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Holiday season tests the limits for domestic violence resources

By David Wilfong NDG Special Contributor

According to the last annual report from the Dallas Domestic Violence Task Force, there were an average of 179 people served in emergency shelters each month in the city. According to Debra Nixon Bowles, Dallas is woefully inadequate when it comes to shelter space for the local need.

"We would need another Omni Hotel to be honest with you," Bowles said.

Bowles is the founder and president of Women Called Moses, a non-profit organization dedicated to being "an underground railroad for victims of domestic violence," and says that the holiday period such as Christmas and new Years puts an extra strain on the already-limited resources available in Dallas. When the shelters are full, Women Called Moses are often referred cases for emergency housing in hotels.

"It went pretty well," Bowles said of the most recent holiday surge. "We had a lot of women we were able to really bless and put in hotels and gave a lot of toys to kids who were in hotels and couldn't get out



Getting out of a bad relationship is often a scary and isolating experience for women. The assistance infrastructure currently available in Dallas is not adequate to meet the demand, especially during the holiday season and summer months. (Photo: CMY Kane / Flickr)

due to domestic violence."

The idea that the Christmas holidays would lead to higher incidences of domestic violence seems counterintuitive, but Bowles says that all the key elements are in place for potential problems.

"A lot of women end up just homeless with their children," Bowles said. "During the holiday season you have a lot of drinking, people not working much, and the kids are home during the holidays. They eat more. There's more interaction with momma's boyfriend or girlfriend and just a lot of tension in the house due to the fact that -- most of the parents that are out here – there's only one income coming in. So a lot of people are trying to figure out, 'How can I buy? How can I do more?' Here the holiday is, and so it becomes really tense in the home."

Because homelessness factors into the equation, it is sometimes

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Tips to add veggies to your menu

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Minority contractors balk at DISD proposal

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Three hot spots in Louisiana

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Win tickets to Terrence Blanchard

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CBC places Blacks in power on Capitol Hill

By Lauren Victoria Burke NNPA Contributor

In early December, the Joint Center for Political and Economic Studies led by Spencer Overton, released a devastating report on staff diversity in the United States Senate.

"African-Americans make up 13 percent of the U.S. population, but only 0.9 percent of top Senate staffers," the report found.

The Joint Center was careful to focus on senior

staff positions in their Senate staff study. On January 5, the National Urban League will host a forum on Senate staff diversity on Capitol Hill. The only good news regarding the numbers on Black staff in the halls of power in Capitol Hill is on the House side.

More than 75 percent of the members of the Congressional Black Caucus have Black Chiefs of

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People In The News...



Neil de Grasse Tyson



Myrtle I Welch



Dr. Chris Emdin

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People in the News www.NorthDallasGazette.com

Neil deGrasse Tyson

Neil deGrasse Tyson is returning to Dallas to share a little Cosmic Perspective. Appearing for his third engagement in Dallas, astrophysicist and popular TV science expert Neil deGrasse Tyson is expected to enlighten and amaze the audience, for one night only, at 7:30 p.m. Tuesday, Feb. 14 at the Winspear Opera House in the downtown Dallas Arts District.

Cosmic Perspective – There is no view of the world as emotionally potent as the one granted by a cosmic perspective. It's one



that sees Earth as a planet in a vast empty universe. It profoundly influences what we think and feel about science, culture, politics, and life itself.

Neil deGrasse Tyson was

born and raised in New York City where he was educated in the public schools clear through his graduation from the Bronx High School of Science. Tyson went on to earn his BA in Physics from Harvard and his PhD in Astrophysics from Columbia.

It was at the age of 9, during a visit to the planetarium he now heads, that Tyson says the universe "called to him" and sparked his interest in the area of study he has since dedicated his life to.

Tyson's professional research interests are broad, but include star formation, exploding stars, dwarf galaxies, and the structure of our Milky Way.

Two of Tyson's recent books are the playful and informative Death By Black Hole and Other Cosmic Ouandaries, which was a New York Times bestseller, and The Pluto Files: The Rise and Fall of America's Favorite Planet, chronicling his experience at the center of the controversy over Pluto's planetary status. The PBS/NOVA documentary "The Pluto Files", based on the book, premiered in March 2010.

Recently Tyson served as Executive Editor and on camera Host & Narrator for Cosmos: A SpaceTime Odyssey, the 21st century continuation of Carl Sagan's landmark television series.

The show began in March 2014 and ran thirteen episodes in Primetime on the FOX network, and appeared in 181 countries in 45 languages around the world on the National Geographic Channels. *Cosmos*, which is also available in DVD and BluRay, won four Emmy Awards, a Peabody Award, two Critics Choice awards, as well as a dozen other industry recognitions.

Tyson is the fifth head of the world-renowned Hay-

den Planetarium in New York City and the first occupant of its Frederick P. Rose Directorship. He is also a research associate of the Department of Astrophysics at the American Museum of Natural History.

Ticket prices for Neil de-Grasse Tyson range from \$250 to \$50 and can be purchased at www.attpac.org, by phone at 214-880-0202 or in person at the AT&T Performing Arts Center Winspear Opera House Box Office at 2403 Flora Street.

The Box Office will be open 10 a.m. – 6 p.m. seven days a week and before performances.

Myrtle I. Welch

Myrtle I. Welch, Chief Executive Officer of MIB Institute, has been recognized as a Distinguished Professional in her field through *Women of Distinction Magazine*. Myrtle I. Welch will soon be featured in an upcoming edition of *Women of Distinction Magazine's* Top 10 of 2016 edition.

MIB Institute, which stands for 'Myrtle Irene Banks.' is a business that is dedicated to helping students receive lifelong learning skills that help them on the job, in school, socially,



and personally, all of which will help them be successful on standardized tests. Founded in 2008 by Chief Executive Officer Myrtle I. Welch, MIB Institute serves students by providing counseling and tutoring services in English, English as a Second Language, Basic Reading, and Reading in the Content Areas, as well as computer lab, scholarship search and completion, SAT, and educational software. Offering all of her courses exclusively online through Skype, which enables Welch to teach a great number of students all across the United States and abroad, sessions are divided into weeks according to the unique needs of each student with the use of an individualized plan of study

Offering all of her

courses exclusively online through Skype, which enables Welch to teach a great number of students all across the United States and abroad, sessions are divided into weeks according to the unique needs of each student with the use of an individualized plan of study (IPS).

"All students have the ability to learn if they are taught in a way that produces learning," Welch said about her personal philosophy about education. "That is why I specialize in meeting the needs of each student individually. Rather than using the popular lec-

ture method like most teachers, which doesn't always meet every student's need, the methodologies I use at MIB Institute produce better student success and are, for that reason, typically different from preprepared, scripted lessons."

Welch also offers counseling services for adolescents, family, and children, for various emotional issues, as well as grief.

The author of several journal articles, including one called 'A Global African Quest: Teaching and Learning in Uganda', in 2013, which explains, in depth, a methodology

Welch developed called 'Start to Investigate and Reflect', or STIR.

"I coined the STIR acronym and philosophy during my teaching career after observing that many students weren't motivated to learn," she explained. "Getting to know the students that teachers are teaching, collaborating with them, rather than just communicating with them, and assessing them, rather than just testing them, is the essence of this methodology."

After earning her BS in

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Dr. Chris Emdin

Dr. Christopher Emdin is an Associate Professor in the Department of Mathematics, Science and Technology at Teachers College, Columbia University; where he also serves as Director of Science Education at the Center for Health Equity and Urban Science Education. He is also the Associate Director of the Institute for Urban and Minority Education at Teachers College, Columbia University. He is an alumni fellow at the Hutchins Center at Harvard University, and currently serves as Minorities in Energy Ambassador for the U.S. Department of



Energy and the STEAM Ambassador for the U.S. Department of State.

Dr. Emdin is a social critic, public intellectual and science advocate whose commentary on issues of race, culture, inequality and education have appeared in dozens of influential periodicals in-

cluding the New York Times, Wall Street Journal, and Washington Post.

Dr. Emdin holds a Ph.D in Urban Education with a concentration in Mathematics, Science, and Technology; Masters degrees in both Natural Sciences and Education Administration, and Bachelors degrees in Physical Anthropology, Biology, and Chemistry.

He is the creator of the #HipHopEd social media movement, and a much sought-after public speaker on a number of topics that include hip-hop education, STEM education, politics, race, class, diversity, and youth empowerment. He is also an advisor to numerous international organiza-

tions, school districts, and schools where he delivers speeches, and holds workshops/ professional development sessions for students, teachers, policy makers, and other education stakeholders within the public and private sector

Dr. Emdin provides regular commentary on Al Jazeera and the Huffington Post; where he writes the Emdin 5 series. He is the author of the award winning book, Urban Science Education for the Hip-hop Generation and For White Folks Who Teach In the Hood and the Rest of Ya'll too, which is currently on the New York Times best sellers list.

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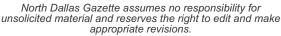


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What we can learn from the Black Panther Party in today's time

By Julianne Malveaux NNPA Columnist

Matthew "Peanut" Johnson was 16 years-old when San Francisco police officer Alvin Johnson killed him. The unarmed teen was said to have been fleeing a stolen car, and Officer Johnson claimed that he feared for his life, so he shot. The September 27, 1966 slaying was too much for African Americans in the Bayview Hunters Point neighborhood of San Francisco, and folks took it to the streets in protest. Through the lens of "law and order," the uprising was so out of control that Governor "Pat" Edmund Brown called in the National Guard.

Some thought that calling the National Guard was an inflammatory overreaction. As the history website FoundSF writes of the scene: "Perhaps the best indication of both the essentially passive character of the response of Black males in Hunters Point and the unreasonable magnitude of White fears is the fact that, aside from long-range brick throwing, less than a half dozen assaults by Blacks against Whites were

recorded in the course of five days of rioting." According to some reporters, the police were overaggressive. In one case, police officers opened fire on a community center full of children because they thought the children were armed. But when the children escaped, police reportedly entered the building looking for weapons, of which none were found.

The San Francisco Sun Reporter, the premier African American newspaper in the Bay Area (full disclosure, I got my start as a column writer for them in 1980), reported on Peanut Johnson's death with a front page headline, "Cop Kills Negro Youth; Blood Flows in SF Streets." I had an opportunity to see a copy of the paper when I toured the Oakland Museum of California and spent a couple of hours inhaling the exhibit "All Power to the People: Black Panthers at 50." In walking through the exhibit, one is struck with a sense of both progress and regress, a horrible sense of déjà vu, an ugly reminder that for all the change we have experienced, there is a rigid racism

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CBC, continued from Page 1

Staff. Currently, 32 members of the CBC have a Black Chief of Staff. Additionally, the Senate's only Black Republican, Sen. Tim Scott (R-SC), currently employs the Senate's only Black Chief of Staff.

In July, Republican House Speaker Paul Ryan posted a photo on Instagram of over 70 Capitol Hill interns and not one was African American. Internships and fellowships on Capitol Hill are a key pipeline to building leadership experience in the halls of power.

Speaker Ryan's Instagram image was a jarring visual of what many have known on Capitol Hill for years: That the staffs and the pipelines to get to power and be positioned for decision-making roles remains overwhelmingly White. Ironically, Ryan will have a Black Chief of Staff, Jon Burks, starting this month.

But when it comes to the number of senior staffers in Congress overall, particularly Chiefs of Staff, members of the CBC easily employ the majority. Though Black Chiefs of Staff are all but non-existent (1 percent) in the U.S. Senate, on the House side it's a different story. Black Chiefs include Duron Marshall who is Rep.

Brenda Lawrence's (D-Mich.) Chief of Staff; Yelberton Watkins, who is Rep. Jim Clyburn's (D-S.C.) longtime Chief of Staff; Michael Cooper who is Rep. John Lewis' (D-Ga.) Chief of Staff and Veleter Mazyck, who is Rep. Marcia Fudge's (D-Ohio) Chief of Staff.

It matters who serves in the very top jobs: Those in senior staff positions have a major say in policy decisions and advise lawmakers directly. Chiefs of Staff and other senior staff members often move on to powerful well paying jobs in the private sector.

On Capitol Hill in Washington, D.C., just as in most places where there are budgets allocations to be decided on and jobs to fill, the person who makes the decision on those matters is the person with the most power and that often is not only the elected official, but also their Chief of Staff The Chief is also the gatekeeper for resumes and hiring staff. A typical Chief of Staff on Capitol Hill earns between \$120,000 and \$168,000.

The conversation on hiring has been going on for years, but it was crystalized by the detailed report by the Joint Center for Political

and Economic Studies.

For many White Democrats in the Senate the numbers are particularly embarrassing. Several Senators, who have millions of African American constituents, have no Black senior staff members. The state with the most African Americans in the U.S. is Georgia with 3.1 African Americans according to the 2010 Census. Georgia is followed by New York (3 million), Florida (2.9 million), Texas (2.9 million), California (2.9 million), North Carolina (2 million), Illinois (1.8 million), Maryland (1.7 million), Virginia (1.5 million) and Louisiana (1.5 million).

But not one Black senior staffer from any of those states now serves on the staffs of the U.S. Senators from the above states with the largest African American populations. None of them have a Black Chief of Staff, Legislative Director, Communications Director or State Director.

On December 12, outgoing Congressional Black Caucus Chairman G.K. Butterfield released a statement on staff diversity.

"The near complete absence of African American senior staff in personal and committee offices in the Senate is not reflective of the inclusiveness ideals of

our government, and of our country. The CBC has long championed African American inclusion in all industries, and launched CBC TECH 2020 last year to promote diversity in the technology industry," said Butterfield. "But the fact that the United States Congress, an institution that was created to represent all people, still has not taken meaningful steps to increase diversity is disappointing and requires an immediate remedy."

Butterfield continued: "There are plenty of offices hiring, on both sides of the aisle, and in both chambers, where Senators and Representatives can hire talented African American candidates. Yet, from our records, with the start of the next Congress, the Senate is poised to have one African American Senate Chief of Staff and no African American staff directors, if immediate action is not taken."

Lauren Victoria Burke is a political analyst who speaks on politics and African American leadership. Lauren is also a frequent contributor to the NNPA Newswire and Black-Press USA.com. She can be contacted at LBurke007@gmail.com and on Twitter at @LVBurke.

Three ways to effectively fight the flu

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

Get yourself and your family vaccinated!

A yearly flu vaccine is the first and most important step in protecting against flu viruses. Everyone 6 months or older should get an an-



nual flu vaccine by the end of October, if possible, or as soon as possible after October

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water), and clean and disinfect surfaces and objects that may be contaminated with flu viruses.

If you become sick, limit contact with others as much as possible. Remember to cover your nose and mouth with a tissue when you cough or sneeze, and throw tissues in the trash after you use them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.)

Take Antiviral Drugs if Your Doctor Prescribes Them!

If you get the flu, antiviral drugs can be used to treat flu illness.

Antiviral drugs can make

illness milder and shorten the time you are sick.

They also can prevent serious flu complications, like pneumonia.

CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu (for example, people who are in the hospital) and people who are sick with the flu and are at high risk of serious flu complications, either because of their age or because they have a high risk medical condition.

Ten tips to add more daily vegetables to your diet

Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

1. Discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

2. Be ahead of the game

Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.

3. Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

4. Check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter,



or cream

5. Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

See VEGGIES, Page 5





SCAM ALERT

Elderly in Dallas targeted for lottery scam

The Dallas Police are reporting that on Dec. 2 an 85-year-old woman received a letter in the mail that led her to believe she had won the lottery.

The victim was instructed

to make contact with the sender by phone for further instructions. The suspect instructed the victim that she must pay \$6,000 in cash for taxes

The victim complied with

the instructions, sent the suspect the cash through FedEx and she received her winning check. When the victim attempted to cash the check, she was informed that the check was fraudulent.

If you or anyone you know has received, and or has been victimized by such scam, please contact Detective Cervantes with the Dallas Police's Financial Crimes Unit at 214-671-3544.

Parkland officials urge caution when traveling this winter

Very few years go by when there isn't at least one day when Metroplex residents wake up to find their lawns and streets covered with snow and ice. School-aged children usually rejoice with the news that schools are closed, but for those who have to brave the winter weather conditions and drive to work, slick roads can be a treacherous trek.

Statistics from the Texas Department of Transportation indicate that winter months are prime time for fatal crashes and fatalities. In January 2015, there were 247 fatal crashes resulting in 281 fatalities. That number climbed in December 2015 to 284 fatal crashes with 313 re-

norted deaths

"There are a lot of factors that contribute to highway deaths during winter months," said Chris Noah, MS, CHSP, Director of Disaster Management at Parkland Health & Hospital System. "There is less daylight this time of the year and it's often harder to see what's in or on the roadway. It's even more critical to pay attention to the road and save the phone calls and texting for later."

If you do hit the road to grandma's house this winter, Noah advises you get your car serviced before a problem develops. Have your entire vehicle checked thoroughly for leaks, worn hoses or other

local supermarket specials

for the best in-season buys.

Or visit your local farmers

needed parts, repairs and replacements.

The National Highway Traffic Safety Administration (NHTSA) cautions that when the temperature drops, so does battery power. For gasoline-powered engines, be aware that it takes more battery power to start your vehicle in cold weather than in warm. For electric and hybrid vehicles, the driving range is reduced and the battery systems work better after they warm up.

In addition, the NHTSA says drivers should:

- Check your cooling system
- Fill your windshield washer reservoir
- · Check your windshield

market.

10. Vary your veggies

Choose a new vegetable that you've never tried before. Find recipes online at

wipers and defrosters

- Verify floor mat installation to prevent pedal interference
- Inspect your tires
- Plan your travel and route, and
- Learn what to do in a winter emergency

"If you are stopped or stalled in wintry weather, stay with your car and don't overexert yourself," Noah said. "To avoid asphyxiation from carbon monoxide poisoning don't run your car for long periods of time with the windows up or in an enclosed space. If you must run your vehicle, clear the exhaust pipe of any snow or run it only sporadically – just long

WhatsCooking.fins.usda.gov. Based on the Dietary Guidelines for Americans. Revised October 2016.

Source: MyPlate

enough to stay warm."

Every year in America, carbon monoxide (CO) poisoning kills more than 500 people and sends another 10,000 people to emergency rooms for treatment. Known as the "silent killer," this odorless, colorless gas is impossible to see, taste or smell and can be fatal before you are aware it is present.

At lower levels of exposure, CO causes mild symptoms often mistaken for the flu – including headaches, dizziness, disorientation, nausea and fatigue. While the effects of CO exposure can vary greatly depending on age, overall health and the concentration and length of

exposure, medical experts believe unborn babies, infants, children, senior citizens and people with heart or lung problems are at even greater risk.

"If you find someone who is experiencing any of these symptoms, you need to get them to fresh air and call 911," said Alexander Eastman, MD, Medical Director and Chief of the Rees-Jones Trauma Center at Parkland and Assistant Professor of Surgery at UT Southwestern Medical Center.

For information about Parkland services, please visit www.parklandhospital.com

VEGGIES, continued from Page 4

6. Make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

7. Sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8. While you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9. Savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your Investors Liquidation Sale:

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Regional Black Contractors Association calls on Dallas ISD to reject anti-diversity proposal

By John Proctor

The Regional Black Contractors Association's mission is to advocate for and advance the development and growth of African-American owned businesses and their capacity. This contributes to and participates in the self-determination, economic growth and prosperity of African-American communities in North Texas, thereby creating a strong economic base that develops, empowers and supports the ongoing success of these communities and our businesses at large.

Unfortunately, despite the gains in civil and human rights experienced in America at large over the last five decades, the Architecture, Engineering and Construction (AEC) industry has lagged well behind in terms of diversity, inclusion and racial justice. And, we are sad to report, that a measure now being considered by the Dallas Independent School District (DISD) demonstrates why this shameful in-



equity persists.

Last February, DISD made a groundbreaking decision in awarding a minority-owned firm a prime contract as one of three project managers of a part of the historic \$1.6 BILLION bond program. Despite the fact that minority contractors in general, and African American-owned contractors in particular, have over the past three decades have successfully worked on every capital improvement program, it is only now, well into the twenty-first century

that they have been deemed worthy to be prime contractors and not just subcontractors

And now, less than one year into the multi-year program, DISD management has proposed terminating these contractors and taking the project management function in-house. This proposal is deeply troubling on many fronts, and the RBCA believes it poses a threat to DISD taxpayers, to the voters who supported this bond program in good faith (including the African Ameri-

can voters who provided the largest percentage of support in the bond election), to the minority contracting community, and to the district itself, which deserves to get the utmost in value for its contracting dollars.

Let us elaborate: First, the whole reason that the project management has emerged as a distinct, separate discipline executed by separate companies is that it provides an important check and balance on major construction projects. Project management firms serve as owner's representatives, and keep the general contracting firms on task, on time and on budget. Indeed, it is not unusual for project management firms to save project owners far more than they are paid. The larger and more complex the program, the more crucial it is that sound, tight, and independent project management systems be in place, and DISD certainly doesn't have this expertise in-house. So, abandoning the original wise decision to bring in independent, non-conflicted project management expertise puts DISD taxpayers at risk from a financial perspective and the district at risk from an operational perspective.

In addition to the financial and operational risk, there is a deeper problem with this proposed action. Put simply, it breaks faith with the community at a time when DISD is just beginning to win back the massive amount of credibility and goodwill it has lost in the community over so many of the last several years of controversy and rancor. Winning passage of the \$1.6 BILLION bond issue was possible because of the strong support of the minority community, which was promised repeatedly that the District would pursue aggressive efforts at diversity in its contracting on the bond program.

The community was delighted that the District seemed to be keeping faith with its promises when it awarded the three contracts

for project management last February. Now that delight may well turn into disgust and despair if indeed the District goes back on its word to the community. For the minority contracting community, the sad story for decades has been this one: We fight like hell to learn the rules of the game, then we fight like hell to be allowed to try out for the team, then we fight like hell to make the team, then we fight like hell to earn a spot in the starting lineup, and then, finally, when it's our turn at bat, they change all the rules.

For the Regional Black Contractors Association of North Texas, it is time to close the book on that sad story once and for all. We are calling on DISD to do the right thing by rejecting this threat to taxpayers, to the District and to the idea of simple fairness and eq-

John Proctor is the President and Chairman of the Regional Black Contractors Association of North Texas.

Is it past time to reprogram the software in your brain?

We all fall into habits and routines – it's the nature of being human.

But even when you realize your daily behaviors are inhibiting you from achieving your goals, that doesn't mean you can just vow to change one day and all will The be well. (www.

"Every single behavior that you demonstrate – good, bad or ugly – is actually run by your unconscious mind," says Carol Talbot, a keynote speaker and author of YOU The Divine Genius (www.Youthedivinegenius.com). "So if you want to change a behavior, you can't do it by willpower alone. You have to get into

See BRAIN, Page 7

WELCH, continued from Page 2

English from Southern University and A&M College in 1969, Welch began teaching high school English in a public school setting in Louisiana. Relocating to Texas, she later earned her Master's in Education from the University of Texas at El Paso, as well as certifications in Counseling, Reading Specialist, English as a Second Language, and Master Reading Teacher. Just a year prior to forming MIB Institute, in

2007 at the age of 60, Welch also completed her PhD in Reading Education from New Mexico State University.

The highlight of Welch's career was in 2011 when she was invited to teach and tour in Uganda, East Africa. She accepted the invitation and, consequently, taught English and Writing in the public schools and at the university level. She also held teaching workshops for faculty at the

university level. Welch's dedication to the Ugandan people earned her the privilege of having the writing lab at STAWA University named in her honor, the 'Dr. Myrtle I. Welch Writing Center'. An account of her teaching experience is written in her publication, 'A Global African Quest: Teaching and Learning in Uganda.' She still teaches Ugandan students online today.

For more information, visit www.drmyrtleire-newelch.com.



North Texas Performing Arts seeks input on possible move to Shops at Willow Bend

The Shops of Willow Bend and Starwood have invited North Texas Performing Arts to move it's corporate home and theaters to the Shops of Willow Bend. The

a special Town Hall on Wednesday, Jan. 11 at Plano Children's Theatre to walk through the plans for the new location and get feed-

organization has announced back on their construction and fundraising plans.

> The Plano Children's Theatre is located at 1301 Custer Road, Suite 706 in Plano. A reception starts at 6 p.m.

with a project plan review kicking off at 6:30 p.m.

Light hors d'oeuvres and wine will be served. Please RSVP to busdev@ntpagroup.org.



Irving's Got Talent audition registrations open

Any teens in Irving who think they can sing, dance, juggle or play a musical instrument? Then they should register for Irving's annual teen talent competition audition by Jan. 19. Registration forms are available at Lively Pointe, and online: www.cityofirving.org/livelypointe. For more information, call 972-721-8090.

Finalists will perform at the Irving's Got Talent competition which is scheduled for Feb. 17 at the Irving Arts Center located at 3333 N. MacArthur Blvd..

Heritage Senior Center offers lunch program

Heritage Senior Center announces its lunch program for senior citizens Monday through Friday at 11:30 a.m. Co-sponsors include the Dallas Area Agency on Aging and the Visiting Nurse Association. A professional dietician plans the menu.

For anyone ages 60 and older, the suggested donation is \$1. For anyone under 60 years of age, there is a mandatory \$6.05 charge.

Those interested must come in person to get their tickets by 10:45 a.m. because space is limited.

To learn more about the Irving Heritage Senior Center meal program call (972) 721-2496 or visit www.cityofirving.org/2061/Senior-Activities.

The Star unveils new retail tenants

FRISCO - Excitement for The Star in Frisco continued to build today with the unveiling of 14 new retailers set to open in early 2017.

Cane Rosso, Concrete Cowboy, Cow Tipping Creamery, Donut Kitchen, East Hampton Sandwich Co., Howard Wang's China Grill, PlainsCapital Bank, Raising Canes, The Common Table, The Lincoln Experience Center, Trophy Park, Yucatan Taco Stand, Zaytinya and Ziziki's will join the list of previously announced tenants within the 200,000 square foot retail block located south of The Ford Center and Dallas Cowboys World Headquar-

Jan. 4 also included the soft opening of Fans United at The Star, the store that will sell team apparel, fashion, souvenirs and memorabilia for the Cowboys and amateur teams. Located at the Ford Center, situated in a 10,000-square-foot store



behind the south end zone, Fans United will sell Frisco high school merchandise, licensed apparel for the Cowboys, Rangers, Stars, Mavericks and FC Dallas, plus regional colleges including the University of Texas.

"The retail area at The Star was designed with the community, fans and visitors in mind, "said Charlotte Jones Anderson, Executive Vice President and Chief Brand Officer, Dallas Cowboys. "The combination of these great partners allow guests to enjoy The Star whether there is a special event happening, or a simple night out, any night of the week."

Retail space at The Star was designed by O'Brien Architects and limited space is still available via Lincoln Property Company (214-740-3300). The Cowboys will continue to announce additional retailers within The Star in the coming months. The retail space at The Star is scheduled to be completed early 2017.

The Jones family with several of their new neighbors announced the following restaurants will be opening locations at The Star:

- Cane Rosso
- Concrete Cowboy
- Cow Tipping Creamery
- The Donut Kitchen
- East Hampton Sandwich Co.
- Howard Wang's China Grill
- PlainsCapital Bank
- Raising Canes
- The Common Table
- The Lincoln Experience
- Trophy Park
- Yucatan Taco Stand
- Zaytinya
- Ziziki's



















PERFORMANCE HALL



For latest DFW news and contests LIKE the North Dallas Gazette on Facebook Facebook.com/NorthDallasGazette

ADDISON

Women in Theater -The Designers

WaterTower Theatre will host the third annual installment of its Women in Theatre series. Past WIT panels have featured directors, and actors. This year the show will feature an expert panel of female designers.

The Women in Theatre Series will be held in the Canterbury Family Main Stage at the Addison Theatre Centre, and the lecture will be moderated by the Arts Journalist Lauren Smart, and features design panelists Leann Burns, Clare DeVries, Sylvia Fuhrken Marrs, and Frida Espinosa Müller.

The objective of the event is to explore challenges, issues and opportunities women working in the theatre face.

The Women in Theatre forum will be followed by a dessert reception in the Wa-



terTower Theatre lobby.

The show will be in the Canterbury Family Main Stage at the Addison Theatre Centre

One night only at 7 p.m. on Feb. 6.

GARLAND 28th annual MLK parade slated

The NAACP-Garland Unit will host its annual Martin Luther King Jr. Day Parade at 10 a.m. Saturday, Jan. 14. The parade will begin on Dairy Road at Garden Drive (near Embree Park).

The weekend celebration will continue as youth groups from area churches and the Garland ISD showcase their talents in praise dance, drill team and step routines at 4 p.m. Sunday, Jan. 15, at the Granville Arts Center. Both events are free of charge.

See details at GarlandTX-NAACP.org.

Make Life-Sized Egyptian Sarcophagi at Art Explorers

Kids ages 6 to 12 can create their own life-sized sarcophagi at Art Explorers, a monthly program offered by the Nicholson Memorial Library System. The event takes place at 2:30 p.m. Saturday, Jan. 7, at the Walnut Creek Branch Library, 3319 Edgewood Drive. Kids will learn about ancient Egyptian art, then use craft paper and markers to trace and decorate outlines of their own bodies.

Learn more and register by calling 972-205-2585.

Neighborhood Vitality Matching Grant Workshop

Garland neighborhood groups have until Monday, Jan. 23, to submit a Letter of Intent for a Neighborhood Vitality Matching Grant (NVMG). Neighborhood groups are invited to learn more about the grant process by attending an NVMG Workshop from 6 to 8 p.m.

Tuesday, Jan. 10, at Main Street Municipal Building, 800 Main St.

Learn more about the NVMG program at Garland-Neighborhoods.org.

IRVING

Reception slated for artist at Irving Arts Center

There will be a reception held for Larry Alexander, Therlee Gipson, Walter Land & Don O'Bannon in the Irving Arts Center's Main Gallery (3333 N. MacArthur Blvd. in Irving) on Saturday, Feb. 4 at 5 p.m. Admission is

Annual Black History program offered on Feb. 19

On Sunday, Feb. 19 at 4 p.m. the Irving Arts Center -Dupree Theater will host the Irving Black Arts Council's annual Black History Program, held in partnership with the City of Irving.

Featuring Take The Bus! by Earnestine Rose and the unveiling of the 2017 USPS Heritage Stamp by Irving Postmaster Rodney Malone

Admission is free and a reception will immediately follow.

LEWISVILLE A Grand Affair comes

to MCL Grand on Jan. 13

Archie and Simonia Milton will bring their production of A Grand Affair to Medical Center of Lewisville Grand Theater, 100 N. Charles Street, on Friday, Jan. 13, 7 p.m.

Guest artists include Jordan Green, Cynthia Perkins, and Troy Poplous.

Tickets are free and there is reserved complimentary seating. To reserve a seat, go to www.eventbrite.com/e/agrand-affair-tickets-29709105735?aff=eac2. To learn more about the ArSiMil Education Foundation, please visit arsimil.org.

For details about upcoming events, or rental information for the facility, please visit MCLGrand.com or call 972.219.8446.

BRAIN, continued from Page 6

the unconscious mind and change it there."

She likens it to running a new program on a computer. First, you need to install the program - or at least upgrade the existing software.

Here's why: Research indicates that the unconscious mind is running you on its auto pilot 95 percent of the time, Talbot says.

"That means the conscious mind provides 5 percent or less of our cognitive activity during the day," she says. "So even when you think you're consciously making a decision, you're not. You are operating from pre-existing programs running at the unconscious level.'

The good news, Talbot says, is you really can reprogram the "software" in your brain. But she cautions that unlearning a lifetime worth of habits is no simple feat.

"A lot of the thoughts and attitudes rumbling around in your brain were probably programmed during childhood, which means they're out of date," she says. "It's also likely that many beliefs

that guide your life aren't even your own. They were adopted from your family, culture or heritage."

There's a lot involved in unbinding those ties to the past, but Talbot offers a few tips to point you in the right direction.

• Understand that belief creates experience. People often think that experience is what leads to beliefs, but it's actually the other way around. Your beliefs shape your destiny. For example, if deep down you believe you're not good enough to accomplish something, then that belief will create the reality. "It becomes a self-fulfilling prophecy," Talbot says. "So when was the last time you examined your beliefs? Are they outdated and only supporting a limited view of what's really possible for you? Maybe it's time to choose your own beliefs rather than operate from those passed down by your ancestors."

• Be the cause for all the effects in your life. Life is a chain reaction of causes and effects. Everything that hap-

pens was caused by what happened before and is the effect for what will happen next. "Some people seem stuck on the 'effect' side of life, bemoaning their bad luck," Talbot says. "Others habitually think of themselves on the 'cause' side of life, always doing and achieving things."

· Your words say more than you realize. The way we share and express our thoughts and beliefs is through language. And the language we use makes a huge difference, Talbot says. "You can change the language you use every day to label people, events, situations and circumstances in your life," she says. "As soon as the label you put on them changes, your experience and perception of the person, the event, the situation or the circumstance also change."

"Once you realize you're creating your life as you go along, it gives you the power to change," Talbot says. "You can choose to pay attention to different things, interpret experiences differently, feel differently and act differently."

Carol Talbot (www.caroltalbot.me), author of the

YOU The Divine Genius, is a keynote speaker who has delivered inspiring messages

to corporations and conferences in more than 20 coun-

soon-to-be-released book



verse fields and a variety of sizes in companies and professions,

Win tickets to see Terence Blanchard at the Wyly

lovers have an opportunity to enjoy the sounds of composer and trumpeter Terence Blanchard at the AT&T Performing Arts Center. NDG readers have a chance to win tickets to the show. Visit our Facebook page or Instagram profile and tell us what Blanchard song you love. Like and Share the post for additional entries

"Music and art have the power to change hearts and souls," expresses Blanchard — a belief brought to life through the music of Blanchard and his E-Collective. This revolutionary ensemble thrives off the perfect mixture of Blanchard's genius and the innovations of four young musical pioneers: guitarist Charles Altura, pianist Fabian Almazan, bassist David "DJ" Ginyard, Jr., and drummer Oscar



Lee's Inside Man and Kasi dreamt of a band that layered

Seaton. It was while record- Lemmons' Talk to Me that ing the scores for Spike Blanchard and Seaton first

grooves teeming with funk, R&B, and blues colors. Years later, that dream came to fruition and formed the foundation for the E-Collective's signature sound.

Following a poignant E-Collective performance in Staten Island, Blanchard was overwhelmed by the healing impact of his music on the audience. In attendance were many friends and family of Eric Garner — a local man who had been fatally injured in an altercation with police and to whom the E-Collective's debut album, Breathless, is dedicated. Motivated by this experience, the E-Collective's next album will be recorded live in cities around the country that have been similarly wounded by racial tensions.

The show is Saturday, Jan. 7 at 8 p.m. For tickets visit

Nunsense opens this week at Plano's **Art Centre Theater**

Nunsense begins when the Little Sisters of Hoboken discover that their cook, Sister Julia, Child of God, has accidentally poisoned 52 of the sisters, and they are in dire need of funds for the burials. The sisters decide that the best way to raise the money is to put on a variety show, so they take over the school

auditorium, which is currently set up for the eighthgrade production of "Grease."

Here we meet Reverend Mother Regina, a former circus performer; Sister Mary Hubert, the Mistress of Novices; a streetwise nun from Brooklyn named

See NUNSENSE, Page 10



Cast members of Nunsense (Courtesy photo)

Disney's 'Queen of Katwe' arrives home on digital HD on Jan. 10 and Blu-ray on Jan. 31

Home audiences will cheer for Disney's "Queen of Katwe," the inspirational journey of a young girl from the streets of Uganda to world-class chess player, which has earned widespread critical acclaim, including a 93 percent Certified Fresh critics consensus on Rotten Tomatoes.

The triumphant film, which is based on a true story, arrives home on Digital HD and Disney Movies Anywhere (DMA) on Jan. 10 and on Blu-ray, DVD and On-Demand on Jan. 31.

The in-home release of "Queen of Katwe" takes viewers behind-the-scenes with filmmakers, as well as the cast and their real-life counterparts, through extensive bonus features, including a three-part documentary highlighting the amazing personal stories behind the film; audio commentary by director Mira Nair ("Salaam Bombay!," "Mississippi Masala," "Monsoon Wedding"); a short film by Nair depicting the life of Robert Katende; in-studio access to 15-time Grammy Award-

winning recording artist Alicia Keys during the creation of her new original song "Back to Life;" deleted scenes; and more.

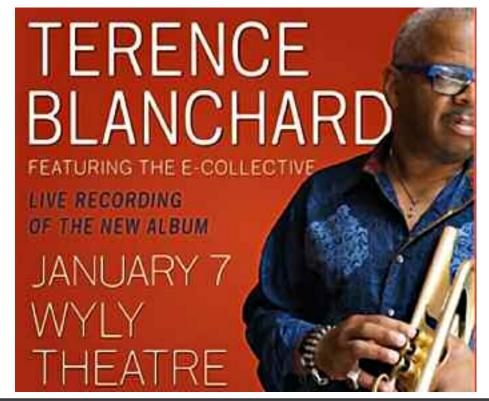
"Queen of Katwe" is based on the vibrant true story of a young girl (Madina Nalwanga) from the streets of Uganda whose world changes when she is introduced to the game of

chess, and, as a result of the support she receives from her family and community, is instilled with the confidence and determination she needs to pursue her dream of becoming an international chess champion.

It is a remarkable story of perseverance against all odds that will leave viewers feeling humbled and inspired. According to director Mira Nair, "The triumph of the human spirit is not to weep for what we don't have but to focus on what we do have and allow that to take us to a place we never imagined possible."

The film stars David Oyelowo, Golden Globe

See QUEEN, Page 10





hree places not to miss in Northern

By Ruth Ferguson NDG Editor

Many people know that travel expands the mind and soul. All too often the assumption is you must travel far or to the popular tourist destinations. I am convinced discovering the gems in small town America accomplishes just the same thing. My first visit to Northern Louisiana convinced me of that several years ago, and a recent visit was simply a reminder. In a year which will be remembered for division throughout the country, traveling to what some of us might be tempted to call far East Texas is a chance to find out how much we actually have in common

When you mention Louisiana many will think of two things: either the state's Cajun or Creole culture or New Orleans. But if that is all you know about Louisiana you are missing out. And while Shreveport has it's own unique reach culture, Northern Louisiana is more than just a place to visit casinos. It is a gateway into the rich culture of the region which includes not only beautiful plantations but art and historical museums in nearby cities.

When planning a short vacation in 2017, three places to consider in Northern Louisiana include The Farm of Cultural Crossroads, Mahaffey Farm, and the renown Gardens of the



Mahaffey Farm has evolved over the years and now includes a bed and breakfast which features a chance to get up close with the livestock as they were moved from one field to another. (Image: NDG Ruth Ferguson)

American Rose Center.

The Farm of Cultural Crossroads

Locals simply call it "The Farm", located in Minden, The Farm of Cultural Crossroads offers a unique place designed to educate while delightfully entertaining children and adults alike. Last summer an afternoon visit included school children outside getting their hands dirty as they learned about farming while also working on art proj-

A special treat for the day was a performance by the Mahogany Ensemble Theatre, featuring three talented

actresses and singers re-enacting the story of The Thornton Sisters. The three sisters were recognized by Guiness World Book of records as the oldest African-American siblings in the world in 2009 shortly before they passed away. When the singers greeted us on the porch singing "When All God's Children Get Together" guests were truly moved. Inside while remaining in character, guests walked through the small house the sisters grew up in and learned about their lives together.

The afternoon included a visit to the art center where

Sundays at 3:30 p.m. Tickets range in price from \$5 -\$20 and can be purchased on-line at www.artcentretheatre.com or from the box office by calling 214-810-

For a complete schedule and full details visit artcentretheatre.com. The Art Centre Theatre is located at 5220 Village Creek Drive in Plano.

even those of us artistically challenged enjoyed wine and painting party.

For more information visit http://www.artsinminden.com/springartsfestival.php.

Mahaffey Farm

Mahaffey Farm is not only a growing farm, offering a step back in time, with a side helping of delicious food. They also are very active in the local culinary scene. The farm was established and has remained in the family since 1927; passed on to family members throughout the years. Evan McCommon began managing the farm's timber production, as the farm had largely become a wooded forest in 1995. However, with the economic turn down in 2008, McCommon decided with the help of his

family, including his mother, to restore the property to a functioning farm again. His mother took on the challenge of running a bed and breakfast and the meal she prepared was a down home Southern comfort food feast

McCommon and company are committed to the "clean food movement" and the food grown at Mahaffrey is chemical-free, sustainably-grown vegetables which several local chefs feature on their menu to the delight of guests. If you do not have a chance to visit the farm itself, you can enjoy their bounty at the Shreveport Farmers' Market on Saturday mornings.

To stay in the know, visit mahaffeyfarms.com.

Gardens of the American **Rose Center**

Certainly. Portland's In-

THE ORIGINAL

ternational Rose Test Garden is on the list of any rose lover, but Gardens of the American Rose Center in Greenwood is the home of the American Rose Society which is described as the oldest single plant horticultural society in America. Guests can enjoy a leisurely stroll around the 118 acres to enjoy the more than 20,000 rose bushes featuring over 400 historical and modern rose varieties

The gardens are open daily, except Federal holidays, from April to October. The best time to visit to enjoy the best blooms are mid-April through late May and then again from mid-September to mid-October, depending on Mother Nature.

For more information visit rose.org.







NUNSENSE, continued from Page 9

Sister Robert Anne; Sister Mary Leo, a novice who is a wannabe ballerina; and the delightfully wacky Sister Mary Amnesia, the nun who lost her memory when a crucifix fell on her head.

Featuring star turns, tap and ballet dancing, an audience quiz, and comic sur-

prises, this show has become an international phenomenon. With more than 5,000 productions worldwide, Nunsense has been translated into 21 languages.

through Jan. 15 with evening shows on Fridays and Saturdays at 8:30 p.m. –

Nunsense runs Jan. 6

Enter to Win! Ticket Giveaway

NDG Entertainment Ticket Giveaway!!! Follow North Dallas Gazette on Facebook, Twitter and Instagram to keep up on all the latest!!!

Blackonomics: Black-owned Comprotax is one of the best in the business

By James Clingmar NNPA Columnist

Having written many articles on what takes place from January through April, each year, relative to our tax payments and refunds, I understand that we need reinforcement and repetition on certain issues. Just as advertisers and marketers understand the power of continuous exposure to their messages, Black folks need the same thing, especially when it comes to getting us to act on basic, sound, practical, and collective economic and business principles. So please take a little time to read my latest repetitive missive on one of this nation's finest Black-owned businesses: ComproTax.

The tax preparation industry generates between \$6 billion and \$9 billion annually, which indicates that there are plenty of tax returns to go around—the IRS estimates that there will be over 250 million filed by 2018 with revenues of \$11

billion! Compared to our percentage of population (13 percent), Black-owned tax preparation businesses should have revenues of at least \$1 billion. As far as I am concerned, ComproTax alone should be a billion-dollar business, considering it has some 220 affiliates throughout the nation.

One advantage that ComproTax brings to its customers is year-round services. That's because ComproTax is more than a tax preparation service. Most of the large chains only come into our neighborhoods for four months or so, until around April 15. Compro-Tax is always there, providing Tax Preparation Training, Insurance Products, Bookkeeping Services, Payroll Services, Business Mentoring, and Small Business Consulting.

Additionally, ComproTax Founder, Jackie Mayfield, and his two co-founders, Yusuf Muhammad and Craig Johnson, believe in something many Black businesses only talk about: Giving back. They return some of their profits to community activities and charitable causes, and they provide sponsorships for many Black events across the country. In other words, they are "Conscientiously Conscious" business owners

Mayfield stated: "When it comes to tax preparation, you have a lot of choices. So, why choose Compro-Tax? ComproTax provides complete and professional tax preparation and bookkeeping services with the personal attention that you deserve. We have over 220 offices nationwide and we are steadily growing. In addition to our convenient office locations, we have hundreds of mobile affiliates that will come directly to you. Our tax preparers are committed to ongoing training to ensure that you get the best service and the best tax refund available. In short, we offer a vast network of trained professionals that are ready to serve you in tax season and out of season"

He continued: "At ComproTax we are about relationships. We work hard to get your business and develop a relationship of trust. We do this by being knowledgeable about new laws and requirements that affect your taxes, being reliable, and being confidential. That's why our customers come back to us year after year. Don't trust just anyone to handle your taxes and confidential books. Contact a ComproTax professional and begin a relationship with someone that you can

One thing I personally love to brag about is the Compro Event Center, a full-service convention center built, owned, and operated by ComproTax a few years ago and located in Beaumont, Texas. Managed by Fred Zeno, another ComproTax stalwart and long-time business associate to Mayfield and the co-

founders, the Event Center is a spacious and luxuriously appointment venue that can be used for weddings, various meetings and conventions, parties, and banquets. I am proud to say that THE One Million Conscious and Conscientious Black Contributors and Voters will hold our quarterly Training and Orientation gathering there January 6-8, 2017. It would be great of other Black groups would do likewise; it is one thing to talk about supporting Black venues, but it is much better to act upon those words.

ComproTax was founded in 1982 and has since created a platform for true economic empowerment via entrepreneurship, by modeling a high level of conscientious consciousness in addition to merely talking about it. As Brother Mayfield said in a speech 16 years ago at a MATAH conference in Philadelphia, "Not only

should we be conscious, our consciousness must be disturbed enough for us to do what must be done to achieve real economic power."

To that I say Ase (Ashe) and Amen!

We should support this and other Black owned businesses that believe in reciprocity and providing top-quality goods and services to their customers. For more information on ComproTax and to find an office near you, go to www.comprotax.net or call 1-888-884-2829. In any case, however, use a competent Black-owned tax firm this year.

James Clingman is the nation's most prolific writer on economic empowerment for Black people. His latest book, "Black Dollars Matter! Teach Your Dollars How to Make More Sense," is available on his website, Blackonomics.com.

PANTHER, continued from Page 3

that determines the way some people treat Black people. And our community seems to be somewhat unimaginative in managing solutions.

The young man who was killed on September 27, 1966 was named Matthew Johnson, but he could have been named Philando Castile, Tamir Rice, Michael Brown, Eric Garner, or let's just call the roll. The officer who shot him was, of course, acquitted. The killing, and the acquittal, both galvanized people around the Black Panther Party fifty years ago, just as the killing of Michael Brown galvanized the Black Lives Matter movement a couple of years ago.

A review of the Black Panther Party Ten Point Platform reminds us that things like culturally sensitive education, jobs, decent housing, food, and health

care are still not accessible for all Americans, and that African Americans are far less likely to have access than others. The platform is displayed prominently in the multi-media exhibit space, along with pictures of many of the Panther founders, a film featuring Bobby Seale and other Panther leaders, including Erika Huggins, music of the times, and copies of the Black Panther newspaper. More than a walk down memory lane, the exhibit was, for me, a reminder of an audacity that so many African American young people exhibited in the face of oppression. One of the Panther newspapers had the headline, "Capitalism Plus Racism Breeds Fascism." That is, perhaps, a timely slogan for these troubling times, but few mainstream African American politicians will use the word "fascism" in a sentence.

The more important part of the story of the Black Panther Party is the story of resistance to injustice, resistance despite the interference of the FBI, Herbert Hoover, and Cointelpro. If the Panthers could develop more than 40 chapters without the assistance of the electronic media, is there any limit to what we can do now?

We limit ourselves. There is an unseemly caution among African American people. Too many have learned how to color within the lines; many have been rewarded for it. Insanity means doing the same thing over and over, then hoping for different results. And so too many, including leaders, have taken the "go along to get along" approach, forgetting that sometimes getting along is not enough.

If you are tired and dispirited in the wake of the 2016 elections, the Power to the People exhibit at the Oakland Museum might be the

energizer that you need. Perhaps you need to be reminded that a group of audacious young people, facing obstacles, and lacking substantial resources, were able to raise important issues and make some changes in the ways Black people thought about themselves. And the Black Panther Party may also have made a difference, if just a bit of one, in the way that Black people are treated.

When we celebrate the Black Panther Party, we celebrate the concept of resistance. In these coming years, when resistance to oppression and unfairness will be critically necessary, celebrating the Black Panther Party is an opportunity for renewal.

Julianne Malveaux is an author and economist. Her latest book "Are We Better Off? Race, Obama and Public Policy" is available via www.amazon.com for booking, wholesale inquiries or for more info visit www.juliannemalveaux.com.



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Several more based on your area!

Questions to ask in interview to help identify top talent

MIAMI — Recruitment is an integral part of business success; many companies chose the expensive and often unsuccessful agency route. Direct marketing specialists Ninjja Global Inc. are keen to offer tips to firms looking at taking control of their recruitment solutions. The Miami firm is no stranger to sourcing elite workers and has devised their list of top questions to secure talent during the hiring process.

1. What's your personal brand? Understanding an individual's ethos will allow firms to develop a workforce with a strong culture. Ninjja



Global Inc is confident that businesses will find greater success hiring based on a person's ability to integrate with the existing team. Skills can be taught however a person's drive force is harder to influence.

2. What is one thing that drives you to wake up in the morning? This drive can help a recruiter to gauge

what kind of culture that person would succeed in most.

- **3. Are you entrepreneurial?** What firm isn't looking for self-motivated go-getters?
- **4. When did you start working?** Young starting workers demonstrate a strong work ethic. These people are often mostly successful I the workplace.
- **5. Do you like to get involved?** A person's personal activities are often a great indicator into their intrinsic drives. For example Sporting enthusiasts often carry their competitiveness into the workplace, and not to mention their ability to com-

municate well with others.

6. Will you take owner-ship? Successful firms have sourced workers who take pride in the company and their interests. Finding someone who will be accountable can be priceless during periods of growth.

7. Will you challenge my ideas? Those who can think outside the box and challenge existing processes will facilitate growth within the business. Ninjja Global Inc encourages firms to hire workers who complement areas of weakness to create a well-rounded workforce.

Ninjja Global recommends companies investigate their potential hires thoroughly; they suggest a three-stage interviewing process.

The first comprising of a brief meet and greet, designed to establish any positive traits and gauge communication skills. The second is more in-depth and requires a full day shadowing an existing team member and a final stage where knowledge and understanding of the business model are tested. Only then is a final decision made.

Ninjja Global Inc. is an outsourced sales and marketing firm based in Miami, FI

VIOLENCE, continued from Page 1

difficult to come up with hard numbers as to exactly how large the problem is. However, the Task Force's report conducted from June 2015 to May 2016 does provide some insight.

In that time period, there were five "intimate partner homicides" in Dallas, down from 10 the year before. There were also 500 prosecutions in which strangulation was included in the offense, which saw a 198 percent increase from the prior year.

The Dallas Police Department responded to 15,124 calls related to domestic violence, also a slight increase from the prior year's numbers. There were 5,765 misdemeanor arrests (3 percent increase), 1,458 felony arrests (12 percent increase) and 178 protective orders issued (19 percent increase).

There was also a 34 percent increase in the number of men, women and children turned away from shelters for lack of room, 10,154 in total.

When looking at the total number of rooms and beds available for such services, the problem becomes clear. According to the Task Force's report (based on responses given from local agencies) there are a total of 84 rooms and 239 beds in emergency inventory, and 69 rooms, 163 beds for transitional cases. In off-site facilities there are an additional seven rooms (10 beds) for emergency cases and seven rooms (seven beds) for transitional.

"This year's shelter capacities may have varied from previous years' due to some shelters experiencing decreases in federal or state funding, which significantly impacted their ability to provide shelter services," the report noted in clarification. "Other shelters experienced an increase in capacity due to the merging of existing facilities and the opening of new facilities resulting from new or increased funding."

Further details illustrated that shelter capacity in the city never dropped below 89 percent, with most months hovering above the 95 percent mark.

"Over the past two years, 30 family violence-related murders have occurred within the City of Dallas," the Task Force reported of the most tragic cases. "Of those, 14 occurred in the 2015-2016 reporting period, down from 16 in the previous 12-month period."

"I hope people never get that call, that their son or daughter has been killed," Bowles said.

In addition to the problem of total beds available, there is also the issue of not having facilities at all in some areas which can experience the highest levels of need.

"There is not a shelter for domestic violence in the southern sector," Bowles said. "And I've been doing this 15 years. You have Family Place and Genesis which are the largest two 'motherships.' So if they're already at capacity, and most of those women for Genesis come more from the north. The ones for Family Place come more like from Garland and Mesquite. But then when you talk about the southern sector, we used to have the MLK Center, but they're no longer in there and haven't been for like two or three years."

Bowles also laments a lack of necessary public transportation down to southern areas such as Duncanville and Cedar Hill.

With the Christmas rush past, Bowles said it is time to prepare for the next "busy season" experienced in this business: Summer.

"Summertime is very difficult," Bowles said. "A lot of the children are home all day, and we have a lot of children that end up getting abused or molested because

the mother is not home. She's trying to work overtime, so a lot of our young girls come to us and tell us that, 'My momma's boyfriend is molesting me,' or 'He's beating up on us.' Or a lot of the boys go out and they sell drugs or they

become little pimps. They go out and try to survive.

"It's all about survive!"

"It's all about survival."

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PO Box 7999
Dallas, TX 75209
(214) 559-2170
Genesis Women's
Shelter & Support
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Fair lending to be CFPB's top priority in 2017

By Charlene Crowell
NNPA Newswire Columnist

As a New Year approaches, fair lending will be the priority for the nation's consumer financial cop on the beat. Mortgage and student loan servicing along with redlining and small business lending will be a triple-focus in 2017 for the Consumer Financial Protection Bureau (CFPB).

"While the Bureau has taken important strides in our efforts to protect consumers from credit discrimination and broaden access to credit, we continue to identify new and emerging fair lending risks and we will monitor institutions for compliance," said Patrice Ficklin, CFPB's associate director for fair lending.

Specifically, CFPB will evaluate whether lenders have practiced one or more of the following:

- Intentionally avoided lending in minority neighborhoods;
- Whether racial or ethnic concerns affect how loan servicers work with borrowers who are behind on either a mortgage or student loan; and
- Whether discriminatory practices affected access to credit for minority and women-owned businesses.

For all consumers, CFPB's

2017 priorities are an encouraging sign. But for Black, Latino and other consumers of color, heightened fair lending enforcement could signal less predatory and discriminatory lending that robs people of their hard-earned livings. With heightened monitoring and related enforcement actions, lenders and creditors who violate fair lending laws will pay a price, and consumers will hold on to more of their own money.

To date, CFPB has recovered more than \$11 billion for 27 million consumers who were harmed by illegal financial ploys. These enforcement actions have affected a wide range of lending areas from mortgages to student loans, auto finance and more.

The cumulative clout of CFPB enforcements has also attracted united support among national civil rights groups. On December 21, the Leadership Conference on Civil and Human Rights, NAACP, National Council of La Raza and the National Urban League released a joint statement in support of the Bureau.

"If the 2008 financial crisis showed us anything, it's that consumers need a strong and independent regulator to look after the interests of consumers. The civil rights community stands behind

Director [Richard] Cordray as he continues to lead the CFPB in the fourth year of his five-year tenure," wrote the leaders.

"Any effort to weaken the agency or undermine its leadership would risk severe impacts on our communities – including communities of color and low-income families who are most vulnerable to financial abuse," the leaders continued.

Unfortunately, many communities of color that were hardest hit financially during the Great Recession are also targeted for discriminatory and predatory lending. Racial disparities in earnings and income are worsened by business practices and decisions that deny consumers a chance to get ahead financially. Hence, no one should be surprised to learn that many consumers of color struggle to attain financial stability.

For example, on December 28, the Department of Justice announced a \$9 mil-

lion settlement to end a lawsuit alleging that Union Savings Bank and Guardian Savings Bank redlined predominantly Black neighborhoods in Indianapolis and three Ohio cities — Cincinnati, Columbus and Dayton. The two banks share ownership and management from their joint base in Cincinnati.

An opposite outcome occurred in early December when 10 lawsuits filed by a group of Black businesses in Michigan were dismissed. As reported, the plaintiffs alleged that Mercantile Bank violated the Equal Credit Opportunity Act with practices and loan terms that resulted in diminished commercial lending. According to U.S. Judge Robert Homes Bell, the charges that alleged violations occurred from 2007 to 2009 were beyond the statutory limitation. The lawsuits were filed in 2013.

"Three demographic factors affect your wealth: your

See CFPB, Page 16

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A local community newspaper has an internship position available. The goal is to provide students and aspiring writers an opportunity to gain published clips, experience and professional feedback. The position is for 20 hours a week at



\$8.50 per hour. Assignments will include covering local events, phone interviews, and rewriting press releases.

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NOTICE: Pastor Woodson serves the community by providing "Professional Therapy and Counseling Services" on a "Sliding Fee" scale. To schedule an appointment call the Pastoral Counseling Center at 972-526-4525 or email the church.

January 8, 9:45 a.m.

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

January 11, 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 5, Chapter Spiritual maturity is God's desire for you. It's Time to Grow; Ephesians 4:12 & 13.

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

CHRIST COMMUNITY CHURCH IN RICHARDSON

January 2017, (Entire Month)

Join us for a time of churchwide Fasting & Praying in January only; each Wednesday in January, fast from 6 a.m. until 6 p.m. then in lieu of Bible Study on Wednesday, come in for prayer from 7:30 p.m. until 8:30 p.m. you will be blessed.

January 8, 8:45 a.m. **One Service Only**

You're invited to our Morning Services as we worship, honor and praise God this New Year for His blessings.

January 11, 7 p.m.

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.

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

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Follow us on Social Media Twitter, (Facebook. YouTube and Vimeo).

January 8, 8 a.m.

Join us on our main campus at 200 West Belmont Drive for Early Morning Worship and be blessed; followed by our Sunday Worship Services at Bolin Elementary School in Allen, Texas 75002 and bring someone with you, you will be blessed.

January 11, 7 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 Chevenne 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**

January 8, 10 a.m. (Only One Service)

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

January 9, 7 p.m.

Join us in Monday School as we grow in God's Word and learn what God has to say to us in 2017.

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

OF PLANO (MOCOP)

glory.

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

SHILOH MBC IN PLANO (WHERE COMMUNITY **BECOMES FAMILY)**

January 8, 8 a.m. and 11 a.m.

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

January 11, 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. We are, "Growing in Christ through the study of His Word" in 2017.

Our AWANA (Approved Workman Are Not Ashamed from 2 Timothy 2:15) is held from 6:30 -8:15 pm, now through May

Men In Pews: Fixing the gender gap with church volunteering

Maybe it's that men prefer to keep their space and don't like all the hand holding and hugging that goes on in a church.

Maybe it's that the male brain thrives on competition and rough and tumble play, and church just seems boring. Maybe it's simply lack of commitment and devotion.

Regardless, church leaders

recognized long ago that the average congregation volunteers are decidedly female.

"It's been a problem for a while," says Diane M. Hoffmann, author of 24 Hot Potatoes in the Church Today (www.24hotpotatoes.blogspo t.ca). "And it's past time that churches got around to solv-

In some respects, the gen-

der disparity might not be that surprising. Although the ordained clergy is overwhelmingly male, it's women who are more likely to hold strong religious beliefs and teach Sunday school, chair a committee or sing in the choir.

For example, in the United States 60 percent of women say religion is "very important" in their lives, but just 47 percent of men make that claim, according to a Pew Research Center survey. Also, 64 percent of women say they pray daily, compared to 47 percent of men.

This is more than just an interesting cultural glitch, Hoffmann says. A Hartford

See PEWS, Page 16

MT. OLIVE CHURCH January 8, 10 a.m.

Join us for Worship Service as we praise and worship God in 2017 for His Honor and His glory; and don't forget to comeback at 7 p.m. for our Brazilian Church.

January 11, 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 in 2017 and His

Pastor Gloria Fencerov

2017. Kick-off was September 7th. There is no charge for registration for new participants! This is a Bible-based program for children and youth, ages three years old through the 12th grade. The emphasis is on memorizing the Word of God and developing a personal relationship with our Lord Jesus Christ in a structured, safe and fun environment.

Our church ministries offer opportunities for motivation and growth; join us and see. Be blessed of the Lord.

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

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Start a new year with a new attitude



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

2016 is behind us forever! Some things God gives often, but He only gives "time" once.

The flowers of spring return new again and again. The grass turn green, and trees burst into new foliage year after year. But "time" does not come twice to any-

This is the start of a "New Year" you can learn from mistakes that were made last year to make positive changes in your life from this day forward. You will be happier and so will those around you, because---

Life is short no matter how long we live, so use it wisely. Life never seems to be enough no matter how long one gets to live.

I have never heard anyone (in the right frame of mind) say, "Ninety years is enough living for me, so I

will just die now!"

Usually, people just don't speak like that when it comes to their life. Generally, everybody wants to live to that ripe old age, and if we (only) had a say in how long we should stay, we would all shout, "Forever!"

It is true most of us love life! What do we know about this thing we hold so

1) It is a gift from God. 2) It is not ours to keep; it can be taken away at any time. 3) It can be worthwhile or worthless (it depends on the individual.)

Here are some things to keep in mind and put an effort in doing in 2017.

First, we should keep Christ as our center. Second, we should be grateful for the many blessings of the previous year.

We are not worthy of more from God if we are ungrateful for what He has given us.

Third, may we determine to be sympathetic toward all less fortunate than we are. Having a soft heart is a big accomplishment.

Fourth, let us resolve to place the best reasonable construction on the words and deeds of others.

Fifth, let us build our life on the good foundation of loving God and our fellow-

Those of us who are alive need to know that we are at the mercy of the

"Life-giver," He is God. The time that we have

been given should not be spent on trying to preserve this life, but fulfilling the purpose for which we were created.

Knowing that we all must go the way of the flesh, should hasten our resolve (especially now, a New

Year) to put things in perspective.

Some of the questions you should be asking are, "What have I done with my life? What do I want to do with the rest of my life?"

If this was your time to die, would your life be celebrated or mourned? You are the one who will sav how the rest of your life story plays out.

Will it be worthwhile or worthless, the choice is certainly yours to make.

We may not always realize that everything we do, affects not only our lives, but also others, too!

For a little bit of thought-

fulness that shows someone you care creates a ray of sunshine for both of you to share.

Yes, every time you offer someone a helping hand every time you show a friend you care and understand.

Every time you have a kind and gentle word to give, you help someone find beauty in this precious life we live.

For happiness bring happiness and love ways bring love; and giving is the treasure that contentment is made of. A HAPPY AND BLESSED NEW YEAR TO ALL!



Jessica completing some shopping





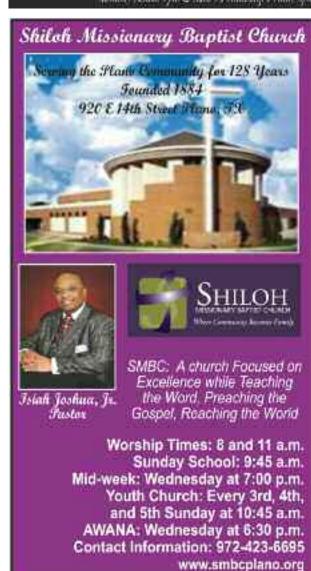


from Sister Tarpley Hear what it was like growing up in a very different Dallas when Booker T. Washington was a black school. Sister Tarpley graduated frm there and went on to college and later became

Look for NDGTV at NorthDallasGazette.com







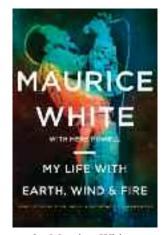
NDG Book Review: My Life with Earth, Wind & Fire

By Terri Schlichenmeyer

Your needs are very simple.

Food, shelter, water. Those are the essentials, but then there are the things you need for yourself: family, good friends, a warm bed, a good book, and a place of welcome. You wouldn't die without them, but those things spice your life. And if you were Maurice White, author of "My Life with Earth, Wind & Fire" (with Herb Powell), you'd add one more: music.

Born in Memphis at a time when Jim Crow ruled the



south, Maurice White was four years old when his mother told him that she needed to go to Chicago to find a job. She left him with a friend who became White's "Mama," and who raised him with strength and wisdom. children. She offered him a place to stay, but he wanted

He was a quiet boy, a born introvert, but Mama taught him by example to love God, Mahalia, and Ray Charles, though he was in junior high when he fell "deep under the spell of music." White and his best friend pulled together a band then, and one of the members encouraged White to find his spiritual core and think in different ways.

At eighteen, not long before his Mama died of cancer, White headed for Chicago to live with his "Mother Dear," his birth mother, who'd remarried and was raising six place to stay, but he wanted to be his own man; he also wanted to emulate his stepfather and attend medical school, but music had such an allure that he told "Dad" that he'd been called to a different vocation. White became "a sponge" to soak up all he could learn about the music business.

By early 1970, he knew what kind of music he wanted to play. He'd been a bandleader before, and he was eager to do it again. An astrologer had even handed him a "piece to my puzzle," an astrological chart was

filled with "only fire, air, and earth signs'."

Which brings us to page 77, almost the quarter-point of this memoir. That means "My Life with Earth, Wind & Fire" is one very wordy book.

That's not to say it's bad—at least not the first half of it, anyhow. The late author Maurice White (with Herb Powell) tells of Jim Crow from the point of view of a child, of the Civil Rights movement, and what it was like in the early days of Motown, Chess Records, and a new kind of rock & roll. Because White and Powell are

so casual in their storytelling, those memories feel like a conversation with readers.

At roughly the part where White switches gears musically, so does the book. There's where we get a lot of detail about the band, players, gigs, and such – valuable info if you can follow along. Musical mud, if you

Therefore, the audience for this book, I think, is with a professional musician or a die-hard EW&F fan. Pass on it, if you're not – but if you are, "My Life with Earth, Wind & Fire" could be elemental

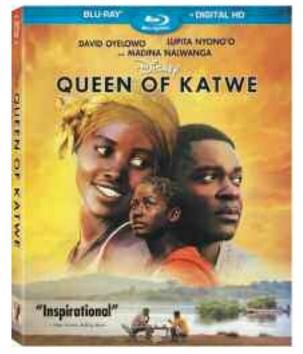
QUEEN, continued from Page 9

nominated for his portrayal of Martin Luther King Jr. in "Selma," as dedicated chess mentor Robert Katende; Lupita Nyong'o, who earned worldwide acclaim with her Oscar®-winning performance in "12 Years a Slave," as fiercely determined mother Harriet; and luminous newcomer Madina Nalwanga as chess champion Phiona Mutesi.

Directed by Mira Nair from a screenplay by William Wheeler, "Queen of Katwe" is produced by Lydia Dean Pilcher, p.g.a., and John Carls, p.g.a., with Will Weiske and Troy Buder serving as executive producers. The film features a cutting-edge Afrobeat soundtrack curated by the Ugandan rapper Young Cardamom (aka Zohran Kwame Mamdani); Alex Heffes' buoyant orchestral score highlighting traditional Ugandan instruments; and "Back to Life," performed by Alicia Keys, written by Keys, Carlo Montagnese and Billy Walsh, and produced by Illangelo and Keys.

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CFPB, continued from Page 13

race or ethnicity, how much education you have, and when you were born," noted Lowell Ricketts, a senior analyst with the Center for Household Financial Stability, a program of the Federal Reserve Bank of St. Louis. "Wealth is distributed unequally across all three demographic categories."

Ricketts found that between 2004 and 2013, the median wealth of Black families fell by 55 percent. In 2013, the median Black family owned 8 cents for every dollar that the median white family owned.

Another analysis, this one by the Economic Policy Institute, found that in 2015, Black workers were paid 26.2 percent less than their White peers.

This column has and will continue to share consumer victories that diminish these and other disparities that consumers of color continue to face. But as Vanita Gupta, the head of the U.S. Justice Department recently noted, "success stories alone cannot erase systemic injustices. They cannot eradicate profound inequities."

"But they do give me faith in America's capacity for progress," she continued, " the notion that we can march forward, imperfectly but unyieldingly, to build a more inclusive, more just and more free union. And they give me hope that together we can advance the cause of justice."

Here's hoping that in 2017 our nation's public policies will continue the journey towards financial justice.

Charlene Crowell is the deputy communications director with the Center for Responsible Lending. She can be reached at Charlene.crowell@responsible-lending.org.

PEWS, continued from Page 14

Seminary study found that the presence of involved men is statistically correlated with church growth, health and harmony.

"When men weren't participating," Hoffmann says, "the congregation was more likely to be in decline."

So why aren't men more involved? In some cases, it could be their approach to life doesn't mesh with a church's approach to worship.

"Men appreciate logic, a no-nonsense approach to leadership and efficient and effective use of time," Hoffmann says. "They don't like services that are not organized."

She has a few suggestions for churches that want to address the problem:

• Watch out for subtle discrepancies in how men and women are treated in church. Sometimes churches can, even if unintentionally, send out signals that certain things are expected of women but not men, and vice versa. For example, Hoffmann says, sometimes pastors announce an upcoming event and ask the women to bring food and to help. "Why not include men? Many men certainly

could and would be willing, but since women were specified, they don't think about doing it."

• Understand that the presence of men as church volunteers itself can lead to more men taking on volunteer duties. They become role models for other men and, especially, for the boys and teenagers who will be the next generation of active church members. "This is

why it's critical to get men involved," Hoffmann says. "I've heard many men say that it was a male teacher at church or school who influenced their faith the most."

• Issue quarterly survey questionnaires so church members can express their thoughts about the church and make suggestions to improve. That could help the church discover opportunities it might be missing for drawing more men into active volunteer roles.

"It's just like in a business," Hoffmann says. "Most customers won't tell you when the service is bad. They just don't come back."

Diane M. Hoffmann, author of 24 Hot Potatoes in the Church Today (www.24hotpotatoes.blogspot.ca), has been in the Christian ministry since 1981.