081 www.Christcommunitvrichardson.org

DAYSTAR DELIVERANCE **MINISTRIES**

May 2015 For those in need visit Helen's House on Fridays at 9:30 a.m. (exceptions are bad weather and holidays) to receive, to give, to comfort and to fellowship. Call 972-480-0200 for details.

635 W. Campbell Road Suite 201 Richardson, TX 75080

FELLOWSHIP CHRISTIAN CENTER CHURCH IN ALLEN "The Ship"

May 24

Calling all youth to join us every 4th Sunday for our Hype Sunday Worship Service as we praise and worship God 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 27

You're invited to our Wednesday's 12 Noon-Day Live Prayer and Bible Study and/or our Wednesday Night Live Praver 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.

May 31

Join us for our 5th Sunday Super Service as we praise and worship God 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.

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

BIBLE WAY COMMUNITY **BAPTIST CHURCH**

May 24, 7:35 a.m. Join us this Sunday for our praise and worship services and receive a blessing from God

May 27, 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)

May 24, 10 a.m. Join us for our Sunday Worship Service as we praise and worship God.

May 27, 7 p.m. You're invited to our Wednesday's Bible Study class; 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 and Pastor Gloria Fenceroy 300 Chisholm Place Plano, TX 75075 972-633-5511 www.mocop.org

NEW MOUNT ZION **BAPTIST CHURCH**

May 24

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 26-28

Join us for our Spring RE-VIVAL with Evangelist Frank Ray, Pastor of New Salem Baptist Church in Memphis, Tennessee. Come out and receive a blessing.

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

SHILOH MBC IN PLANO

May 24

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 27, 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**

May 24, 7:30

www.NorthDallasGazette.com

and 11:30 a.m. You're invited this Sunday as we praise, worship, honor and magnify God's Holy name.

May 27, 7 p.m. Join us in Monday School as we learn what God has to say to us.

May 29, 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



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14 | May 21-27, 2015 | North Dallas Gazette

tance at 8 p.m.



Send email to: businessoffice@ northdallasgazette.com to sign up for Sister Tarpley's weekly electronic newsletter.

Train up a child in the way he should go: and when he is old, he will not depart from it.

-Proverbs 22:8 (KJV) In an atmosphere of worship service at church when I see children sing and praising God. I am reminded of the above quoted Bible verse.

With what must be the patience of God, our youth leaders surely must remember these words of Jesus, "Suffer the little children to come unto me, and forbid them not: for of such is the kingdom of God." Mark 10:14b

Children brought up in the church and seeing guardian/s worship and praise God, are often comfortable with doing the same and 'getting their praise on' as they sing praises to God.

Bill Crosby once asked an audience, "I'm asking you, where is the Jesus in you? Is it every Sunday? Is that's when you and Jesus get together? Jesus worked 24/7."

It has been said that child-rearing can be frightening to the best-prepared and most eager parent, it doesn't matter how many children you have. Parents will likely meet with success when they allow themselves to be guided by God and His Word.

"In times like these . . .' children must feel secure in their environment; they must feel being loved, being respected, and feel being proud of. At the same time, they clearly must be taught about what is unacceptable behavior to God.

972-423-8833

www.avefchurchofchrist.org

Children must be disciplined with love instead of anger or abuse; they must be able to retain their dignity even when they see they have erred. "In times like these. . ." all parents and family members can help to instill Godly pride and a can-do attitude in children so that they will be able to go though life's ad-

versities. We must recognize that life does have adversities, but it is our attitude about our adversities that determines our altitude in life, as the saying goes. And remember, it doesn't matter how scary or explosive the

adversities in life are, there

was peace before and there

will be peace after the ad-



Train up a child

As young children, Sister Tarpley's grandchildren, Tyanna, David and Philip Lott were taught by their parents. Bill and Sheila Tarpley Lott, to love, honor and obey God; and they still do that today in 2015.



versities.

Parents who love God and are guided by Him through Bible-based scriptures in their parenting skills; and with plenty of prayers; will go a long way in helping children shape their morals, their values, and their views on having a successful life.

Cosby challenged parents to be more accountable. I also challenge parents, as well as other family members to be more accountable. about all children in their life; and to that I will add, to be a positive example for children.

Teach them to fear (dread grieving) the Lord because, 'The fear of the Lord is the beginning of wisdom ... Praise ve the Lord.

Blessed is the man that feareth the Lord; that delighteth greatly in his commandments.

-Psalms 111:10 and 112:1.(KJV)

It doesn't matter if it is your child or your children; or someone else's child or children; 'Especially in times like these, it is wise and best to, "Train Up A Child ... "







5-30pm

Isiah Joshua, Jr. Fustor

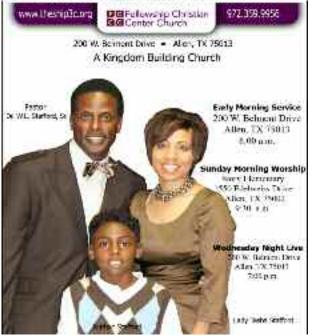
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Radio Program @ 7:30 am on KHVN 970 AM Sunday Mornings

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