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Black Stars for Justice: Celebrity response to recent police killings is nothing new

By Ronda Racha Penrice Urban News Service

Young people in Dr. King's native Atlanta responded to the recent police killings of Alton Sterling and Philando Castile with consecutive nights of marches. Celebrities spotted in the protests included rapper T.I. and actress Zendaya Coleman.

Other stars have spoken up about these and similar incidents, mainly through social media. The New York Knicks's Carmelo Anthony issued a one-page challenge in the July 9 New York Daily News for his "fellow athletes to step up and take charge." He took an even higher-profile stance on July 13. "The urgency for change is definitely at an all-time high," Anthony said, as he, Chris Paul, Dwyane Wade and Le-Bron James opened the ESPYs, the Oscars of sports.

These pleas for social justice are not unique to today's celebrities. Former collegiate athlete, singer and actor Paul Robeson became politically active in the 1930s. He paid a heavy price for such activism in the '40s and '50s, as he largely lost his livelihood. Robeson's difficulties didn't deter other performers. In Stars for Freedom: Hollywood, Black Celebrities, and the Civil



Carmelo Anthony, Chris Paul, Dwyane Wade and LeBron James speak out against police abuse at the 2016 ESPY Awards. (Photo: ABC/Image Group LA)

Rights Movement, author Emilie E. Raymond focuses on six celebrities — Harry Belafonte, Sidney Poitier, Ossie Davis and Ruby Dee, Sammy Davis, Jr. and Dick Gregory — who struggled for social change. Gregory was an early and leading critic of police brutality.

"He was the one that was in the South," says the Virginia Commonwealth University professor. "He was arrested in Greenwood, Mississippi; Pine Bluff, Arkansas and in Birmingham and, in those places, he talked about the horrible conditions of the jails and how he was beaten

by the police."

Gil Scott-Heron blasted the police killings of popular Black Panther leader Fred Hampton in Chicago and the more obscure Michael Harris on "No Knock" from his 1972 Free Will album. Langston Hughes's 1949 poem, "Third Degree," about a policeman coercing a confession, begins "Hit Me! Jab Me!/Make me say I did it." Audre Lorde's "Power" — a 1978 poem about the police killing of a 10-year-old boy and the cop's subsequent

See JUSTICE, Page 11



Cholesteral's link to brain health

-See Page 4



Fake charities target Dallas after tragedy

-See Page 5



The push for minorities in STEM fields

-See Page 6



ICE AGE is a treat for a hot summer

-See Page 9

Hip-Hop culture is the monster the Black community created

By Raynard Jackson NNPA Columnist

I am quite confident that what I am about to write will prove to be quite controversial, but I implore my readers to please read carefully what I am about to write.

I will preface this column with one of my favorite Bible verses, Proverbs 4:7: "Wisdom is the principle thing, therefore get wisdom; and with all thy getting, get understanding."

Let's see if we can get some understanding as to why it seems that Blacks, especially young Black males, seems to have a bullseye on them when it comes to routine encounters with police departments all across the country.

Who could not help but be stunned at the shocking death of Alton Sterling last week in Baton Rouge,

See MONSTER, Page 3

See Page 2

INSIDE...

People in the News
Op/Ed3
Health
Community
Education
Plano / Irving
Community Briefs8
Entertainment9-10
Market Place11-13
Church Directory14-15
NDG Book Review16

People In The News...



Michael Watts II



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Tran Duong

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Michael Watts II

By Michael Watts II NDG Special Contributor

The past eight weeks here at the *North Dallas Gazette* was an educational learning experience for me and I am highly grateful for this amazing learning opportunity. I was fortunate to have amazing coworkers that took the time out of their schedule to get to know me.

When I first started at *NDG*, I was nervous because I was going to go out into the real world and getting a taste of what my life would be like, once I gradu-



ated from college. In the beginning, my projects included going to Dallas City Hall and listening to the residents in the area complain about issues occurring in their neighborhood in hopes the councilmember of their district would put a plan in motion to fix the issues going on in their local district.

As time went on, I learned how to upload stories to the NDG website. I attended a couple of Dallas Independent School District's board meetings. There I listened to parents and staff members voice their opinions on certain issues going on in the district, like the new upcoming school year budget, the horrible conditions of South Oak Cliff High School and the plan to move the district headquarters six miles away from its current location.

Parents were not pleased to hear about the new location's distance.

Some of the stories that I did include, how the city of Dallas renamed the Continental Bridge after the city's first African- American Mayor Ronald Kirk, One of the last Tuskegee Airmen dying at the age of 94 and Hillary Clinton discussing her upcoming Economic Policies if she becomes president.

Some of my personal favorite stories that I wrote for *NDG*, include Nintendo's announcement about their upcoming Pokémon Sun and Moon games coming out later this year, A

focus story over self- published teenage author Larontay Chester, Dallas becoming one of the best places to live and the city council stories, because they help me learn about the issues going around in Dallas, so I can let my grandmother know what is going on in her community.

I have also written stories highlighting the amount of violence going on in America. A few of these stories included Alton Sterling, a young African- American male killed by the police in Baton Rouge. Philando Castile another young African- American male killed by the police in Fal-

con Heights, Minnesota and five police officers killed following a peaceful protest in Downtown Dallas.

After the shooting of the police officers, I wrote two stories that were associated with the shooting. The first story was over how the doctors at Parkland Hospital reacted to the shooting and the scenery inside the hospital. The second story was over the memorial service. that the city of Dallas had to honor the fallen officers. A few of the guest speakers included former President George W Bush, the Chief of Police Chief David

See WATTS, Page 12

David R. Hardiman

A mysterious illness led David R. Hardiman on a long path of physical, mental and emotional turmoil. Then Bailey, a smart, intuitive and loving shih tzu, became his best friend, service dog and hero.

In the recently released Christian nonfiction book "Bailey's Remarkable Plan" (Brown Books Publishing Group), Hardiman shares his story of faith and perseverance. Born with a rare medical condition that eluded diagnosis for decades and later cou-



pled with post-traumatic stress disorder, Hardiman sometimes questioned God's plan for him. When Bailey entered his life as a puppy, Hardiman received a gift from God – one with a purpose and a plan.

"She's a beautiful, genius dog who can recognize when I am about to suffer an attack," Arlington-resident Hardiman said.

Bailey alerts Hardiman, and she helps him deal with the horror.

"Bailey's Remarkable Plan" also cautions against judging those whose disabilities aren't obvious. Hardiman said service dogs and their owners often face challenges in public because people don't understand nor recognize federal and state laws that protect people with disabilities and their service animals.

"Throughout my life, I've faced struggles and illness," said Hardiman, an entrepreneur and businessman. "Others' disabilities may be more obvious, but that doesn't make my disability any less real."

Hardiman said people are more accepting of service animals in public places than in the past, but more education is needed. People scream at Hardiman that he doesn't have a service dog or that he can't

have Bailey with him regardless of the laws.

Hardiman said that's why the book's message and information are so important.

"As we live longer and face more health issues, more people will rely on service animals," he said.

For more information about "Bailey's Remarkable Plan" and to purchase books or e-books, go to BaileysRemarkablePlan.com. It's also available on Amazon and Barnes and Noble's websites.

Hardiman and Bailey welcome speaking oppor-

tunities. To schedule an event or to receive an autographed copy of the book, email BaileysRemarkablePlan@gmail.com.

"This book and my life are a testament to God's power and the blessings he offers," Hardiman said. "My story clearly defines by my life why it is so important to never give up, regardless of the difficulties and barriers that can be placed in the way of success. Taking the negatives and turning them into momentum can change the future to a positive."

Tran Duong

The North Texas Tollway Authority has awarded its annual Jere W. Thompson Jr. Scholarship to a firstgeneration college student with a special interest in architecture.

Tran Duong is a civil engineering student with plans to graduate in 2017. She attends the University of Texas at Arlington, where she participates in the American Society of Civil Engineers, the Society of Women Engineers and the Golden Key Honor Society.

While in school, Duong tutors math and engineering and is planning to participate in next year's Steel Bridge Competition sponsored by the American In-



stitute of Steel Construction and the American Society of Civil Engineers.

"I get mesmerized every time I look across a big city's skyline," Duong said. "By observing all the great engineering works around every day, I feel motivated as an aspiring engineer to learn more, work harder and explore." Tran DuongThe Jere W. Thompson Jr. Scholarship Fund, administered by The Dallas Foundation, provides recipients up to \$2,000 per semester with a maximum award of \$8,000 combined for four semesters. Each year's recipient also is offered a summer internship with NTTA or one of its corporate partners.

The scholarship assists engineering students who may not otherwise be able to continue their education or pursue their professional aspirations. NTTA established the scholarship in 2001 to ensure that high-caliber candidates continue to graduate from engineering programs at Texas colleges and universities.

Since then, the Authority and its corporate partners

have awarded more than \$90,000 in scholarships.

For more information about the Jere W. Thompson Jr. Scholarship Fund or to make a donation, contact The Dallas Foundation at 214 741-9898.

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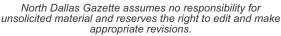


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Why global terrorism will always be a domestic problem for the U.S.

By Roger Caldwell NNPA Guest Columnist

President Obama underestimated the threat of ISIS, by calling the organization a "JV team" during his 2012 election campaign. This was a miscalculation in terms of his thinking and strategy. In 2016, many countries around the globe are trying to destroy this violent extremist organization as each terrorist attack attributed to the group is more brutal and violent than the previous one.

Jim Geraghty, a reporter from the "National Review" says that ISIS "controls a volume of resources and territory unmatched in the history of extremist organizations, makes \$3 million per day selling oil on the black market, are battling for control of Iraq's largest dam and power supply for the city of Mosul, are spreading into Lebanon, are threatening to starve or

slaughter 'at least 40,000 members of the Yazidi sect,' is organizing protest in the Netherlands, and is stepping up its recruitment of Westerners."

With the savage massacre in Orlando at the Pulse Nightclub, Americans understand that terrorism is local, and it can be down the street or around the corner. Many Americans thought that terrorism was global, and the majority of these extremist organizations operated internationally. But, now everyone knows that terrorism can happen anywhere at any time.

Terrorism raises the risk and cost of doing business, whether that business is diplomacy, manufacturing or sales. Insurance companies are forced to pay billions of dollars for claims by their customers, and the cost to insurers will be passed on to

See GLOBAL, Page 5

MONSTER, continued from Page 1

La.? Who could not help but be in tears at the heartwrenching death of Philando Castile in Minneapolis, Minn.?

Police clearly had Sterling on the ground with two policemen on top of him when one of the policemen shot him point blank in the chest, all under the guise of him having a gun in his nocket.

Castile was shot while following orders from a Hispanic-American policeman. The policeman was informed by Castile that he had a licensed gun on him along with his permit to carry; following the policeman's commands to show the documentation, he reached into his pocket to retrieve them and was shot and killed.

Even when Blacks follow instructions, somehow, we still end up dead.

Many Blacks feel like there has been an unofficial war declared on us, especially on young, Black males

As tragic as these actions were, they should spark a larger, separate conversation about the images that we have created around Black life and Black culture. Regardless of these images, there is no justification for killing those young, Black men. Let's be clear about that.

For the past 30 years, we have created images of Blacks in the most negative of lights. For those who

would say it's just music, it's just a movie, it's just a reality TV show, I say now there is just another Black body lying in the streets of America.

Before you go to war, the first thing that is needed is to create a psychological operations campaign (psy-ops). This is a tactic that the military uses to marginalize its targeted population so that when the troops are sent in to destroy this group, there is little or no public outcry.

Just look at how the U.S. military vilified and demonized former Iraqi president Saddam Hussein and terrorist Osama Bin Laden, before we set out to kill them. Upon their deaths at the hands of the U.S. military, the American people cheered because we had devalued and marginalized them before the American

I can't help but ask the Black community, have we unleashed a psy-ops campaign on our own people?

In the horror movie "Frankenstein," Dr. Frankenstein did not set out to create a monster, but rather he was a scientist playing around in his laboratory. As a result of this experimentation, he created a monster that neither he nor society could control.

In a similar manner, one could argue that Blacks, specifically in Hip-Hop, have experimented in the laboratory called a recording studio; and by exercis-

ing their First Amendment Right to freedom of speech and expression through music, they have created their own version of Frankenstein.

In the beginning, like with Frankenstein, people marveled at this new creation and people were willing to pay to see and hear it. There was "Rappers' Delight," there was "The Message," and there was "Fight the Power." Then, the imagery and lyrics took a twisted turn under a perverted interpretation of the First Amendment called "keeping it real."

Now, the establishment, especially the police, had become the enemy. Hip-Hop was a counter-culture movement that turned into a monster that could no longer be controlled. Women became "bitches and hoes," men became hyper-sexualized thugs who were only out to force themselves on your daughters and to "Get Rich or Die Tryin." When rap music started, it was a verbal extension of the Civil Rights Movement of the 1960s in the spirit of the Dr. Martin Luther King, Jr. It was about the uplifting of our community and providing a voice to those often without a voice.

Then in the 1990s, rap took a more militaristic tone with the creation of "gangsta rap." This too, was a verbal extension of the Civil Rights movement, but more in the spirit of Malcolm X on steroids. These artists represented those in

the "hood" who felt trapped and abused by the system. They felt like no one cared about them and that life was about the here and now immediate gratification, so screw the future. They wanted to "get theirs now." They wanted to live fast, even if it meant dying young.

This ultimately led to the "thug" culture, personified by hit movies like "Scarface," "New Jack City" and "Carlito's Way," each glorifying the criminal lifestyle.

Then you had the crack epidemic of the 1990s with the violence that it brought into the hood. All these factors combined to create a narrative that Black life was worthless and that young Black males were a menace to society.

It's too bad the rap world didn't heed the words of Chuck D, KRS-One, Doug E. Fresh, Heavy D, MC Lyte, Kool Moe Dee, D-Nice, Daddy-O and others on the all-time classic, "Self Destruction," which had as its chorus, "Self-Destruction, ya headed for Self-Destruction."

Raynard Jackson is founder and chairman of Black Americans for a Better Future (BAFBF), a federally registered 527 Super PAC established to get more Blacks involved in the Republican Party. BAFBF focuses on the Black entrepreneur. For more information about BAFBF, visit www.bafbf.org. Follow Raynard on Twitter @raynard1223.

McDonald's healthier menu will come at higher price

B: Michael Watts II

NDG Special Contributor

Everybody's favorite Golden Arches might be raising its prices but also perhaps serving healthier options for customers. This will be a huge change to McDonald's because its customers have been accustomed with the low prices of the restaurant since it first opened.

According to MSN, Mc-Donald's plans on using more expensive ingredients. These new ingredients could raise prices on everything there. McDonald's choice to raise their prices could be



negative toward McDonald's competitive advantage.

The CFO of McDonald's had a few things to say about the different types of customers that come to McDonald's.

"There's a few different

types of customers." said Kevin Ozan, the CFO of Mc-Donald's. "There are some value seekers that look for kind of an entry-level price point value and they want to make sure that they're getting a deal at that point and then there are others we call deal seekers that kind of go around and look for the best deal around." "So we've got to be able to attract both types of customers in order to grow."

Ozan also clarified on MSN that not every McDonald's customer is looking for the lowest price. Only valve seeking customers look for the cheapest item. Deal seekers, on the other hand are looking for an item that provides a certain level of quality for the lowest price that exists in the market. They're still price- sensitive customers, but in a different style

than value seeking customers.

People care about being healthy because most of them want to live better stronger and healthier lives.

Well according to the 2015 Nielsen Global Health and Wellness Report, 43 percent of people consider food made with all natural ingredients very important to them.

McDonald's might be on to something, by offering healthier choices. They may go up in price, but you can believe that the customers that love to eat healthy will be running all through Mc-Donalds. A recent survey compares some of McDonald's items with its local competitor Wendy's

At McDonald's, customers can purchase an artisan grilled chicken for \$ 4.39, while Wendy's ultimate grilled chicken is only\$4.69. That's a 30 cent difference. McDonald's charges a \$1.29 for a Mc Chicken sandwich on their value menu and Wendy's only charges .99 cents for their Crispy Chicken sand-

Is McDonald's taking a gamble with their soon to be new plan?

Fluctuations in 'bad' cholesterol may be linked to worse brain health

Greater fluctuations in "bad" cholesterol levels may be linked to worse cognitive function in elderly adults, according to new research in the American Heart Association's journal Circulation.

In a study of European adults age 70 to 82 years old, researchers found that greater fluctuations in low-density lipoprotein cholesterol (LDL), or "bad" cholesterol, are associated with lower cognitive performance.

For example, study participants with the highest LDL cholesterol variability took 2.7 seconds longer on average to finish a cognitive test to name ink colors of color words written in different ink (for example, the word blue written in red ink), compared to individuals with the lowest variability.

"While this might seem like a small effect, it is significant at a population level," said Roelof Smit, M.D., lead study author and a Ph.D. student at Leiden University Medical Center



in Leiden, the Netherlands.

The link between variability and declining cognitive function was found regardless of average bad cholesterol levels or use of cholesterol-lowering statin drugs.

In addition, greater fluctuations in bad cholesterol were associated with lower brain blood flow and greater white matter hyperintensity load - which has been linked to endothelial dysfunction.

These results show LDL cholesterol variability may be important to neurocognitive function, Smit said.

"Our findings suggest for the first time that it's not just the average level of your LDL-cholesterol that is related to brain health, but also how much your levels vary from one measurement to another," Smit said.

Measurements fluctuate because of diet, exercise, frequency of cholesterol-lowering statins and other factors, he said. However, these fluctuations might also reflect an increasingly impaired homeostasis; for example, due to age or underlying disease, added J.Wouter Jukema, M.D., Ph.D., senior author of the study and professor of Cardiology at the Leiden Uni-

versity Medical Center.

The research involved 4,428 participants from Scotland, Ireland and the Netherlands in the PROspective Study of Pravastatin in the Elderly at Risk. PROSPER participants either had preexisting vascular disease or were at a higher risk for developing the condition because of histories of hypertension, cigarette smoking or diabetes.

Researchers examined associations between LDL cholesterol variability and four cognitive measures: color-word test for selective attention, letter-digit coding to assess information pro-

cessing speed and pictureword learning to test verbal memory in two ways – immediate recall and delayed recall after 20 minutes.

Although the research population was European, the results may be applicable to Americans as their lifestyle patterns predispose them to the same set of clinical outcomes, Smit said.

But the results cannot be extrapolated directly to the general U.S. population because the study participants were older adults at high risk for vascular disease.

"These results add an important puzzle piece to the emerging evidence that vas-

cular risk factors are closely related to brain health," Smit said. "Our study is just the first exciting step. Further studies are needed to examine whether these findings could truly influence clinical practice."

Co-authors are Stella Trompet, Ph.D.; Behnam Sabayan, M.D., Ph.D.; Saskia le Cessie, Ph.D.; Jeroen van der Grond, Ph.D.; Mark van Buchem, M.D., Ph.D.; Anton de Craen, Ph.D.; and J. Wouter Jukema, M.D., Ph.D. Author disclosures are on the manuscript.

Bristol-Myers Squibb funded the study.

Teen addiction traumatizes younger siblings

CENTER CITY, MINN.

—The unlimited freedom that summer provides for many preteens and young adults sometimes leads to first-time use of alcohol or drugs, which can open the door to the addiction trap and traumatize families, particularly younger siblings.

Two recent studies by the Substance Abuse and Mental Health Services Administration (Teen Study, Young Adult Study) indicate that June and July are when experimentation with these dangerous substances peaks.

"What is disturbing is that on an average June or July day, more than 11,000 adolescents use alcohol for the first time," says Jerry Moe, National Director of the Children's Program, part of the Hazelden Betty Ford Foundation. "This can have lasting negative effects on

See TEEN, Page 16



#DallasStrong Coffee with Cops slated for July

Join local Dallas Police Officers for "Coffee with Cops" this Saturday, July 23 from 8 a.m. - 11 a.m. at the 1000 Commerce Street Mc-Donald's location. This is a special edition #DallasStrong "Coffee with Cops" that will include a presentation from McDonald's of Greater North Texas to the Assist the Officer Foundation.

McDonald's will also be giving one free small Mc-Cafe coffee for all who attend. Stop by anytime between 8 a.m. - 11 a.m. to show your support and get to know your neighborhood officers. It is the Downtown Dallas location at 1000 Commerce Street

Everson Walls is appearing at the grand opening of Conversations Coffee Bar

Conversations Coffee Bar is having their official Grand Opening July 28. Several different events are schedule for the day, including a meet and greet with former Dallas Cowboy Everson Walls.

All drink items will be half price between the hours of 9 a.m. and 5 p.m. The official ribbon cutting will start at noon. Walls will be available 1 p.m. to 3 p.m. for autographs and a meet-and-greet. Jen Sewell, a face-painter with A Grateful Artist, will be on site from 2 p.m. to 5 p.m. for free face-painting.

Conversations will also have a live SnapChat filter, available to be used at the coffee bar July 24 through July 30. Any person who sends a snap using the filter to the official Conversations SnapChat account (username convojava) will be entered to win an exclusive prize.

Conversations offers sev-

eral different drink options for customers. In addition to dozens of craft coffees and signature blends and teas, the coffee bar also offers nitrogen infused cold brewed espresso on tap. Hot and frozen drinks are available.

Conversations Coffee Bar is located at 304 N. Ballard Ave., Wylie, TX.

Avoid fake charities related to Dallas police shootings

known for opening their hearts and their wallets to others in times of need. Attorney General Ken Paxton today encouraged any citizens who want to donate to the victims of the Dallas shootings to give compassionately, but give carefully.

The Dallas Police Department is directing charitable contributions to the Assist



the Officer Foundation, the Dallas Fallen Officer Foundation, and The Dallas Foundation. All three funds are intended to help with funeral costs and assist the families of the five law enforcement officers killed in last week's horrific attack.

While there are many legitimate charities, there are also fraudulent ones that prey on the generosity of Texans. Do not get taken by scammers who may set up fake charities or funds to make money off the Dallas

This is hard to believe when in

Orlando, with one shooting

there were 50 deaths. There

tragedy. Be wary of anyone calling and asking for donations by credit card.

Con artists will sometimes send emails directing recipients to bogus websites that appear to be affiliated with credible charitable causes. Another warning sign is a vague appeal for money that does not specify how it will be used or distributed.

Help combat charity fraud in Texas by reporting suspicious solicitations. Write down the date and time of the call, the organization's name, and the name and phone number of the solicitor.

You can file a complaint online with the Consumer Protection Division of the Texas Attorney General's Office.

GLOBAL, continued from Page 3

clients. These costs impact every kind of business, and no one has any idea when terrorism will end.

Cutting-off these organizations at their funding sources is a start in the right direction, but when an organization makes \$3 million per day, it is hard to figure out where the money starts and ends. The U.N. Security Council, passed a resolution to choke-off the funding sources for this extremist organizations, and have frozen millions of dollars in banks of countries that have been charged with supporting terrorist organizations.

There is a list of countries that sponsor terrorist organizations around the world, but different countries have different lists. Under President Obama, the State Sponsors of Terrorism List consist of only three countries, Syria, Sudan, and Iran. The list was created in 1979, and there has been as many as six nations on the list, but in 2015, President Obama removed Cuba from the list, and it keeps getting smaller.

Just as there are no strict criteria or guidelines for a State Sponsors of Terrorism list, there are no rules for what constitutes a terrorist organization. By definition terrorism is inflicting violence or murder with horrific atrocities to people in a location, region or nation. In some circles around the world, many small countries are charging America with terrorism, with its killing and murder of civilians by President Obama's drone campaign.

In 2013, Obama said, "Strikes would be conducted, only if there were a continuing and imminent threat to the American people and only if there were near certainty that there would be no civilian causalities.'

But documents show that the Pentagon and CIA have a 60-day window to act, when the president approves an attack. The media is questioning whether the 60-day window is too long, because things change rapidly in a war zone, and they claim there have been hundreds of civilian deaths with Obama's drone campaign.

Last week, Obama's ad-

ministration said the United have been over 400 drone at-States has inadvertently killed between 64 and 116 noncombatant civilians in drone and other lethal attacks against terrorism suspects in places not considered active war zones.

tacks since President Obama has been in office.

Terrorism in 2016 and beyond, will be the most urgent and pressing problem in the world. When groups, organizations, and individuals prefer death over life, terrorism becomes a new paradigm that

disrupts socio-economic and cultural constructs with no simple solutions.

Roger Caldwell is the president and CEO of On Point Media Group. Follow him at rogerpoliticalblogs.wordpress.com or email comments to jet38@bellsouth.net.

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100 Black Men, General Motors encourage young people to pursue stem careers



A young participant shares his art work during a workshop titled ""Bringing STEM Education to Life," at the 30th Anniversary 100 Black Men Convention in Atlanta, Georgia. (Todd Burford/Cadillac)

By Brelaun Douglas NNPA/DTU Fellow Atlanta Voice

In an effort to boost minority participation in science and technology, 100 Black Men of America recently hosted a panel discussion with representatives from General Motors to encourage young minorities to think outside the box when it comes to their career paths.

This summer, 100 Black Men of America, an organization dedicated to educating and empowering African American youth, held their annual conference in Atlanta, Ga., that focused on topics like civic engagement and managing money. The event also included a panel discussion titled, "Bringing STEM Education to Life," a workshop geared towards getting youth interested in science, technology, engineering and math fields, commonly known as "STEM."

Panel members included Sherwin Prior, managing director for General Motors Ventures; Tobin Williams, executive director of human resources and corporate staff for General Motors; and Aaron Richardson, senior manager for IT development for General Motors who discussed how STEM was involved in something young boys often love: cars.

"[Technology] is absolutely essential. Over 33 years, the company that I work for [has become] a very different company," said Williams. "Thirty-three years ago it was primarily a manufacturing company. Three years ago it was primarily a finance company and today it's pretty much a software

company. We are continuously looking for individuals who have the capability in software. There is a blending in terms of the software skill capability between engineering and computer science."

Prior agreed, stating that STEM is all about "thinkers and problem solvers" and that the panelists were some of the people who drive the technology behind cars.

The panelists also talked about the challenges that the young people may face in an industry or career path where most people don't look like them.

In 2012-2013, Black males accounted for just 8.7 percent of the people who earned degrees in STEM fields, according to the National Center for Education Statistics.

"Opportunities are rarely convenient," said Richardson. "They're often disguised in something that seems like, 'oh, I got to do this,' or 'I can't do this, I can't do that.' It's always disguised in challenge. So I challenge you to think about that as you think about how you want to continue your learning in the STEM area to think about the sacrifices that you have to make that will ultimately lead to significant benefits in the long term."

Prior also told the youth not to be discouraged by the lack of diversity in STEM fields.

"It's about changing the narrative," he said. "Don't believe that African Americans aren't doing phenomenal fantastic things. They just aren't talked about in the media like they should be."

After the discussion, participants lined up to ask the panelists questions about how the technol-

ogy in the cars worked and about the science and engineering that goes into building the cars. Questions included things such as what is the future of jobs for workers when more and more jobs are becoming automated, how safe the vehicle is and what the future of the technologic capabilities of the car looked like. Participants were then invited to draw their own cars and decide what type of technology, old or

See STEM, Page 13



Award applications available for projects and efforts between May 2015-2016

Community awards highlight and celebrate successful local projects and organizations whose efforts have improved the community.

The City of Plano is currently making an effort to recognize those groups and individuals who have made the extra effort to make Plano a cleaner and more enjoyable place to live and work.

The following categories are available to be recommended for recognition:

- Organizations
- N e i g h b o r h o o d Group/Homeowner Association
 - Non-profit
- Religious Organizations
- Educational Institution
- Community Partnership
- Adult & Youth Community Outreach

Schools, colleges, and private childcare facilities in Plano are recognized through the Environmental Institution Awards for their efforts to integrate environmental education into extracurricular activities encouraging students to make responsible environmental choices. Two categories are available:

• Elementary Level

• Secondary Level Applications are accepted May 1 through July 29, 2016. Get more details at plano.gov/eca.



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Irving community rallies to support police

The Irving Police Department has been flooded with calls and emails offering support and gratitude for the work officers do. Irving PD assisted and supported the Dallas Police Department and the Dallas Area Rapid Transit (DART) police in the days following the downtown Dallas shooting last week. Irving police expressed its appreciation for the community on its social media pages this week.



Business owners invited to Midtown Express traffic impact meeting on July 27

SouthGate Constructors is hosting June's Business Owner Task Force in the City of Irving at our field office. We would encourage all business and business representatives to come and learn about upcoming construction.

This meeting is intended for businesses along the Midtown Express corridor to learn about upcoming traffic impacts as well as ask project experts questions about construction near their business.

The meeting will be held Wednesday, July 27, from

9:30-10:30 a.m. at the SouthGate Constructors Field Office (2220 Chemsearch Blvd., Suite 100, Irving, Texas, 75062)

Any businesses or business representatives along or near the Midtown Express corridor is welcome to attend.

There is free parking on the northwest side of the building.

Please contact the Midtown Express Public Information team 72 hours in advance of the meeting should translation services be required.

Murphy police chief thanks local residents for support

MURPHY - The terrifyingly tragic incidents that have unfolded recently involving the senseless acts against law enforcement officers around the country have left a trail of anxiety, worry and restlessness among many, including local police officers.

"These horrific actions put everyone on a high state of alert," says Police Chief Arthur "Trey" Cotten. "But, they have also awakened a movement here in Murphy

See THANKS, Page 8





CARROLLTON Two positive traps reported, spraying continues

Dallas County Health and Human Services (DCHHS) has confirmed two mosquito traps testing positive for West Nile virus (WNV) in Carrollton from this week's cycle of tests. These traps were collected from the mosquito management areas 4A and 7A. Area 4A is located between Rosemeade Parkway, Frankford Road, Josey Lane, and our eastern city limits. Area 7A is located between Broadway Street, Whitlock Lane, Belt Line Road, and Josey Lane. These areas can be viewed in greater detail at cityofcarrollton.com/westnile. The City of Carrollton conducts mosquito trapping in seven areas of the city each week of the mosquito season, April-October, and has collected a total of 91 samples so far this year.

DESOTO

Twelve DHS students earn Associate's Degree before High School Diploma

DeSoto High School graduated the first cohort of the Collegiate Magnet Program students that earned both an Associate's Degree (60 college hours) from Cedar Valley Community College and their high school diploma! The group, affectionately called the Big 12, completed all 60 collegiate hours and earned their associate's degrees on May 12 at the Cedar Valley graduation program, a full three weeks before they received their high school diploma from DeSoto HS on June 2

The Big 12 included: David Ross, CJ Turner (DHS Salutatorian), Jewell Cooksey, Randall Moss, Azia Tisdale, Charles Uzuegbunam, Antonette Wilson, Taylor Green, Jalisa Abram,



Twelve DHS students earned Associates Degrees while in high school. They include (left to right): David Ross, CJ Turner (DHS Salutatorian), Jewell Cooksey, Randall Moss, Azia Tisdale, Charles Uzuegbunam, Antonette Wilson, Taylor Green, Jalisa Abram, Khari Thomas, Brandy Lewis and Mia Shaw

Khari Thomas, Brandy Lewis and Mia Shaw

GARLAND 'Breaking the Chains: The Stage Play'

Award-winning director Snoop Robinson brings Dr. Pullum's memoir "Breaking the Chains: from Hurting to Healing" to the stage in this theatrical production. "Breaking the Chains..." tells the trials-to-triumph story of Dr. Pullum's life, from sexual abuse, domestic violence, teen motherhood, alcoholism and divorce to how her connection to and relationship with God has allowed her to overcome all trials.

The show will be held on Aug. 20 at 5 p.m. at the Plaza Theater.

Tickets: contact Pull-Corp Media Group at 225-366-7855 or pmg@pull-corp.com. Fifty percent of the profits will be given to the Center of Empowerment for Families and Youth, Inc.

RICHARDSON Payel for Kids Saka

Bowl for Kids Sake event schedule for July 30

Hundreds of Big Brothers Big Sisters supporters, volunteers, matches and community advocates will attend the signature Bowl for Kids' Sake fundraiser. This fun annual event helps raise much-needed money to create new matches between "Bigs" and "Littles" that will make a lifelong impact in children's lives. Global anti-aging company Nerium International is the official host of this year's tournament. During the event, bowlers have the chance to win \$1,000 for the charity by knocking down the Nerium International "Golden Pin". Nerium Ripple Foundation will match funds up to \$10,000 in support of BBBS Lone Star children.

The event is scheduled for Saturday, July 30 from Noon to 2 p.m. at AMF Richardson Lanes located at 2101 N. Central Expressway in Richardson

Dallas Baptist grad turns entrepreneur to raise money for fallen officers' families

Sales of #DallasStrong merchandise to benefit the Assist the Officer Foundation

Noah Benjamin, a recent graduate of Dallas Baptist University, is hoping to raise \$100,000 for the Assist the Officer Foundation in Dallas. Benjamin was deeply touched by the recent shootings of Dallas police officers, so he's trying to raise money for the fallen

officers' families.

"Dallas is my home and these officers put their lives on the line every day," said Benjamin, owner of Hive-Create, a graphic design company. "People can buy the sign, decals and shirts online and we will deliver them locally anywhere in the Dallas-Fort Worth area. Businesses can buy the signs in bulk and we'll donate 100% of the proceeds to ATO. If a business wants to be a pickup location, we can supply the signs to them and people can either buy

the merchandise at the business or pick them up with proof or purchase from an online sale.

"We just want to cover the city with signs proclaiming our support for law enforcement officers."

#DallasStrong merchandise ranges from a \$5 decal to a \$20 t-shirt or \$25 yard sign. A minimum of 50-percent of each purchase will be donated to ATO Dallas.

To order #DallasStrong merchandise, or for more information, go to www. dallasstrongsigns.com.

THANKS, continued from Page 7

and elsewhere that demonstrates how much we as law enforcement officers are cherished."

The Murphy Police Department has been on the receiving end of an overwhelming level of support from residents and local businesses in the form of words, actions and goods. Even though the City of Murphy has not directly experienced any of the negative consequences of Dallas, Baton Rouge or any of the other affected communities, the local response in support of the police force has nonetheless impressed the Chief and members of the department.

"No words can truly express my gratitude for how our citizens have responded

during this challenging time in our history," said the Chief. "I am in awe of the incredible outpouring of love and compassion that we have seen at the Murphy Police Department. Our spirits have been rejuvenated, making us whole again."

Murphy's lengthy history with respect to the close relationship between residents and law enforcement has been extremely positive, demonstrated by the high participation rates in community policing programs like Neighbor 2 Neighbor, Citizens Police Academy,

Youth Citizens Police Academy, Explorer Post activities, Drug Take Back, School Resource Officer program, and many other informal outreach campaigns.

Addressing the community, Chief Cotten acknowledged the outpouring of support. "Thank you for all you have done for us," he said. "The spirit you have shown these past few weeks is something we can build upon to help all of us bridge gaps and improve relations in our communities."

Serving and protecting remains as the ultimate goal, he said, pledging to continue to do so to the best of their ability.





Beat the heat with *Ice Age*

By Dwight Brown NNPA ilm Critic

It's official. This is the year of animation. So many films from the genre are sprouting up like spring daisies that it's making the Oscar race for Best Animation Feature Film a nail-biter. And it's only midyear. Add to the list of strong contenders the fifth chapter in the "Ice Age" franchise, a doozy of a yarn that couples the creation of the planets with earth's impending doom by a runaway meteor. The farfetched story gives kids a crash course in astronomy and planetary science, while they follow the antics of their favorite prehistoric animals.

This fantasy adventure film is squarely aimed at children and tweens. The movie abounds with very



Queen Latifah and Keke Palmer lend their voices to Ellie and Peaches in "Ice Age: Collision Course. (20th Century Fox)

mild action, silly perilous situations, comic violence and rude humor that never crosses the line. You could show this film at a Sunday school fundraiser and not be embarrassed. For adults who crave double entendres that go over their offspring's heads-no dice. The script by Michael Wilson, Michael Berg and Yoni Brenner, with a story by Aubrey Solomon, is almost saintly in its family-friendly, storytelling approach.

Scenes on earth have a

very soft, light color (Michael Knapp art director), but the sci-fi space sequences are dark and mysterious. The pacing (Erin Crackel and James Palumbo, editors) is slower on earth and manic in space. The musical score (John Debney, Oscar-nominated for "The Passion of the Christ") is rarely less than fanciful. And the camerawork hits the right angles (Renato Falcão, "Rio").

In outer space, Scrat (Chris Wedge), a dizzy

See ICE, Page 10

Studio Movie Grill invites moms to 'Party Like A Mother'

No one is perfect, especially when you have kids constantly screaming, throwing toys, drawing on the walls and refusing to cooperate.

Studio Movie Grill thinks mothers shouldn't feel guilty when they accidentally forget to pick up a kid from practice or when they ruin their homework by spilling a little bit of mommy juice on it. That doesn't make you a bad mom.

Every once in a while, though, every mom deserves to "Party Like A Mother," and that's exactly what Studio Movie Grill has planned. It's all tied to the release of the summer comedy Bad Moms, starring Mila Kunis, Christina Applegate, Kristen Bell, Jada Pinkett Smith, Kathryn Hahn and more.

SMG is offering two special deals for groups of 10 or more to enjoy this sure-fire hit movie –

• Girls' Night Out Package – includes movie admission, an entrée, an appetizer or dessert and a glass

of SMG Cellars Cabernet or Betty's Blend, or a special Mother-Of-All-Ritas frozen margarita with a prosecco sidecar. All for just \$30 per

• Party Like A Mother Package – includes movie admission, an entrée, an appetizer or dessert and a glass of Chloe Red Blend 249 or Kung Fu Girl Riesling, or the special Mother-Of-All-Ritas frozen margarita with a prosecco sidecar. Just \$33 per person.

Both packages include a special Bad Moms souvenir wine glass (while supplies last) to remember your night out with the girls!

Space is limited, so gather your BFFs, schedule a babysitter, book an Uber and enjoy some time away from the little hellions. Really, you deserve it! (New Uber users are encouraged to use the code SMGBad-Mommy to receive \$20 off their first ride!)

"These Bad Moms play dates are going to be a ton of fun," said Julia S. Landrum, Vice President of Revenue Enhancement for Studio Movie Grill. "Every mom deserves a night out on the town and we wanted to offer the perfect excuse to leave the kids behind and unwind for a couple of hours. The movie looks hilarious. In fact, I am hosting my own SMG play date!"

To add to the fun, Studio Movie Grill is holding a "Bad Mommy Moments" contest to show moms that they aren't alone when it comes to experiencing a complete mommy fail. To participate, post a photo of one of your worst mom moments on Instagram with the hashtag #BadMommy-Moments before July 21 for your chance to win the ultimate mommy play date: A free Party Like A Mother Package for you and nine of your closest friends!

Fans will vote online for semifinalists from July 22-26, with the final round of voting to be held July 26-29. Winners will be selected at 5 p.m. CST, July 29.

For more event and contest information, please visit studiomoviegrill.com/Story/badmomsplaydate.



Four options to consider during Dallas' Restaurant Week

ticipated concepts from NL Group, Cedar Grove, has opened on Cedar Springs. The nature-inspired and whimsically designed restaurant and bar has transformed the former DISH Cedar Springs space into a modern forest featuring a farm-to-table menu created by award-winning Executive Chef Taylor Kearney and a selection of unique libations from Beverage Director and noted mixologist Trevor Landry.

- · Participating Friday, August 12 - Sunday, September 4
- View menu for \$35 prix fixe dinners with \$19 wine pairings
- Cedar Grove Restaurant Week Menu
- Make reservations online @OpenTable or call



Dallas is full of restaurant options, from exotic cuisine to upscale takes on American classics (such as above from Front Room Tavern). Restaurant week gives Dallas diners a chance to sample from among the best chefs in town. (Photo: Front Room Tavern)

(214) 522-3474

Established in 1984, Dakota's Steakhouse has been a Dallas dining icon for more than 30 years. Situated 18 feet below street level, Dakota's intimate

ambiance, timeless style, and impeccable service has made it one of the most romantic restaurants in the city. Executive Chef Joseph Hoffmaster pays homage to classic steakhouse dishes

action to sustain the film.

School is out. This is the to escape the heat.

Dwight Brown is a film DwightBrownInk.com.

with family style accompaniments. The expansive cocktail list features oldfashioned specialties, such as the rye-based libation, Oil Money, and the traditional sidecar, the French Revolution. At Dakota's, the proof is in the steak!

- · Participating Friday, August 12 - Saturday, August 27
- View menu for \$45 prix fixe dinners with additional wine pairings offered
- Dakota's Steakhouse Restaurant Week Menu
- · Make reservations online @OpenTable or call (214) 740-4001

Located in one of Dallas' most desired neighborhoods, DISH Preston Hollow is an award-winning 4star restaurant with a menu focused on fresh, simple comfort food and craft cocktails set in a vibrant atmosphere. The food forward approach conceptualized by NL Group is led by Executive Chef Garreth Dickey and enhanced with extensive cocktail and wine lists developed by Beverage Director and noted mixologist Trevor Landry and Sommelier Brandon Smoot.

- Participating Friday, August 12 - Sunday, September 4
- View menu for \$20 twocourse lunches and \$35 three-course dinners, both available with \$25 wine pairings
- DISH Restaurant Week Menu
- · Make reservations online @OpenTable or call (469) 941-7932

Located in the Hotel Lumen, Front Room Tavern features upscale, mod-

ern Americana dishes in a sleek and artful environment. Reimagined by the NL Group in 2014, this boutique restaurant is a haven for those desiring an experience with their travels. Under Executive Chef Taylor Kearney, Front Room Tavern has found its footing through seasonal fareand a noted charcuterie program.

- ParticipatingFriday, August 12 - Sunday, Septem-
- View menu for \$20 three-course lunches and \$35 three-course dinners, both available with \$19 wine pairings
- Front Room Tavern Restaurant Week Menu
- · Make reservations online @OpenTable or call (214) 219-8282

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ICE, continued from Page 9

saber-toothed squirrel, is at it again. He's trying to crack open his prized but never cooperative acorn. Somehow his mischievous antics find him on a flying saucer in outer space and where his actions cause the creation of the planets, or something akin to "The Big Bang." A byproduct of his accidental endeavors is that a meteor shower is headed towards earth. And one gigantic meteor in particular could devastate the world. Holy apocalypse!

Back on Earth, Manny (Ray Romano) a woolly mammoth who has led a ragtag group of animals during the Ice Age, is nervous about his daughter Peaches' (Keke Palmer, "Madea's Family Reunion") impending marriage to Julian (Adam Devine, "Mike and Dave Need Wedding Dates"). Manny's mate Ellie (Queen Latifah) doesn't want the couple to move far away.

Meanwhile Sid (John Leguizamo), a slovenly ground sloth, has just been jilted by his girlfriend Francine (Melissa Rauch) and that brings up a whole host of abandonment issues. Then during Ellie and Manny's anniversary party, asteroids rain down on everyone like bombs and Manny leads the herd to a shelter in a deep cavern. Buck (Simon Pegg) a weasel (no insult intended), discovers a stone pillar with engravings that state that a previous asteroid storm had nearly wiped out the animal population. And according to his findings they must go to the previous site to find a way to avoid obliteration.

The very inventive script places a netherworld at the old meteor site called "Geotopia." This plot device allows the filmmakers to introduce a new locale and new characters like Shangri Llama (Jesse Tyler Ferguson, "Modern Family") the utopia's leader and a love interest for Sid, a sloth named Brooke (Grammy nominated pop singer and former Britain's "The Voice" alumnus, Jessie J). It's love at first sight, at least for the headover-heels Sid, who pines,

"You're so beautiful you take my lisp away." Co-directors Mike Thurmeier and Galen T. Chu

keep the pressure on. Time is ticking away. The animals have just 100 minutes to escape an earth-shattering demise. The young male mammoth and his skeptical future dad-in-law have to find common ground. Sid must court Brooke. Buck must evade a mean trio of high-flying dromaeosaurs, who he has pissed off. There's enough

kind of innocent retreat from everyday routines that kids will savor. Summer is here. Huddling under the A/C in a movie theater with a bag of popcorn and watching these endearing animals roam an icy wilderness is a great way

critic and travel writer. As a critic he regularly attends international film festivals including Cannes, Sundance, Toronto and the American Black Film Festival. Read more movie reviews by Dwight Brown here and at



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FlexJobs identifies companies seeking freelancers in prime career fields

BOULDER, CO—Nearly 34 percent of U.S. workers now freelance, and amongst millennials that figure rises to 38 percent. With interest in freelancing growing among professionals, and employers hiring for more freelance workers, FlexJobs has identified companies recently hiring freelancers in five in-demand career fields.

"The way we define work is continuing to change, and freelance work is increasingly—and deservedly—being taken seriously as a viable, professional career option," said Sara Sutton Fell, CEO and founder of FlexJobs. "Freelance jobs can be a winwin for both companies and

professionals, as it helps companies connect to the best talent for their projects and manage their staffing commitments in a more nimble way, while in turn allowing professionals to have more control over their career, schedules and workload."

Half of freelancers value their work flexibility so greatly they would not consider taking a traditional job. Sixty percent of the freelance workforce actually make more money freelancing than they did in traditional employment.

Companies that have frequently posted freelance jobs since May 2016 in five in-demand career fields are as fol-

lows:

Medical & Health: Carolinas Healthcare System, Altegra Health, and Calian have recently recruited freelancers for medical and health jobs. Clinical psychologist, medical coder, and clinical nurse are examples of recent freelance job postings in medical and health.

Education: Achieve Test Prep, K12, and Edmentum have recently recruited freelancers for education jobs. Virtual teacher, adjunct faculty, and instructional designer are examples of recent freelance job postings in education.

Project Management: Face-book, BBC Worldwide, and

C.T. Vivian.

Speaking out is deeply personal for Smiley. As a young man, the Birmingham native marched to protest white police officer George Sand's killing of Benita Carter. Sand fatally shot Carter, a friend of Smiley's mother, in her back as she sat in her car. Carter is one reason why Smiley sees

Razorfish have recently recruited freelancers for marketing jobs. Product manager, sourcing manager, and program manager are examples of recent freelance job postings in project management.

Computer & IT: VMware, IBM, and CompuCom have recently recruited freelancers for computer and IT jobs. Web developer, senior network engineer, and systems administrator are examples of recent freelance job postings in computer & IT.

Accounting & Finance: Royal Bank of Canada, American Express, and Bloomberg have recently recruited freelancers for accounting and finance jobs. Firisking his fame as an obli-

"I can't sit here and live off of folks, live off of my people, who listen to The Rickey Smiley Morning Show and watch Rickey Smiley For Real and come out and see me perform every weekend and not stand for them when they need something."

nancial analyst, accountant, and fraud officer are examples of recent freelance job postings in accounting and finance.

The above categories do not include jobs from staffing agencies in order to highlight companies that hire free-

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lancers directly. However, staffing agencies who hire a large number of freelance job in the FlexJobs database include Kelly Services, Real Staffing, Eagle, and Creative Group.

For more information, visit https://www.flexjobs.com.

JUSTICE, continued from Page 1

acquittal — minces few words. "Today the 37 year old white man/with 13 years of police forcing/was set free," it reads.

Hip-hop artists have long addressed police brutality and killings. "In the '80s and '90s, you had artists who were political or conscious," says Bakari Kitwana, formerly an editor with The Source and author of Hip-Hop Activism in the Obama Era. Although many cite N.W.A.'s aggressivelytitled 1988 hit "F*** Tha Police" as the prime example of this activism, the West Coast group also stood alongside more politically grounded hip-hop artists such as Public Enemy ("Fight the Power," 1989).

"[Young people] are finding out about some of these cases because of social media," says Kitwana. "Hip hop was that communicator before social media."

Hip-hop artists, even some unexpected ones, still get political about police misconduct. In her verse on rapper French Montana's "New York Minute" (2010), Nicki Minaj cites the 2006 killing of Sean Bell, whom NYPD officers shot on his wedding day. Other artists, like relative newcomer Vic Mensa, opt to be more overtly political. His "16 Shots" focuses on a Chicago cop's fatal shooting of 17-year-old Laquan McDonald.

Mainstream artists perceived as anti-police have faced genuine backlash. Following Beyoncé's Super Bowl performance paying homage to the Black Panthers, a previously unknown group, Proud of the Blues, called a protest in New York that reportedly no one attended. Also, the Coalition for Police and Sheriffs (C.O.P.S.) staged a small demonstration when Beyoncé's tour stopped in her native Houston. Opposition on social media, however, has been more pronounced. Jesse Williams' passionate, antiracism BET Awards speech, which also touched on police killings, sparked a petition to boot him from the cast of Grey's Anatomy.

Potential backlash has not silenced some stars.

Compton rapper The Game used social media to report a secret meeting he organized with 100 black celebrities. Comedian Rickey Smiley hosted a more traditional town hall on July 12 — dubbed #StrategyForChange — at the House of Hope Church near Atlanta. Hundreds attended a passionate discussion that included rappers/singers 2 Chainz, Jeezy, David Banner, Lyfe Jennings and Tyrese, Dr. King's daughter Bernice King, and his comrade Rev.

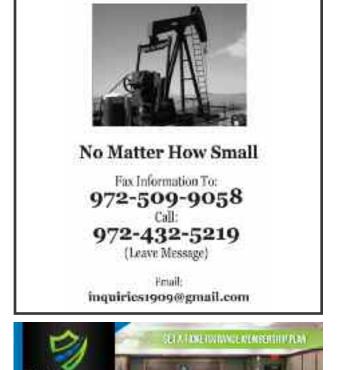
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Five ways to encourage good saving and spending habits in your children

By Nathaniel Sillin

How often do you discuss money with your children? If your answer is "not often," you're not alone.

There is an opportunity to help your children form strong spending and saving habits at an early age, and doing so can have a concrete impact on their futures. For example, recent research suggests that children with savings – even as little as \$1 to \$499 – are four times more likely to go to college than children with no savings at all. There are many reasons why it's beneficial for children to learn how to manage

money from a young age, and getting started sooner rather than later can drastically shape your children's financial futures for the better.

Here are five ways you can encourage your children to develop good saving and spending habits.

Find a balanced allowance. One reliable rule of thumb for weekly allowance is to give your children \$1 for each year of their age. For example, if your child is eight years old, you would give her or him an allowance of \$8 a week. Of course, one size does not fit all, and you can adjust this allowance to fit your family rules and values.

Reward them for saving. Back-to-school shopping presents a great opportunity to teach your children how to differentiate wants from needs. Set a firm school shopping budget, and make a list with your children of what they need for school. Go over their list to see which items are really necessary versus which items are wants. Once you've determined what they need, help them calculate how much is left in the budget to spend on wants. Consider rewarding your children by giving them the surplus money to spend

necessary supplies first. If you have a teenager who's hoping to drive a new car soon, consider matching his or her savings.

Take them to the bank. Middle school is a good time to replace that savings jar with a savings account, and if your children have been saving cash for years, it can be very rewarding to take that money to the bank or credit union and open their first account with it. This is a great way to introduce them to the concept of interest, and how savings accumulate over time when left unspent. Visit the Consumer Financial Protection Bureau's website for

more information on savings accounts for children.

Talk to your children about essential expenses. As your children enter high school, you may want to consider delving into more complex financial concepts with them. If your teen has a paid job, review their paycheck with them and explain where the money goes and why - for example, if money is withheld for tax purposes. Or talk to them about the larger expenses on the horizon, whether it's a car or college tuition, and discuss all the financial pros and cons of these investments.

Earning income through

hard work is one of the best ways to learn the true value of money. Encourage your children to earn money, whether it's through setting up their own lemonade stand, doing chores around the house or neighborhood, or, if they're teens, getting a parttime or summer job.

The best way to help your children build solid financial skills is through practical, age-appropriate lessons, which are relevant as they grow into young adults.

Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.

WATTS, continued from Page 2

Brown and President Barack Obama.

As a journalist, being at *NDG* has helped me a lot. It further taught me the importance of teamwork. A newspaper facility is like an assembly line, if you don't complete your part, then everybody gets delayed and

then production of the paper gets off track. I have also learned the importance of time management. When you are writing for a newspaper, you don't have all day to write a story. You need to get the information quickly and as accurate as you can to make a story. You never want to write a story that is false. It will ruin your credibility as a journalist and it will also hurt the reputation of your company's organization.

as they choose - but only if

they've covered all of their

After having this experience with NDG, I would recommend journalism students in the Dallas area to NDG, because it's a great opportunity to learn about

print journalism. You get to learn how a newspaper is set up, the different sections in a newspaper, how to write a story for one and most importantly, the real life experience of what adults go through every day.

Once again, I'm highly grateful for this learning opportunity and I strongly feel that this experience will

help me to become a better journalist than I am now.

Editor's Note: Michael truly grew through his internship and provided us with an opportunity to have feet on the grounds during one of the hottest stories in the city and the nation. We wish him all the best and welcome him to write for us in the future.

If you are interested in applying for an internship please send an email to editor@northdallasgazette. The email should include NDG Fall Internship in the headline and links or attachments of your recent writing samples. If your school requires on-going evaluations we are happy to complete any documentation as needed.



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Be sure your resignation letter doesn't 'burn a bridge' with a former employer

DETROIT – While crafting a resignation letter is simple enough when you're leaving an employer on civil terms, what do you do if you're parting on less than favorable circumstances? Before you give any employer a "piece of your mind", consider that a prospective new employer will likely call your employer at some future date. Writing a resignation note in anger or haste could become an action you will later re-

However, this does not mean that your letter cannot reflect legitimate concerns regarding appropriate company policy, or the way that you may have been treated. The key is a respectful tone designed to give an employer thoughtful consideration to the concerns you are addressing. Written properly, your letter might even result the last twelve months we in further investigation or remedial action by an employer concerned that their actions may have violated company policy, or the law.

Below are some examples of how your resignation letter might be worded.

Example #1: Resignation due to bullying, harassment, age discrimination or sexual overtones

"As you may or may not be aware, some members of your management team do not adhere to appropriate company policy. Accordingly, I regretfully tender my resignation having experienced unsuitable corporate behavior."

Example #2: Resignation due to Philosophical Dif-

"Please accept this as my official notice of my resignation. As you are aware, over

have had numerous differences of opinion regarding best practices and goals for the company's Global proj-

Unfortunately, it is clear to me that you and I will be unable to resolve our differences. Therefore, I feel that my resignation is the best option for the team and all concerned "

Once your resignation has taken effect, you will want to ensure that your former employer offers no unfavorable commentary about you to prospective new employers. A prudent first step would be to have an organization like Allison & Taylor (www.allisontaylor.com) conduct a reference check on your behalf, typically with your for-

pected on Twitter and Instagram. Learn more about the program at nnpa.org/dtu.

by potential new employers). If their commentary is in any way unfavorable, you will have some form of recourse - e.g. through a Cease & Desist letter - in discouraging them from offering such commentary again. (The success rate of these letters is extremely high.)

In summary, be sure to craft your resignation letter with the same care that you would with a resume or cover letter. To the best of your ability, leave on good terms with an employer to ensure your next job offer is presented sooner, than later.

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mer supervisor and Human Resources (the two parties most likely to be contacted



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STEM, continued from Page 6

new, the cars would include. The young men designed everything from cars that could hover and drive themselves to cars that could be unlocked with a fingerprint rather than a key.

The crowd was populated with young, Black boys, mainly middle and high school-aged, from across the nation including 13year-old Noel Towson, who finds the 100 Black Men beneficial to him.

Towson, along with five other young men from the South Bend, Ind., chapter, came to the conference with his chaperone Eldridge Lewis Chism Jr., who is also a 100 Black Men member. Chism has been involved with the organization for years and found the conference and panel beneficial because it gave the young men "new thoughts and new ideals and hopefully provide[d] them an opportunity."

"My mom took me to the '100 Black Men' the first time," said Towson. "I liked what they taught us, the life lessons and how to better prepare ourselves for the future, so I just stuck with it."

Brelaun Douglas is a 2016 NNPA "Discover The Unexpected" (DTU) journalism fellow at the Atlanta Voice. The DTU journalism fellowship program is sponsored by Chevrolet. Check out more stories by the fellows by following the hash-#DiscoverTheUnex-

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BETHEL BIBLE FELLOWSHIP, CARROLLTON (A PLACE TO BELONG)

July 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.

July 24, 12 Noon

How do you impact others? Join us Sunday at noon in Bible Study; Senior Pastor Woodson or Pastor Brenda Patterson will teach a series on "Design for Discipleship, Book 4, Chapter 1."

July 27, 7 p.m.

Join us in Wednesday's Prayer and Bible Study Class with Senior Pastor Woodson and Pastor Brenda Patterson teaching a series on "Design for Discipleship, Book 4. Chapter 1." Spiritual maturity is God's desire for you. It's Time to Grow; Ephesians 4:12 & 13.

July 29, 7-9 p.m.

Don't miss this "Youth Adult Explosion;" plan to come to Bethel Bible Fellowship and enjoy young adults showcase their musical and speaking gifts to glorify God! There will be spoken word, music, singing, **FREE** dance, FOOD and prizes. For additional info email. kjones2295@gmail.com or click on our web page below.

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

FELLOWSHIP
CHRISTIAN
CENTER CHURCH IN
ALLEN
"THE SHIP"

July 24, 8 a.m.

You're invited to join us at our main campus at 200 West Belmont Drive for Morning Worship Services followed by our Sunday Worship Services at Bolin Elementary School in Allen, Texas 75002, you will be blessed.

July 24, 7 p.m. Every 4th Sunday

Calling All Youth! Join our Hype Sunday Worship on our main campus at 200 West Belmont Drive for fun and fellowship and be blessed

July 27, 12 p.m.

Join us in 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

INSPIRING BODY OF CHRIST CHURCH, Let's Go Fishing! MATTHEW 4:19

July 24, 7:30 and/or 11:30 a.m.

You're invited this Sunday as we praise, worship, honor and magnify God's Holy name.

July 25, 7 p.m.

Join us in Monday School as we grow in God's Word and learn what God has to say to us.

July 26-28, 7 p.m.

You're invited to "Mending Broken Nets." Christians, "It's time to share!!!" Let's be honest - all ministries, whether big or small, experience targeted and precise challenges that threaten to weaken or worse breakdown our nets. That being the people, structure, systems, and these nets impact of our churches.

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

MT. OLIVE CHURCH OF PLANO (MOCOP)

July 24, 10 a.m.

Join us for Worship Service as we praise and worship God for His Honor and His glory; and don't forget to comeback at 7 p.m. for our Brazilian Church.

July 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

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BECOMES FAMILY)

July 24, 8 a.m. And 11 a.m.

Join us for Worship Services and fellowship as we give God all glory, honor and praise.

July 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; it's all for His glory and His honor

July 29, Friday, 7 p.m. And July 30, Saturday, 2 p.m.

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Vhat to do when you feel disheartene



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

"And in the morning, rising up a great while before day, He (Jesus) went out, and departed unto a solitary place, and there prayed." Mark 1:35.

With the dreadful state of our country, Black men are being killed by bad policemen and nothing is being done about it.

Two Black men killed eight officers and injured others because of injustices in our society, our economy, the cost-of-living ever increasing, abuses and stress at home and in the work-place.

Sickness and death among us and some individuals can't find a job. Sin is the cause of all of this. Yes, there are plenty of people that can feel dishearten or down-in-the

However, think about this, what happens when your car is getting close to running out of gas? You look for a gas station to get the car refueled. It doesn't matter the price of the gas.

You may even complain about the high price of the fuel (I have, at times; but, some good advice from my late pastor, Elder Philip White, thank God that you have money to buy the gas); eventually you will get gas or your car will stop running!

When most people are hungry, they eat; when they are thirsty, they drink some liquid (water, soda, juice, etc.); when they are sick they see a doctor; and when they feel pain, they take aspirins or other medications.

As Believers in Christ and what He did at the cross when we feel that we are spiritually drained, we refuel our spiritual lives by praying to our Heavenly Father.

When Jesus was on earth, He was fully spirit and human. Everything He did was based upon receiving specific directions or instructions and power from His Father to do them.

At the time He was not operating as God, but as a

reflect on the past with

Historical Perspectives

from Sister Tarpley

a black school. Sister Tarpley graduated frm there and went on to college and later became

what it was like growing up in a very different Dallas when Booker T. Washington was human with the same limitations that humans have.

Jesus knew one of the key ways to refuel His mind, body and spirit was by spending time in prayer to His Heavenly Father. Jesus is our example, our role model.

No one had a schedule as demanding as Jesus. He healed the sick; delivered traveled from town to town, often walking many miles between towns and cities.

He spent a lot of time with people. His body and His spirit became fatigued. It was draining, I am positive, to minister for extended periods of time.

Praying is a critical discipline for every follower of

people from demons. He Jesus if we expect to have power and victory in our Christian walk.

> Each believer need to find a solitary place to focus upon the Lord, His Word and His input for our lives on a daily

If constant praying is not a part of your daily experience, why not start now (today or early tomorrow morning) with a few minutes of focused time of reading and praying.

You will be encouraged and inspired with the new spiritual focus you will have by making this a priority in your life.

do, ask God to help you have a servant spirit. First begin by thanking Him for all that He does in your life and all that He has given you.

Then ask Him to help you to become a faithful steward of what He has entrusted you with. Ask God for grace and strength to walk through your trials and tests victoriously so that you may prove that you are a faithful servant and a godly witness for Him.

Go to the Bible to meet Christ. Remember, "Trust the past to God's mercy, the present to God's love and the future to God's providence". -St. Augustine of Hippo.



Tyanna Lott, Sister Tarpley's grandchild, went on a mission trip with other church members from Freedom Life Church in Carrollton this week mentoring young people for God's honor and glory



Shiloh Missionary Baptist Church



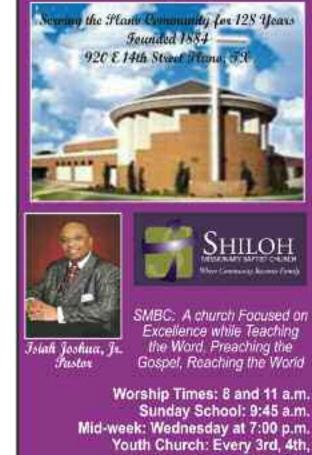
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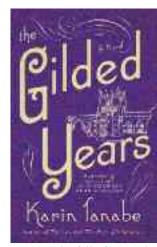
NDG Book Review: The Guilded Years is truly a worthy read

By Terri Schlichenmeyer

Always be true to yourself.

It sounds like a poster, a meme, or advice that's always been in the background of your life. Putting on airs, pretending to be someone you're not, keeping up the ruse, it's harder than it looks – and besides, genuineness is a trait people like. Always be true to yourself – unless, as in the new book "The Gilded Years" by Karin Tanabe, temporarily living a lie could change your future.

For three years, Anita Hemmings had worked for this moment.



It was the fall of 1896, the first day of her last year at Vassar. She'd finally get to partake of the bittersweet rites that senior students enjoyed, and she anticipated a post-graduate future as a

scholar of Greek studies, maybe even a professor. She studied hard and made what she hoped would be lifelong friends – but she was always careful.

She had to be.

Anita was African American. Vassar had an official ban on black students.

She'd been dreaming about attending Vassar since she was a little girl, but she'd been warned about their admissions policy. Even so, someone at her church told her to try anyhow; two of Anita's ancestors were white, and her skin was "high yellow." She could easily pass – but for four years?

Education was important to her family and, though it had taken a lot of diligence and care, Anita knew that graduation would be worth every night out denied, every study-session alone, each dance missed. It was all about to pay off.

And then she was assigned to be Lottie Taylor's roommate.

Everybody on the East Coast knew the Taylor family, Lottie in particular. She was rich and beautiful, welltraveled and fun-loving. Lottie was never without her large wardrobe, her mischievous streak, or a beau, and she embraced Anita without question. She pulled Anita out of solitude, took her on trips, and introduced her to a life of wealth and comfort. And then Anita got a little too careless...

Alrighty then. I guess the next thing to do is to figure out who'll play whom in the movie version of "The Gilded Years." Yes, this is the stuff that Hollywood (and readers!) love because there really was an Anita Hemmings and she really did matriculate at Vassar by "passing"; in fact, she became that college's first African American graduate.

In her afterword, author Karin Tanabe says she came across this story some years ago and decided that it needed telling. In doing so, she also pulls readers into the late Victorian age: a time of swooning femininity, burgeoning women's consciousness, and racism that sizzled in places unexpected. As for the real Anita Hemmings, while Tanabe admits to taking slight literary license with her tale itself, readers can expect a wonderful, tightly-told semi-biographical period piece with an explosive pinnacle.

When you pack your bags for vacation, work, or just a day away, toss this book on the top. You'll want to dive into it as much as possible, because "The Gilded Years" is truly a worthy read.

New digital library of books for Black and Latino kids

Chicago, IL (Black-News.com) -- Frustrated because she couldn't find books that her six-year-old African-American niece could relate to and enjoy, a Chicago-based entrepreneur created a company featuring a library of ebooks whose storylines, characters and uplifting messages mirror the lives, families and communities of Black and Latino children. It is the first time in publishing history that a minority firm has created an interactive digital platform whose offerings are specifically written for multicultural children ages three to eight.

This interactive digital library of ebooks will be published by KaZoom Kids iStory Books, a division of KaZoom Digital Publishing. Award-winning marketer, Donna Beasley, is



founder and president.

An official launch of the KaZoom Kids iStory Books digital platform will take place on July 16th. Billed as a subscription based service for children's books, those interested in accessing the books can subscribe starting July 16, 2016 at their website www.KaZoomKids-Books.com. The library features ten titles; two additional ebooks are offered

per month.

According to Beasley, books that depict the multicultural experience allow kids of color an opportunity to see themselves reflected positively. Elaborating on the purpose of the company, Beasley said, "Our mission is to bring greater diversity to children's literature. Our books will engage a child with read-along audio, sound, music, touch and animation."

With the KaZoom Kids iStory App, each child can read the story or have the story read to them at the touch screen with words highlighted for the readalong option.

Filled with whimsical characters and illustrations that delight, and fascinate, the stories are fun but also touch on multiculturally-sensitive issues like black

hair and single parenting. Other stories chronicle inspiring tales of successes.

Educators, parents and children are hailing the series for sparking an early love of reading and learning that could have lifelong benefits. Beasley says this is another positive by-product of the series. "The series helps improve a child's reading skills by taking advantage of interactive technology," she declares.

Vera Smith, a teacher at Miles Davis Magnet School, was shocked by the lack of diverse books for her students. Because of this, she often has to create her own materials. She says, "It is important for children to read stories with characters that look like them. It builds their self-esteem and lets them know they are not alone with

things they struggle with like bullying. It also shows that they can overcome adversity. Like the characters, it gives them hope that they can achieve their dreams. I am super excited to become one of the first subscribers to KaZoom iStory Books."

Mrs. Linda Jones, who was part of a focus group when the series was concept tested, said her eight-year-old daughter feels a connection to the characters and is drawn to them. As she reads the stories on the touch screen, she experiences a sense of glee and wonderment.

The scarcity of books-/ebooks that appeal to children of color is a disturbing reality that Beasley says is anchored in racism and in a failure to value black and brown children.

"If you are an African-

American or Latino mother of young children you can seldom find children's book that reflect your life, family and community," notes Beasley.

She sees the digital ebooks - and other similarly-inspired efforts - as part of a universal solution to the problem of children of color losing interest in school and experiencing failure in life.

Beasley drew from her vast experience in advertising, marketing and publishing to bring the company to life, reaching out to the Chicago community and asked for help to develop the books.

For more information including how to subscribe to the series, log on to www.kazoomkidsbooks.co m. Subscriptions open July 16th.

TEEN, continued from Page 4

younger kids who see their older siblings engaging in this behavior."

Moe has closely observed the effects that addiction has on younger brothers and sisters. These range from feeling forgotten by the family to being bullied by siblings trapped by addiction. Many kids who have completed the Children's Program report that older siblings sometimes: · Steal from younger siblings for alcohol and drug money

· Bully younger brothers and sisters

· Exhibit dramatic behavior changes

· Lie to parents and demand silence from siblings

· Experience trauma by watching the addicted family member suffer the consequences of their illness

Often the younger broth-

ers and sisters feel forgotten when the family is focused solely on the child trapped by addiction. Some children have expressed exasperation and wondered aloud if they also had to resort to alcohol and other drug use to gain the attention of their parents.

"When the family dynamic breaks down due to addiction, the youngest children are sometimes left to fend for themselves," says Moe. "What must be done and what we do at the Betty Ford Center Children's Program is teach children coping mechanisms. They must know that they aren't to blame for an older sibling's addiction."

The SAMHSA studies show that adolescents and young adults without much adult supervision during the summer find time to experiment with multiple substances. The best preventions are expanding awareness of the risks of alcohol and other mind-altering sub-

stances, providing alternative activities to drug and alcohol use and stepping up legal enforcement for preventing sales to minors. Parents are reminded that they should reinforce the risks involved with mind altering substance use throughout the year.

"When we work with families at the Betty Ford Center Children's Program, we find that many parents or siblings with addiction problems began using early in life," says Moe. "This has lasting impacts on younger children or siblings of those affected by addiction. As a result, these younger children are at greater risk for becoming addicted themselves as well as experiencing mental health problems."

The Betty Ford Center Children's Program serves children 7-12 years old and is offered in Denver, Dallas and Rancho Mirage, California.