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The Black press of America is facing another deadly assault from Trump's tariffs on Canadian newsprint

By Dr. Benjamin F. Chavis, Jr. President and CEO, NNPA

Amid the rush to comprehend the ramifications of a full-scale international trade war initiated by the errant and backward tariff policies of the Trump Administration, there are results of the tariffs that need to be challenged by Black America. The financial sustainability of the Black Press of America is now facing a catastrophic and a possible deadly impact, because of these new tariffs.

The current dispute over the rising costs of the paper product termed "newsprint," because of tariffs on Canadian newsprint threatens the future of member publishers of the National Newspaper Publishers Association (NNPA) and could further isolate and disenfranchise African American businesses and communities in cities and towns across the United States.

Import duties the U.S. Commerce Department is now applying to Canadian-made newsprint is already increasing costs enough to prompt layoffs and scaled-back news coverage by some of the nation's major dailies and weekly publications. If these tariffs remain in place, scores of newspapers with smaller circulations, notably those that serve



Dr. Benjamin F. Chavis, Jr., the president and CEO of the NNPA, says that the NNPA opposes the Trump tariffs on newsprint and demands an end to the disastrous trade policies that are hurting our businesses and communities. (NNPA)

African American communities, could be forced to cease publishing a print edition or close altogether.

During the past 191 years, the Black Press has survived, endured and overcome past firebombing and improvised explosive attacks, as well as other deadly manifestations of racial violence. The newsprint tariffs appear to have been put in place by the Trump Administration after being encouraged by the interests of a single paper mill in Washington State called NORPAC.

NORPAC argues that Canadian government policies give Canadian

paper producers an unfair advantage in the U.S. market. NORPAC says the added duties, or tariffs, at the border are protecting it. NORPAC can fight for its self-interest but the U.S. government has an obligation to consider the impact the tariffs are having on the nation as a whole, and in particular the impact on African American owned newspapers and businesses.

We forthrightly oppose the Trump tariffs on newsprint and demand an end to the disastrous trade policies

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A month to think of mental health

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Richardson playground featured on TV

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A half million people attend ESSENCE fest

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READERS SOUND OFF!!!

See Page 2 to see what NDG readers are saying about the latest news!

On the GO??? But still need to be in the KNOW!!! Bookmark NorthDallasGazette.com on your phone or mobile device!!!



Zandra Cunningham

(BlackNews.com) -- Zandra Cunningham, the 18year old founder of Zandra, an award-winning plantbased artisan skincare product range for teenage skin, has started a nationwide launch of her new brand of women's face care products called 'Zandra 18'. The launch event will take place at the teen CEO's official graduation and community award's night on Saturday, July 7 in Buffalo, New York.

The launch into women's face care marks an important step for the once all teen brand. Zandra 18 represents a fresh take on the brand's 'No icky stuff!' natural plant-



based philosophy by starting with a Make-up Remover complete with her signature fresh scent and quality blends. Perfect for all skintypes, the make-up remover will introduce new customers to an effective cosmetic staple that delivers deeply cleansed skin and natural nourishment.

The full range, which will be made available in stores across the USA by Fall 2018, will include a Herbal Clay Clarifying Bar, Toner for skin repair and normalizing the skin after cleansing, a Scrub Mask for an exfoliating and smoothing facial detox, and a light moisturizing Finishing Oil that works perfectly under make-up. All products are made from organic and natural ingredients and never tested on animals.

Combining her own 18th birthday celebration with the product launch, teen CEO Zandra Cunningham said, "I am so happy to launch our

new face care line! we have created fantastic products for all young women who are challenged by new skincare demands as they also shift from teen to adulthood. Face care is so important and what makes Zandra so unique is our clean and effective formulas, amazing scents, and great quality. The new line marks the start of a brand review and partnership with the Sephora mentorship team so I'm really excited about this nationwide launch!"

CEO and Founder, Zandra Cunningham is also an accomplished girl's rights advocate, inspirational speaker, and philanthropist. She leads a number of initiatives that support the Zandra philosophy to educate and empower girls on the move through advocacy, community-building, and inspired leadership.

Started when she was just 9-years old, Zandra Cunningham handcrafted her own skincare as a result of her dad's refusal to buy her beloved lip balm. With the assistance of her family, she started her business a few days shy of her 10th birthday. Today at 18 years of age, Cunningham operates her skincare and beauty line from Buffalo, NY where she manufactures 40 natural skincare products as an alternative to commercial products with icky unhealthy ingredients.

popular teen skincare range will still be available at Walmart, Paper Mart and other retailers in 200 stores across the nation.

As CEO, Zandra has built the award-winning Zandra company into a national beauty brand earning recognition as the Etsy Open Call Golden PO Winner, BE Teenpreneur of the year nominee (2016), Small **Business Administration** Youth Entrepreneur of the year (2017). Zandra has been featured in Inc., Black Enterprise, USA Today, Seventeen Magazine, and Girls Life Magazine.

Read more about the Zandra story at www.ZandraBeauty.com

Patrice A. Harris M.D.

CHICAGO - Patrice A. Harris, M.D., a psychiatrist from Atlanta, Ga., was elected as the new presidentelect of the American Medical Association (AMA) today by physicians gathered at the Annual Meeting of the AMA House of Delegates in Chicago.

Dr. Harris has diverse experience as a private practicing physician, public health administrator, patient advocate and physician spokesperson. During her entire career, Dr. Harris has been a leader in organized medicine to ensure the voice of physicians and patients is



represented in health care transformation.

"It will be my honor to represent the nation's physicians at the forefront of discussions when policymaker and lawmakers search for practical solutions to the challenges in our nation's health system. I am committed to preserving the central role of the physician-patient relationship in our healing art," said Dr. Harris. "The American Medical Association has well-crafted policy concerning the changing health care environment in this country and I look forward to using my voice to help improve health care for patients and their physicians."

Dr. Harris is the first African-American woman to hold the office.

First elected to the AMA Board of Trustees in 2011, Dr. Harris has held the executive offices of AMA board secretary and AMA board chair. Dr. Harris will continue to serve as chair of the AMA Opioid Task Force, and has been active on several other AMA taskforces and committees on health information technology, payment and delivery reform, and private contracting. She has also chaired the influential AMA Council on Legislation and co-chaired the Women Physicians Congress.

Prior to her AMA service, she was elected to the American Psychiatric Association Board of Trustees and president of the Georgia Psychiatric Physicians Association. She was also the founding president of the Georgia Psychiatry Political Action Committee. In 2007, Dr. Harris was selected Psychiatrist of the Year by the Georgia Psychiatric Physicians Associa-

As former chief health officer for Fulton County, Ga., Dr. Harris spearheaded efforts to integrate public health, behavioral health and primary care services. Dr. Harris has also served as medical director for the Fulton County Department of Behavioral Health and Developmental Disabilities.

Currently, Dr. Harris continues in private practice and consults with both public and private organizations on health service delivery and

emerging trends in practice and health policy. She is an adjunct assistant professor in the Emory Department of Psychiatry and Behavioral Sciences.

Dr. Harris received her medical degree from the West Virginia University School of Medicine and completed a psychiatry residency and child psychiatry fellowship at Emory University School of Medicine. She was inducted in 2007 to the West Virginia University Academy of Distinguished Alumni.

Following a year-long term as AMA presidentelect, Dr. Harris will be installed as the AMA president in June 2019.

NDG Readers Sound Off...

North Dallas Gazette wins national editorial award

Ruth,

Hi! I wanted to congratulate you and the North Dallas Gazette for winning the National Newspaper Publishers Association's top prize in editorial writing. You continue to serve the community and your readers well with thought-provoking editorials as well as stories that are consumeroriented. It's always a pleasure working with you to share news that benefits the community.

Best wishes for growth and success!...Ann

> - Ann Hatch District Director of Media Relations **DCCCD**

Congrats Ruth, Thurman and Ed. You all deserve to take a bow. This makes me feel good to know. God bless you all!

- Anthony Emanuel Bond via Facebook

Congratulation Ruth.

- Linda Griffin via Facebook

So happy for you!

- Carla Ivory via Facebook

wow major congrats! i'm so happy and proud!!!!

> - Scott Nicole via Facebook

That's awesome!!! Congratulations, Ruth!!!

> - Kayla Tucker Adams via Facebook

Alright, Ruth Ferguson!!!! This is great news! Congrats to you, my former editor!!!

> - Jacquinette Murphy via Facebook

That's so awesome! Way to go Ruth Ferguson and NDG!!!

> - Jackie Hardy via Facebook

Congratulations Mr. Ed Grav!

- Audra Williams-Chambliss via Facebook

Excellent. Congratulations Ed for a well deserved award.

> - Michael Phillips via Facebook

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marketing@northdallasgazette.com 972-509-9049

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www.NorthDallasGazette.com www.twitter.com/NDGEditor www.facebook.com/NorthDallasGazette www.pinterest.com/NDallasGazette www.instagram.com/NorthDallasGazette

Chairman Emeritus

1933 - 2009

Published By

Minority Opportunity News, Inc.

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North Dallas Gazette assumes no responsibility for unsolicited material and reserves the right to edit and make appropriate revisions

The North Dallas Gazette, formerly Minority Opportunity News, was founded in July 1991, by Mr.Jim Bochum and Mr.Thurman R. Jones. North Dallas Gazette is a wholly owned subsidairy of Minority Opportunity News, Inc.

OP-ED: A Letter from America's Children

By Ron Harris NNPA Guest Columnist

Dear U.S. Media, Democrats, Republicans, Independents and to the concerned Americans who poured out into the streets to protest Donald Trump's cruel and faulty immigration policies,

What about us?

We understand and applaud your response to this administration's malevolent separation of immigrant families from their children-policies and practices so un-American and shocking that they have come to dominate the national conversation. Your immediate, visceral response to evil spurred you into action.

But there is another evil, a pervasive, chronic and unrelenting wickedness that we, your children, live with every day. We are being shot down on the nation's streets, locked away in juvenile facilities, poisoned dangerous drinking water, threatened and harassed by neighborhood gangs, left homeless, either alone from abuse or with parents that cannot afford to put a roof over our heads. We live in neighborhoods bereft of adequate food sources and with fathers and mothers so wrought with financial and psychological instability they can't provide our needs.

And because our nation has lived with this reality so long, it has become almost accepted. It has become quietly and unconsciously perceived as part of the norm, part of the landscape, like the air we breathe, until little by little it becomes so caustic that it kills us or chokes us into action. Unfortunately for us, your children, you haven't reached that point.

There are 408,000 of us, American children, who also have been separated from our families and placed in the care of others, like the 2,000 immigrant children who you took to the streets to protect. Many

of us languish in foster care with little hope of ever being united with our parents or extended families. As we watched the huge crowds that stretched across 700 U.S. cities Saturday. We saw the signs proudly held high that read, "Family Separations Are Cruel." And we thought, "Yes, they are." What about us? Where is our march? Where is our media coverage?

Half of us currently in

suitable home to go to. Her parents are homeless, and authorities can't release her to an unstable home. Other parents are dysfunctional or can't provide the guidance we need. So, we go behind bars because there are not enough treatment facilities for us.

one for better schools for all, because you recognize how the hopelessness created by faulty education diminishes lives and leads to

with street gangs and where at least 16 children have been murdered in the first six months of this year, more than 50,000 people demonstrated for the rights of immigrants fleeing gangs in countries few of them have ever visited. We want a march, too,

> marched for the children slain this year in a city they traverse every day: Maysia Woodard, 12 mos.; Damarcus Wilson, 16; Deshawn James, 17; Rhomel Wellington, 17; Mateo Nathan Aguayo, 2; Joseph Smith, 16; Jose Agular, 14; Jayton Jones, 17; Erin Carey, 17; She'Vaughn O'Flynn, 12; Jechon Anderson, 11; China Lyons-Upshaw, 17; David Thomas 16; Parris Purdis, 17; Kyle McGowan, 17, and Jazmyn Jester, 15, who was among four people murdered and 13 others shot over 17 hours on a Tuesday and a Wednes-

In Chicago, a city rife

Ironically, they never

Where do families like theirs emigrate to escape the violence?

day in May.

Many of us live in poverty, one of every four children in Arizona, Georgia, California, Kentucky, Texas, Nevada, New Mexico and New York, one in three in the nation's capital. At least 2.5 million of us will spend some period of life this year homeless; maybe a month, maybe six months or maybe the whole year. Most of us will spend at least one day every month without food.

Look at us. Pivot your cameras and microphones to us, as well. We are your children, and there is real evil that plagues us too.

What about us?

Ron Harris is a journalist, adjunct professor Howard University and coauthor with Matthew Horace of the new book "The Black and The Blue, A Cop Reveals Crimes, Racism and Injustice in America's Law Enforcement."

This article was originally published at Black-PressUSA.com.



"Media reported how families from El Salvador, Guatemala, Honduras and Mexico are fleeing to the U.S. to escape gangs in their countries. Many of us live in gang-infested neighborhoods, too."

foster will be homeless within six months after growing too old for the system. We are unprepared to live on our own. We have limited education and no social support. About a quarter of the rest will be homeless within two to four years of leaving the system. Some of us will become part of the 20,000 U.S. children annually forced into prostitution.

Another two million of us this year will separated from our families and placed behind bars and in juvenile custody. Many of us, like Clarice, one of twin 14-year-old sisters in Montgomery County, Md., can't go home because there is no

ilies from El Salvador. Guatemala, Honduras and Mexico are fleeing to the U.S. to escape gangs in their countries. Many of us live in gang-infested neighborhoods, too. In cities like St. Louis, Baltimore, New Orleans, Detroit, Cleveland, Las Vegas, Kansas City, Mo., Memphis, Newark and

Chicago, the 10 U.S. cities

with the highest murder

rate, we have long under-

stood their terror. We un-

incarceration - that 32 per-

cent of white males in juve-

nile custody dropped out of

school, and that nearly half

of African-American and

Hispanic male youth behind

Media reported how fam-

bars also quit.

Celebrating National Minority Mental Health Awareness Month

July is National Minority Mental Health Awareness Month. This important awareness month was first official recognized as Bebe Moore Campbell National Minority Mental Health Awareness Month in 2008 after the US House of Representatives passed a bipartisan resolution.

The goal of National Minority Health Awareness Month is to improve access to mental health treatment and services with a particular focus on increasing support provided to racial and ethnic minority communi-

Despite continued advancements in healthcare



and health equity in our nation, disparities in mental healthcare persist, especially among Black Americans. The Agency for Healthcare Research and Quality (AHRQ) reports that racial and ethnic minority communities in the U.S. are less likely to have ac-

cess to mental health services, less likely to use community mental health services, more likely to use emergency departments, and more likely to receive lower quality care. These persistent challenges to mental healthcare access and quality contribute to

poor mental health outcomes, including suicide, among racial and ethnic minority communities.

For Black Americans, the constant trauma that we have endured as the result of transatlantic enslavement, white supremacy and anti-Blackness have a direct connection to the mental health challenges that exist in our community including increased rates of depression, anxiety and suicide.

Beyond the private struggles that we all endure attempting to survive being Black in America, incessant reminders of the disregard for Black life takes a toll on our mental health. This is confirmed by the recent Lancet report describing how police killings of unarmed Black Americans contribute to poorer mental health among Black Ameri-

If we are truly the keepers of our communities, than we must prioritize mental health in movement and advocacy efforts as well. The stability and future of our families depends on it. If you do not have a therapist, a trained professional to support YOU in doing the work of fighting

for social justice I encourage you to enroll someone you trust to serve in this important role.

Consider using this therapist resource directory developed by the Association of Black Psychologists. Also consider scheduling time for you--dates with yourself, play time with friends, quality time with family biological and cho-

Be selfish, remembering that if you do not do the work required to preserve you, you cannot show up for anyone else.

Long-term survival worse for Black survivors of in-hospital cardiac arrest

Blacks who survive cardiac arrest during hospitalization have lower odds of long-term survival compared with similar white survivors, according to new research in the American Heart Association's journal Circulation.

Half the difference in 1year survival rates, however, remained unexplained. Nearly one-third of the racial difference in one-year survival was dependent on measured patient factors. Only a small proportion was explained by racial differences in hospital care and approximately one-half was due to differences in care after discharge.

Researchers studied patients 65 and older who suffered in-hospital cardiac arrest and survived until discharge between 2000-2011. Survivors from the Get With The Guidelines - Resuscitation registry whose data could be linked to Medicare claims were either black or white. Their survival was studied at 1year, 3-year and 5-year intervals.

"Compared with white patients, blacks had substantially lower 1-year, 3year and 5-year survival

rates with 28 percent lower relative likelihood of surviving one year and a 33 percent lower relative likelihood of surviving to five years," said the study's lead author Lena Chen, M.D., M.S., assistant professor of internal medicine at the University of Michigan in Ann Arbor.

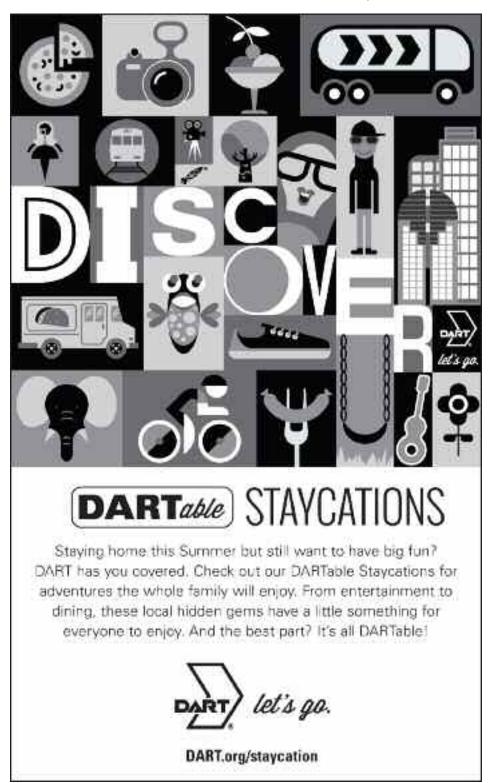
The black patients in this study were younger, more often female, and were sicker, with higher rates of kidney and respiratory in-

sufficiency, pneumonia, and more often required dialysis prior to cardiac arrest, compared to white patients stud-

"Notably, black patients were less likely to have had a heart attack during hospital admission or a prior history of heart attack. As a result, they were more likely to have a non-shockable initial heart rhythm of pulseless electrical activity and to have experienced their heart

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Inclusive playground featured on WFAA-TV

The City's inclusive playground project was featured in a news segment on WFAA-TV Channel 8 Thursday, including interviews with Parks and Recreation staff as well as children and adults who have raised funds for the project. The interviews were filmed at Cottonwood Park, the site

of the future playground.

The Richardson East Rotary Club is leading the fundraising effort to add inclusive amenities to the Cottonwood Park playground, currently planned for replacement in 2019 through the 2015 Bond program. It will be the first City of Richardson playground that

is accessible for people with a variety of abilities, and will include ramps, full solid surfacing and specially designed play equipment.

The playground got a boost last month when the Rotary Club presented the City with a symbolic \$95,000 check, bringing the amount of funds raised to

\$228,000. The fundraising goal for the inclusive playground is \$250,000, with opportunities existing for grants, corporate and philanthropic contributions and community support. For more information on the project, or to make a donation, visit www.cor.net/inclusiveplayground.



City Council selects name, timeline for new recreation center

The Lewisville City Council unanimously voted to name the city's new multi-generational recreation center "Thrive" at Monday night's council meeting.

The 87,000-square-foot facility will be built on the property where the Senior Activity Center and Memorial Park Recreation Center currently sit, 1950 S. Valley Parkway, replacing both buildings. A groundbreaking ceremony will be held on Friday, July 20. Con-

struction is expected to begin in August and the facility is expected to open in

Due to the nature of the construction schedule, the Senior Activity Center and Memorial Park Recreation Centers will cease operations this Saturday, July 7. Originally, both facilities were going to remain open during construction, but a change in plans and site needs made it necessary to close them down.

"The team at the Parks &

Recreation Department is excited about the dynamic and inclusive programs we will be able to offer at Thrive once it's open," Parks and Recreation Director Stacie Anaya said. "During construction of the facility, our team will work to make the transition to interim locations for service as easy for participants and partners."

Memorial Park Recreation Center activities will transfer to the Frederick P. Herring Recreation Center,

191 Civic Circle. The City is in the process of setting up a site in Music City Mall to house the Senior Center activities. The eight thousand-square-foot site is located on the second floor of the mall, right outside Macy's. Entrance 4 will be used as the main entrance to the new site, and the City has worked with the mall to add 10 more handicap parking spaces to the lot right outside that entrance. Anyone coming to the site by DCTA shuttle will be dropped off and picked up outside Entrance 6. This new site at the mall is scheduled to open on Monday, July 23. All senior activities scheduled between July 9-20 will be held in the Glenmore Savage Community Room at the Municipal Annex, 1197 W. Main

The \$46 million Thrive was one of the main components of the largest municipal bond package ever passed by Lewisville voters in November 2015.

It will feature an indoor natatorium, a gymnasium, an indoor walking track, an expanded fitness area, community rooms, and an indoor playground for children. The facility will also feature a public art component being created by Andrew Dufford.

HEART, continued from Page 4

stoppage in an unmonitored hospital unit," Chen said.

The study did not look into how caregivers may have been different for black patients versus white ones, nor did it look at socioeconomic factors like household income or social support.

"Our study's findings suggest a need to examine to what degree differences in post-discharge care explain racial differences in long-term survival after heart stoppages," Chen

Co-authors are Brahmajee K. Nallamothu, M.D., M.P.H.; John A. Spertus, M.D., M.P.H.; Yuanyuan Tang, Ph.D.; Paul S. Chan, M.D., M.Sc.; and the GWTG-R investigators.

Author disclosures are on the manuscript.

The American Heart Association Investigator Research Seed Grant; the Agency for Healthcare Research and Quality; the National Institute on Aging; the VA Health Services Research and Development Study; and the National Heart, Lung, and Blood Institute funded the study.

In another study published in this issue of Circulation, researchers from the University of Michigan Medical School and Veterans Affairs in Ann Arbor, interviewed teams responding to in-hospital cardiac arrests in hospitals participating in the Get With The Guidelines - Resuscitation initiative. They wanted to determine if there were commonalities among hospitals with the highest inhospital cardiac arrest survival rates that could serve as best practices for other hospitals. Researchers found the best performing hospitals were more likely

Have team members of diverse disciplines responding to in-hospital cardiac ar-

- Establish clear roles and responsibilities of team members;
- Exhibit better communication and leadership during in-hospital cardiac arrests; and
- Hold in-depth mock

"These two studies are excellent examples of the valuable findings we garner from our Get With the Guidelines databases, that now have nearly 7 million patient records," said Eric E. Smith, M.D., national chairman of the American Heart Association's Get With The Guidelines steering committee and an associate professor of neurology at the University of Calgary in Alberta, Canada, who was not a part of this study. "Using these data, we can learn so much about the care of heart and stroke patients and work with healthcare providers to improve treatment processes, ultimately improving patient outcomes and saving lives."



What to do when your child HATES math

Kids hate math for many different reasons. Some find it too hard, others find it overwhelming, and still others are so bored by it that they can hardly bring themselves to complete their assignments.

But whatever the reason, nothing ruins a day (and mom's nerves) like fighting about math. The constant arguing, whining, and crying spill over beyond math time and make the whole day miserable.

Quick fixes like rewards and sticker charts sometimes make math tolerable for a few days. But, before long, the math battles begin all over again. No wonder some families end up doing less and less math at home in an effort to keep the peace—but with the constant worry that they're not preparing their child adequately for the future.

Not all kids are going to adore math, but if math is a never-ending struggle at your house, these strategies will help stop the math fights and make math time more tolerable—for both you and your child.

Find the Goldilocks challenge level

Think about a time when you were deeply engaged in your learning: it may have been discussing a great book with a friend, learning how to crochet from your grandmother, or mastering a piece on the piano. But whatever it was, one of the reasons you likely found it so satisfying was that you were working at your Goldilocks challenge level: not too easy, not too hard, but just right.

Finding the right level of challenge is key to helping kids enjoy math, too. There's no satisfaction in whizzing through easy busywork problems, but it's very frustrating to plug away at problems that are too hard.

When kids are frustrated with math, many parents immediately think about closing the textbook. That may indeed be a good decision—but there are other ways to adjust the difficulty level, too.

Here are some ways to



find the Goldilocks difficulty level for your child:

Do fewer problems

If your child is exhausted or overwhelmed by the length of their assignments, shorten them. Your child doesn't have to do every problem if it's going to make him or her miserable. Skip problems that are too easy, work on just the odds or evens, or simply pick out the problems that your child most needs to work on.

Do more practice and review

While some kids need to do fewer problems in order to not hate math, other children may actually need to do more. If your child is having trouble retaining what he's already learned, go back and make sure those skills are sharp before moving on.

Every step in math builds on each other, and it's very frustrating to kids to keep moving forward when they're missing some of the building blocks. Make sure your child has the math facts mastered and basic skills solid before you move onto more complex work.

Set a timer

If your child has a short attention span, but needs a lot of practice in math, you can make math less difficult for her by breaking assignments into smaller chunks. Set a timer and ask your child to do quality work for a very short time. Kids are often amazed at how much they can get done when they just put their head down and get to work for 15 minutes. And, make sure to keep your expectations realistic, especially for little ones: kindergartners and first-graders often can only focus on for five to ten minutes at a time.

Require less writing

Actual physical pain makes anything a lot less enjoyable. Younger children who have already done writing, spelling, and copywork may not have the stamina left for copying problems from a textbook or writing out many answers. If your child has trouble with this, don't require them to copy from a textbook. Or, allow your child to answer as many problems orally as possible. If you are working out of a textbook you own, allow your child to (gasp!) write directly in the textbook. It costs a little extra, but eliminating math battles is well worth it.

Another way to make writing in math less arduous is to solve problems together on a mini whiteboard first. It's much easier for kids to write on a whiteboard than with a pencil on paper, since they don't have to concentrate so much on keeping their numbers neat and properly-sized. Plus. working problems together on a whiteboard is also a great solution for kids whose attention tends to wander if you stick them in a room by themselves with a math assignment.

Support and mentor your math learner

When I was in college, I was struggling in one of my math classes. After years of feeling capable and confident in math, I was shaken and doubting myself when I went to my professor's office hours for help. Instead of helping me understand what I was doing wrong or explaining the material in a new way, he gave me some of the most unhelpful advice I've ever received: stare at the problems longer.

Needless to say, that class was not a satisfying learning experience. (I ended up struggling along by myself and barely passing—and resolving that when I was a math teacher, I would be more helpful!) If you're not a fan of math yourself, you probably have a similar story. But if we want our kids not to hate math, it's essential that we support and mentor them in their learning.

Model a positive attitude toward math yourself

If you don't like math yourself, I know it can be hard to fake a positive attitude. But we parents set the tone for our homes. When we're dragging, everyone's dragging. When we're energized and positive, the kids are much more likely to be, too.

If you don't like math and find it hard to muster a positive attitude, simply try to be neutral. Don't talk negatively about math, and try to

put a smile on your face when you announce that it's math time. Even a little bit of positivity can go a long way.

Teach, don't just assign

There are two huge drawbacks to sending your children off to work on math by themselves.

First, kids associate math with banishment and not getting mom or dad's attention until they have a problem. This actually makes some kids more likely to act up, since it's the only way to get mom or dad's attention during math time. And for our extroverted kids, it's hard for them to like a subject that they always have to do by themselves.

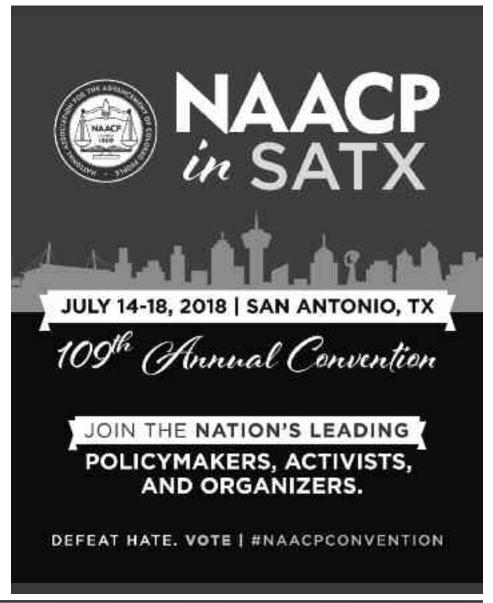
Second, when kids do math on their own, they're often able to limp along and get most answers right. But are they really reading the lesson, thinking it through, and internalizing it? Do they really understand what they read and did? Unless you have a very studious

and responsible student, a child who does math on her own is usually missing out on the deeper understanding that comes from working through the lesson with a parent. Mentoring your independent math learner doesn't have to take a long time each day, but even five minutes will go a long way to helping your child feel supported and encouraged in their math studies.

Use a teacher's guide

Those teacher's guides are a wealth of useful information. Most will help you understand the main objective of the lesson and show you some ways to demonstrate the concept. Some will even provide games and activities to reinforce what your child is learning and add some fun to your math time. Even if you don't do every activity they recommend, they'll help you teach math well.

Grow your own math **See MATH, Page 12**



Prepare Prosper

Part 3:

Starting your own business

If you've always wanted to be your own boss, now may be the time to start. You have the skills to turn that side job into a full-time business and build it from the ground up. You have the determination to make your own rules and your own hours. And we have the tools that may help you prepare to prosper. Here are things to consider before starting your own business.



1 Start with a business plan

Creating a solid business plan is an important first step for anyone starting a business. Be sure to include a company overview, a market analysis, your financial data, and an executive summary. Visit the Wells Fargo Works Business Plan Center for free business planning resources.

3 Understand your financial picture

Most businesses are initially financed by personal savings and credit, but you may need additional financing. Our Wells Fargo bankers can discuss your initial financing needs and options, and help strategize ways to build your credit profile.

2 Determine your hiring needs

When you first start out, you may be the only employee, if you intend to hire full or part time employees right away, make sure you're comfortable with and can afford the costs associated with hiring staff.

4 Build a strong network

Having a strong support system in place is important when starting a business. So build your network with your banker, a lawyer, a certified public accountant and any other professionals pertinent to your industry.

There are a lot of important decisions to make as you venture out on your own to start a business. But upfront planning goes a long way in preparing your business for long-term financial success. Be sure to visit wells a gowerlos com for resources and guidance that may help you start, maintain and grow your business. The Prepare to Prosper financial series will soon return with a focus on building better credit. We'll discuss more tips and solutions for achieving your goals and building your personal wealth.

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WELLS

Jurisprudence www.NorthDallasGazette.com

Lawsuit claims Richardson ISD Trustees violated Texas Open Meetings Act (TOMA)

Brewer Storefront filed a lawsuit in Texas state court today on behalf of plaintiff David Tyson, Jr. against the Richardson Independent School District (RISD) and the seven members of the RISD Board of Trustees, alleging that they have continuously and systematically violated the Texas Open Meetings Act (TOMA).

The fundamental tenet of TOMA is that, except for certain narrowly construed exceptions, all meetings of a governmental body must be open to the public. However, the complaint states that, instead of conducting all meetings in public, the Board members are "coordinating a backroom consensus" outside the view of the public.

The lawsuit states that, over the last seven years alone, the Board has voted unanimously on the overwhelming majority of more than 500 votes, and alleges that the votes were not pre-

ceded by any meaningful discussions or deliberations at the meetings at which the votes occurred. According to the complaint, plaintiff requests that all actions taken in violation of TOMA be declared void.

"Our client believes that Richardson ISD trustees are not being fully transparent about the operations of the school district," says William A. Brewer III, partner at Brewer Storefront and lead counsel for plaintiff David Tyson. "Through its alleged violations of the Texas Open Meetings Act, the Board has deprived the citizens of Richardson of the right to know how the Board reaches its decisions – and denied them their lawful right to participate in the democratic process."

The complaint alleges that defendants engage in the improper practice of serial meetings or walking quorums, which are improper attempts to evade the requirements of TOMA. Further, the complaint alleges that the members of the board went to great lengths to conceal these improper meetings.

Tyson is the only African American – and only person of color – who has served on the RISD board. Tyson is committed to the success and quality of RISD schools for all residents. All three of his children graduated from RISD public schools, the youngest in 2004. That

same year, Tyson ran unopposed and won a seat on the RISD Board of Trustees, a position he held for two terms and vacated in 2010.

On January 26, 2018, Tyson filed a separate suit against RISD alleging that the school district's at-large election system for its board of trustees violates the Voting Rights Act of 1965, because it denies fair representation to African American and Latino voters. That case is still pending.

Union Gospel Mission Dallas Announces Caroline Tallie as the Volunteer of the Month for June

Union Gospel Mission (UGM) Dallas realizes that it is the incredible team of volunteers working with their staff that creates a successful organization. In an effort to acknowledge and thank these volunteers who faithfully give of their time and talents, UGM Dallas recognizes a volunteer on a monthly basis. Caroline

Tallie has been selected as June's Volunteer of Month. Ms. Tallie has served the mission by utilizing her skill set to assist in the large amount of paperwork that is required to be processed. She diligently worked to enter over 400 forms into a database for Calvert Place while also completing other front office tasks.

"When you have a group of people who believe in what your organization is doing in the community and are willing to dedicate the gifts and talents they have to help you succeed, you gain a momentum and a synergy that is just incredible," stated Bruce Butler, CEO of Union Gospel Mission Dallas. "We are so

thankful to have Ms. Tallie as a volunteer and friend of the mission.

"As a token of our appreciation, we have blessed here with a gift certificate to The Original Pancake House DFW."

UGM Dallas presents one time or monthly volunteer opportunities for individuals or groups.



Caroline Tallie was recently honored for her commitment to the work of the Union Gospel Mission. (Courtesy photo)

21st Century Work Paradigm wants more women

(CANTON, CT)-July 9, 2018-After years spent conquering the role of caregiver, chauffeur, chef and CEO of the family, many mothers feel ready to return to their previous positions in the workplace. But taking that leap back to work can be daunting. Now for the first time, there is a step-by-step guide to prepare women who have opted out to reboot their careers. Created by two moms who have dedicated their professional lives to empowering women, Prepare to Launch U is designed to take women from unsure to confident in 8 weeks.

"Prepare to Launch U began as a live course in Connecticut and we decided to bring it online to make it flexible, affordable and accessible to women all over the country," explained Susan Rietano Davey, Co-Founder of Prepare To Launch U. "Our students and

focus groups have been clear. They want a comprehensive course that fits their lives and arms them with personal and professional tools to return to work."

Enrollment begins in August and the course begins on October 1st, however participants can get started now by taking the Prepare to Launch U online readiness assessment, and accessing other content on their website. In addition to instruction, inspiration and practical advice, students of the course will be offered membership in an exclusive online community where students can share, support and learn from each other.

"Women excel at being multi-tasking pros for everyone in their world- husbands, children, parents, even friends- often at the cost of their own happiness and direction," adds Kelley Biskupiak, Co-Founder of Prepare To Launch U. "Prepare to Launch U provides women the opportunity to slow down, re-focus and reclaim a future vision for themselves."

An estimated 43% of women will leave the workforce at some point and the majority of the time, it's to take care of children. Ninety percent of those women intended for it to be a temporary leave. However, for some, it becomes a permanent leave when they don't have the skills or tools to return to work. "Returning to work is not just about hitting a button and applying for a job," said Rietano Davey. "It's a process". The course breaks the process into three key components: Reclaim, Refine and Re-launch.

"We've found that even a brief employment lapse comes with a loss of confidence," said Rietano Davey. "Even the most accomplished women need guidance, encouragement and tools to navigate their return to the rapidly-changing workplace."

The business partners met while speaking at a women's conference and soon recognized that they had complementary skills. With seven children between them, they completely understand the challenges of raising a family and pursuing a challenging profession.

Biskupiak trained at the esteemed Coaches Training Institute, earning a Certified Professional Co-Active Coach designation. For the past ten years, she has worked with clients to help them find clarity in the chaos and develop goal-based, purposeful plans that can be implemented into their daily lives

Rietano Davey joined a start-up staffing and consulting firm after having her children. The firm was the first to champion flexible work arrangements. As a 20-year pioneer in the field of work-life balance, she has helped countless women re-enter the workforce and numerous client-companies adopt flexible work policies.

"The first module of our course guides women through five exercises to learn about who they are now — which may be different from who they were when they left the workplace," said Biskupiak. "We love watching women's confidence grow through this module because it's often a lack of confidence that's their biggest barrier to success."

To help build women's confidence, the partners like to share with prospective students the top four things they have learned from their combined 30 years of experience in the 'return-to-work' field:

A Gap in Your Résumé is Not a Career-Killer Your years at home are just a blip in the now 50-year work paradigm. And they weren't wasted – you've managed interesting 'projects' and honed valuable skills during your years at home.

The Workplace Needs More Female-Leaders Like

Your time at home is valuable; its impact will be long lasting. But now, it's time you bring your passion, skills, and experience back to the workplace to drive results and change culture.

Prepare To Launch U is the definitive women's career re-entry course designed to guide women through the unique challenges of returning to the workforce after opting out to care for family. For more information or to register for the online course visit www.preparetolaunchu.com.

Over half a million attendees convene for the 2018 ESSENCE **Festival sponsored by Coca-Cola**

NEW YORK - The 2018 ESSENCE Festival presented by Coca-Cola attracted more than 510,0000 attendees to New Orleans this Fourth of July weekend, marking one of the largest gatherings in the event's 24-year history. For the first time ever, all three nights of the ESSENCE Festival concert series at the Louisiana Superdome sold out. The extraordinary turnout underscores ESSENCE's engagement of Black women around community, culture and content - which was brought to life in innovative ways at the annual celebration.

"This extraordinary gathering of nearly half a million attendees--on the eve of the ESSENCE Festival's 25th anniversary--speaks to the unmatched convening power of our culture," said Michelle Ebanks, President, Essence Communications. "As one of the country's largest curated live experiences, the ESSENCE Festival engages Black women globally—through a truly unique celebration of culture, connection to community and access to content that inspires and empowers."

The annual 4-day Festival, which took place July 5-8, features entertainment, empowerment, and cultural experiences during the day and a state-of-the-art concert series with the world's best performers each night to comprise a one-of-a-kind curated content experience:

• Over 100 performing artists across the Superdome and the Ernest N. Morial Convention Center. Many of the biggest names in the entertainment industry including Janet Jackson, Mary J. Blige, Queen Latifah, Snoop Dogg, The Roots, Erykah Badu, Jill



Queen Latifah and Mary J. Blige attend the 2018 Essence Festival presented by Coca-Cola at Ernest N. Morial Convention Center on July 6, 2018 in New Orleans, Louisiana. (Photo by Paras Griffin/Getty Images for Essence)

Scott, Miguel and others nighttime concerts and dozens of others across ESSENCE's Center Stage and 10th Anniversary All-Star Gospel Tribute honoring Dottie Peoples.

• More than 100 influencers, leaders, creators and celebrities participated in the Festival's daytime experience - rebranded as 'Conference & Expos' with programming across eight tracks spanning Beauty & Style to Business & Entrepreneurship. Powerhouse speakers included Lena Waithe, Lester Holt and New Orleans Mayor La-Toya Cantrell as well as favorites Rev. Al Sharpton, Congresswoman Maxine Waters and Iyanla Vanzant, among others.

• First-time, simultaneous live streams of the daytime experience on Facebook, Twitter and YouTube; an ESSENCE Snapchat Live special and millions of #EssenceFest social media posts generating trending status on Twitter.

- Expanded consumer performed at the event's Expos such as the 'Beauty Carnival" and 'Entertainment All-Access' drew crowds of thousands each day to the Ernest N. Morial Convention Center. Elevated VIP events and programs for attendees included the launch of the 'ESSENCE House' at the Ace Hotel, as well as the debut of the 'E-Suite' with exclusive access to career and business programming.
 - Community give-back and volunteerism at the Festival's traditional 'Day of Service' focused on the theme "Adopt-a-Neighborhood - Central City" to encompass youth center beautification projects, as well as empowerment and entrepreneurship workshops for women and girls. ES-SSENCE 'Day of Service' also presented the inaugural Excellence Awards honoring local change-agents in the community.

See more photos from the ESSENCE Festival on Page



Enter to Win! Ticket Giveaway

NDG Entertainment Ticket Giveaway!!! Visit us on Facebook to win tickets to the the hottest events in Dallas/Fort Worth!!!!

The Dallas Arboretum presents Garden Gigs featuring Haylee and Amanda, Zach Coffey and Kirk Thurmond on July 13

Enjoy the thrill of live music at twilight with Garden Gigs at the Dallas Arboretum for its fourth season this July. Each Friday event features a curated selection of local artists and musicians performing intimate sets in picturesque settings throughout the 66-acre gardens. This weekend features Kirk Thurmond, Haylee and Amanda and Zach Coffey.

Haylee and Amanda are a



duo who also perform as a full band called Sister. The band was formed around a love for lyrics, melody, tight harmonies, and music that makes anyone want to dance or escape to a former memory.

Zach Coffey grew up singing on various Opry stages and honed his vocal skills by performing opera while at Oklahoma Baptist University. His love for popular country and knowledge of the "classical" era blends with his red dirt roots for a sound that is uniquely his.

Born in Dallas, Texas, Kirk Thurmond is a singer and songwriter with a distinctive sound that spans several genres, including soul, pop, and R&B, with authenticity remaining at the core. His engaging voice is easy to get lost in while his raw lyrics convey a compelling sense of vulnerability, creating songs that honor the truth and integrity of a musical golden

Garden Gigs runs from 7:30 to 9:30 p.m., offering

fabulous views of Dallas at sunset, vibrant summer plantings, along with late access to the garden on the shores of White Rock Lake. Guests can bring their own picnics and beverages, or take advantage of delicious offerings from some of DFW's most popular food trucks including Bellatrino and Grub Tub. Gates open at 6 p.m. Tickets are \$15 and parking is included



Al Sharpton speaks onstage during the 2018 Essence Festival presented by Coca-Cola at Ernest N. Morial Convention Center on July 7, 2018 in New Orleans, Louisiana. (Photo by Paras Griffin/Getty Images for Essence)



Kofi Siriboe speaks onstage during the 2018 Essence Festival presented by Coca-Cola at Ernest N. Morial Convention Center on July 7. 2018 in New Orleans. Louisiana. (Photo by Paras Griffin/Getty Images for Essence)

ESSENCE Festival 2018



Maxine Waters attends the 2018
Essence Festival presented by
Coca-Cola at Ernest N. Morial
Convention Center on July 6,
2018 in New Orleans, Louisiana.
(Photo by Paras Griffin/Getty
Images for Essence)



April Ryan speaks onstage during the 2018 Essence Festival presented by Coca-Cola at Ernest N. Morial Convention Center on July 7, 2018 in New Orleans, Louisiana. (Photo by Paras Griffin/Getty Images for Essence)



Sheba Turk speaks onstage during the 2018 Essence Festival presented by Coca-Cola at Ernest N. Morial Convention Center on July 7, 2018 in New Orleans, Louisiana. (Photo by Paras Griffin/Getty Images for Essence)

Sybrina Fulton speaks onstage during the 2018 Essence Festival presented by Coca-Cola at Ernest N. Morial Convention Center on July 7, 2018 in New Orleans, Louisana. (Photo by Paras Griffin/Getty Images for Essence)



NEWS, continued from Page 1

that are hurting our businesses and communities.

Given that newsprint and labor account for most of the cost of running a newspaper, it is easy to see how jacking up the price of newsprint by more than 30 percent could spell the difference between these publications eking out a modest profit or going out of business. Around 2,000 newspapers have closed or morphed into something else in the last 15 years.

The NNPA is proud that its 215 member-publications are moving forward even in the face of these

new contrived dangers and obstacles in the market-place. Our newspapers enliven and inform the debate within African American and other communities that we serve and help to empower with news, information, and the reaffirmation of the vitality of Black cultural genius and excellence in all fields of endeavor.

Our printed editions are especially important in communities where people are less likely to be able to afford or take full advantage of broadband Internet access. However useful today's technological inno-

vations are in sharing information, for many people, there is no substitute or affordable alternative to the local weekly newspaper of, by, and for the African-American community. Our newspapers are the lifeblood for our communities.

The tariffs threaten more than local newspapers. Newsprint is used for promotional materials by retailers and civic groups. It is used by book publishers and printers. Often these are small businesses serving local communities. If newsprint goes up in price, printers will get fewer contracts and have fewer cus-

tomers. Ironically, the tariffs NORPAC wants in place will actually threaten paper producers and a range of related business. A coalition of these businesses, the STOPP Alliance, estimates some 650,000 jobs could be at risk—all to help one company that has no allies or supporters within the U.S. paper industry.

The U.S. International Trade Commission (ITC) is reviewing the facts in this case and is expected to announce its recommendations on what to do with the tariffs later the summer. In the meantime, members of Congress from both parties have introduced legislation

to suspend the tariffs immediately

The STOPP Alliance has also created an online petition to urge the ITC to end the tariffs. Consider adding your voice to this effort by clicking on this link. After all, the threat the duties on newsprint pose to daily and weekly print publications serving communities in urban and rural areas is especially acute.

If there was ever a time when the country needed a range of authentic and "trusted" outlets to share news and perspectives, it is today. In today's world, the newspapers that serve African American commu-

nities will continue to play a crucial role. Errant trade policies and duties championed by a single company must not be allowed to diminish the meaningful role of the Black Press of America

Dr. Benjamin F. Chavis, Jr. is the President and CEO of the National Newspaper Publishers Association (NNPA) based in Washington, D.C. Dr. Chavis can be contacted at dr.bchavis@nnpa.org. Follow Dr. Chavis on Twitter @DrBenChavis.

This article was originally published at Black-PressUSA.com.

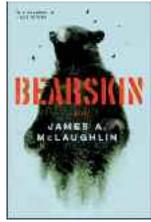
NDG Book Review: Bearskin may keep you up for hours

By Terri Schlichenmeyer

Sometimes, you just need to get away.

Out of your element, far from the usual. A change of scenery is called-for, a temporary life unlike the one you usually live. Or, as in the new book "Bearskin" by James A. McLaughlin, you need new digs that could save your life.

Renovating the old cabin was a big job, but Rice Moore had willingly signed on for it. Despite bees, despite high Virginia temperatures and humidity, despite that he had other tasks to do as caretaker for an Appalachian forest preserve,



working on the cabin was a relative pleasure.

It sure beat risking his

On the run from a Mexican drug cartel that hadn't managed to kill him while he was in jail on set-up

charges, Moore hoped that anonymity in Virginia would keep him safe. Then again, it hadn't helped Apryl, a researcher and his partner, who'd been deeply involved in smuggling unmarked packages and who trusted too much. She'd kept her head down, but someone killed her near the Arizona border.

Moore had to admit, Virginia was a nice place to hide. The cabin was at the end of a long private driveway. Surveying the forest was enjoyable, and the job took advantage of Moore 's skills and knowledge. The locals were stand-offish and a few rednecks rankled him, but it wasn't anything he research, and he knew who couldn't handle.

And then he started finding the carcasses.

A local mushroomer showed him the first dead bears, paws removed and guts spilled. Later, Moore found other dead animals, and he found tree-stands, and bait Someone was killing bears for their blackmarketed body parts, and they were doing it in pristine forest that was supposed to be off-limits to humans.

But as his obsession with finding the bear-killers grew, Moore crossed the wrong people. One of them, a small-town lawman, did what nobody else had done:

Weeding also reduces the

risk of insects and disease in

your garden since some

weeds attract pests and serve

as host for diseases that can

Moore was and why he was in Virginia.

And that lawman had a big mouth...

"Bearskin" is a little – no, wait, it's a lot different than your normal thriller.

What makes it so is a quite-lengthy passage in which author James A. McLaughlin's main character trusts a shady source in an uncharacteristic manner and descends into a hazy dream-state obsession that lasts for pages and pages. It seems to tell readers more about Moore and it serves as a bridge to an important part of the story, but it's weird. Really weird.

And yet – the things you find in a normal thriller are all here, times two, which makes the weirdness mostly forgivable. Crime, torture, murder, stalking, a heartpounding chase, it's all here, mixed in with acres and acres of thick forest that serve, metaphorically, to give readers a safe place to go when this thriller gets too thrilling.

And, happily, that's often, as you'll see in this book. Your heart will race, your mouth will go dry and if you're a bedtime reader, "Bearskin" may keep you awake for hours. Beware: you may never want to put this book away.

Giving the best summer care foryour

By Melinda Myers

Keep your perennial gardens looking their best throughout the hot summer months with a bit of midsummer grooming and care.

Start by deadheading, removing faded flowers, to improve the plants' overall appearance. It won't extend bloom time on all perennials, but will keep some like bergenia, lamb's ear, peonies, and perennial geraniums looking neat and tidy throughout the summer.

Cut spent flowers back to the nearest set of side shoots with flower buds or healthy leaves on perennials like coneflowers. catmints. salvias, shasta daisies, turtlehead and veronicas.

On daylilies and balloon flowers, remove individual flowers on the flower scape (stem) as they fade. Once all the individual flowers have faded and been deadheaded, remove the whole flower stem.

Prune flower stems back to a rosette of leaves at the base of the plant on coral bells, hosta and lamb's ear to keep these plants looking their best.

Shearing a plant, also called cutting back, is a pruning method that removes large amounts of plant material in one fell swoop. This method is useful for plants with an abundance of small flowers such



Removing faded flowers before they can set seed, also known as deadheading, encourages an additional flush of flowers on many perennials including daylilies. (Photo: Melinda Myers, LLC)

as creeping phlox, rock cress and threadleaf coreop-

Keep mums and asters pruned to 6" throughout June and stop the beginning of July. Complete pruning by the beginning of July on late summer and fall blooming perennials. Early season pruning encourages more compact growth and can be used to stagger bloom times. Manage flopping growth on plants such as Walker's Low Catmint (Nepeta) by cutting the plants back halfway. Cut back salvias and Veronicas after the second flush of flowers to promote compact growth and additional bloom.

Thin out overcrowded plants by removing some stems to the ground. This increases light penetration and airflow to the plants, reducing the risk of disease.

Use ground level pruning on bleeding heart and other perennials that dieback mid-

Dead leafing, a technique used to remove or trim back discolored foliage, allows the flowers to remain the center of attention.

Stake plants in need of support to prevent perennials from flopping. This will reduce disease and increase

Although it's always best to put stakes and supports in place as plants emerge in spring, you can still add a bit of support mid-season. Use bamboo stakes and ties, twigs woven into stems or other attractive or virtually invisible stakes.

Spread a thin layer of mulch such as shredded leaves, evergreen needles, twice shredded bark or other organic material over the soil surface.

Continue to remove weeds throughout the season to eliminate competition for water and nutrients. Removing weeds before they form seeds eliminates hundreds of weeds you'll need to pull in next year's garden. damage perennials.

Once your perennial gardens are spruced up, it's time to sit back and enjoy the beauty you've created.

Melinda Myers has writ-

ten more than 20 gardening books and is a columnist and contributing editor for Birds & Blooms magazine. Myers's web site is www.MelindaMyers.com.

perennial gardens



Seven financial tips for starting your own business

By Hugh Norton

If you've got a business idea and you couple that with an entrepreneurial itch, you may find yourself tossing and turning at night trying to figure out a plan for moving it forward – dreaming of the day you'll become your own boss.

I've hung my shingle in the past and know from experience that there are ups and downs to starting and owning a business. The initial years can be especially tricky, but the long-term payoff can also be financially and personally rewarding.

If you're up for the challenge and excited by the prospect of becoming a business owner, there are a few steps you can take to help make sure you'll start your new venture on sound financial footing.

1. Create a business plan. Using a written business plan as a guide for your first few years as a business owner can be very helpful. The process of researching and writing your business plan can also teach you more about the industry and

may help you better understand the viability of your idea.

A good place to start could be with either the U.S. Small Business Administration (SBA) or the SCORE Association (a non-profit supported by the SBA), who have free resources and training that you can use to help you create a business plan

Once it's complete, you can use the business plan to attract partners, investors and employees who share your vision for the future of the business.

2. Research your potential start-up costs. You might already be adding up necessary expenses in your head: a website, office or retail space, payroll if you need to hire employees, etc. However, there are also lesser-known expenses that may surprise first-time business owners.

For example, you could have to pay fees and permitting costs to your city, county or state. And depending on the business, you may need to get licensed and purchase insurance, all of which have costs that can

add up.

Knowing your actual start-up costs, which should be factored into your business plan, can be important as you look for funding. And whether you're tapping into personal savings, asking friends or family for investments, crowdfunding or applying for a loan, you should stop to consider the potential pros and cons of each approach.

3. Separate your personal and business finances. Even if you're starting as a sole proprietorship and decide not to form a business entity, it's generally a good idea to separate your business and personal expenses.

One way you might consider doing so is by opening a new bank account that you only use for business-related transactions and putting all your business-related purchases on a debit or credit card linked to that account that you don't use for anything else.

Keeping your accounts separate can save you time when you file your tax return or need to review your expenses. If you incorporate your business, separating your personal and financial accounts can also be an essential step in limiting your personal liability.

- 4. Consult with experienced professionals. Setting your time aside for research and learning can be important, but paying for professional expertise now can help you protect your business later and lead to long-term savings.
- Attorneys can provide guidance as to how to structure your business and make sure the legal paperwork matches the vision in your head. They may also be able to tell you about relevant local laws that could impact your business.
- Accountants can help you determine which business type (e.g. an LLC versus an S corporation) makes the most financial sense for your business and offers the most tax savings.
- Insurance agents or brokers can tell you about the different types of insurance you can use to limit your liability.
- 5. Track your income and expenses. Knowing where your money comes from and goes can be important when

you're trying to decide where to reinvest within your business and where you may be able to cut costs.

You could start with a simple spreadsheet if you don't have a lot of clients or overhead. As you grow, you'll likely want to use more complex software to manage your finances.

There are a variety of inexpensive cloud-based accounting, invoicing and payroll systems for sale that you can use to help with the administrative tasks. Many let you give limited access to a bookkeeper or accountant if you want to outsource some of the work.

6. Start building your business's credit. New business owners may not realize that there's a difference between personal credit and business credit. Your business can have its own credit reports and scores, and you may be able to use your business' credit to secure financing or get more favorable terms from vendors.

You can start building business credit by working with vendors that report your payments to the business credit bureaus (you can ask them or look online for lists). In some cases, using a business credit card could also build your business's credit.

7. Create a business emergency fund. An emergency fund can help you get through a personal or family crisis without worrying about your finances. Consider building a separate emergency fund for your business, which may offer similar benefits in case you hit a slow season or unexpected setback.

Bottom line:

When you strike out on your own, money isn't always the most important thing – hopefully you've found something you also love to do – but you want to make sure the numbers add up. Putting in the time to make sure your finances are in order, and creating a plan for how you'll grow your business, can be essential to becoming a successful entrepreneur.

Hugh Norton directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/Practical-Money.

MATH, continued from Page 6

skills

You don't have to be a math whiz to help your child with math, but it's hard to guide what we don't understand ourselves. If math was always a difficult subject for you, there are a ton of good resources out there to help you learn to teach math with confidence.

If you like to learn by reading, I've put together a book list of my favorite books for moms who teach math. Or, if your prefer videos, check out my video courses at the Well-Educated Mind Academy on elementary arithmetic.

Help your child feel a sense of accomplishment

Imagine if you were told you had to learn to crochet a scarf—but that you would be working on crocheting the same scarf, day after day, lesson after lesson, for the next 12 years! That's how math feels for many kids. Helping your child feel a sense of accomplishment in math prevents the daily homework struggle from feeling like unending drudgery.

Teach your child both how to do math and why it works

It feels good to get answers right, but working through procedures you don't understand—over and over, day in and day out—doesn't provide much of a feeling of satisfaction. Kids enjoy learning math more when they understand what they're doing and get to have those satisfying ahamoments when a concept suddenly clicks.

Encourage your child to think about what she's doing and why. Help her see the connections between what she's learning and what she already knows. And use manipulatives to help make new concepts concrete and visual. When kids learn math with understanding, they not only get more problems right, but they also feel a greater sense of pride and satisfaction in their math learning.

Go over completed assignments together

Don't just correct math on your own after child has gone to play. Instead, make time to go over completed assignments together. Notice all the correct answers first, then analyze the incorrect answers with your child. Ask your child to correct any careless mistakes and work together on any problems your child had trouble with. If you discover that your child didn't understand the concept well, make a note to tackle it again the next day.

Looking over the work together helps your child feel ownership of his learning and a greater sense of responsibility. Plus, you show your child that learning from mistakes is part of the learning process. This is especially important for math-anxious kids: knowing that it's okay to make mistakes can help them take a deep breath and relax as they do their math assignments, without the pressure to be perfect.

Celebrate your child's progress

When your child finishes a unit, go back through the unit with your child and talk about the new skills your child has mastered. When you're working on math facts, make a chart of the facts your child needs to learn and have her cross them the ones that she has down pat.

There you have it: Simple ways ways to help make math more tolerable for your math-hating child. Pick one or two and give them a try in your own home. I hope that they'll

help make math a more satisfying learning experience for your child—and stop the daydreaming, tears, and tantrums as well!

Kate Snow is a math edu-

cator on a mission to help parents raise kids who are capable and confident in math. For more information, please visit, www.kateshomeschoolmath.com.

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July 17 Dallas Career Fair Meet Recruiters

The Dallas Career Fair - Meet Recruiters will take place on July 17 from 10 a.m. to 1 p.m. at Embassy Suites, in Dallas.

Be sure to dress in business professional attire, bring your updated resume, and have a positive attitude. To register for this event visit https://www.eventbrite.c om.

July 19 YMCA Hiring Fair The YMCA Hiring Fair will be held on July 19 from 2 p.m. to 4 p.m. at Northwest YMCA, in Fort Worth. Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. Working at the Y, you'll discover more than a job—you'll enjoy a career with a future and the opportunity to make a lasting difference in the

Join them at their upcoming hiring fair to learn more about the variety of careerstarting opportunities the YMCA of Metropolitan Fort Worth has to offer this fall including:

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- Recreational sports
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- Afterschool child care Find out more information here: https://bit.ly/2yGCWRG

July 26 Dallas ISD Teacher Job Fair

The Dallas ISD Teacher Job Fair will be held on July 26 from 6 p.m. to 8 p.m. at Fair Oaks Park, in Dallas. Check-in starts at 5 p.m. Registration is required to attend this event.

Do not forget to bring your teaching certificate or proof of teaching eligibility. To register visit JobFairing.com. Dallas students have big dreams for the future, but they also face big challenges.

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Enough is enough and I've had enough

Dr. James L. Snyder

I have had enough of some things. There are, however, some things I can never have enough. Apple fritters and coffee are things I can never have enough of. I would never use the word "enough" with these words.

Some things are in this category of "I've Had Enough."

Recently, the Gracious Mistress of the Parsonage said, "Your birthday is coming up. What do you want to do for your birthday?"

I looked at her like I have never looked at her before and said, "Enough, I've had enough of birthdays I don't want another birthday."

She looked at me, laughed like usual and said, "Silly boy, everybody has a birthday."

In a way, I guess she is right, but I have had enough birthdays and I do not want another birthday.

I think birthday celebrations are rather silly when you get to be a certain age. Sure, when you are young and full of energy, you looked forward to birthday celebrations. You looked forward to all the birthday presents you are going to be getting. Nothing is more exciting than celebrating your birthday.

That certainly is one stage of life. However, that stagecoach has left the ranch. I have had enough birthdays.

One of the aggravating things about a birthday is that you have to disclose your age. You know when you say, for example, "I'm 60," people will always respond by saying, "You don't look 60."

Everybody knows that is the code for saying, "You sure do look old."

Or, somebody will say, "60 is the new 40." I have no idea what that means, but I certainly do not want to live 40 again.

Mind you, I have nothing against birthday cakes and such. I have had enough birthday cakes throughout my life that I probably do not need anymore. If only I could get a birthday cake without all of the hullabaloo

and the singing, "Happy birthday to you..."

But there is a main concern I have about my birthday. I have given this some rather deep thought and I have come to my ultimate conclusion.

That conclusion is, I really do not know when my birthday is.

That may sound silly, but I have good reasons to question the actual birth date. Unfortunately, I cannot remember anything about that day. I do have a vague memory of being hung upside down by my feet and somebody slapping my backside. That is all I remember.

I do not know the actual date and year.

My wife one time said to me, "Well, your parents told you what your birthday was. You should trust them."

And that is the problem. It is a problem of trust. In the beginning years of my life, whenever it started, my parents had the habit of lying to me.

For instance. It took me years to discover that they had been lying to me about Santa Claus and the Easter Bunny. For many years, they assured me there was a

real Santa Claus and a real Easter Bunny. Can you imagine the heartache I experienced when I discovered that they were not being truthful to me?

If they were not truthful to me about Santa Claus or the Easter Bunny, how can I be sure they were truthful to me about my actual birth date?

Someone once pointed out that I had a birth certificate, but I do not know the validity of that birth certificate. I do not remember being present when that certificate was signed. How do I know it is not fake?

It took me a long time to realize that even the Tooth Fairy was not actually true. When they told me about the Tooth Fairy, I could hardly wait to yank a tooth out of my mouth and put it under my pillow.

Imagine the disappointment I felt when I discovered there was no such thing as a Tooth Fairy.

If I would take the time to investigate, I probably would find a lot more things my parents told me that turned out not to be true. So, when it comes to my birth date, how can I really believe that that is my actual birth date?

What, if I am not as old as my parents say I am?

So, with all the information I have not found, how can I celebrate my birthday again? I think I should just put it aside as I did Santa Claus, the Easter Bunny and the Tooth Fairy. I should put it in the same category, laugh it off and say, "Ha, ha, ha, none of this is true."

"What do you mean," my wife queried, "you're not going to celebrate your birthday anymore?"

I explained to her that I celebrated enough birth-days, birthday I'm not quite sure is my actual birthday, so I don't need to celebrate anymore. Enough is certainly enough.

"What about my birth-day?"

I simply looked at her and said, "We sure will be celebrating your birthday at least once a year." She smiled and I let it at that.

Later that night I thought of some Scripture I had read in the morning. "The Lord our God spake unto us in Horeb, saying, Ye have dwelt long enough in this mount" (Deuteronomy 1:6). God was trying to get Israel to move on.

See ENOUGH, Page 15

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Woman and a fork



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

(Editor's NOTE: This story originally ran on May 29, 2014.)

The story is told of a young woman who had been diagnosed with a terminal illness and had been given three months to live. As she was getting her things 'in order,' she contacted her Pastor and had him come to her house to discuss certain aspects of her final wishes.

She told him which songs she wanted sung at the service, what scriptures she would like read, and what outfit she wanted to be buried in.

Everything was in order and the Pastor was preparing to leave when the young woman suddenly remembered something very important to her.

'There's one more thing,' she said excitedly. 'What's that?' The Pastor asked, 'This is very important,' the young woman continued. 'I want to be buried with a fork in my right hand.'

The Pastor stood looking at the young woman, not knowing quite what to say. That surprises you, doesn't The young woman asked. 'Well, to be honest, I'm puzzled by the request,' said the Pastor.

The young woman explained. 'My grandmother once told me this story, and from that time on I have always tried to pass along its message to those I love and those who are in need of encouragement.

In all my years of attending socials and dinners, I always remember that when the dishes of the main course were being cleared, someone would inevitably lean over and say, 'Keep your fork.'

It was my favorite part because I knew that something better was coming...like a velvety chocolate cake or a deep-dish apple pie. It was something wonderful, and with substance!'

So, I just want people to see me there in that casket with a fork in my hand and I want them to wonder 'What's with the fork?' Then I want you to tell them: 'Keep your fork ... the best is yet to come.'

The Pastor's eyes welled up with tears of joy as he hugged the young woman good-bye. He knew this would be one of the last times he would see her before her death. But he also knew that the young woman had a better grasp of Heaven than he did.

She had a better grasp of what Heaven would be like than many people twice her age and with twice as much experience and knowledge. She knew that something

better was coming. Jesus had promised this to His believers.

At the funeral people walked by the young woman's casket, they saw the cloak she was wearing and the fork placed in her right hand.

Over and over, the Pastor heard the question, 'What's with the fork?' And over and over he smiled.

During his mes-

sage, the Pastor told the people of the conversation he had with the young woman shortly before she died. He also told them about the fork and about what it symbolized to her

He told the people how he could not stop thinking about the fork and told them that they probably would not be able to stop thinking about it either. He was right.

The next time you reach

down for your fork let it remind you, ever so gently, that the best is yet to come.

Friends are very rare jewels, indeed they make you smile and encourage you to succeed, to cherish the time you have, and the memories you share.

Being friends with someone is not an opportunity but a sweet responsibility. And don't forget to keep your fork.



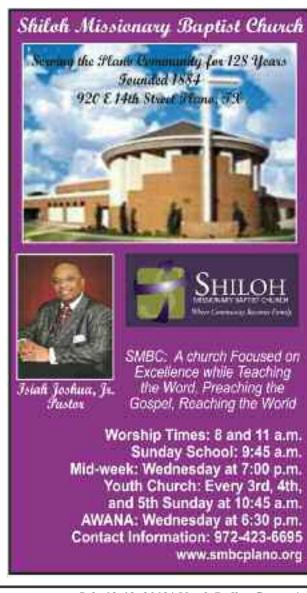




Sister Tarpley and her daughter-in Law, Cleo Spann Tarpley on the

way to a Mother's Day Dinner





ENOUGH, continued from Page 14

Like Israel, sometimes we can stay "long enough" at a certain place and then we need to move on.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He

lives with the Gracious Mistress of the Parsonage, in Ocala, Florida.

Call him at 352-687-4240 or e-mail jamessnyder2@att.net. The church web site is www.whatafellowship.com.



North Dallas Gazette takes a moment to reflect on the past with

Historical Perspectives from Sister Tarpley

Hear what it was like growing up in a very dif-ferent Dallas when Booker T. Washington was a black school. Sister Tarpley graduated frm there and went on to college and later became a city councilmember in Carrollton.

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