



North Dallas

Gazette

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# Taking service to the next level

By Jacquinette D. Murphy  
NDG Contributing Writer

The women of the historic Iota Phi Lambda Sorority, Incorporated, selected Charlotte Berry of DeSoto, as its national president-elect recently. The announcement was made during its 90th Anniversary Convention, it was a remarkable milestone for Berry. Her selection was a public testament to Berry's passion for serving humanity and her many years of governmental, non-profit, and advocacy service in her community, state, and nation.

"Service is in my DNA, and Iota is my avenue to do it," said Berry. She noted this selection is one of her full circle moments as she began recounting her journey to the Sorority's national board. "I never imagined that I would be here."

Berry joined the Iota Phi Lambda Sorority – Psi Chapter 35 years ago because she firmly believed in their purpose for educating women. On the local level, she served Iota as the Psi chapter's Dean of Intake, First Vice President, and President. Regionally, she became the Assistant Regional Director and Regional Director for the Southwestern Region. Berry also served on the National Board under two national presidents, Dr. Doris Browning Austin, and Phyllis Shumate.

Another honor Berry earned was recognition by the Sorority as an Outstanding Chapter President on the Regional and National lev-



Charlotte Berry was recently announced as national president-elect of the historic Iota Phi Lambda Sorority (Courtesy photo)

els and an Outstanding Regional Director. Berry is also noted for chartering two new Iota chapters in the Southwestern Region, Epsilon Sigma in 2012 and Epsilon Tau in 2013, during her time as a Southwestern Regional Director.

Mrs. Dorothy White of Chicago is excited about the selection of Berry to serve as the organization's 23rd president. White believes Berry is one who will propel the organization onward and upward through efficient service.

"Charlotte will make worthwhile contributions to our increasingly global society. To promote the pursuit of excellence in all Iota's endeavors among youth and adults and develop leadership expertise

among business and professional women across this nation," Mrs. White said.

Berry's term as the national president-elect is three years, under the leadership of President White. Together, Berry will support the implementation of the Iota programs and projects and the national theme, "Business and Professional Women Building the Foundation for Generational Financial Empowerment."

The Iota Phi Lambda Sorority, Incorporated, is the first Greek-lettered African American businesswoman sorority in the United States of America and the Virgin

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READERS  
SOUND OFF!!!

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NDG readers are saying  
about the latest news!

## People In The News...



Rep. John Lewis



LaTambria Johnson

NDG Quote of the Week: "Those who love peace must learn to organize as effectively as those who love war."

- Martin Luther King, Jr.



## Rep. John Lewis

By Stacy M. Brown,  
NNPA Senior Correspondent

Millions adore Rep. John Lewis (D-Ga.) for his selfless and lifelong dedication to civil and equal rights.

Some idolize Lewis like a rock star, while most revere him as an icon.

It is why presidents, politicians, members of Congress, and everyday people have taken time this week to pay tribute to the 79-year-old, 17-term congressman, who announced that he's battling Stage 4 pancreatic cancer.

"If there's one thing I



OWN / YouTube

love about Rep. John Lewis, it's his incomparable will to fight," former President Barack Obama wrote on his official Twitter account.

"I know he's got a lot more of that left in him.

Praying for you, my friend," Obama stated.

Rep. Ilhan Omar (D-Minn.), and former Tallahassee, Fla., Mayor Andrew Gillum, counted among the masses to send their prayers and heartfelt support to Lewis via social media.

"John Lewis is a giant – an icon of the civil rights movement, a leader in Congress and one of the kindest people I know," Rep. Omar tweeted. "I'm praying for a speedy and full recovery. We need you making good trouble in the halls of Congress," she wrote.

Lewis is an "American hero and one of the brav-

est people I know," Gillum stated. "It was the honor of my life to get into good trouble with him on the campaign trail."

Dr. Charles Steele, Jr., the president of the Southern Christian Leadership Conference, said the group is praying that Lewis remains strong, vigilant, and relentless in his battle.

"There is no civil rights warrior more dedicated to the cause than John Lewis," Steele stated. "I know he will wage this battle head-on."

Members of the National Newspaper Publishers Association (NNPA), the trade association of black-owned

newspapers across the country, also offered their support for Lewis.

"Rep. John Lewis is a profound leader, humanitarian and civil rights icon who has made his mark on American history and has fought for the rights of all people, especially African Americans in this country," stated NNPA Chair and Houston Forward Times Publisher Karen Carter Richards.

"I am extremely confident and prayerful that Rep. Lewis will fight this battle of being diagnosed with Stage 4 pancreatic cancer in the same way he has fought and been an ex-

ample of strength for others his entire life. Praying for a speedy recovery," Richards stated.

NNPA President and CEO, Dr. Benjamin F. Chavis, Jr., called Lewis a fearless voice and advocate for freedom, justice, and equality both in the halls of the U.S. Congress and in the streets of America.

"John Lewis epitomizes what it means to be a courageous freedom fighter for more than six decades in America and throughout the world," Chavis stated.

"The Black Press of America salutes the tireless

**See LEWIS, Page 7**

## LaTambria Johnson

For Dallas/Fort Worth entrepreneur LaTambria Johnson, often reflects on the awe-inspiring memory of her son, Amari Aubrey Carter.

"It means the world to me," Johnson, referring to Pregnancy and Infant Loss Awareness Month in October.

"It's a special time to reminisce and remember my precious little angel."

Since her son's death approximately two months after his birth, Johnson and her family customarily engage in a candlelight vigil in their home in memory



of little Amari, who would have turned seven on December 9.

Interestingly, Johnson has birthed a business in her son's memory, one that has enjoyed a considerable amount of success in recent

years.

A native of Dallas who is widely known as "The Cupcake Queen," Johnson, 35 is the owner and CEO of Tam's Sweet Treats And More, a venture known for providing customers with a variety of sweets, most notably cakes, teacakes, chocolate covered sweets and, of course, its assortment of delectable and mouthwatering cupcakes.

A longtime dental professional whose career spans more than 15 years, Johnson spent a better part of childhood watching her grandmother, who passed away in October 2001, bake desserts in the confines of

her kitchen, a trend that had ultimately fueled her desire to follow in her massive footsteps.

To her credit, coupled memories of her grandmother and son, Johnson's Tam's Sweet Treats And More has become a fixture throughout the Metroplex and beyond.

Aside from baking a slew of desserts, Johnson has added themed gift baskets to her entrepreneurship repertoire and, in recent weeks, she's fielded calls from consumers as far as on the East Coast.

A little more than five years removed from having witnessed her business

come full circle, Johnson said she has been blessed mightily by the continuous growth of Tam's Sweet Treats And More.

"I strive to make every treat and basket personal for every customer and strive for complete customer satisfaction," Johnson, a graduate of Dallas' Skyline High School, said. "This growth over the years, I credit all to God for blessing me with the ability to self-teach and produce quality, delectable sweets. Without God, I would not have the confidence to continue to grow."

**Challenges continue to come her way**

Most importantly, without God, Johnson doesn't shy away from the notion that she wouldn't be alive to tell of His everlasting goodness and mercy.

Consider, for the instance, the turbulence by which she had endured years before the startup of her flourishing business. Cancer cells removed twice, pre-eclampsia, emergency C-sections twice with babies born 25 weeks and 23 weeks early, respectively. The loss of her son, a tumor discovered, and then in 2015, the doctors told her she had a leaking heart

**See JOHNSON, Page 5**

## NDG Readers Sound Off...

### Black News Channel Network Launch Fulfills Lifelong Dream of JC Watts

I will never ever trust JC Watts a journalist who should be a purveyor of the truth; count me totally out of this farce!

- Anthony Emanuel Bond

Is he still a Republican or nah? I am calling out how he could be biased in his perspectives about news reporting, not being biased against his belief system.

### Take a break from shopping and family in Dallas during the holiday break for self-care

And that's the tea

- Baboush

### Norma's Cafe diners sign 5,000 postcards for soldiers

THANK YOU Norma's - Keep sending in Care Letters and Cards - Goal is 300,000 "Together We Got This"

- Tony L. Carr  
- Americas Adopt A Soldier

### DFW Entrepreneur LaTambria Johnson defies the odds en route to a flourishing baking business

This is awesome!!! Proud of her!!!

- Adrienne Queen

Thank you North Dallas Gazette Newspaper For this amazing feature

- LaTambria Johnson

Congratulations sis !!  
-LaToya Massey

### Ed Gray, senior NDG Columnist: Silence the Violence for 2020

I PRAY everyday about our "black on black crime". Work on THIS problem and crime rate would GO down tremendously

- Gloria Creag Gurley

powerful commentary as always from Ed Gray

- Steven Wollard

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**Publisher's Office:**

publisher@northdallasgazette.com

**Sales Department:**marketing@northdallasgazette.com  
972-509-9049**Editorial Department:**

editor@northdallasgazette.com

**Online:**

www.NorthDallasGazette.com  
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**STAFF****Chairman Emeritus**Jim Bochum  
1933-2009**Religious / Marketing Editor**Shirley Demus Tarpley  
("Sister Tarpley")**Published by**

Minority Opportunity News, Inc.

**NDG Senior Columnist**

Ed Gray

**Editor**

Ruth Ferguson

**Contributing Writers**

Tiffany Gilbert

Jackie Hardy

Angela Loston

Jacqueline Murphy

Dwain Price

Terri Schlichenmeyer

Nicole Scott

David Wilfong

**Account Executive**

Nzingha Shakur-Ali

**Production**

David Wilfong

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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 subsidiary of Minority Opportunity News, Inc.

# Silence the Violence for 2020

Last week we began the new decade the same we finished the old decade. Last year in Dallas, more than 200 people were murdered, sadly most were African-Americans. Though we march for justice and claim "Black Lives Matter." They clearly don't matter to us in Dallas, as most of the killings are committed by black members of our society.

Our nation is at war with itself. If you are young gifted and black, chances are you will not get to be old enough to brag about it. Rory Norman was killed last week, a one-year-old, his family apparently was targeted in an ambush at their home. How many children, how many babies, must die at our own hands before we realize we are

our biggest enemy.

The City of Dallas and its Dallas Police Department are under political fire. This criticism is warranted as its leadership has the moral responsibility to provide security to its citizens. Whatever it takes to restore safety, sanctity, and sanity, the City must act.

The City of Dallas acting means it must not police and occupy because of crime stats. This was done earlier in a ham-fisted manner resulting in a Dallas citizen, Schaston Hodge, being shot sixteen times by the Texas Rangers.

The Mayor and the city manager are wringing their collective hands because this type of crime is bad for business. How can business interests bring corporate dollars to enrich Dallas fur-

ther?

Now before we blame the Dallas Police Department on increased crimes of murders and assaults, let's be real! These are often not random killings, but crimes which reflect our social ills. This crime upsurge cannot be solved by merely policing more, or throwing money at the problem. This can only be changed if we change. We alone must Silence the Violence.

Dallas Police Chief Renee Hall has been given an ultimatum to reduce crime. If she is going to reduce crime, a tremendous task, Chief Hall needs help from the Black Community. The Community, our Black Community, must police itself.

**We must Silence the Violence.**

The Black Lives Matter movement must immedi-

ately be an internal call for Dallas.

We must stop the self-inflicted genocide that goes on yearly. If we do not, then 2020 will be just like 2019. If we do not, it will be another number, another death, and another hashtag.

I am Ed Gray, and this is Straight Talk.

Ed Gray is a presidential scholar at Southern Methodist University. He is the host of The Commish Radio Show airing Saturdays 3-5 p.m. on FBRN.net, can be reached at egray62@att.net. NDG was awarded NNPA's 2018 Robert S. Abbott Best Editorial for Gray's "Confederate Statues: The White Man's Burden" column.

## Don't be led astray by fake meat marketing

By Robert E. McKnight, Jr.  
President, Texas and  
Southwestern Cattle  
Raisers Association

Recently, the *Houston Chronicle* and *San Antonio Express-News* ran a commentary piece from columnist Chris Tomlinson attacking beef in favor of plant-based proteins. Like most vegan marketing, it does a fantastic job of cherry-picking data and using opinion instead of facts and legitimate science.

Let's break it down and separate fact from opinion.

Tomlinson begins by pointing to informal taste tests he conducts with friends, comparing burgers made with real beef to plant-based imitations. No one can argue that taste preferences are very personal things, and we cattle producers have been known to have an independent streak ourselves.

The problem comes when he asserts that people should prefer imitation products because they "are worried about their health and the environment."

These claims have come under increasing fire by the medical and environmental community as more legitimate research begins to

contradict the advertising rhetoric touted by the manufacturers of plant-based imitations.

Fact: Soy and pea-based burgers are not healthier than their 100% beef counterparts. A breakdown of the nutritional properties of both reveals that 93% lean beef has fewer calories, fat, saturated fat, and sodium than the plant-based imitations. Beef does have more cholesterol, but it also has more protein.

Many medical professionals have expressed concerns about the plant-based meat substitutes because they do not offer better nutrition but do contain dozens of highly processed, laboratory-invented ingredients. The healthfulness of those ingredients still leaves questions for many researchers.

One only needs to look at certain pet foods as an example. Once deemed safe, the FDA has now launched an investigation after increasing numbers of dogs were diagnosed with a rare heart condition while eating a diet high in pea-based proteins. The exact cause isn't yet known, and a big question mark hangs in the mind of many pet owners.

On the environmental side, proponents of the new

imitation meat products like to point to global numbers developed by the U.N. and others. I won't argue the global numbers, but anyone who has traveled internationally should know that America and Americans are different.

We place a much higher priority on sustainability and environmental concerns across the board than a country like China, whether it be manufacturing, transportation, or raising livestock.

The author, in his piece, states that "the livestock industry, much like fossil fuel producers, isn't on board with shrinking its business." He is wrong.

Fact: Today, we produce the same amount of beef as we did in 1977, using 36% fewer cattle. Thanks to significant investments in animal health, welfare, nutrition and genetics, American cattle producers have spent decades reducing our carbon footprint and bettering the sustainability of our industry.

It's also worth noting that those plant-based proteins have a carbon footprint too. All the peas and soybeans must be planted and grown on significant acreage using fossil fuels and insecticides,

transported to manufacturing plants, and turned into something meat-like using chemicals and energy-intensive processes.

Cattle, on the other hand, actually play a role in sequestering carbon. Year-round, grasslands grazed by cattle absorb the greenhouse gases released by cattle, cars and everything else.

We support the free market and consumer choice. If a consumer chooses a soy burger over a beef burger, that's their option, but it shouldn't be based on misleading statements, packaging or advertising.

That's why we support legislation like the Real MEAT Act of 2019.

Tomlinson refers to the bill as "silly legislation," that will "hobble the sale of meat alternatives," but it's hard to see the folly in defining beef as beef and imitation products as not beef.

My opinion: Tomlinson's writing is a prime example of why the legislation is necessary. The facts are important, and Americans shouldn't be led astray by fancy marketing campaigns or unfounded assertions about plant-based imitation meat being better, healthier or more environmentally friendly.



# With the New Year, time for new healthy resolutions

By Dr. Sarah E. Laibstain

New Year's resolutions: fun to make but sometimes hard to keep. According to a 2018 study, 25 percent of all Americans said they planned to make a New Year's Resolution in 2019. Perhaps unsurprisingly though, only 8 percent of people "accomplish" their resolutions.

The exact reasons that people give up on their resolutions vary, but the most common reason is simple: their resolutions are too bold and require a sudden lifestyle change. As creatures of habit, we often set



Nadine Primeau / Unsplash

ourselves up for failure by setting lofty goals. However, the best resolutions are those you can build on and adapt, especially if your goal is to improve your

overall health and well-being.

Take this top common resolution: to lose weight. While losing weight and keeping it off is an achiev-

able resolution, it is easy to get impatient and discouraged before you start to see results. Setting smaller milestones that build toward your overall goal can help prevent discouragement and put your progress in perspective.

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Another way to make sure you can keep your resolution is to make it more general, rather than hyper-specific. For instance, instead of making a resolution to lose weight, you might consider simply making it "get healthy." Not only does getting healthy usually re-

sult in weight loss, but various steps can help get you there! Whether you choose to exercise three times a week, pack a balanced lunch or find a balance of multiple options, you may not feel that you are making as much of a sacrifice. Your success is also easier to measure and can be tailored to the unique needs of your body throughout the year.

Another simple way to accomplish well-being goals is to commit to them for an entire year. Sometimes something as simple as scheduling all your medical appointments can be daunting on top of your

already busy schedule. Instead, make a plan to set dates for the year by the end of January. This way no matter how busy you get, your health won't take a backseat. Doing this also takes the stress off your plate for the entire year, and you will feel good knowing that your health is taken care of.

*Dr. Sarah E. Laibstain is a general family medicine practitioner at Family Medicine Associates of Texas in Carrollton. She thoroughly enjoys improving the health and lives of individuals ranging from young children to adulthood.*

## Teen perceptions about e-cigarette health risks vary by socioeconomic and personal demographics

Teenagers' gender, sexual orientation, household income and their parents' level of education are among factors that impact whether they believe that nicotine, toxins and other chemicals in e-cigarette and vaping products are harmful to their health, according to new research conducted by the Tobacco Center of Regulatory Science of the American Heart Association, the leading voluntary health organization devoted to a world of longer, healthier lives.

Teens are vaping at alarming rates, with more than one in four high school students regularly using e-cigarettes. The number of middle school students using e-cigarettes increased by nearly 50 percent last year.

"One of the challenges with educational efforts aimed at getting youth to stop using e-cigarettes or preventing them from starting is that many believe e-cigarettes are harmless," said study lead author Thanh-Huyen T. Vu, M.D., Ph.D., a research faculty member of the Department of Preventive Medicine at Northwestern University Feinberg School of Medicine, Chicago. "But many teenagers aren't aware that e-cigarette products contain



Teens are not really believing that vaping is harmful to them. (Image: American Heart Assn.)

nicotine just as traditional cigarettes do, and there are proven, long-term health risks associated with nico-

tine, as well as with some of the other toxins and chemicals found in these products."

Researchers conducted national online research queries in 2017 of more than 3,000 teens, age 13 to 18 years, both e-cigarette users and those who never used, asking them to respond yes or no to whether nicotine in e-cigarette products might cause health problems.

Not surprisingly, they found that teens' perceptions of the health risks of nicotine in e-cigarettes were highest in those who had never used e-cigarettes and lowest in those who

used both e-cigarettes and traditional cigarettes. Overall, nearly 63% of the teens said nicotine in e-cigarettes might cause health risks — including 71% of teens who had never used e-cigarettes and nearly half of teens currently using e-cigarettes.

A look at the numbers However, teens' perception of harm varied significantly across personal demographic and socioeconomic factors.

• Girls were 60 percent more likely than boys to

perceive harm from e-cigarettes.

• Whites were 34 percent more likely than blacks to think e-cigarettes were harmful.

• Suburban residents were 33 percent more likely to perceive e-cigarettes as harmful compared to urban teen residents.

• LGBTQ teens were 40 percent more likely than straight-identifying teens to believe e-cigarettes use is

See VAPE, Page 5

### LEGAL NOTICE

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2120	<b>Double Match</b> Overall Odds are 1 in 4.76	\$2	2/19/20	8/17/20
2143	<b>Texas Road Trip</b> Overall Odds are 1 in 3.93	\$5	2/19/20	8/17/20
2150	<b>Red Hot Slots</b> Overall Odds are 1 in 3.56	\$5	2/19/20	8/17/20
2084	<b>Mega Loteria</b> Overall Odds are 1 in 3.54	\$10	2/19/20	8/17/20
2067	<b>Stacks of Cash</b> Overall Odds are 1 in 3.37	\$20	2/19/20	8/17/20

Tlottery.org is the official source for all pertinent game information. Game closing procedures may be initiated for documented business reasons. These games may have prizes unclaimed, including top prizes. In addition, game closing procedures will be initiated when all top prizes have been claimed. During closing, games may be sold even after all top prizes have been claimed. Must be 18 or older to purchase a ticket. For help with a gambling problem, ncpgambling.org. © 2020 Texas Lottery Commission. PLAY RESPONSIBLY.

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# Mayor Eric Johnson appoints Blackmon, Giddings to VisitDallas board

Mayor Eric Johnson has appointed City Councilmember Paula Blackmon and former state Rep. Helen Giddings to the board of VisitDallas.

Giddings and Blackmon will serve two-year terms on the board for the convention and visitors bureau, which has a total of 21 voting members.

"Councilmember Blackmon and Representative Giddings are distinguished public servants. Based on my experiences serving with both of them, I am confident they will make excellent board members for the organization responsible for



*Former State Representative Helen Giddings was appointed by Dallas Mayor Eric Johnson to serve on the board of VisitDallas. (Courtesy photo)*

driving tourism to our city," Mayor Johnson said. "They will also bring fresh eyes to VisitDallas as we work with

its new leadership to make it more responsive and accountable to the City of Dallas."

Blackmon, a longtime East Dallas resident, and political strategist has represented City Council District 9 since June 2019. She previously served in leadership roles under Dallas ISD Superintendent Mike Miles and Mayors Mike Rawlings and Tom Leppert.

In addition, as director of public affairs with The Real Estate Council, Blackmon helped secure funding for what is now Klyde Warren Park, one of the city's most popular attractions.

"I am excited about my appointment to the VisitDallas board and the confidence Mayor Johnson has entrusted in me," Blackmon said. "There is still much work to be done to ensure contract compliance and transparency, and I look forward to working with VisitDallas and its new leadership to get this done."

Giddings, the founder and president of Multiplex, Inc., represented part of southern Dallas in the Texas House of Representatives from 1993-2019 and previously served as co-chair of the Dallas Area Legislative Delegation. She also has served as

vice president of leadership development at the Greater Dallas Chamber of Commerce (now the Dallas Regional Chamber) and as an executive at Sears.

Giddings has a long history of civic engagement that includes service on many local boards, including the boards for the African American Museum, Dallas Symphony Orchestra, Dallas Summer Musicals, Dallas Historical Society, and the Dallas City Plan Commission. She was also the board chair of the Dallas Black Chamber of Commerce.

"I had the privilege of serving Dallas in the Leg-

islature alongside Mayor Johnson, and I am honored that he has asked me to serve on the board of VisitDallas," Giddings said. "Dallas deserves strong and diverse representation on this board, and I intend to make sure we present our city in the best possible light to the rest of the state, the country, and the world."

Blackmon and Giddings will serve through November 30, 2021, and will replace Mayor Pro Tem Adam Medrano and City Councilmember Jennifer Staubach Gates, who were holdovers from the previous administration.

## African American Archives and History Program to celebrate Founders Day

"Remembering Our Past—Embracing Our Future" is the theme for the Founders Day Observance of the African American Archives and History Program (AAEHP). The program is being dedicated to our de-

ceased honorees. The event is Tuesday, Feb. 4 at 11 a.m. in the Concord Church Legacy Center, 6808 Pastor Bailey Drive, Dallas.

The group was founded in 2002 with a mission of collecting and maintain-

ing a repository of artifacts, documents, and visual images that record the African American education experience in Dallas County. Dr. Alfred L. Roberts Sr. facilitated the development of the group in February 2002.

Collecting artifacts is a major part of the group's work. They also annually recognize outstanding educators (past and present) who have contributed to the educational experiences of African Americans in Dal-

las County and collect oral histories of individuals who have made an impact or were impacted by educators in Dallas County.

A scholarship program was created in 2015 to provide scholarships to de-

serving high school seniors who plan to major in the field of education. To date, more than \$20,000 has been awarded to 24 students.

To RSVP to attend the event, please call 972-298-6980 by Jan. 21.

## JOHNSON, from Page 2

valve due to high blood pressure.

But Johnson believes there has been a purpose for her pain.

While such a heartbreaking sequence of events would bring even the strongest of persons to tears, Johnson deemed it essential to post

to her Facebook timeline an image accompanied by four words which, in essence, practically sums up why she's the blessed woman for whom she is widely known.

"AND I'M STILL STANDING," Johnson proclaims!

Fast forward a few years

later, all of which Johnson has endured is all but a distant memory.

Armed with a new lease on life, Johnson has forecasted 2020 to be a year of "no limits."

"I know as long as I continue to follow God's path for me, the blessings will continue to flow and my testimony will continue to grow," Johnson, a mother of

two, said. "I know I'm making my son proud."

Andre Johnson is the award-winning Founder and Publisher for Making Headline News. A 2000 graduate

of the University of Memphis School of Journalism and a former staff reporter of sports for the Memphis Commercial Appeal newspaper, Johnson covers the

NBA Southwest Division from Dallas, Texas. To reach Johnson, send an email to [makingheadlinenews@gmail.com](mailto:makingheadlinenews@gmail.com). Also, follow him on Twitter @AJ\_Journalist.

## VAPE, from Page 4

harmful to health.

- Teens from high-income families were 28 percent more likely than those from low-income families to perceive e-cigarettes as harmful to health.

- Those teens whose parents had obtained a higher level of education were 31 percent more likely than those with less-educated parents to think e-cigarettes were harmful.

The teens were also asked about the health risks of toxins and other chemicals in e-cigarettes and responses were similar to those given when asked about nicotine.

"Ours is one of the first

studies to address how different groups of youth, especially vulnerable groups, perceive the health risks of e-cigarette contents," Vu said. "In fact, teens overall are a vulnerable group, since nicotine has clear adverse effects on developing brains, and in humans, brain development continues throughout the teen years."

Vu said one surprising finding was that teens identifying as LGBTQ had a higher perception of the health risks associated with the contents of e-cigarettes because studies have shown this group has a high prevalence of e-cigarette use. But

she said increased awareness of e-cigarette products and their health consequences may help prevent e-cigarette uptake or continued use among all youth.

"And a better understanding of how teens perceive e-cigarette products and their health consequences can help us tailor messaging for parents and guardians, teachers and coaches, anyone working closely with youth to improve how we're communicating with them," Vu said. "With the growing epidemic of vaping use and related illness, we think these findings provide timely insight into a critical public health issue."

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## North Lake College

DALLAS COUNTY COMMUNITY COLLEGE DISTRICT

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If there are any news, events or anything else we need to know about, give us an e-mail at: [editor@northdallasgazette.com](mailto:editor@northdallasgazette.com)

# From feelings of hopelessness to acts of courage

Meet Alpha Ibanda, Noemi Nunez and Maribel Flores.

All three migrated to the United States as adults unable to speak, write and read English. The struggle to assimilate felt insurmountable – from understanding a doctor's instructions and reading a water bill to completing a job application and interviewing. It wasn't until Alpha, Noemi and Maribel enrolled in the Adult Education and Literacy Academy that they



found hope.

Irving ISD, in partnership with the Greater Dallas Workforce Solutions, offers a 15-week class, pairing ESL instruction with

industry-related skills – at no cost for people just like Alpha, Noemi and Maribel.

Now that they have graduated from the Academy, their futures look bright.

Alpha and Maribel are business owners with high aspirations. Alpha is pursuing college, and Maribel is focusing on growing her business and earning her GED. Noemi recognizes the impact learning English has made in her everyday life.

"I'm now able to communicate with my sons' teachers and volunteer at their schools. Because of my involvement, I know what's going on in my children's education," she says.

"The same is true for the doctor's office. When I take my sons to see the doctor, I understand what I need to do to make my sons feel better because I can read the medicine bottle labels and understand instructions in English. This class has changed my life."

Delia Watley, director of Adult Education and Literacy for Irving ISD, is incredibly proud of the program and its impact. "I know that learning English is important and when our

students master it, it makes their lives so much better. They can be the parents, employees and citizens they aspire to be," Watley says. "I have graduates tell me, 'You changed my life.' It's hard not to get goosebumps after hearing that."

The Adult Education and Literacy Academy is offering another workforce skills class starting in January. To learn more, call 972-600-6130 or visit [www.IrvingISD.net/AEL](http://www.IrvingISD.net/AEL).

## Garland ISD initiates esports clubs for competitive gamers

In an effort to provide more Science, Technology, Engineering, Arts and Math (STEAM) opportunities for students, Garland ISD has added esports clubs at all seven high schools, as well as the Gilbreath-Reed Career and Technical Center. Esports is electronic in nature,

but just like its non-online counterpart, it involves organized competitive gameplay between teams. Esports teaches teamwork, communication, strategic thinking and leadership while providing students who may not be interested in traditional athletic programs the opportunity to be on a team.

GISD is currently the largest school district to have all its high schools competing for a state champion esports title. And the district has launched this initiative without additional funds, using only existing equipment at campuses.

"The video game industry is booming all over the world. We already offer several video game design courses in Garland ISD. We want our students to not just be consumers, but also to be creators of technology trends," stated Coordinator of Technology Applications

Jasna Aliefendic. "Five years ago, many people hadn't even heard about esports. Today, most people know about it. We already have local, state, national and international competitions. Esports arenas are even being built in big cities. In five more years, it might just be

bigger than the NFL, who knows."

There are currently more than 250 colleges that offer scholarship opportunities for esports. Still in its first year, Garland ISD has multiple schools already qualified for esports state playoffs in January 2020.

## College, community celebrate MLK's legacy at annual leadership breakfast

The 2020 Dr. Martin Luther King Jr. Power Leadership Breakfast is planned for Saturday, Jan. 18, beginning at 8 a.m. at Collin College's Plano Campus (Spring Creek) Living Legends Conference Center. This annual celebration of

Dr. King's life and work is free and open to the public.

This year's theme for the breakfast is "2020: Hindsight, Insight, Foresight." The breakfast will include presentations and student performances sharing Dr. King's message with a special address by Dr. Clay Brantley.

Brantley is a Presbyterian pastor who has lived in McKinney for 25 years. He is the director of the Retreat House Spirituality Center in Richardson and an author, speaker, artist, retreat

leader, and spiritual guide. One of Brantley's passions is dismantling racism. In 2018, he attended the Faith Forward Civil Rights Pilgrimage, and he often speaks and leads conversation on racism.

"The Dr. Martin Luther

King Jr. Power Leadership Breakfast is a very important event for the community," said Dr. Millie Black, event co-chair. "The fundamental ideals of community, love, equality, and fairness that Dr. King stood for continue to resonate throughout

the breakfast event. I am incredibly grateful for the legacy of Dr. King and more importantly, I am grateful for the opportunity to do my part in making the 'dream' he embodied a reality."

See MLK, Page 7

## BERRY, from Page 1

Islands. Founded in 1929 in Chicago, Illinois, by Mrs. Lola M. Parker, the mission of the Sorority is to unite in a sisterhood qualified business and professional women. These women are charged to stimulate, inspire, foster, and assist persons engaged in business vocations.

The Sorority to date has five regions, 50 chapters, and a membership of over 900 sorors.

Berry shared her appreciation of the Iota visionary. She considers the organization so forward-thinking to create an avenue for the professional education of women and the ability to have careers outside of the domestic and manufactur-

ing industries.

"I believe that we are sitting on the thrust of limitless possibilities for women, and it is my hope that the work that we will do with the current board will continue to move the needle forward and help women to continue to provide sustainability for their families," Berry said.

### Service to Iota is a family affair

Iota has had a strong presence in her family, and Berry recalled some personal milestones during her many years of service to Iota. Her daughter, once a future Iota, became her Legacy Soror in 1999. During the same year, Berry received the highest honor

a soror could obtain, the 1999 National Iota Soror of the Year.

Fulfilling her service commitment to others is not something that Berry did alone, she had the support of her husband, Monte Berry. As she moved up the ranks, he served as a Man of Iota, working behind the scenes to support the efforts of the Iota Phi Lambda Sorority.

"We did the heavy lifting for the ladies and helped with various projects and initiatives of the organization," Mr. Berry said.

As a Man of Iota, he took the lead on a local community housing initiative and worked various conferences, setting up venues and hospitality suites. Most recently, he supported Iota's participation in the H-E-B

Feast of Sharing event held annually in Dallas County during the holiday season.

"I love being with my partner and making her look good. It brings us together and allows us to work together on another front," he said. "I am so proud of her and all that she is doing. She is a go-getter, and whatever she sets her mind to, she does it."

While the Iota provides a platform for Berry to help others, the seed of service planted in her extends beyond the boundaries of Iota.

Berry has also worked and volunteered with elected officials such as Texas State Senator Royce West and former and current Texas State Representatives Helen Giddings and Carl Sherman Sr., respec-

tively. She was named DeSoto's Civilian of the Year in 2016, following her service on many boards and working with many organizations both in Dallas and DeSoto. The list includes the City of DeSoto Parks and Recreation Board, DeSoto Chamber of Commerce, the DeSoto Food Pantry, DeSoto ISD After-school program, and the Brighter Tomorrows shelter. Berry sits on the board of the Genesis Women's Shelter and has long served on the board of the African American Museum and worked with the DeSoto Police Department.

"I grew up in the time of the village, where everybody took care of everybody," Berry shared. "I saw both of my grandmothers helping other people, my

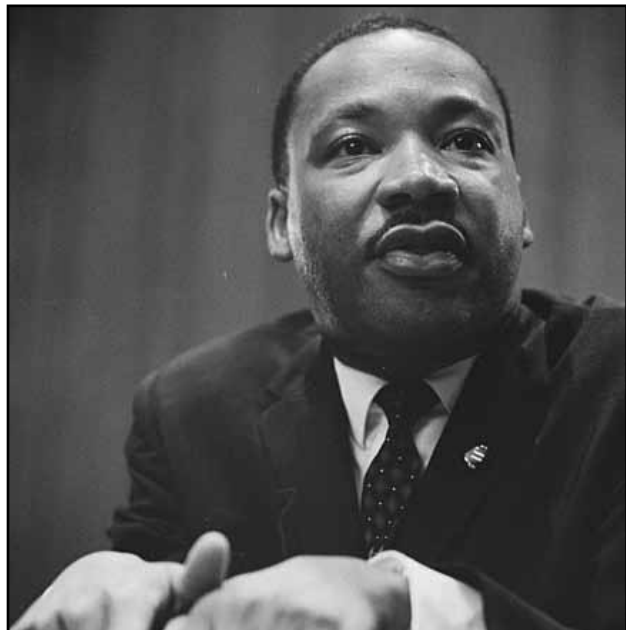
mother serving her friends and neighbors who had less," about her internal desire to serve. "Helping other people is just a blessing."

She has continually built her life around service and working with non-profit groups in her community, across the region and state. Now, she is poised to make an even more significant impact on the global level as a member of the National Board of Iota Phi Lambda Sorority.

A little time spent with Berry quickly unearths her profoundly personal mission to serve others and better humanity.

When asked what she desired her legacy to be, Berry stated, "She left it better than she found it. She made it better."





Library of Congress

## Several events are scheduled to honor Dr. Martin Luther King, Jr. in Plano

Honor the life and legacy of Dr. Martin Luther King Jr. at these Plano community events:

**2020 Dr. Martin Luther King Jr. Power Leadership Breakfast** on Saturday, Jan. 18, 8-10 a.m. at Collin College's Plano Campus (Spring Creek) Living Legends Conference Center, 2800 E. Spring Creek Pkwy.

This year's theme for the breakfast is "2020: Hindsight, Insight, Foresight."

The breakfast features presentations and student performances sharing Dr. King's message with a special address by Dr. Clay Brantley. Afterward, visit the business and information expo in the atrium where you can connect with local vendors and nonprofit organizations.

Both are free and open to the public.

**COME.Unity 2020 Love & Justice church service**

on Sunday, Jan. 19, 6-8 p.m. at The Heights Church, 201 W. Renner Rd., Richardson.

Worship, pray and re-envision Dr. King's dream of racial unity. Free childcare is provided through Kindergarten.

Tickets: \$5 in advance or \$8 at the door

**Martin Luther King Jr., Diversity Celebration 2020 Plano ISD Proud** on Thursday, Jan. 23, 6:30-8:15 p.m. at Williams High

School auditorium, 1717 17th St.

This annual celebration showcases student talent and diversity leadership in our schools and community. Awards are presented to student winners of the Plano ISD 2019-20 MLK Art Contest and to winners of the 19th Annual Diversity Leadership Awards. Winning artwork is on display at the Cox Building until Feb. 18.

## Dancing with Stars winner selected as Achieve keynote speaker at Irving luncheon

Achieve announced this week J.R. Martinez will be the motivational speaker for the 2nd Annual Tackle the Challenge luncheon to be held Wednesday, Feb. 26, at the Westin Irving Convention Center at Las Colinas.

"Achieve is thrilled to introduce our supporters to Mr. J.R. Martinez," stated

Tim Allen, Executive Director for Achieve. "He will make you laugh and realize that you can achieve anything with a good attitude and determination."

Martinez is an Army veteran, burn survivor, actor, New York Times best-selling author and Dancing with the Stars season 13 winner.

Guests in attendance will hear his incredible story of resilience while enjoying his humor. The event is presented by Ryan, LLC and will be hosted by Mike Doocy, Fox 4 Sports Newscaster.

Achieve, a non-profit organization that provides vocational training and

placement for adults with disabilities and barriers to employment, selected Mr. Martinez as he challenges audiences to "diss the dis in disability" and to realize "scars are like tattoos with better stories."

For event information, visit [www.achievedfw.org/jrmartinez](http://www.achievedfw.org/jrmartinez).



Achieve

## LEWIS, from Page 2

sacrifices and triumphant ideals that the Honorable John Lewis represents today as we go into 2020," he added.

"The re-enactment of the full Voting Rights Act should be named The John Lewis 2020 Voting Act that he has worked so diligently to see fulfilled for Black Americans and all others who cry out for equality," Chavis concluded.

Lewis said he's not looking to give up his work.

"I have decided to do what I know to do and do what I have always done: I am going to fight it and keep fighting for the Beloved Community," Lewis

wrote in a statement.

"We still have many bridges to cross," he stated.

Born in Troy, Alabama, on February 21, 1940, Lewis and his family were poverty-stricken, but it didn't stop him from rising among the ranks of America's most prominent leaders.

He became involved in the Civil Rights Movement while still a student at the American Baptist Theological Seminary in Nashville, Tenn., where he joined the Student Nonviolent Coordinating Committee (SNCC).

Just shy of his 20th birthday in 1960, Lewis was the

man behind the successful sit-in movement at segregated lunch counters in Nashville. In 1961, he volunteered to become a member of the Freedom Riders and put his life on the line several times while fighting for equality.

As chairman of the SNCC, a position he served from 1963 to 1965, Lewis earned recognition as one of the "Big Six" of the Civil Rights Movement along with Rev. Dr. Martin Luther King Jr., A. Phillip Randolph, Whitney Young, James Farmer, and Roy Wilkins.

The group met with President John F. Kennedy to discuss the planning of the "March on Washington."

In 1963, at just 23, Lewis

served as a keynote speaker during the march.

In 1964, he helped coordinate and organized the successful "Mississippi Freedom Summer."

In 1965, Lewis and fellow activist Hosea Williams led what was planned as a peaceful 54-mile march through Alabama from Selma to Montgomery. The march, a protest of the discriminatory practices and Jim Crow laws that prevented African Americans from voting, would be remembered in history as "Bloody Sunday," one of the most dramatic and violent incidents of the American Civil Rights Movement.

The publicity surrounding "Bloody Sunday" and

the subsequent march from Selma to Montgomery, Alabama, led President Lyndon Johnson to push for the Voting Rights Act, passed by Congress on August 6, 1965, according to Lewis' biography on The History-Makers.

Lewis was elected to his first governmental office in 1981, serving as an Atlanta City Council member until 1986. He was then elected to represent Georgia's 5th Congressional District.

"John Lewis has spent his life bravely out front and center, challenging racism, entrenched systems and evil policies that support power and privilege for some as it oppresses others," stated NNPA Treasurer and New Journal &

Guide Publisher Brenda Andrews.

"He has helped change the laws and heart of the Jim Crow nation into which he was born, making us all a better people. My prayers for his recovery are with him as he confronts this very personal battle," Andrews stated.

Bobby Henry, the publisher of the Westside Gazette Newspaper in Ft. Lauderdale, Fla., recalled his first meeting with Lewis, which occurred more than 20 years ago.

"I met him with [former Florida Democratic] Congressman Alcee Hastings, and Rep. Lewis presented me with his autographed book, 'Walking with the Wind,'" Henry recalled.

## MLK, from Page 6

A business and information expo will take place immediately following the Power Leadership Breakfast in the Plano Campus (Spring Creek) atrium. The public is invited to visit with local vendors and nonprofit

organizations. The Plano Campus (Spring Creek) is located at 2800 E. Spring Creek Parkway.

Members of the Plano MLK Celebration Committee are also organizing the annual MLK Come.

Unity church service at The Heights Church. The service is planned for Sunday, Jan. 19 at 6:30 p.m. and tickets are \$5 a person in advance or \$8 at the door. The theme for this year is "Love and Justice." The Heights Church is located at 201 W. Renner Road, Richardson.

Collin College serves more than 59,000 credit and continuing education students annually and offers more than 100 degrees and certificates, including new Bachelor of Science in Nursing (BSN) and Bachelor of Applied Technology (BAT) in Cybersecurity de-

grees. The only public college based in Collin County, Collin College is a partner to business, government and industry, providing customized training and workforce development. In addition, the college operates the Collin Higher Education Center, which has an enrollment

of 3,500 each year in partnership with The University of Texas at Dallas, Texas Woman's University, Texas A&M University-Commerce, Texas Tech University and the University of North Texas. For more information, visit [www.collin.edu](http://www.collin.edu).



**Carrollton**

The public is invited to attend all **City Council meetings**. The Council generally meets the first and third Tuesday of each month in the City Council Chamber on the second floor of City Hall (1945 E. Jackson Road). The worksession begins at 5:45 p.m. followed by the meeting at 7 p.m. The minutes of the meeting become available after City Council adopts them, usually at subsequent meetings. Check for updates at [cityof-carrollton.com/calendar](http://cityof-carrollton.com/calendar).

**Adult Coloring for Seniors** – January 15 Coloring may sound like a simple way to ward off boredom, but it can actually improve your health. A research study found that adults age 65 and older who engaged in creative activities had better overall health, used less medication, and had

fewer health problems compared to other adults their age. Ages 50+ are invited to color away at the Senior Center (1720 Keller Springs Road) at 1 p.m. on Wednesday, January 15.

**Dallas**

The H. Paxton Moore Fine Art Gallery at El Centro College presents **These Bright Hours a Solo Exhibition by Hannah Bludworth**. This exhibition is free and open to the public Jan. 13 - Feb. 12 with Artist's Reception on Jan. 18 from 6 p.m. to 8 p.m. Bludworth's work is defined by lucid layers of washed paint beneath frenetic strokes of bold colors. Her work attempts to capture the vague spaces between real and dream, and figurative and non-figurative. [Elcentrocollege.edu](http://Elcentrocollege.edu).

The Dallas Institute is



Shaka Senghor  
(Courtesy photo)

hosting the **15th Annual Martin Luther King Jr. Symposium** on Jan. at 7 p.m. at The Moody Performance Hall. The keynote speaker is Shaka Senghor, The NYT Best-Selling author of *Writing Our Wrongs* and criminal justice reform leader. In prison at age 19 for second-degree murder, Shaka tells his inspiring story and proves that our worst deeds do not define us. [dallasinstitute.org/mlk](http://dallasinstitute.org/mlk).

In Conversation with

## Garland NAACP 31st annual Rev. Martin Luther King, Jr. Parade and events weekend announced

The National Association for the Advancement of Colored People (NAACP) Garland, Texas Unit will host its 31st annual Dr. Martin Luther King, Jr. parade and march on Saturday, Jan. 18 beginning at 10 a.m. The parade starts on Dairy Road and concludes at the Granville Arts Center. The parade is just one of the activities planned.

The 2020 theme is "Working to Accomplish Dr. King's Dream." The

Garland Multicultural Commission will serve as grand marshals. The celebration continues following the parade with an MLK Commemorative Program on Saturday, Jan. 18 at Noon. It will be held at the Granville Arts Center, 300 N. 5th Street, downtown Garland where the MLK Communitywide Youth Choir performs. Clinician Reuben Lael Griffin and Garland ISD Fine Arts Department educators will

lead this vocal choir initiative. Winners of the 2020 MLK Float Contest will be announced at the program. This event is free and open to the public.

Youth groups from area churches and the Garland ISD will showcase their spiritual talents in praise dance and athletic talents in step routines on Sunday, Jan. 19 at 300 N. 5th Street, in downtown Garland at 4 p.m. Admission is free and the MLK Youth Extrava-

ganza is also open to the public.

For more information on

these events, please contact the NAACP Garland Unit at 972.381.5044, voice box

#5, or visit the NAACP Garland website at [www.garlandtxnaacp.org](http://www.garlandtxnaacp.org).



Garland native Reuben Lael Griffin and the Garland ISD Fine Arts Department is once again leading the MLK Choir as a part of the Garland NAACP MLK celebration weekend. (Courtesy photo)

**Charlotte Jones of the Dallas Cowboys** presented by The Zan Wesley Holmes Jr. Community Outreach Center at 7 p.m. Friday, Feb. 21, at St. Luke Community United Methodist Church, 5710 East R.L. Thornton Frwy., Dallas.

**Garland**

**Kasandra Vitacca Mitchell** is speaking on Do You Want to be Happy? at Garland Chamber of Commerce Meeting on Jan. 15 from 11:30 a.m. to 1 p.m. at the Hyatt Place Dallas.

**The Wall That Heals**, a three-quarter scale replica of the Vietnam Veterans Memorial along with a mobile Education Center, is coming to Garland Thursday, Feb. 27, through Sunday, March 1. The exhibit will be on display at Audubon Park, 342 W. Oates Road.

The Wall That Heals

honors the more than three million Americans who served in the U.S. Armed forces in the Vietnam War and it bears the names of the 58,276 men and women who made the ultimate sacrifice in Vietnam.

**Lewisville**

**The Lewisville Yellow Jackets** basketball team, created by the Lewisville based non-profit Creating Young Minds, have joined The Basketball League, a pro basketball league dedicated to delivering a world-class pro basketball experience in the local community.

The season kicks off Saturday, Feb. 1, when the Yellow Jackets host the Dallas Skyline at 3 p.m. Tickets start at \$25 for doubleheader games for adult general admission and \$15 for single games for adult general admission. The season runs through April. Fans can

follow the Yellow Jackets when they go on the road through TBL's livestream.

**Christmas tree recycling continues through Jan. 15.** Live Christmas trees can be dropped off at Lewisville Lake Park soccer fields (near Lake Park Road and North Mill Street) through Wednesday, Jan. 15 to be recycled into mulch. Recycling Christmas trees helps reduce waste, extend landfill life, provide useful compost, and save money.

Trees must be stripped of all nails, wire, ornaments, lights and tinsel prior to being dropped off. Free mulch will be available at the drop-off site between Thursday, Dec. 26, and Thursday, Jan. 30, suitable for use in yards, gardens and flower beds, walkways, around trees and shrubs, or for livestock bedding.

### Community Newspaper looking for weekly route delivery

A local community newspaper is seeking a delivery person, one day per week (Thursday's only) to complete up to 75 bulk drops of the paper.

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# Turn out the lights folks, the Dallas Cowboys season is over

By Dwain Price  
NDG Sports

*Editor's Note: The story below was originally published online on December 29, 2019, the day after the end of a disappointing season for the Dallas Cowboys. At the time, Jason Garrett's fate was unknown. However, he was fired quietly over the last weekend and on Wednesday, Jan. 8, Mike McCarthy former coach of the Green Bay Packers was introduced as the ninth head coach in Dallas Cowboys' history. At the time of press, Dwain Price is attending the press conference, visit [northdallasgazette.com](http://northdallasgazette.com) for his insights from the press conference, or read it in next week's edition.*



Jason Garrett coached his final game as the leader of the Dallas Cowboys at the conclusion of the regular NFL season.  
(Photo: Keith Ellison / Flickr)

hasn't decided to address the elephant in the room.

That is: What is the future of head coach Jason Garrett?

"I'm not going to get into it at all, an evaluation or an assessment. I'm not," Jones said after the Cowboys ended a frustrating 8-8 season with Sunday's im-

pressive 47-16 victory over the Washington Redskins at AT&T Stadium. "I'm going to do exactly what I always do and get up, go forward and do the best job that I can.

"We'll make those decisions accordingly."

Garrett has been on the hot seat for most of this sea-

son because the Cowboys haven't played up to their high standards. And now that the season is over after the Cowboys missed the playoffs for the sixth time in the nine full seasons Garrett has been their head coach, Garrett's seat has gotten even hotter.

After Sunday's game, Garrett said he has "no idea" if he'll be coaching the Cowboys next season. He also said he "absolutely" feels he has more coaching to do in the NFL.

"I want to be the coach of the Dallas Cowboys," Garrett said. "We will see what happens."

Since Garrett replaced the fired Wade Phillips on an interim basis midway through the 2010 season and ultimately becoming the head coach the following season, the up and down Cowboys have been on a serious roller coaster ride. Counting the 2-3 playoff record, the Cowboys are 87-70 under Garrett, won three NFC

East titles, but never got out of the divisional round of the playoffs.

However, everyone went to Garrett's defense after the Philadelphia Eagles sealed the Cowboys' fate and won the NFC East with Sunday's 34-17 victory over the New York Giants. Quarterback Dak Prescott noted that Garrett has meant "everything" to him since he was a fourth-round draft pick out of Mississippi State in 2016.

"He drafted me," Prescott said. "He's the reason I'm here."

"That's a great guy. I respect and love everything that he stands for — the coach he is, the man he is. He's somebody I look up to and I'm thankful for his impact."

Linebacker Jaylon Smith also is thankful for the impact Garrett has had on his career.

"The one thing I can say about Jason is that he's been super consistent regardless of the highs and lows, the

13-and-3 season, the 7-and-9s, whatever," Smith said. "He's the same guy."

"He's going to be there clapping. I just respect him. I respect him. It's all about love for me."

But for Jones, will that love translate into him signing Garrett to a new contract?

"There's 20 or 30 boxes there, and as I've said many times he does things about as good as can be done," Jones said. "I know he gave a speech before the NFL to all the owners and coaches that they'll be talking about for forever."

"We all know that at the end of the day we want to win the ball game, and we do. At the end of the day, that's certainly our goal to get that done. But Jason Garrett does a lot of outstanding things and has been trained and has a lot of valuable experience."

However, is that "valu-

See COWBOYS, Page 12

## 'Reel Fishing with Upstream' co-hosts offer Dallas dining recommendations

TV viewers love to watch shows featuring great places to visit, stay, and of course, dine. Reel Fishing with Upstream on the Sportsman Channel features the adventures of hosts Gerard Robinson, and Charles Bush visit great places across the U.S. on their show. Recently they shared a few of their top picks for restaurants to dine in North Dallas.

**Mirador** — From their shrimp & grits to their lobster tagliatelle is a must to order! The restaurant has a bright and airy space with breathtaking views of downtown Dallas. The duo believes Mirador is the perfect restaurant for any celebration. [mirador-dallas.com](http://mirador-dallas.com)

**Maguire's** — The restaurant is unique and inviting with warm and professional staff. It is a restaurant you want to take your family to as the menu has something



Charles Bush and Gerard Robinson are co-hosts of Reel Fishing with Upstream and they offer their recommendations of restaurants to visit for some of the best seafood in Dallas (Courtesy photos)

for everyone to enjoy. The hosts say, "You must try the Cajun chicken penne or lemon pepper sea bass when you visit." [maguiresdallas.com](http://maguiresdallas.com)

**Seasons 52** — Is your destination for seasonal cooking and 52 wines by the glass. According to Robinson and Bush, everything on the menu is delicious, including their wood-grilled bistro steak to their cedar plank-roasted salmon. [seasons52.com](http://seasons52.com)

Tune in to watch the Sportsman Channel for weekly episodes of Reel Fishing with Upstream. Host Gerard Robinson and co-host Charles Bush will provide viewers with beautiful locales, fishing, outdoor recreation, dining, and upscale travel.

For more information on the "Reel Fishing with Upstream" TV Show, visit [www.reelfishingwithupstream.com](http://www.reelfishingwithupstream.com).

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# NDG Book Review: *Maybe Dying Is Like Becoming a Butterfly*

By Terri Schlichenmeyer

Grandpa knows almost everything.

He knows why birds fly, he can whistle with his fingers in his mouth, he's really good at putting things back together, and he can tie any kind of shoe or boot. Ask him something, and he always has a quick reply although every once in awhile – as in the new book “*Maybe Dying is Like Becoming a Butterfly*” by Pimm van Hest, illustrated by Lisa Brandenburg – there are things he really doesn't know.

Christopher just liked to



hang out with his Grandpa, that was all. When they spent their day together, they did what they enjoyed doing most: they talked about things, this and that and a little bit of the other. So when Christopher found a caterpillar and he wanted to take it home to put in a jar, he listened when Grandpa said that was a bad idea. If they put it in a jar, Grandpa said, the caterpil-

lar might die.

That made Christopher think. He asked if Grandpa thought he might die someday. The answer was yes, someday, Grandpa would die but nobody knew when.

“Not even Granny.”

Christopher thought some more. He figured he might like to know when he was going to die, so he could hurry and visit the beach or maybe get a puppy. But Grandpa reminded him that he could do those things now, which was probably a better idea anyhow.

Was it possible that Christopher might die be-

fore Grandpa? Yes, but not likely. Christopher hoped that he and Grandpa might grow old together, but that wasn't likely, either. It bothered Christopher a little that nobody really knows what happens after someone dies, though Grandpa said he wanted to go “to a place where it rains chocolate.”

That made Christopher laugh, and it gave him more questions. Was Grandpa afraid of dying? Was it scary or were there things he might miss when he was gone? Or maybe – just maybe was dying something altogether dif-

ferent...?

While it's a very sweet story and the illustrations by Lisa Brandenburg are gently appealing, “*Maybe Dying is Like Becoming a Butterfly*” is not the kind of book you'll want to get for an action-packed kid. It's just not busy enough.

No, this story is quiet, almost a little slow, and very introspective, as author Pimm van Hest lets his characters unspool their day without a rush. That unhurriedness would be downright refreshing to an adult who's reading this book aloud to a little one, if it weren't for the somber

subject – and yet, Pimm's Christopher doesn't treat his talk with Grandpa as anything sad. It's more of a matter-of-fact learning experience, and the questions asked are framed perfectly – with childlike innocent, unobtrusiveness, and totally without being scary.

If your child will be facing this issue with a grandparent this year, be sure to read the info at the back of the book to help parents and grandparents approach this sensitive subject. For the child who needs it, “*Maybe Dying is Like Becoming a Butterfly*” has wings.

## Bishop Arts Theatre audition call for *The Women Who Compose for Broadway*

Ladies, you could be a star!

Local actresses and actors are invited to attend the upcoming auditions planned by Bishop Arts Theatre for *The Women Who Compose for Broadway*, a musical event for Women's History Month, featuring the music of Nell Benjamin, Nancy

Ford, Micki Grant, Mary Rodgers, Brenda Russell, Lucy Simon, Kay Swift, Jeanine Tesori, and more.

Over the course of the last century, little recognition has been given to the women who compose Broadway scores and the barriers they have faced. The show shines a light on these

ground-breaking women who have made their mark on the Broadway stage. With a bit of historical context, the show celebrates the depth, breadth, and wit of their heart-stopping music.

The auditions are set for Jan. 11-12 with callbacks on Jan. 14. Equity and non-Equity actors are invited to

audition for the production. Please bring a résumé and headshot as well as your calendar. You will be asked to provide scheduling con-

flicts.

Come prepared to perform one verse and chorus of a musical theatre song after 1970. Please have

clearly marked sheet music for the accompanist in your key. Bring your book if you would like them to hear something else.

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**VISIT DALLAS**

The Black Academy of Arts and Letters Inc., 2019-2020 40th season programs are supported in part by the City of Dallas Office of Cultural Affairs, CBO-11/16A-21, Visit Dallas, Dallas TPD, AARP, Incubator Co-Op, City of Dallas, Dallas City, Miami Radio-Dallas and Texas Engineering. MEDIA PARTNER: The Dallas Weekly, The Downtown Business News, 3 Messengersnews.com, The Southern Journal, Texas Math's News, The Dallas Examiner, The Fort Worth Star-Telegram, The North Dallas Gazette, SouthWest Dallas Business & Living Magazine and HTHK.com.



## New law intends to help you save for retirement, but know the ins and outs

Saving for retirement requires understanding numerous rules, but new legislation passed by Congress – the SECURE Act – changes some of those rules significantly. And retirement planners say that means big changes to how Americans save money for their golden years.

The SECURE Act, which stands for Setting Every Community Up for Retirement Enhancement, took effect Jan. 1 and is designed to help more people set aside more money for retirement. Among the new bill's features: removing the age limit restricting contributions to individual retirement accounts; raising the age when people take required minimum withdrawals (from age 70 ½ to 72), and closing

a loophole that allowed investors to stretch the tax advantages of IRAs across an heir's lifetime.

While financial professionals say parts of the new law can negatively or minimally impact retirement savers, knowing how to navigate the law can make it work for them, says Jay Sharifi, an investment advisor at Legacy Wealth Management.

"One of the plus sides of the SECURE Act is that it removes some of the hurdles that prevent people from saving and gives more people access to workplace retirement accounts," says Sharifi, author of *Building a Better Legacy: Retirement Planning for Your Lifetime and Beyond*. "It makes it easier for small businesses,

through tax incentives or joining multiple-employer plans, to offer retirement plans to their employees.

"But the bottom line is this law affects many different types of retirement plans, and it's important to know how it changes your ability to save, your tax situation, and how you can use the funds over a period of time."

Sharifi suggests four ways to adjust retirement strategy in the wake of the SECURE Act:

**Consider a Roth IRA conversion.** With the SECURE Act removing the 70½ age cap for IRA contributions, those who are working longer can continue saving for retirement. In a Roth IRA that's converted from a traditional 401(k), you take money that is currently

treated as tax-deferred and converts it into an account that grows tax-free. "A Roth IRA is a retirement savings account that allows the saver to withdraw savings tax-free in retirement, and they tend to offer more investment options than a Roth 401(k)," Sharifi says.

**Reassess "the Stretch."** One drawback planners see under the SECURE Act is that a non-spouse beneficiary who inherits an IRA has to draw down on the account, and pay income tax on it, within 10 years of the account owner's death. Previously, a "stretch IRA" rule allowed them to stretch those withdrawals over their lifetime. This change can create a big tax burden. Sharifi says one option for larger estates to minimize

the tax hit is this: "Rather than designating a trust as the beneficiary of an IRA, name each heir individually as a beneficiary so the tax bill can be paid over the decade by each."

**Build cash value with life insurance.** "The modern life insurance product gives the saver the ability to build cash value in that policy," Sharifi says. "That cash value grows without tax liability, giving you access to that cash and accumulating at a more acceptable rate of return than most bank rates."

**Be careful about annuities.** One of the controversial parts of the SECURE Act is a safe harbor for 401(k) sponsors, making it easier to include annuities in their retirement plans by taking employers off the hook for as-

sessing an insurer's financial health. "Annuities can offer a guaranteed lifetime income stream, but this loophole in the bill could lead people astray due to more complicated and expensive annuities," Sharifi says.

"The SECURE has some sweeping changes to retirement," Sharifi says. "While it's intended to make your savings last longer, there's a lot to know to make sure you do."

*Jay Sharifi, author of Building a Better Legacy: Retirement Planning for Your Lifetime and Beyond, is founder and investment advisor with Legacy Wealth Management. He has passed the Series 65 securities exam and holds a life and health insurance license in Virginia.*

## Decoding homeowners insurance: Top 10 Terms for first-timers

By Julie Dibble  
Hippo Insurance

You've saved your hard-earned dollars for years and you shouldn't part with it easily or uninformed. You've searched and toured open-houses and imagined how your furniture, artwork, and other belongings would look in this home versus the next. After all your searching, you've finally found the perfect house. The process of making the biggest investment

of your life can be complex and intimidating, but your search is over. And now, you need to care for that investment. Caring for your new home goes beyond weekends spent at Home Depot and DIY painting and landscaping – the most important way to care for your first home is by investing in homeowners insurance which will safeguard damage to the property and your financial wellbeing.

While not required, homeowners insurance is

standard practice (you'll be hard pressed to acquire any type of home loan without a policy), and no one wants to be caught without coverage in the event of fire, theft or really anything more significant than minor property damage. All homeowners insurance policies are comprehensive agreements with dozens of elements and subcategories of coverage that cater to your specific needs. But some companies go the extra mile to strip the

complexity away from the process, making the nitty gritty approachable, cutting through the jargon and providing transparency. Hippo believes that helping customers make informed decisions about protecting their greatest financial asset ultimately provides a level of comfort and security in understanding precisely what they need, what they don't need, and how to build the perfect policy.

Yes, there's plenty of fine print – and you should read

it all – but there are some essential terms that you need to understand when evaluating your policy. Here are ten terms you need to be aware of as a new homeowner:

### Deductible

This is where you come in. The deductible is the way policyholders and insurers share the cost of coverage; the amount a homeowner must pay before any insurance claims or reimbursements can be made. Usually, a higher de-

ductible means the homeowner pays lower monthly premiums, but higher out-of-pocket responsibility in the case of a claim.

### Liability Insurance

Your homeowners insurance policy will likely have a liability component that protects you and your family from legal claims that result from injuries that occur on your property. Liability also covers the medical costs and compensation for these damages, as well

**See INSURANCE, Page 12**

Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) proposes to build a 36-foot Monopole Small Cell Communications Tower near the intersection of Jackson Street and S Field Street, Dallas, Texas 75202, Lat: 32° 46' 43.6799" N, Long: 96° 48' 3.2114" W. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: *Trileaf Corp, Andrea, a.dominguez@trileaf.com, 2550 S IH 35, Suite 200, Austin, Texas 78704, 512-519-9388.*

AT&T Mobility proposes to build a 31-foot Monopole Small Cell Communications Tower at the approx. vicinity of 3832 Teleport Boulevard, Irving, Dallas County, TX 75039, Lat: [32-51-28.56], Long: [-96-55-33.31]. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: *Trileaf Corp, Beth, b.thompson@trileaf.com, 2550 S. IH-35, Suite 200, Austin, TX 78704, 512-519-9388 ext. 813.*

Cellco partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) is proposing to construct a 36-foot small cell communications tower at the approximate vicinity of 6259 E Northwest Highway, Dallas, Dallas County, TX 75214, Lat: [32-51-37.31], Long: [-96-45-16.81]. Public comments regarding potential effects from these sites on historic properties may be submitted within 30 days from the date of this publication to: *Trileaf Corp, Hannah, h.jordan@trileaf.com, 2550 S. IH-35, Suite 200, Austin, TX 78704, 512-519-9388.*



## INSURANCE, from Page 11

as the legal fees for your defense.

### **Umbrella Policy**

An Umbrella Policy provides extra liability coverage, an added layer of protection to your standard policy, to protect against lawsuits stemming from damages to other people's property or accidental injury. Umbrella policies go above and beyond the liability portion of most policies and can add to peace of mind.

### **Dwelling Protection**

This covers the nuts and bolts of the home – or dwelling – and all the components that are actually attached, from carpeting and fireplaces to attached garages, decks and porches. Under Dwelling Protection, the policy may help to pay to rebuild or repair

structures damaged by any covered hazard, like fire and severe storms. There is also additional, optional, Enhanced Dwelling Protection that can be purchased to ensure that all rebuilding costs are covered.

### **Other Structures Protection**

This portion of coverage applies to all "other structures" on your property like fences, carports, sheds and other detached buildings. Other Structures Protection typically covers the cost of these structures up to 10 percent of the total protection of your dwelling coverage (i.e. if your home is insured for \$250,000, you're covered up to \$25,000 for other structures at no cost), but you can always purchase additional coverage at a relatively low

cost in most cases.

### **Actual Cash Value (ACV)**

This is the actual value of lost or damaged property at the time of loss and/or damage. This value takes depreciation into account.

### **Replacement Cost**

This is the cost of replacing damaged or lost property at the current market value, not taking into consideration depreciation, necessary to restore or replace your home or your belongings to their original state.

### **Extended**

### **Replacement Cost**

Whereas Replacement Coverage covers the cost of repairing or rebuilding your home to its condition prior to the damage, without taking depreciation into account — that is, covering the amount for which your home is insured — Extended Replacement Cost

enhances your standard policy coverage typically 25% to 50%, helping to account for increased market value of rebuilding.

### **Additional Living Expense**

Should something happen to your home that makes it uninhabitable while repairs are in progress, this coverage will pay for your temporary housing (which may be a hotel for a short time or an apartment or rental home for longer repairs), clothing, pet boarding, and even baby supplies. Depending on your needs and the needs of your family, a daily allowance will be established.

### **Insurance Adjuster**

Not to be confused with an insurance agent (one who sells insurance), an adjuster is the person you call when the roof caves in, literally or figuratively. This is the person respon-

sible for filing, assessing and ultimately paying out on your claim.

There are dozens of insider insurance terms and phrases that can make this whole process seem convoluted and overwhelming. However, it's worth spending the time to get to know

some of the most important terms that make vital differences to the type of homeowners insurance you will need. Every nuanced word in a homeowners policy is intended to make each individual contract perfectly suited to your needs and wants as a homeowner.

### **Policy of Non-Discrimination**

## **Kingdom Leadership Ministries International, Incorporated**

**Kingdom Leadership Ministries International, Incorporated** of Dallas, Texas shall recruit and admit individuals of any race, color or ethnic origin to all rights, privileges, programs and activities. The Corporation shall not discriminate on the basis of race, color, national or ethnic origin to the administration of the educational policies, community programs, and other administered programs.

The Corporation shall not discriminate on the basis of race, color, national or ethnic origin in the employment of its personnel.

## COWBOYS, from Page 9

able experience" enough for Jones to overlook what happened to his highly talented team this season under Garrett's leadership? For his part, Garrett wanted to focus on the concentrated effort the Cowboys showed in racking up 517 yards while picking apart the hapless Redskins.

"Again, we just had a hell of a day with our football team, an emotional locker room afterwards," Garrett said. "You want to live in those moments and you want to embrace those moments."

"It's a special group of men that I got to be around to coach and to coach with, and I'm just so proud of what our team did (Sunday). We'll think about what's next at some point, but again I just want to soak in the day and devour the moment and the emotions of the day, and again I'm so proud of our football team."

Ezekiel Elliott rushed 18 times for 122 yards and a touchdown, and also caught a touchdown pass, and Michael Gallup had five receptions for 98 yards and three touchdowns as the Cowboys had their highest-scoring

game of the season against the Redskins. But it was all fool's gold in the end.

"I don't know if I've ever been disappointed after a win, to be honest," said Prescott, who completed 23 of 33 passes for 294 yards and four touchdowns. "But that was (Sunday). It was unfortunate and very disappointing."

"I think that's the best word for it, the best descrip-

tion for the locker room. You go into that locker room, you see all those men – great teammates, great men. To know that it won't be the same, the team won't be the same is disappointing. It's a change in every term and that's something that I'll never get used to as long as I'm in the NFL. It hurts, but it is what it is."

Like Garrett, Prescott also is searching for a new contract. So he sort of knows what's going through Garrett's mind.

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The United States Army is hiring for over 150 different career fields.

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### Ongoing Census Bureau

The Census Bureau conducts continuous surveys to supply the nation with important statistics on people, places and our economy. Local field workers know their communities best, and are instrumental in conducting surveys with residents on a variety of topics. Visit census.gov to apply.

### Ongoing City of Dallas

The City of Dallas' HR Dept is currently accepting apps for the Budget and Contract Administrator position. Bachelor's degree in a business/public administration, human resources or healthcare administration field, plus 7 yrs exp.

For more info and to apply, visit: <http://bit.ly/2NcCfVP>.

### Ongoing House of Blues

Want a cool job in live music? House of Blues



Dallas is hiring! Spruce up your resume and join us on Monday, August 26th for a Job Fair in our Cambridge Room from 1-5PM. All departments are hiring. View job openings at <http://livenationentertainment.com/careers>.

### On-going First Fridays Virtual Job Fair

Every month computer professionals can participate in the monthly job fair in the comfort of your PJs. Job Seekers must complete profile on [https://tao.ai/p/fff/\\_/dfw](https://tao.ai/p/fff/_/dfw)

#FirstFridayFair (#FFF) is estimated to be largest attended career fair with around 8,000 professionals and 500 recruiting companies. The data science and software development focussed career fair is delivered right at your desk-

top. No need to travel anywhere, just signup and wait for TAO.ai to organize your interactions.

### On-Going Customer Rep job fairs

Pro Staff in Arlington will be hosting an in office Customer Service Repre-

sentative Job Fair for a call center located downtown Dallas every Tuesday and Thursday from 10 a.m. to 1 p.m. at 700 Highlander Blvd. Suite 110. The positions pay between \$12 - \$13.50 per hour plus up to \$1.50 an hour in performance pay. The workdays will vary, must be

AT&T Mobility proposes to build a 56-foot Rooftop Antenna Communications Tower at the approx. vicinity of 703 McKinney Ave., Dallas, Dallas County, 75202. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: *Trileaf Corp, Beth, b.thompson@trileaf.com, 2550 S. IH-35, Suite 200, Austin, TX 78704, 512-519-9388.*



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Or email your resume to: [careers@edbellconstruction.com](mailto:careers@edbellconstruction.com)**

available 7 a.m. to 11 p.m., with overtime as needed. Must have at least one year of customer service experience.

### January 16, 2020 Get a job with the Federal Reserve

The NMBAA DFW Chapter is excited to kick

off our 2020 programming with the Federal Reserve Bank of Dallas, as they look to recruit top talent like you!

It is scheduled for January 16, 2020 from 5:30 p.m. to 7:30 p.m. at the Federal Reserve Bank of Dallas at 2200 North Pearl Street in Dallas.



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**BETHEL BIBLE FELLOWSHIP, CARROLLTON (A NEW PLACE TO BELONG)**

**NOTICE: Pastor Woodson serves the community by providing "Professional Therapy and Counseling Services" on a "Sliding Fee" scale. To schedule an appointment call the Pastoral Counseling Center at 972-526-4525 or email the church at [www.bethelbiblefellowship.org](http://www.bethelbiblefellowship.org)**

**January 12, 2020, 9:45 am**

Please join us in our quiet time, "Prayer and Meditation" followed by Morning Worship. You will be blessed and inspired as we celebrate service to God, our community and all mankind.

**January 15, 2020**

You are invited to join us for Wednesday's Prayer and Bible Study Class with Senior Pastor Woodson, Pastor Larry Gardner, Pastor Bernadette and others as we study a new book, Immerse, The Bible Reading, Poets, with supporting chapters and verses. Spiritual maturity is God's desire for you; it's Time to Grow in the Word of God.

Dr. Terrance Woodson, Senior Pastor  
1944 E. Hebron Parkway  
Carrollton, TX 75007  
972-492-4300  
[www.bethelbiblefellowship.org](http://www.bethelbiblefellowship.org)

**FELLOWSHIP CHRISTIAN CENTER CHURCH IN ALLEN "THE SHIP"**  
We are Saving You a Seat!

**January 12, 9:30 am**

You are invited to join us in our Sunday Morning

Services as we praise and worship God in the Joycie Turner Fellowship Hall, followed by our Worship Services; and bring someone with you, you will be blessed. It's for God's glory and honor.

**January 15**

Join us in our Wednesday's 12 Noon-Day Live, Prayer and Bible Study class and/or our Wednesday Night Live, Prayer and Bible Study at 7 p.m. to learn more about God's Word. Be encouraged by God's plan for your maturity and His glory; and most of all; be prepared to grow.

Dr. W. L. Stafford, Sr., Ed. D.  
Senior Pastor  
2450 K Avenue #300  
Plano, TX 75074  
972-379-3287  
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**INSPIRING BODY OF CHRIST CHURCH, Let's Go Fishing! MATTHEW 4:19**

*"Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the*

*Lord Almighty, "and see if I will not open the windows of heaven and pour you out a blessing that there will not be room to receive."*  
- Malachi 3:8-10

**January 3, 7 pm**

All men are invited to Men's Ministry meeting each Friday night at 8 pm, (IBOC promotes proactive male leadership.)

**January 12, 10 a.m.**

Join us for our Morning Service; and don't forget to invite family and friends to join us as we celebrate our Lord and Savior, Jesus Christ.

**January 13, 7 p.m.**

You are invited to Monday School to see what God has to say to us in His Holy Word.

Pastor Rickie Rush

7701 S Westmoreland Road  
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972-372-4262  
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Our mission at MOCOP is to make the Word of God R.E.A.L. (Relevant, Engaging, Authentic, Life-Changing)

**January 12, 10 a.m.**

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

**January 15, 7 pm**

You're invited to our Wednesday's Bible Study

class; you will learn what God has to say to us. Come to be encouraged by God's plan for your spiritual growth and His glory.

Dr. Sam Fenceroy, PhD  
Senior Pastor and  
Pastor Gloria Fenceroy  
300 Chisholm Place  
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**January 12, 8 and 11 am**  
You are invited to our Wor-

ship Services as we honor God for His goodness and faithfulness.

**January 13, 7 to 8 pm Every Monday Night**

Sister II Sister (Women's Mission) in the Main Fellowship Hall and the Men II Men Bible Study in the Youth Church Sanctuary (Chapel).

**January 15, 7 pm**

You're invited to our Wednesday's Bible Study class; you will learn what God has to say to us. Come and be encouraged by God's plan for your spiritual growth and His glory.

Dr. Isaiah Joshua, Jr.  
Senior Pastor  
920 E. 14th Street  
Plano, TX 75074  
972-423-6695  
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# The World Honors Dr. Martin Luther King, Jr.



**Sister Tarpley**  
NDG  
Religion  
Editor

*My father, Mr. Lloyd David Demus, once told me, "Strive to leave the world a better place than when you found it." Dr. King did just that, he made a difference and we are better off as a world. Thank God for Dr. King.*

Dr. King (January 15, 1929-April 4, 1968) was born Michael Luther King, Jr., but later he had his name changed to Martin. His grandfather began the family's long tenure as pastors of the Ebenezer Baptist Church in Atlanta honoring and praising God, he served from 1914 to 1931.

Dr. King attended segregated public schools in Georgia, graduating from high school at the age of 15; he received his B. A. degree in 1948 from Morehouse College.

After three years of theological study at Crozer Theological Seminary in Pennsylvania where he was elected president of a predominantly white senior class, he was awarded the B.D. in 1951. Dr. King received his doctorate degree in 1955. In Boston he met and married Coretta Scott, a young woman of uncommon intellectual and artistic attainments. Two sons and two daughters were born into the family.

In 1954, Reverend Martin Luther King, Jr. became pastor of the Dexter Avenue Baptist Church in Montgomery, Alabama and he was a member of the executive committee of the National Association for the Advancement of Colored People, the leading organization of its kind in the nation.

In December 1955 he accepted the leadership of the first great Black nonviolent demonstration of contemporary times in the United States; the bus boycott lasted 382 days.

On December 21, 1956, after the Supreme Court of the United States had de-

clared unconstitutional the laws requiring segregation on buses, Blacks and Whites rode the buses as equals.

In 1957 he was elected president of the Southern Christian Leadership Conference (SCLC), an organization formed to provide new leadership for the now burgeoning civil rights movement. The ideals for this organization he took from Christianity; its operational techniques from Gandhi.

In the eleven-year period between 1957 and 1968, Dr. King traveled over six million miles and spoke over twenty-five hundred times, appearing wherever there was injustice, protest, and action; and meanwhile he wrote five books as well as numerous articles.

In these years, he led a massive protest in Birmingham, Alabama, that caught the attention of the entire world.

Dr. King planned voter registration drives in Alabama and he directed the peaceful march on Washington, D.C., of 250,000 people to whom he delivered his address, "I Have a Dream", he conferred with President John F. Kennedy and campaigned for President Lyn-



Dr. Martin Luther King, Jr. said, "What is your Life's Blueprint?" (Photo: Library of Congress)

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don B. Johnson.

He was awarded five honorary degrees; was named Man of the Year by Time magazine in 1963; and became not only the symbolic leader of American Blacks but also a world figure.

At the age of thirty-five,

Dr. Martin Luther King, Jr., was the youngest man to have received the Nobel Peace Prize. He then announced that he would turn over the prize money of \$54,123 to the furtherance of the civil rights movement.



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