



North Dallas Gazette

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Living in America while being Black under the Trump regime

By Roger Caldwell
NNPA Newswire Contributor

In 2018, many Black people in America believe that it is not important or relevant to consider them Black. They see their race as human, and they have no faith in the Black or African American culture and race. There is only one race, and that is the human race, and it is time to let go of the race card and stop thinking Black.

Many genetic experts and people around the globe believe there is no scientific basis for race, and it's a made-up label.

"In the wake of fresh deaths at the hands of police officers in the world's greatest nation, we the people of the Black race are once again the object of renewed worldwide attention. Questions of injustices in the United States have been duly raised and protested. And, once again, the Black cultural elites in America are talking about racism, discrimination, racial profiling, and hate, among other issues," says Chigozie Obioma.

It is absurd and ridiculous to think in 2018, under the Trump administration, that race does not exist, and



Our dignity and respect must begin as Black people in our families, and then our community, our country, and then the world.

America is a colorless society. When our racist-in-chief makes it no secret that he is a neo-Nazi sympathizer, it is time for Black Americans to open up their eyes, unify, and work together.

It is no accident that Trump is driven by an irrational hatred of everything Obama, and there are very few African Americans in his administration. On the other hand, President Trump calls neo-Nazis good people as they carry torches and shouting about racist purity.

"Far too many people are surprised by Trump's racism, which is as ignorant as it is blatant. Donald Trump knows a thing or two about 'shitholes' – the label he apparently bestowed on El Salvador, Haiti, and various African nations during an Oval Office meeting about immigration," says Richard Wolffe of the Guardian.

Black Americans in 2018 and beyond must reclaim their unity and

See LIVING, Page 11



CBC looks after rural Blacks in Washington, DC

-See Page 3



Simple ways to get healthier in the New Year

-See Page 4



Rep. Johnson receives award for social Justice

-See Page 5



4H Club named in honor of Buffalo Soldiers

-See Page 6



Irving mourns loss of chief, councilman

-See Page 7



Dallas Cowboys end season with win

-See Page 9



Phantom hits the Dallas stage

-See Page 10



Sister Tarpley: Empty Mangers

-See Page 15

INSIDE...

People In The News	2
Op/Ed	3
Health	4
Community	5
Education	6
Irving / Plano / Carrollton	7
Advertising	8
Entertainment	9-10
Marketplace	11-12
Legal Notices / Career	13
Church Directory	14-15
NDG Book Review	16

See Page 2

READERS SOUND OFF!!!

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

People In The News...



Cpl. Richard Overton



DeLisa Rose

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



Cpl. Richard Overton

By Lauren Victoria Burke
NNPA Newswire Contributor



Born on May 11, 1906, Richard Arvin Overton, a member of what is often called America's "Greatest Generation," died on December 27th in Austin, Texas. At 112 years and 230 days, Overton was believed to be the oldest living man in the United States as well as America's oldest veteran.

He enlisted into the Army on September 3, 1940 at Fort Sam Houston in Texas. Overton then

fought in World War II, serving in the all-black 1887th Engineer Aviation Battalion. He fought in the South Pacific from 1940 through 1945, a time which included battle in Iwo Jima. He retired from the U.S.

Army in October of 1945 as a technician fifth grade. He then worked at a furniture store and then took a job at the Texas Department of the Treasury.

"He was there at Pearl Harbor, when the battleships were still smoldering. He was there at Okinawa. He was there at Iwo Jima, where he said, 'I only got out of there by the grace of God said former President Barack Obama in 2013 during a Veterans Day ceremony honoring Overton at Arlington National Cemetery.

The second World War was the deadliest conflict in

modern military history as over 70 million people lost their lives and the U.S. suffered over 407,000 deaths in battle.

As the years went by Overton became a local and then national celebrity. In 2013, at the age of 107, Overton won widespread media attention after telling Fox News he would spend Memorial Day "smoking cigars and drinking whiskey-stiffened coffee." He was later invited to the White House.

Overton had been hospitalized with pneumonia but was released from the hospital on December 24,

Christmas Eve according to family member Shirley Overton. He had become known in his community for driving others to church well after turning 100 years old.

"With his quick wit and kind spirit he touched the lives of so many, and I am deeply honored to have known him," wrote Texas Gov. Greg Abbott in a statement on December 27 after hearing the news of Overton's death.

The Governor added that Overton was, "an American icon and Texas legend. Richard Overton made us

proud to be Texans and proud to be Americans. We can never repay Richard Overton for his service to our nation and for his lasting impact on the Lone Star State."

Funeral arrangements have not yet been announced.

Lauren Victoria Burke is an independent journalist and writer for NNPA as well as a political analyst and strategist as Principal of Win Digital Media LLC. She may be contacted at LBurke007@gmail.com and on twitter at [@LVBurke](https://twitter.com/LVBurke)

DeLisa Rose

(PR Web) Ninety-seven percent of people believe that owning a home is the American Dream, a measure of success, a sense of accomplishment and ultimately something they strive to achieve; however, less than 55 of whites and less than 41 percent of blacks actually own a home.

"It's sad to be dreaming when it's easy to have the reality. I hate to see the world struggling when it doesn't have to," said Rose, who was recently named a top 1 percent of real estate



professionals. Rose is an advocate for people living their best lives.

"We are in an era with a lot of issues, especially racial tensions, but I believe the real problem is green,

not black or white. If sane people are financially free and secure, they would live happier less troubled lives.

"If everyone owned property like we own cars and other material unreal-assets, then our lifestyles, education, attitudes and country would be a better place," added Rose. "Real estate is the key to change and it's my dream for everyone to own their own home, which is why I will give closing costs and down-payment assistance to people who are committed living out theirs."

Acquiring the money is

easy, if an interested first-time buyer gets approved for a home loan that allows them to get a gift for assistance with down-payment or closing costs and uses RE/MAX Ambassadors to represent them in the purchase, then they automatically qualify for the funds. It's that simple.

Each buyer may receive up to 1 percent of the purchase price as a credit gift at closing. All participating buyers must register with RE/MAX Ambassadors via email at Dream-Real2019@DelisaRose.com by January 20, 2019 and

purchase in 2019.

Trailblazer Award winner Rose has assisted in raising over \$3 million for disaster relief efforts, is a major supporter for Minnie's Food Pantry and advocate for neglected and abused children. Rose is also an affordable home builder/developer in Dallas, TX.

"Everywhere I turn, people need help. I'm responsible for using my gifts and resources to make a difference. I use real estate to create social and economic change for people and communities," concluded Rose.

With over 15 years of ex-

perience, Hall of Fame recipient DeLisa Rose is one of the top agents in the country.

She educates average every day consumers about building wealth through real estate. DeLisa works with buyers, sellers and investors and also coaches real estate professionals. For more information and bookings, please call (972) 907-0000, or visit <http://www.delisarose.com>. RE/MAX Ambassadors is located at 2435 N Central Expwy #1200, 3610 Shire Blvd., Suite 106, Richardson, TX 750802.

NDG Readers Sound Off...

Trump, Law and Order, and a Merry Christmas
(Ed Gray: Senior NDG Columnist)

Disgusting article! People aren't buying the narrative anymore. Republicans aren't racist...Trump isn't racist. And, more and more minorities are starting to see this. I'm not a huge Trump supporter...I don't agree with a lot of what he says...but people are getting tired of the division and the lies. That's all I have to say.

-- Tammy Carver Dammer via Facebook

Please quit posting about Trump!! "Haters make people famous!" Who cares what stupid stuff he says! Let's focus our time on productive community events, and getting more of our leaders elected!

-- Rodolfo Guel via Facebook

Dallas Cowboys' remarkable turnaround results in a division championship

When asked if the Cowboys should rest their starters against NY:

No. They need practice. Especially Dak



Keith Allison / Flickr

-- Jason Green via Facebook

He already said he ain't... I'd say rest Zeke and play Dak cause Dak needa get on point

-- Manuel Solis via Facebook

Rep. Eric Johnson awarded the 2018 Cleophas Steele Award

He also voted to have citizens of Dallas or anyone who wish to do business or work for school districts to declare their allegiance to Israel

-- Marvin E. Crenshaw via Facebook

While HB89 was a bipartisan c*****, Rep Johnson was absent for the vote
<https://legiscan.com/TX/votes/HB89/2017>

-- Lee Daugherty via Facebook

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Because of the CBC, the Farm Bill includes millions for HBCUs, black farmers, and rural communities of color

By Congressman
Cedric L. Richmond (D-LA-02)
Chair of the
Congressional Black Caucus

In 1986, on her award-winning "Control" album, singer-songwriter Janet Jackson asked: "What have you done for me lately?" This is a question the Congressional Black Caucus (CBC) is asked a lot. Well, here's our latest answer to that question: Since its founding in 1971, the CBC has used the legislative process to right historic wrongs and to give a voice to the voiceless, and that's exactly what we did in the \$867 billion Farm Bill that passed Congress, which includes millions for HBCUs, black farmers, and rural communities of color.

As a result of the CBC's efforts, 19 historically black land-grant universities will now get millions of dollars that states have been denying them for years. According to federal law, states are required to match federal funding dollar-for-dollar for land-grant universities, but many HBCUs have not been getting what they are owed. In fact, a 2013 report by the Association of Public and Land-grant Universities found that from 2010-12, 61 percent of the historically black land-

grant universities did not receive 100 percent of the one-to-one matching funds from their respective states. Now states are required to report to Congress how much funding they're providing to both historically black land-grants and their predominantly white peers. This is something the CBC has been fighting for for over two decades.

In addition to this new reporting requirement, at least three of these institutions will get a research center, called a "Center of Excellence", that will allow them to lead the nation in research on food insecurity issues that affect African Americans in both rural and urban communities. It's no secret that a lot of low-income, black communities are food deserts - meaning that there's no place for the people who live in these communities to get fresh fruits and vegetables. The hope is that the research coming out of these Centers of Excellence will help address this issue and others.

Finally, the 19 historically black land-grant universities will get at least \$2 million in additional federal funding for scholarships that they can use to attract new students. This funding will come from the \$80 million scholarship program (\$40 million in manda-

tory funding and \$40 million in discretionary funding) that the CBC fought to get included in the Farm Bill.

As a result of the CBC's efforts, black farmers will now be able to get the training and resources they need to better run their farms through USDA's Farming Opportunities Training and Outreach Program (FOTO), a program that is a combination of the USDA's Beginning Farmer and Rancher Development Program and the Outreach and Assistance for Socially Disadvantaged Farmers and Ranchers and Veteran Farmers and Ranchers, the latter of which provides grants to organizations that work with farmers of color and farmers who are veterans. The combined FOTO program will get \$50 million in federal funding, a \$20 million increase from previous years.

As a result of the CBC efforts, black farmers will also be able to more easily pass their farms on to their families. Some estimates show that 60 percent of land owned by African-Americans in the United States is heirs' property, which is property that is passed down without a will or transfer of title. Before now, owners of heirs' property were unable to get the credentials that are required to

access USDA programs that could help them resolve heirs' property issues. The CBC fought to address this contradiction in the Farm Bill.

Finally, because of issues that black farmers experience both within and outside of USDA, the CBC fought to include a provision in the Farm Bill that protects the Department's Civil Rights Division from reorganization and political interference. Specifically, the provision prevents the Division from implementing actions, policies, or decision documents until a civil rights analysis is conducted by the Department on how well the Division processes and resolves civil rights complaints. This analysis is necessary to protect the civil rights of USDA employees, contractors, and beneficiaries (e.g. black farmers).

Congressman Cedric L. Richmond represents the 2nd District of Louisiana, which includes parts of New Orleans and Baton Rouge. He is also the chair of the 48-member, bicameral, bipartisan Congressional Black Caucus (CBC), which was established in 1971. Follow him on Twitter at @RepRichmond. Follow the CBC on Twitter at @OfficialCBC.

America's Most Admired

By Congresswoman
Eddie Bernice Johnson

It should come as no surprise to those who observe the American political and social landscape that former President Barack Obama and First Lady Michelle Obama have recently been named in a recent nationwide Gallup Poll as the most admired man and woman in our country.

Even after having departed the White House two years ago, the pair was recognized by people throughout our country for their contributions, their compassion, their intelligence and their exemplary lifestyles that have positively influenced the minds, personal choices and interests of people around the world.

Mrs. Obama's biography, "Becoming," was purchased by more than one million people in the first week of its release in December. It more than likely will become one of the best-selling political biographies of all time. Her book mirrors the former First Lady's honesty, vision, and intellect.

In her book, Michelle Obama reveals that she was opposed to her husband's decision to enter politics, yet because they trusted and believed in one another she agreed that he should pursue his dream. With that decision, the Obamas began a journey which has resulted in their being among the most potent political couples in American history.

2019 marks the eleventh consecutive year that our

former president has been chosen as the most admired man in the country. The only other person with more first place finishes is former President Dwight David Eisenhower who was also a military hero.

It is quite interesting that exactly four hundred years after the first slaves were brought to our country in 1619, brutally treated and disdained; the two people receiving the most reverence by our population are Americans who, like the slaves, are people of color.

Yet it is not because of their skin color that the Obamas are honored. The respect that they have garnered is not a result of their ethnicities. Among other traits it is a result of their characters.

While no presidency is without its imperfections, it should be noted that during the eight years that the Obamas were our nation's first couple, there were no personal scandals associated with either of them.

Their friends and those that worked for the administration did not find themselves consumed with having to testify before investigators and prosecutors, nor were there a myriad of criminal indictments. In fact, there were none.

Americans have always longed for those of good character and sound judgment to lead and inspire them. They witnessed such qualities in President and First Lady Obama whom they have honored, and rightly so!!

Simple and sustainable ways to become a healthier you in 2019

By Jennifer Bucko Lamplough and Lara Rondinelli Hamilton

Around the new year, most of us vow to make drastic changes to our diet or lifestyle. For some, that means adopting a strict (and joyless) diet or signing up for hardcore fitness classes that meet at 5 a.m. (despite the fact that you're horribly out of shape). It's no wonder these resolutions are often short-lived. When it comes to making lasting changes to your diet and lifestyle habits, slow and steady wins the race.

There's no doubt that committing to eat healthier and get more exercise are great New Year's resolutions. But unless your new practices are sustainable, any progress you make could be short-lived. Small diet and lifestyle changes over time that aren't too disruptive stand a better shot at becoming permanent healthy habits. Whether you want to lose 30 pounds, get better control of your diabetes, or achieve a similar health goal, it's best to make small but powerful changes. Eventually, you'll see results.

If you're ready to take some small yet mighty steps toward better health in 2019, give these tips a try.

Cut out sugary drinks immediately. Sugary drinks like regular soda, fruit drinks, energy drinks, and sweet tea raise your blood glucose and add empty calories to your daily intake. Even though it can be a hard habit to kick, do all you can to eliminate these drinks from your diet. Replace them with fresh water, low-fat milk, flavored calorie-free carbonated water, and unsweetened tea and coffee.

Purge the junk food. Cookies, chips, sweets, and other snacks are hard to resist when they are an arm's length away. The best way to avoid them is by removing them from your home. But don't worry. When you're craving a snack, you can try a healthier whole food option, like slices of avocado, a handful of nuts, kale chips, a small serving of Greek yogurt, a piece of fruit, veggies with hummus or nut butter. These snacks are more



Family play time is a great way to enjoy a healthier lifestyle and create memories. (Image: via CreateHER Stock by Roy Miller)

satisfying and pack more nutrition than your processed favorites.

Do some research and identify an eating pattern you can live with. Studies show that there are many different eating patterns that can be helpful in managing diabetes. That means that if you're trying to get your health in order, you don't have to stick to a rigid plan that restricts many of your favorite foods. Some effective eating patterns include vegetarian or flexitarian, Mediterranean, low-carbohydrate, and low-glycemic.

Choose leaner cuts of meat. Saturated fat—the kind found in animal protein—raises blood cholesterol levels, which is a risk factor for heart disease. An easy way to reduce your saturated fat intake is by choosing lean cuts of meat. Avoid or reduce your intake of lard, fatback, and high-fat meats like regular ground beef, bologna, hot dogs, sausage, bacon, spareribs, and the skin from chicken and other poultry. Instead, choose skinless poultry; fish, turkey, and beef trimmed of fat, including round, sirloin, flank, and tenderloin; and lean cuts of pork, including center loin chop and tenderloin.

Plan your meal around veggies (instead of making them the afterthought). At mealtimes, try to fill at least half of your plate with non-

starchy vegetables like spinach, cauliflower, broccoli, cabbage, carrots, bell peppers, Brussels sprouts, and eggplant. Veggies like cauliflower, broccoli, carrots, and Brussels sprouts are delicious when roasted in the oven, and sautéed cabbage, bell peppers, and eggplant brings out their natural flavors. Finally, start any meal with a simple salad of mixed greens to help you meet your veggie quota.

Try lettuce wraps instead of bread. Iceberg, green leaf, or butter lettuce make a surprisingly delicious bread substitute. Use them in place of bread for your next sandwich. Nestle burgers or grilled chicken inside a lettuce "cup" in place of hamburger buns, and carefully wrap deli meats and toppings into a low-carb lettuce sandwich and secure it with wax paper and a piece of tape. Then tear the paper away as you eat.

Eat veggie noodles in place of pasta. For a great pasta substitute, sample the veggie noodles trend. Veggie noodles are a delicious, lower-carb option that can be eaten in place of grain-based pasta. A kitchen tool called a "spiralizer" quickly and easily turns vegetables into "noodles," or you can use a standard vegetable peeler for a similar result. For even more convenience, you can now find these spiralized

veggies in the freezer or produce section of many grocery stores. Try noodles made from zucchini, sweet potato, carrot, or spaghetti squash. Top them with chili, Bolognese sauce, or use them to make a cold "pasta salad" or noodle dishes like Pad Thai. Hint: You can also try cauliflower, butternut, or broccoli "rice" in place of regular rice for a lower-carb option.

Schedule in exercise five days a week. What you write on your calendar and allow time for is more likely to get done. Your workouts don't have to be extra rigorous to be effective. Just taking a brisk 30-minute walk each day—or at least five times a week—is a great way to get your heart rate up and kick-start weight loss and improved health. Of course, if you'd like to take up running or sign up for a cardio class, go for it! But if you are sedentary, it's important to start slow and build up your endurance so you can main-

tain your new routine!

But don't do ONLY cardio. Get in some strength training too (even if you're watching TV at the same time). Strength or resistance training makes your body more sensitive to insulin and

can lower blood glucose. It also helps to maintain and build strong muscles and bones. The American Diabetes Association recommends doing some type of

See HEALTH, Page 8

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1862	Bonus Break The Bank Overall Odds are 1 in 4.29	\$5	2/27/19	8/26/19

Scratching is the official means by which the game outcomes shall be determined and the only means by which the game results shall be determined. These games may have multiple prizes, including the grand prize. Game ending procedures will be advised when the game has been closed. Scratch ticket games may be sold prior to the closing date. All prizes are subject to the rules and regulations of the Texas Lottery Commission. © 2019 Texas Lottery Commission. WAT 1/18/2019 17

TEXAS LOTTERY

Rep. Johnson receives the 2018 Cleophas Steele Social Justice Award

State Representative Eric Johnson was awarded the 2018 Cleophas R. Steele, Jr. Social Justice Award for his work in the Texas Legislature. He accepted the award at Good Street Baptist Church in Dallas on Sunday, Dec. 16.

"I am truly humbled to have received this award. Cleophas Steele was a true public servant and having grown up in the City of Dallas, I know firsthand the significance of his contributions to our community," Representative Johnson stated.

The Cleophas R. Steele, Jr.

Social Justice Award was established in honor of the late Judge Cleophas Steele. Judge Steele was a graduate of Lincoln High School, a school located in the district Representative Johnson currently represents. He founded one of the first African American law firms in the City of Dallas and served as an associate municipal judge and Justice of the Peace for 31 years. After retiring in 2006, Judge Steele returned to serve as a Constable for Precinct 1 in Dallas, a position he held until he passed away in 2015. Judge Steele was an

active member of Good Street Baptist Church, where he served on the Board of Deacons and the Board of Trustees. He had a remarkable career in public service and made countless contributions to his community and the City of Dallas as a whole.

Judge Steele left behind his wife, Barbara Steele, who remains an active member of Good Street Baptist Church and who presented Representative Johnson with the 2018 Cleophas R. Steele, Jr. Social Justice Award.

Representative Johnson has represented District 100 in the Texas House of Repre-

sentatives since 2010. Since he was first elected, he has passed transformative social justice policies for the State of Texas dealing with reforming the criminal justice system, expanding early childhood education, increasing financial security, and closing the school-to-prison pipeline.

"I am grateful for this recognition, and there is still a lot of work to be done. I plan to continue fighting for social justice and policies to advance our community when the 86th Texas Legislature convenes in January," Johnson added.



Texas State Rep. Eric Johnson accepted the 2018 Cleophas R. Steele, Jr. Social Justice Award at Good Street Baptist Church (Courtesy Photo)

State Rep. Neave offers bill to protect college students from sexual predators

State Representative Victoria Neave, creator of a Sexual Violence Task Force composed of subject matter experts, recently filed House Bill 524 to protect college students by providing colleges and universities with necessary information about transfer students with a his-

tory of sexual violence. Specifically, HB 524 requires a notation on the academic transcript of any student found by a college to have violated the school's code of conduct by committing a sex offense and whether the student was suspended, expelled, or with-

drew from the institution as a result. HB 524 also provides for a process for a student to appeal for the removal of the transcript notation.

A recent incident with a college student who was indicted on multiple sexual assault charges and expelled

from his university and then transferred to The University of Texas at Dallas, coupled with a petition containing more than 29,000 signatures, highlights the need for the passage of Rep. Neave's House Bill 524 to provide universities with information about whether an in-

coming transfer student has a history of committing sexual assaults.

"I commend The University of Texas at Dallas and President Dr. Richard C. Benson for taking swift action to ensure that students are in an environment where they can learn without fear

for their safety. I also commend UTD Student, Kelsey Casto, for her leadership in creating a First Amendment venue for thousands of students and my fellow alumnae of U.T. Dallas to voice their concerns. I look forward to their concerns. I look forward to their concerns. I look forward to their concerns.

See HB524, Page 12



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Ft. Worth church and Prairie View establish 4-H Club named in honor of Buffalo Soldiers

Last month, as the world paused to commemorate the centennial of World War I, the pastor and members of the New Mount Rose Missionary Baptist Church in Fort Worth shared a special announcement. A charter was granted for the establishment of the first 4-H Club in the nation named in honor of the legendary Buffalo Soldiers of the United States.

“This is yet another fantastic way for us to keep the legacy of the Buffalo Soldiers alive while continuing to train, educate and develop the next generation of strong leaders within our community,” says, Pastor K.P. Tatum, Sr., of New Mount Rose.



New Mount Rose hopes to teach young students math and science skills while providing the community with fresh fruits and vegetables. (Courtesy photo)

By teaming up with Extension in Tarrant County, Prairie View A&M University Extension and Texas A&M University AgriLife

Extension in Tarrant County, leaders of the new club plan to introduce urban youth to a new world of STEM oppor-

tunities and leadership skills development.

Housed in the heart of the 76104 food desert, the new Buffalo Soldiers 4-H STEM Club will seek partnership with many stakeholders across the city, county, state, and country. This will include working with the Tarrant County Sheriff’s Department, Texas Buffalo Soldiers Association, Texas Parks and Wildlife Buffalo Soldiers Program, USDA, and land-grant colleges and universities across the nation.

“We are committed to rearing our own to succeed and the new Buffalo Soldiers 4-H STEM Club will open up doors for our brilliant students and their families liv-

ing in the inner city of Fort Worth, Texas. We are excited about the possibilities,” Pastor Tatum said.

According to the 4-H website, “4-H serves youth in rural, urban, and suburban communities in every state across the nation. 4-H’ers are tackling the nation’s top issues, from global food security, climate change and sustainable energy to childhood obesity and food safety. 4-H out-of-school programming, in-school enrichment programs, clubs, and camps also offer a wide variety of STEM opportunities – from agricultural and animal sciences to rocketry, robotics, environmental protection and computer science – to improve the na-

tion’s ability to compete in key scientific fields and take on the leading challenges of the 21st century.”

The Buffalo Soldiers 4H Club currently enrolls more than 15 students. Their goal is to reach out to more 100 students from urban inner-city neighborhoods in Fort Worth.

For more information on how you can become a member or sponsor of the new New Mount Rose Buffalo Soldiers 4-H STEM Club, contact Pastor Tatum at 817-966-7625 or email: newmountrosefw@gmail.com.

All contributions to New Mount Rose are tax-deductible.

New university resource helps students complete degrees on time

(UT-Dallas) Students struggling to graduate on time have a new advocate at The University of Texas at Dallas.

The Graduation Help Desk, funded by The University of Texas System for each of its eight academic institutions, aims to help undergraduates overcome obstacles to a timely graduation by connecting them to the right people and resources across campus.

Angela Scoggins BA’00, MA’08, associate director of academic outreach, brings experience as both a student and a staff member to her role leading the new help desk, which is based in the Office of Undergraduate Education. Scoggins previously worked as an academic advisor in the School of Natural Sciences and Mathematics and with the Student Outreach and Academic Retention office.

“I remember what it was like as a student when I walked out of an office knowing less than when I went in. Often it’s a matter



As the leader of the new Graduation Help Desk, Angela Scoggins BA’00, MA’08 works with schools and other offices to help find solutions for students struggling to stay on course to a timely graduation. (Photo: UTD)

of not asking the right questions,” she said. “I take it very seriously to know what’s going on with students.”

The help desk is the go-to resource for students who need help coordinating academic, financial or personal issues across schools or offices. Scoggins regularly collaborates with the Dean of Students Office, the Military and Veteran Center, the Student Counseling Center, school advisors and associate deans, the Office of the Registrar, and Residential

Life.

The help desk does not replace academic advising. In fact, Scoggins recommends that students who are behind on their degree plans consult their advisors first.

Courtney Brecheen, associate dean of undergraduate education, said the centralized help desk focuses on helping the campus community navigate the University system to address complex matters that impact student success and completion.

“The help desk can help with any issue that may

need multiple offices to collaborate on a resolution. Angela has the ability to help efficiently facilitate a conversation between students, the associate dean, the Office of Financial Aid or whomever else might need to be engaged in finding a solution to a particular issue,” Brecheen said.

Kali Cagnolatti, an academic advisor in the School of Natural Sciences and Mathematics, recalled a student who left to attend pharmacy school before formally graduating with a double major in biology and business administration. The student eventually chose to discontinue studying pharmacy and found employment in a different field.

“She had landed a job, but they needed her to have a degree in hand,” Cagnolatti said.

Her old degree plan would have required a “boatload” of courses to take in order to graduate, but Scoggins worked with four departments on campus

to get the student reinstated under her previous academic catalog year’s requirements. The student was able to receive her degree without needing to take another course.

Cagnolatti said the help desk allows the University to maintain the integrity of academic policy while developing solutions to help students.

“I don’t think anyone else could have pulled it together,” she said. “It just saves so much time to have a liaison between the majors.”

While many students request help with general academic questions and study skills, the help desk also identifies nonacademic factors related to personal well-being and financial stability that contribute to academic struggles.

Lendon Burnett, a finance senior who serves in the U.S. Army Reserve, was struggling with military obligations that forced him to miss the first few weeks of the semester for training and

occasional days for briefing meetings. He needed a plan for a nonacademic withdrawal so that it wouldn’t affect his 4.0 GPA.

As the team leader for the Peer Advisors for Veteran Education program, he now refers other nontraditional students to the help desk.

“I tend to give Angela’s name out quite a bit,” Burnett said. “She’s helpful in every situation. Angela always knows who you need to talk to.”

Scoggins said anyone on campus, including faculty or academic advisors, who is aware of a student experiencing a barrier to graduation, including faculty or academic advisors, can contact the help desk and leverage its resources.

“Often it’s a matter of students not understanding University policies and procedures or not knowing the questions to ask. We can help come up with creative solutions. The important thing is that we keep communication lines open,” Scoggins said.

Former Irving Police Chief and City Councilman leaves a legacy of service

The Irving Police Department shared the passing of former Irving Chief of Police Lowell Cannaday passed away on Dec. 20, 2018. He was 81 years of age. Chief Cannaday succumbed to a series of medical complications but was surrounded by his family at the time of his passing.

Chief Cannaday served as Irving's police chief from August 1994 to October 2004. Prior to his service with the Irving Police Department, Chief Cannaday spent nearly 28 years with the Dallas Police Department rising to the rank of Assistant Chief. He also served his country in the

United States Marine Corps Reserves.

After leaving the Irving Police Department, he was elected to the Irving City Council from 2005 to 2007. Returning to the law enforcement profession, he assumed command of the Watauga Police Department

between 2011 and 2014.

Chief Cannaday was commended by the Irving Police Department for leaving a legacy of distinguished public service and was a well-respected member of the law enforcement community, a civic leader, family man, and friend.



Former Irving Chief of Police Lowell Cannaday (Courtesy photo)

Plano city council member not seeking re-election

Deputy Mayor Pro Tem Angela Miner recently announced she will not run for reelection to the Plano City Council.

"It was a great honor to serve the people of Plano and our great City. I'm ready to move on to the next chapter of my life, devoting time to my family needs and commitments," said Miner.

She served the Plano community for more than

20 years in a wide array of leadership roles on numerous PTA boards and President of the Plano ISD Council of PTAs. For her commitment to serve the children of Plano Miner was presented with both the Texas PTA Lifetime Achievement and National PTA Lifetime Achievement Awards.

She is a past president of her HOA, a board member

of the Plano ISD Education Foundation, an active member of the Plano Symphony Orchestra Education committee, the Women's Auxiliary of Children's Medical Center Plano, and Women Making A Difference In Plano. Miner is an active member of the North Texas Pioneers Rotary club helping make a positive difference, not just in her community, but around the globe.

Miner also serves on the National League of Cities Public Safety and Crime Prevention Committee. She was recognized and awarded the 2017 Immi-

grant Spirit Award – Recognizing an immigrant civic leader or elected official who has contributed substantially to the community or the region.

The City of Plano issued a statement thanking Deputy Mayor Pro Tem Miner for her service and commitment to our community.



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NDG seeks Intern Video Producer

The *North Dallas Gazette* is a community-driven newspaper with a digital presence seeking a new Video/Audio Producer Intern for our new video platform and to assist with the growth of our media company through quality video production.


The Producer will be responsible for recording, editing and preparing final draft of our video content in our in-house studio. The producer will record and broadcast via Facebook weekly shows. Afterwards using Final Pro Cut and other related tools, the footage will be finalized and uploaded to our YouTube channel.

The right candidate will have the following skills:

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- Experience using digital content software
- Basic graphic design experience
- Create content based upon agreed criteria
- Understand how to use various social media platforms for live video events
- Good time and project management skills
- Attention to detail as it relates to spelling and grammar
- Provide regular status updates to stakeholders and management

The work will be completed at our studio located at Regal Row & Stemmons with a schedule of up to 15 hours a week. Pay rate is \$12-15 per hour.

Resumes must be sent to ngarcia@northdallasgazette.com to be considered.



North Dallas
Gazette

Allen

Talking History - Presidential Campaign Techniques: 1840-2016 will be hosted on Jan. 8, from 7 p.m. to 8:30 p.m. at Allen Public Library - Upstairs Program Room, in Allen. Explore how time and new technologies have changed how politicians have reached voters over the past two centuries, with Dr. Gus Seligmann, of the University of North Texas. From early campaigns' use of parades and newspaper ads, to

radio and television allowing candidates to come into people's homes and the increasing importance of social media in modern politics, the ability to adapt has been a make-or-break factor in many campaigns. Ages 16 and older and invited to come, and younger welcome with an adult. For more information contact 214-509-4905.

Arlington

Explore your creativity with Painting, **All Media**

with Barbara McFarland on Jan. 7, from 6:30 p.m. to 8:30 p.m. at Sparks Studio of Creative Arts, in Arlington. Barbara teaches watercolor, oils, acrylics, pastels, and mixed media at Sparks Studio Art. Her Monday night venue is an on-going painting class every week. All painting and drawing mediums are welcome. Work on your own individual projects in the material of your choice. **BEGINNERS** are welcome. Each student receives personal

instruction. Cost is \$22.00. To purchase tickets and to learn more, visit Downtownarlington.org.

Carrollton

The **Harry Potter Yule Ball** will be held on Jan. 4 from 6:30 p.m. to 9:30 p.m. at Josey Ranch Lake Library, in Carrollton. The 2nd annual Harry Potter Yule Ball will have an evening of fun with trivia, dancing, a scavenger hunt and more activities inspired by Harry Potter and the



City of Carrollton

Goblet of Fire. Attendees will be sorted into their Hogwarts houses and may find themselves in a House Cup competition, Carrollton Library-style. The Yule Ball will also feature music,

crafts and door prizes almost as good as a box of chocolate frogs from Honeydukes. Costumes and dress robes are highly encouraged as there will be a costume contest and photo booth for immortalizing that Gilderoy Lockhart smile.

A DAY in Krimson & Kreme will be held on Jan. 5 from 3 p.m. to 9 p.m. at Blends Daiquiri Lounge, in

See BRIEFS, Page 11

South Dallas Club sponsors SAFE Encounters program

By Gwendolyn H. Daniels
NDG Special Contributor

The South Dallas Business and Professional Women's Club (South Dallas BPW Club) partnered with Lincoln High School and the Dallas Police Department's South Central and Southeast Divisions in presenting their annual SAFE Encounters Program. Its thematic purpose is a directive of the National Association of Negro Business and Professional Women's Clubs, Inc. SAFE Encounters provides young people with valuable information to aid in successfully interacting with law enforcement, should such encounters occur. Mrs. Johnna Weaver, Lincoln's campus principal, graciously gave approval for South Dallas



Ernesto's Mariachi Trio entertained DART travelers at the CityLine/Bush Station yesterday as part of DART's celebration of Hispanic Heritage Month. (City of Richardson)

BPW Club to host the event at Lincoln High School.

On December 4, 2018, an "Open Mic - Talk Back" dialogue was held between Lincoln High juniors and seniors and Dallas police officers. A combined 153 students assembled in the school auditorium to participate in the event. Special

guests included elected officials and the Lincoln High alumni.

Campus Liaison Sheila V. Walker gave a hearty welcome and Dallas City Councilman Kevin Felder brought greetings from the City of Dallas. Other program participants included Gwendolyn H. Daniels,

president of the club who delivered the occasion, and SAFE Encounters Committee members Brenda King Murphy and Candy Brad-

shaw. Mrs. Murphy introduced Police Sgts. Joseph Childs and Shayla Johnson with their panel of officers and

Mrs. Bradshaw completed the session with a review of "Takeaways." Lincoln High

See SAFE, Page 15

HEALTH, continued from Page 4

strength training at least two times per week. Activities include using weight machines, free weights at the gym, or resistance bands; exercises that use your body weight to work your muscles like squats, lunges, planks, wall-sits, and push-ups; or activities that build and keep muscle like heavy gardening.

Do at least some of your exercise outdoors. There's nothing wrong with going to the gym, but if you're feeling unmotivated to do your normal indoor routine, take your workout outside. The fresh air is invigorating, and stud-

ies show that being in nature decreases stress and promotes positive emotions. So be sure to trade out some of your time on a treadmill for a walk or jog in a local park. Or do lunges, push-ups, and other strength training in your backyard for a change of scenery.

Shake up your sedentary workday every chance you get. Sitting at a desk all day can negatively impact your health. If the nature of your work causes you to be sedentary for eight hours a day, look for chances to build more movement into your

day. For example, take a ten-minute walk after lunch, get up and move a little each hour (even if it's just a walk to the water fountain or restroom), park farther away than you normally would take the stairs instead of the elevator.

There's no reason your New Year's resolutions have to be painful, punishing, and ultimately unsustainable.

Making more manageable changes—that you will actually enjoy—is a better game plan for success. Make 2019 the year you finally shift into a healthier lifestyle and start moving toward building a better you.

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The Black Academy of Arts and Letters Inc., 2009-2019 42nd Season programs are supported in part by the City of Dallas Office of Cultural Affairs, 095-11,75A-32, West Dallas, Dallas SPD, Urban Radio-Dallas and Ocean Exploring. Media partners: The Dallas Weekly, The Downtown Business News, 1 Message Press, Inc., The Dallas Journal, Texas Major News, Dallas Black Business Directory, Dallas Gospel Community, The Dallas Journal, The North Dallas Gazette, Southern Dallas Business & Living Magazine and AllSource.

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Cowboys end regular season with win over Giants

By Dwain Price
NDG Sports

FRISCO – Since losing to the Seattle Seahawks, 23-14, up in the Pacific Northwest on Sept. 23 in the third week of the NFL season, a lot has changed for the Dallas Cowboys.

Most noticeably, the Cowboys had not yet made the trade with Oakland to acquire wide receiver Amari Cooper, who has been extremely key to the team's run to the playoffs. And the Seahawks?

Well, a week after upending the Cowboys, Seattle lost its best defensive back when Earl Thomas sustained a season-ending fractured left leg during a win over the Arizona Cardinals. Thomas was extremely key to Seattle's win over the Cowboys when



Ezekiel Elliott had a game off with the Giants, but will be back on the field for the playoffs. (Photo: Keith Allison / Wikimedia)

he intercepted two Dak Prescott passes and then took an impromptu bow towards the Dallas bench following his second interception.

But the stakes are now much higher for both teams when the Cowboys (10-6) host a wild-card playoff

game against the Seahawks (10-6) on Saturday at 7:15 p.m. at AT&T Stadium in Arlington. Still, the Cowboys haven't forgotten that Seattle held Prescott to just 168 yards passing and sacked him five times in addition to changing the game with those pair of costly in-

terceptions.

Elliott confident and rested

"We both are a different team, and there's been a lot of football since then," running back Ezekiel Elliott said. "A lot has changed for us, but just go out there and play our style of ball."

The Cowboys' style of ball mostly hinges on the play of Elliott, who rushed for 1,434 yards this year while winning his second NFL rushing title in the past three seasons. And Elliott was able to accomplish this feat despite resting and sitting out Sunday's wild 36-35 victory over the New York Giants in the regular season finale.

The rest for Elliott and some of his teammates will

enable the Cowboys to be a fresh group by the time they host the Seahawks. And in all, after starting the season with a woeful 3-5 record, the Cowboys went 7-1 down the stretch and are ecstatic they were able to earn their post-season papers by winning the NFC East.

"It's hard to make the playoffs in the NFL, so that makes the moment that much more important, but I live for these moments," said Elliott, who rushed for 127 yards on just 16 carries back in September against Seattle. "I can't wait to go out there and compete Saturday night."

"I believe we have the best defense in football and a pretty darn good offense – a lot of weapons. I think we

have the right recipe to make some noise."

Crawford grateful for answered prayers

The Cowboys' recipe for winning this season can mostly be credited to the play of their stout defense. That's why they're celebrating the return of defensive end Tyrone Crawford, who sat out the game against the Giants after he was carted off the field and rushed to a hospital with a neck injury during the Dec. 23 victory against Tampa Bay.

Crawford's injury, diagnosed as a stinger, occurred on the second play of the game.

"At first I was scared be-

See COWBOYS, Page 12

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!!!!

DSM's *The Phantom of the Opera* production creates an incredible show

By: Rachel Hawkins
NDG Staff Writer

Andrew Lloyd Webber's *The Phantom of the Opera* at Dallas Summer Musicals is nothing short of fantastic. Set to run until Jan. 6, this new North American tour has been praised as "bigger and better than before", and it is easy to see exactly why. Recently we featured

Quintin Oliver Lee, the star of the show *The Phantom*. This week *NDG* takes a look at the experience of the latest production of one of the most beloved American musicals over the last three decades.

The new production, featuring a revolving set design created by Paul Brown, takes the musical attendees into the world of the Phan-

tom while it is consistently changing the background, multiple gorgeous costumes, fantastic lighting, and of course the famous chandelier.

While watching the performance, anyone in attendance will be captivated while watching the scenes change flawlessly. Of

See OPERA, Page 14



The Phantom of the Opera company performs Masquerade (Image by Alastair Muir)

NDG Entertainment: Sounds, stories and competition on ice

By Tiffany Gilbert
NDG Entertainment

Join the City of Lewisville for their weekly **Acoustic Jam Session** on Jan. 4, at 7 p.m. at MCL Grand, in Lewisville. Weekly open jam and song circle. All acoustic instruments and levels are welcome. All music genres are welcome. Acoustic Fridays are sponsored by the Visual Art League of Lewisville.

Soundings: New Music at the Nasher Season, Some Favored Nook will take place on Jan. 4 at Nasher Sculpture Center, in Dallas. This is a performance based on the correspondence and relationship between Emily Dickinson and abolitionist Thomas Wentworth Higginson. Higginson mentored Dickinson before she published her first book of poems, and the two wrote one another for 24 years. In 2017, their

writing was adapted into a musical performance. Tickets are available at Nasher-sculpturecenter.org.

Enjoy Sweet story time with **Harold and the Purple Crayon** on Jan 5. from 10 a.m. to 10:45 a.m. at Sweet as Sugar children's boutique, in Dallas. This month, Sweet as Sugar will be doing a reading of Harold and the Purple Crayon. A select number of the first few attendees will

receive a board book version of Harold and the Purple Crayon, as well as a set of purple crayons. Parents in attendance will also be placed in a raffle for a \$50 Sweet as Sugar gift card! Be sure to RSVP on Facebook.

Take advantage of **Sunset Sundays** on Jan. 6 from 6 p.m. to 12 a.m. at Brickhouse lounge, in Arlington. Come join us for a great night of entertainment!

Geno Spears brings you the best in authentic Chicago Step then slide into an evening of live music with Mahogany - giving you the best in jazz and soul!

Don't miss out on the **Dallas Stars Watching Party** on Jan. 8, at 7 p.m. at Texas Live!, in Arlington. When the Stars are on the road, join Jeff K, Michael Gruber and the Dallas Stars Ice Girls at the official watching parties. You'll re-



ceive food and drink specials and have the chance to win autographed Stars memorabilia and merchandise. For more information, you can visit <https://www.nhl.com/stars/fans/watching-parties>.



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Money resolutions to make with kids in January

Each year millions of people around the world create New Year Resolutions in hopes of improving their lives. Some of the most popular resolutions are usually related to being physically and mentally healthy, like losing weight, stopping smoking or taking up meditation. Other people plan to be more financially responsible for saving more and spend less. This is a great sentiment, but not a very good resolution because it isn't specific and doesn't even come close to addressing the financial challenges Americans face each year.

According to Financial Literacy Around the World, a Standard and Poor's Rating Services Survey, the U.S. ranks 14th in financial literacy. It is not very surprising that other countries are doing it better when you



Flickr

consider other statistics about U.S. financial habits. Nearly 60 percent of investors ages 18 to 34 say they already have taken money from their retirement account, according to research from E-Trade Financial. 77 percent of adults live in states that score a D or F grade in personal finance comprehension, based on data from The Center for Financial Literacy at Champlain College. And, over half of the states don't require kids to take a personal finance course in

school.

Instead of adults just making resolutions to improve their financial choices, Gregg Murset, CEO of BusyKid, recommends getting the entire family involved in 2019. Not only can family members help keep each other on track, making financial resolutions together creates an opportunity for parents to instill good habits and teach their kids about money management.

Recommended Financial Resolutions

Skip Paper for Plastic – A recent survey of 1000 consumers showed that 88 percent used a debit or credit card when making most purchases. Sometimes though, cash is just less convenient and it can be harder to keep track of where you are spending your money. If

you're using plastic, choose your debit card as much as possible. Since it's "real-time spending", you'll be able to manage your money better, as well as, not be surprised by a growing credit card payment each month.

Invest Something – Anything – According to Gallup in 2016 only 52 percent of U.S. adults owned stock, including individual stock, a stock mutual fund or a self-directed 401(k) or IRA. You don't have to be incredibly wealthy to be an investor. There are even programs that allow you to invest by rounding up purchases off debit cards. Start small and do some research on what's best for your situation. It's also important to get your kids involved in investing as well so they aren't afraid. BusyKid allows kids to use their allowance to buy real

shares of stock.

DIY More – Americans spend an average of \$2,000 a year for someone to handle a project that might be handled by another workforce – your kids. Whether it's basic landscaping, shoveling snow, cleaning the house or skimming the pool, paying someone else to do these projects add up quick. It could be better to put the "home team" on the projects to keep costs down, build work ethic in your kids and allow them to earn some money to manage.

Give Time – While charity organizations certainly appreciate financial donations, your time is also valuable. If you cannot afford to donate money to a local charity, volunteer instead. Recruit friends and family to volunteer with you to make the experience a

shared reward. Look to volunteer off-season or at places that don't receive much attention. Everyone wants to serve meals at Thanksgiving or Christmas, but you can do the same any of the other 363 days of the year.

Set Real Goals – When you are just saving to save it can be hard to stay motivated. Choose a big personal goal or an experience for your family that you want to accomplish this year. Write it down, print out photos that represent it and hang a sign somewhere you will regularly see it. Making your goal tangible can help you stay on track and motivate you to say no to going to the movies, buying new shoes that you do not need or other small, dispensable purchases.

LIVING, continued from Page 1

restore the dignity of the Black race in America and around the globe. Racism is not limited to the United States, and today we hear how China, India and other nations are taking over Africa economically. The fate and survival of Black people in America is inextricably linked to Black people in Africa, the

Caribbeans and around the world.

"Great men like Marcus Garvey, W.E.B. Du Bois, and Malcolm X all knew that a people are only respected when it has a nation worthy of respect. They knew that for us to reclaim power we must first reclaim dignity, and that comes through the construction of

a solid Black state with a demonstrable level of development and prosperity – and which can stand as a powerful advocate for the global Black," states Obioma.

It is time for Blacks in America to operate with respect, and work with a formative and functional Black Agenda. It is time to speak with one voice and in our community focus on:

- Education

- Jobs and employment
- Criminal justice
- Health
- Economics
- Politics and voting
- Housing and environment, and
- Family

The buying power of the African American community is \$1.1 trillion, but it only circulates 6 hours in our community, and the Asians keep a dollar in their

community 120 times longer than African Americans. The Jewish keep the dollar in their community for 20 days, and the dollar in the White community circulates 17 days.

In 2019, the challenge for Blacks in America is to work together with a Black united front and depend on each other based on a Black Agenda. We can no longer think our government under

Trump is working to save the Black Race, we must save our self.

Our dignity and respect must begin as Black people in our families, and then our community, our country, and then the world. The great W.E.B. DuBois says, "The problem of the twentieth century is the problem of the color line," and nothing has changed in the 21st century.

BRIEFS, continued from Page 8

Carrollton. You are invited to experience a DAYtime event to celebrate the Founder's Day of the Gentlemen of Krimson and Kreme. Enjoy a hidden getaway at Blends Daiquiri Lounge where you will experience great vibes and your favorite libations. From New Orleans inspired Daiquiris, to great food, an upstairs cocktail lounge, a hookah lounge with great music provided by KAPsi's DJ Klassik creating the perfect scenario to connect with other in the know professionals. Be sure to dress in casually stylish attire. FREE admission with RSVP, free parking, full

dining menu, drink & food specials, 2 floors to mingle. For more information visit <https://KrimsonandKreme-Dayparty2.eventbrite.com>.

Dallas

Enjoy the last day of **The Trains at Northpark** on Jan. 5, from 10 a.m. to 5 p.m. at NorthPark Center, in Dallas. Benefiting Ronald McDonald House of Dallas (RMHD), and presented by Bank of Texas, The Trains at NorthPark will mark its 20th year at NorthPark Center with more than 750 railcars on a 1,600-foot elaborate configuration of tracks and scenes. Each year, the beloved holiday experience

welcomes more than 70,000, and has helped raise more than \$13 million for RMHD since its original run in 1987. The Trains at NorthPark features cityscapes like Dallas, replete with the Margaret Hunt Hill Bridge and Fair Park; New York with Times Square and Grand Central Terminal; Washington, D.C. with The White House; and San Francisco's Golden Gate Bridge. Other highlights include New England's fall foliage, the Grand Canyon, Garden of the Gods, Mount Rushmore and Route 66. The charming exhibit has been seen by around two million since its original run over 30 years ago. Tickets start at \$7.

Don't miss out on the **Apple "cookie" decorating station at the Dallas Farmers Market** on Jan 5, from 12:30 p.m. to 1 p.m. Bring the family to shop the market. Each Saturday in January, Natural Grocers' nutritional health coach will be leading an Apple "Cookie" Decorating Station, plus a walk around tour of the weekend market, 12:30-1pm, in the Shed. Start the year on the right foot with a lesson in healthier food choices.

Garland

The **Trivia Factory** at Bar Louie Firewheel Town Center will hold their weekly Monday event on

Jan. 7, from 7 p.m. to 9 p.m. at 340 Coneflower Dr, in Garland. Trivia is free to play and we'll be giving away gift cards for the top teams at the end of the night.

Grand Prairie

Adopt-A-Stream - Fish Creek Cleanup will be held on Jan. 5, from 10 a.m. to 12 p.m. at Fish Creek Linear Park, in Grand Prairie. This is a land-based cleanup. Lunch will be provided for participants registered by the Thursday before the cleanup. Be sure to wear long pants, layers appropriate for weather, closed-toed shoes or rain boots, and sunscreen and insect repellent. For more informa-

tion contact: KGPB Coordinator, 972-237-4546 or alindbergh@gptx.org.

Irving

Join Irving seniors as they celebrate an **Elvis Party** on Jan. 8, from 10 a.m. to 11:30 a.m. at Heritage Senior Center, in Irving. Irving seniors are invited to get "All Shook Up" at this rockin' party celebrating the birthday of Elvis Presley. Enjoy a live performance by an Elvis impersonator, music, cake and lots of fun. Registration deadline is Jan. 4. Cost: \$5 for Heritage members; \$8 for non-members. For more information contact (972) 721-2496.

Women are changing the face of the once male-dominated funeral industry

By Stacy M. Brown
NNPA Correspondent

For many, when there's mention of singer Monica Brown, her hit songs like "The Boy is Mine," and "Miss Thang," might come to mind first.

For others, her stellar acting career with small and big roles in "New York Undercover," "Living Single," and the 2018 reality television show "T.I. and Tiny Family and Friends Hustle," also come to mind.

But, it's Brown's other profession that – until recently – received little fanfare.

"When I'm there, I'm not 'Monica the artist,'" Brown said on a recent broadcast of her reality show. "I'm a mortician."

The 38-year-old Grammy and Billboard Award winner is among a growing number of women who are beginning to overshadow the typical "man in the black suit" funeral director.

"It's far more than a job, it's all-day, it's emotional and it's far more than you just go to work and come home and that's it," said Alyssa George, who just finished



Many are not aware that singer Monica Brown has a second career as a mortician. (Photo: MadameNoire / Courtesy)

her internship on her way to becoming a funeral director.

George works under Patricia Marchesani, the funeral director, owner and supervisor at McCausland, Garrity, Marchesani in Glenolden, Pennsylvania.

She's one of several in Delaware County.

"I definitely think the profession is changing. It's more female than it's ever been, and I really can't tell you why; maybe it's because we didn't have a way in earlier, but it seems like we're doing a lot of good work now," George said.

Funeral directors, also sometimes referred to as un-

dertakers or morticians, help families plan funeral services. They then carry out those services, according to a job description on study.com.

Most funeral directors are practicing embalmers, which means that they prepare and preserve the body before interment.

Common duties of funeral directors include meeting with families, helping families plan services, embalming and preparing bodies, planning and organizing wakes and memorial services, placing obituary notices in newspapers and handling paperwork.

To become a funeral director, individuals need to complete a 2- or 4-year program in mortuary science. Typical courses in such a program include physiology, anatomy, embalming techniques, pathology, restorative art, accounting and client services.

All 50 states also require funeral directors to be licensed, which generally requires at least two years of education, one year of apprenticeship and a passing score on a state examination, according to study.com, which notes that the U.S. Bureau of Labor Statistics projects employment to grow in that field by 7 percent through 2024.

Because funeral directors, whose median income is \$48,490 annually, interact with the families of the deceased, it's important that they are compassionate and empathetic.

"You have to be able to put yourself out there and understand that you have to put other people's needs before your own," George said. "It's not to be taken lightly where you can just jump into the profession just because it might be a steady career or a

good job because there's so much more.

"You have to understand your community and be a huge part of that community and you have to be giving by nature because that's what you're doing, giving."

In a published interview earlier this year, Jan Smith, a funeral director in Indianapolis and a spokeswoman with the National Funeral Directors Association, said she's been in the business 20 years and recalled that there were just a few women then.

"Today... more than 60 percent of students are female," Smith said.

"Women bring a level of compassion. For me to sit down with a mother who lost her child, I can connect on a different level than a man can, just being a mother myself," she said.

Elizabeth Fournier of Cornerstone Funeral Services in Boring, Oregon, has served as the one-woman funeral service in that town for 13 years although she started in the industry nearly 30 years ago.

"When I first stepped into this industry, I was a 22-year old woman and no one else in the place resembled me. It

was very uncommon to find a young woman in this profession as it was primarily men or sons of funeral home owners who followed in the footsteps of their father," Fournier said.

"As you are aware, this has changed throughout the years. Our local mortuary college had nearly every seat filled by a female student. And it is the females who are getting a hold of me to apprentice or to learn from a woman who has been in this industry since the old boy network," she said.

The reason for the shift is because of where we are as a culture, Fournier continued.

"I happen to be in Oregon where the cremation rate is 80 percent. This means a woman doesn't have to go to school to become an embalmer; she can just meet with families and stay in the funeral home," she said.

"Also, a lot of funeral homes are no longer the large homes owned and ran by families. The business has morphed into small lease-owned spots inside strip malls, as well as licensed funeral directors working out

See FUNERAL, Page 14

COWBOYS, continued from Page 9

cause I heard a sound, and obviously when something happens in your body you can hear it loud," Crawford said. "I was scared until I moved my fingers and my legs, then I thought I was alright."

"But then they told me about moving your neck you could possibly break it, so I got a little worried back in the ambulance again. But as soon as they told me everything was good, I just prayed and said thank you."

The Cowboys are thankful

they're playing the Seahawks this time in Arlington. They're also thankful for Crawford, who they desperately need so he can help them put some pressure on Seattle quarterback Russell Wilson.

In their earlier Cowboys-Seahawks matchup this year, Wilson was 16-of-26 for 192 yards and two touchdowns, and also was sacked twice.

"He's explosive," cornerback Jourdan Lewis said. "He makes explosive plays, he gets out of the pocket,

he's a great quarterback.

"He commands that offense and he's been commanding that offense for a while. So, when you think of him you can only think of a winner."

Prescott seeking his first playoff victory

Of course, on the flip side, Prescott surprised everyone when he not only played in Sunday's meaningless game against the Giants, but he played the entire game and completed 27 of 44 passes for 387 yards and four touchdowns.

That includes scrambling

and throwing a picture-perfect pass that Cole Beasley leaped and hauled in for a 32-yard touchdown on fourth down which got the Cowboys within 35-34 of the Giants with 1:12 remaining in the game. Prescott then tossed the winning two-point conversion to Michael Gallup.

"I thought it was a pretty remarkable play by our quarterback and our receiver," coach Jason Garrett said. "Obviously, they put some pressure on (Prescott) and he had to get out of the pocket.

"Dak does such a great job

moving in the pocket, he does such a great job keeping his eyes up and making those throws on the run. But one thing you have to understand when you have a movement quarterback like that, there are a lot of good plays that he makes too, and certainly that was as good a play as I've ever seen him make, and (Beasley) made a big-time catch on the other end of it."

For Prescott, the game against the Giants was more about maintaining his rhythm with the playoffs just around the corner.

"I wasn't coming out there saying I needed to prove people something," Prescott said. "I was coming out there to try to get a win, simple as that. Get a win for our teammates and keep this momentum going."

"If anything, just show the guys how much winning means to me no matter the circumstances, meaningless or not. That's the only thing that was important to me."

The next thing on his calendar that is important to Prescott? Getting his first-ever playoff win with a victory over the Seahawks.

HB524, continued from Page 5

ward to seeing the students engage in the legislative process to resolve this issue via HB 524 so it does not happen again," says State Representative Victoria Neave.

In April 2018, State Rep.

Victoria Neave created a Sexual Violence Task Force composed of subject-matter experts in various fields, including law enforcement, universities, hospitals, and survivor advocates in order to generate legislative solu-

tions to address sexual violence in our state.

In July 2018, the Sexual Violence Task Force heard from experts and discussed the specific issue that can be solved by HB 524 and other issues related to campus sexual assault. State Rep. Neave will be filing addi-

tional legislation to address domestic violence, the rape kit backlog, and other critical issues studied by the Sexual Violence Task Force.

"After analyzing this issue and listening to students, Title IX coordinators, and survivor advocates who visited with our Sexual Violence Task Force, I am filing this much-needed legislation to ensure that universities have the information necessary to protect Texas college students from sexual predators," said State Rep. Victoria Neave. "When parents send their daughters and sons to college, they do

it with an expectation that they will be learning in a safe environment. HB 524 will help decrease the risk that Texas students will be exposed to sexual offenders who may have transferred schools to avoid the consequences of their violent acts."

Upcoming DFW area job fairs

Jan 8 Hospitality Hiring Event

The Hospitality Hiring Event will be held on Jan 8, from 10 a.m. to 2 p.m. at 3020 N Westmoreland Rd, in Dallas. Goodwill is hosting a hospitality hiring event at Goodwill Industries of Dallas. Charleston and Dallas Methodist Hospital Systems are hiring for hospitality positions: Cooks, food service workers, and general utility worker. For more information, and to register visit Eventbrite.com.



Eventbrite.com.

Jan 12 Profession Pursuit Job Fair

The Profession Pursuit Job Fair will be held on Jan. 12 from 11:30 a.m. to 5:30 p.m. at the center court in Irving Mall. Sponsors will include: Desoto ISD, UPS, Fedex, Active LLC, YesThrive, and more. For more information visit Eventbrite.com.

Jan. 9 Dallas Sales Job Fair

The Dallas Sales Job Fair will be held on Jan. 9, from 9:30 a.m. to 1 p.m. at 4099 Valley View Lane, in Dallas. Hosted by HireLive, this is a national career service company specializing in Sales, Retail and Management Career Fairs, and has more than a decade of experience in connecting job seekers with industry leading companies that are currently hiring. This is your opportunity to interview face to face with 15+ Fortune 500 and Industry Leading companies seeking talented, experienced and enthusiastic sales, retail and management candidates. To learn more visit

Jan 17 MLK Celebration Job Fair

The MLK Celebration Job Fair will be held on Jan. 17 from 10 a.m. to 2 p.m. at your nearest workforce center. RSVP now and get connected. Multiple employers will be available to meet you and conduct onsite interviews. Save time by registering in www.WorkinTexas.com today and bring your WorkinTexas confirmation page to the event for a faster check-in!

Jan 19 Schneider - Driver Recruiting Event

The Schneider - Driver

Recruiting Event will be held on Jan. 19 from 9 a.m. To 1 p.m. at Comfort Inn Dallas Park Central, in Dallas. You will have the opportunity to speak to one of their knowledgeable and personable recruiters about obtaining a CDL, driving opportunities, pay and benefits, military programs, requirements, terminology clarification, and any other questions you may have. For more information visit Careerbuilders.com.

Jan 23 Dallas Job Fair

The Dallas Job Fair will be held on Jan. 23 starting at 6 p.m. at Hilton Garden Inn, in Irving. Be sure to arrive on time, dress business professional, bring 10 to 15 copies of your resume, and display an engaging attitude. Sales and marketing professionals of all skills are invited to attend. For more information, visit UnitedCareerFairs.com.

Jan 24 Dallas Job Fair

The Dallas Job Fair will be held on Jan 24 from 11 a.m. to 2 p.m. at Double-Tree by Hilton Hotel Dallas Market Center, in Dallas. Open the doors of opportunity when you meet and interview with the top hiring companies in Dallas. This

career fair will allow you to learn about the businesses that are hiring and what their hiring needs are. Tired of sending your resume over the web to get no responses back? Put a face with a name and make a great first impression. Register today at Eventbrite.com and you could get hired live at the next career fair in Dallas.

Jan 31 Dallas Career Fair

The Dallas Career Fair will be held on Jan. 31 from 11 a.m. to 2 p.m. at Plano Event Centre, in Plano. You'll meet face-to-face with hiring decision-makers from some of the areas top employers. Dress professionally and bring plenty of resumes, because they're here to hire. Walk in and start interviewing, it's that simple. Save time, money and effort interviewing with multiple companies in one day at one location. Many of these companies have several openings and are eager to meet with you. You're no longer just a piece of paper. Attend the career fair and get in front of decision makers. To register and for more information visit choicecareerfairs.com.

Feb. 13 Arlington Job Fair

The Arlington Job Fair

will be held on Feb. 13, from 11 a.m. to 2 p.m. at Holiday Inn Arlington NE-Rangers Ballpark, in Arlington. Open the doors of opportunity when you meet and interview with the top hiring companies in Arlington. This career fair will allow you to learn about the businesses that are hiring and what their hiring needs are. To register and find out more, visit Eventbrite.com.

Feb 27 Dallas Job Fair

The Dallas Job Fair will be held on Feb. 27 from 10 a.m. to 2 p.m. at Embassy Suites Dallas Market Center, in Dallas. Open the doors of opportunity when you meet and interview with hiring managers at companies ranging from small local businesses to Fortune 500 corporations. This career fair will allow you to learn about the businesses that are hiring and what their hiring needs are.

Tired of sending your resume over the web and not receiving any responses back? By attending this event, you will be able to meet directly with hiring managers and get instant feedback on your resume and possibly even be hired on the spot.

March 30 Teacher Job Fair - Plano ISD

The Teacher Job Fair will be held on March 30, from 9 a.m. to 11 a.m. in Plano. Candidates must complete an online application to register for the event on the Plano ISD employment website. All 72 elementary and secondary campuses in the District will be there with staff to speak to those interested in teaching and other professional opportunities. To receive an entry ticket to the job fair. Visit <https://www.pisd.edu/page/5495> for all the details.



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FUNERAL, continued from Page 12

of their own homes because they can outsource most items needed. This also allows a lot of women to be involved because this industry is no longer a business handed down from fathers to sons.

"It's very rare to see that lineage in a funeral home any longer."

Further, Baby Boomers are gravitating away from traditional funerals, favoring

cremations and celebrations of life, said Alison Johnston, the CEO and co-founder of Ever Loved, a website where individuals can plan funerals and memorials.

"This shifts the role of the funeral directors away from body preparation tasks, like embalming, and more toward event planning and family support, two areas that women have traditionally gravitated toward,"

Johnston said.

Women are also finding themselves drawn to this world as something that may at first seem natural to them, and finding that there is now space for them to get into it, said Amber Carvaly of Undertaking L.A., a funeral home in Los Angeles.

"They have taken care of children or parents and see funeral directing as something they may be good at because of their past experience. However, after running

my own business I can tell you that the women that succeed do so because they are marvelous women of determination and are healthy whole humans with good boundaries and the ability to not take grief personally," Carvaly said.

Finally, Funeral Celebrant Pam Vetter said the days of expensive cookie cutter rent-a-minister and insert-a-name funeral services are hopefully nearly over as families are demanding more per-

sonal, caring service from funeral homes.

"If funeral homes want to stay in business, they've realized that they need to diversify their staff. They've also realized that they've needed to diversify funeral service offerings by making the experience of saying farewell to a loved one both personal and honorable," Vetter said.

Spending time with a family, listening to stories, playing favorite music, and

adding an overall personal theme that connects to the deceased makes all the difference in the world to grieving families, she said.

"Families will remember a funeral service for decades to come because you never forget the day you say goodbye. The funeral service needs to be memorable and part of that effort is connecting with your families. That need is being met by bringing in and training a more diverse staff."

OPERA, continued from Page 10

course, the well-known chandelier remains a prominent element of the production. In fact, it hangs right over in the middle of the audience.

The costume design was created by Tony Award winning Maria Björnson. All of the original costumes feature elaborate distinction, from the First Act when the opera's items are put up for sale, to the Second Act when the full company performs "Masquerade." Almost every scene featured in the production includes several new costumes, viewers can only imagine how many team members it takes behind the scenes to complete the quick outfit changes.

But the set designs and the costumes could not shine without the proper lighting. Created by Tony Award winner Paule Constable, the lights capture the sparkling chandelier and sets the mood for the underground river leading to the Phantom's lair with the fire rising out of the ground. Throughout Paule's creation is nothing short of amazing.

So whether you are excited for an opportunity to

listen to the classic songs performed live by the talented cast to the fast-paced scene changes, or even lighting and special effects to happen all around you, The Phantom of The Opera is the musical for you.



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"Where there are no oxen, the manger is empty, but from the strength of an ox comes an abundant harvest." (Proverbs 14:4)

When Jesus came into this world, He chose to be born in a most unusual place, a manger. It was no more than a livery stable with goats, oxen, and other livestock animals. There is a distinctive characteristic about a place like this. It is filled with odors and dung from the animals. God seems to work best among the unpleasantness of circumstances. In fact, "where there are no oxen, the manger is empty." What is this really saying? It is believed by many to say that in order for Jesus to be present, we must invite those things that bring with them "messes to clean up." God works among the messy things in our lives. And from these messes come an abundant harvest. This is what He did with all His

highly used servants in the Bible.

God is filled with paradoxes. Because God likes to show Himself in the midst of the messes of life is why life can't be seamless and smooth. This is what brings us into the harvests. Most often the bigger the mess, the bigger the harvest. When a major road-construction project takes place in a crowded city street, it appears to be absolute chaos. It is inconvenient, slow-moving and tends to get us irritated because it appears we are moving much slower than we would like. It is ugly, and so much of what we see is torn up. But when we look at that same area a few months or years later, we see why the construction was necessary. There was meaning to the mess. It actually made life so much better for those who would use the road.

It has been through the messiest of times in Christ-

ian's business and personal lives that God has revealed His power and strength in their lives. It was when these "oxen" of hardship have walked into their manger that the greatest harvest was manifested. However, when Christians have sought to remove the "oxen" and rid itself of the odor and the mess, that the Christians

have fought the ultimate work of God. God works in mangers.

Now is the time to confess that you often get caught up in the "daily grind." Perhaps you concentrate on the things that must be done, on earning a living, taking care of family matters, going to church, maintaining and improving your house, and so much

more. Perhaps it is times that you don't just stop and reflect on what He wants from you. Confess to God that you are sorry. Ask God, what does He want to do through you today? Ask God what does He want you to accomplish for a purpose greater than you. Ask for

help to have pure motives and always a willing heart. Pray that you will do as His Word exhorts in **Matthew 5:16**: "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." May God be glorified in all you



David Edward Lott, Sister Tarpley's oldest grandson will graduate from Hebron High School in Carrollton, Texas. Parents are Bill and Sheila Tarpley Lott.

NDGtv 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 different Dallas when Booker T. Washington was a black school. Sister Tarpley graduated from there and went on to college and later became a city councilmember in Carrollton.

Look for NDGTV at NorthDallasGazette.com

Inspiring Body of Christ Pastor Rickie G. Bush
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SAFE,

continued from Page 8

School's JROTC and the marching band opened the program with the posting of colors and "The Star-Spangled Banner."

SAFE Encounters was created and implemented in 2015 by Dr. Lavern J. Holyfield who serves as the Association's National First Vice President. Dr. Holyfield is responsible for directing the organization's programs that are presented yearly across the nation.

For more information on the South Dallas Business and Professional Women's Club, Inc., visit their website: southdallasbpwc.org, Facebook page: [southdallas1954](https://www.facebook.com/southdallas1954); or their Instagram site: [SouthDallas1954](https://www.instagram.com/SouthDallas1954).

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NDG Book Review: *Don't Touch My Hair!* is a great read for little girls

By Terri Schlichenmeyer

May I have that, please?

That's what you say when you want something, and people are impressed by your manners. You're a kid who never just takes, you always ask first because you want the same kind of manners back. But in the new book "Don't Touch My Hair!" by Sharee Miller, you might have to ask for them, too.

Aria loved her hair.

She loved it because it was bouncy and curly, dark and soft. She loved it because it grew "up toward the sun like a flower," and be-



cause she could do a whole bunch of different things with it, depending on her mood.

Problem was, everybody else loved her hair, too. And they all wanted to touch it.

Aria knew that people were trying to be nice. They

were just curious because they didn't have hair as bouncy-soft as hers. But nobody ever asked permission before touching, and that was a big problem!

She tried to hide, but they found her on land. She pretended to be a mermaid but even the ocean's creatures wanted to touch her hair. The jungle was no better, and someone very large was waiting for her when she hid "in the tallest castle tower." Not even a trip to the moon helped Aria – even moony creatures were fascinated by fluffy hair! And when she did finally find a spot with no reaching hands, it was a

lonely place.

That wouldn't work at all, so Aria just went home, hoping she could ignore the problem. She covered her hair with the hood of a sweatshirt but people still wiggled their fingers. Aria was at the end of her rope, and she let go.

She yelled and she screamed and she shook her arms. She stomped and she shouted. And finally, Aria stood up for herself, nicely. Because sometimes, "nicely" gets you what you want.

No. It's such a simple word: two letters, one sound, one unambiguous meaning.

It can be pretty powerful when used in the right situation, and in "Don't Touch My Hair!" your child will learn that it's a perfectly good word to say.

And yet, learning to use "No," isn't all your child will get here: this book also conveys deep appreciation for one's assets, which is doubly important at a time when African American girls may struggle with curly-hair issues. Author Sharee Miller gives her little heroine total pride in her "soft and bouncy" locks, and that's contagious. It almost hurts, later on, when Aria physically hides herself.

But back to that word: no. Through an over-the-top tale, Miller goes on to show that the desire not to be touched casually is a normal wish with a simple solution that won't chase away friends. The empowerment to put that solution to work is in here, too.

For a child who dislikes handsy people, that's a game-changer that promotes firm self-preservation, "nicely," but with the right touch of sass. The 4-to-8-year-old kid who needs "Don't Touch My Hair!"... shouldn't she have that?

New Banners Celebrate the Majestic Theatre's Legacy in Downtown Dallas

The Majestic Theatre, an icon of Dallas' historic entertainment district on Elm Street, has hung ten banners on the Pacific Avenue side of the building. The banners are designed to recognize the theatre's vast 97-year history, celebrate the venue's robust programming, and activate the façade, which will be adjacent to the new downtown park, Pacific Plaza.

Passersby will see images of artists who have performed during various eras of the Majestic, as well as quotes highlighting the different art forms presented there today.

"The frames on which to hang the banners were already in place and had been unused for many years. With Pacific Plaza coming soon, this became a great opportunity to beautify the back of the theatre while simultaneously having a presence in the new park," General Manager Mike Schwedler stated. "This is also where performers enter the theatre and the banners will be a great first impression, welcoming them to the Majestic."

Four artists who have performed at the Majestic Theatre are depicted on the banners: Mae West from the



Vaudeville era, Cab Calloway from the time of the big bands, Johnny Cash representing live music, and Jimmy Stewart from the movie house days. The fifth banner depicts the Majestic's famous marquee and commemorates the rich history of Dallas' Theater Row.

The quotes represent the types of programming presented at the Majestic Theatre:

"I've been lucky to listen to lots of different types of music." – Elvis Costello

"Life is a theatre set in which there are but few practicable entrances." – Victor Hugo

"Comedy is the blues for people who can't sing." – Chris Rock

"Let's dance. Put on your red shoes and dance the blues." – David Bowie

"Let's go to the movies. Let's go see the stars!" – From Annie

Local Dallas artist Pat

Ramseur worked with Dyer on creating the designs, Downtown Dallas Inc. helped support the project through their Downtown Improvement District matching funds grant, and four of the five images used came from the Dallas Public Library's archives.

"Collaboration was really the key to making this happen," Business Manager Hayley Dyer stated. "Through this process, we not only learned about the legends of the Majestic, but we became more excited than ever about its future."

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