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Beloved Pastor, CW Wallace announces Retirement as Senior Pastor of Pilgrim Rest Missionary Baptist Church

By Jackie Hardy
NDG Contributing Writer

Pastor Curtis W. Wallace will preach his final sermon as senior pastor from the pulpit of Pilgrim Rest Missionary Baptist Church on Sunday, Jan. 26, at the 10 am service.

Wallace has faithfully served as the senior pastor for the past 30 years, and last year he announced his plans to retire as he felt the time was right to step down as the senior pastor.

"I just knew this was the right time to take a rest from pastoring," adds Wallace via a phone interview with the *North Dallas Gazette*. But, Wallace is emphatic he is not retiring from preaching. He plans to continue his passion for teaching the word of God through his Curtis W. Wallace Ministries (<https://www.drcurtiswallace.com/>).

According to Wallace, it has been rewarding to serve as one of three pastors in the history of Pilgrim Rest almost 85-year existence. Pilgrim Rest Missionary Baptist Church's website states the church began September 1935. The founding pastor was the late Rev. S.G. Gooden, Sr. The first service was held under a tree of a parishioner's home. In recent years, under the



C.W. Wallace, loved by his congregation and known for an impassioned preaching style, announced his retirement recently and will deliver his last sermon as the Senior Pastor of Pilgrim Rest Missionary Baptist Church on Jan. 26, capping a 30 years of service. (Courtesy photo)

guidance and leadership of Wallace, has continued to grow in becoming one of the largest and recognized African American churches within the Metroplex.

Over the past three decades, Wallace's vision allowed the execution of several ministries. He established a mentorship program for young boys as well as ministries to serve both single and married couples. He has also developed the Worship and Fine Arts Ministry (WFAM), Pilgrim Rest Overcomers Program (PROP), Souls Winners Action Team (SWAT), Caring, and

Reaching Everyone (CARE). Also, through his vision and leadership, the church built Pilgrim Rest Village, a senior living facility in the effort to serve the aging population within the community.

Evangelism has genuinely been the center of everything Pastor Wallace has done in his tenure at Pilgrim Rest. Over the years, his heart for evangelism bore much fruit from the more than 4,500 people the church has been able to reach and lead to Christ through its Pris-

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People In The News...



Rev. Charles Jones



Atatiana Jefferson

NDG Quote of the Week: "Injustice anywhere is a threat to justice everywhere."

- Martin Luther King, Jr.

Rev. Charles Jones

By Andre T. Johnson

If anyone can greatly attest to this notion, it's Charles Jones.

Consider, for instance, how during his youth, Jones recalls vividly the days during which his mother had steadfastly gone to great lengths to ensure her family's single-parent household was covered, both in the natural and the spirit.

"I learned how to be strong watching my mom battle through some difficult seasons in life," Jones told Making Headline News during a recent in-



terview. "There were many times as a single mother she made sacrifices to ensure we were covered. She went without to make sure we had."

For what it's worth, it is due in large part to those

valuable, life-altering lessons Jones had embraced as a young lad that, by all accounts, have greatly shaped the overall landscape of his life, a life that has catapulted him to the divine purpose for which God created him.

Fast forward a few decades later, and here's Jones, savoring his rightful and well-deserved place as the Founder and Senior Pastor of New Creation Fellowship Church, the flourishing ministry he organized in February 2011 amid what he described as "a deep concern" for his family, friends, and the community.

For Jones, 42, his rise to finding his niche in what has become a commendable and well-respected Pastoral tenure had surfaced amid humble beginnings. It was, in fact, because of the influential impact of his mother, coupled with the strict Christian-based principles of his grandmother that essentially had paved the way to the former Texas Christian University football player shifting his focus from the gridiron to the pulpit.

"I witnessed her struggle, felt her pain, but every day was another opportunity for her to go out and do what was necessary to provide

and survive," said Jones, recalling his mother's massive impact on his life during his youth. "We had nothing, but she refused to allow us to look like what we were going through. She pushed my dreams of being an athlete, while praying that the streets, gangs and drugs wouldn't swallow me up."

Interestingly, as Jones explained, even when recurring injuries reduced his effectiveness to play for a high-profile Division 1 football program — thus "halted my aspirations as an athlete," he acknowledged — there was that one person besides God who

had — for a lack of better words — proven to his ride or die soulmate.

That one person: Elect Lady Jennifer Jones (or "Lady J"), Jones' beloved companion to whom he's been married for 19-plus years. The couple share five daughters (Katelyn, Kylah, KaLeah, Kendall and Char-lize), each of whom like their parents, are actively involved in ministry.

"It's crazy," Jones said, explaining the constant pursuit of his wife back during his undergraduate days. "I chased her for two years on campus and she

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Atatiana Jefferson

By Stacy M. Brown
NNPA Correspondent

As we enter into a new year, it's important that we do not forget the December 20th indictment and pending trial of Aaron Dean, a former Fort Worth, Texas police officer, on murder charges in the shooting death of Atatiana Jefferson, an African American woman and Xavier University graduate.

Atatiana was fatally shot by Dean on October 12 while in her home and playing video games with her young nephew. Her violent



death deserves justice. If convicted, Dean could face a life sentence for his crime.

Jefferson, 28, and her 8-year-old nephew were inside the home late at night when a neighbor noticed a

door ajar and called a non-emergency number to ask the police to perform a welfare check.

Dean, 35, and a partner arrived at Jefferson's home, startling the aspiring doctor and her nephew. When Jefferson peaked through the window to see what was causing the commotion outside of her house, Dean opened fire.

The officer resigned from the department within hours of the shooting and was arrested on murder charges two days later.

"While Atatiana's family is relieved, they are cautiously optimistic that a

conviction and appropriate sentence will come in the near future," Jefferson family attorney, S. Lee Merritt, stated in a news release.

"This is a huge first step in the long road for this family," Merritt stated.

Attorneys for Dean declined to comment.

Jefferson, a 2014 Xavier University biology graduate who worked in the pharmaceutical industry, was contemplating becoming a doctor.

The shooting came only days before a jury convicted a white former Dallas Police Officer Amber Guyger for the murder of Botham Jean,

a black man who worked in accounting and auditing for the powerhouse firm of Price Waterhouse Coopers.

Guyger received a controversial 10-year sentence in prison for her crime.

"I cannot make sense of why she had to lose her life," Fort Worth Police Chief Ed Kraus stated during an October news conference announcing Dean's arrest.

Dean was released on \$200,000 bond, and his police union vowed to support his defense financially.

Kraus has stated that he would also refer the case to the FBI so that the agency

could review federal civil rights charges against Dean.

"Nobody looked at this video and said there's any doubt that this officer acted inappropriately," Fort Worth Police Chief Ed Kraus noted. "I was going to fire [Dean] even before he quit. We had already taken his badge and weapon. There were violations in his use of force, and he didn't follow de-escalation protocols. His conduct was unprofessional. There are times for officers to act as warriors and defenders, and there are times for them to act as public servants and humble servants."

NDG Readers Sound Off...

Plano participating in summit to address growing homeless problem

When will Plano address the Homeless situation again in 2020. Something needs to be done about this ongoing problem of Homelessness. Too much money floating around Plano for unnecessary things, lets deal with the Homeless problem, its getting worse with rent getting higher and higher.

- Jack Harris

City of Irving MLK celebrations will feature Dallas Black Dance and Soul Rep Theatre

It's only a matter of time until Ghandi's birthday becomes a holiday in Irving.

- Steve

Jimmy Johnson Hall of Fame announcement

A great champion.

- CJ Gresh

Well deserved.

- Jacquelyn Brown

Congratulations

- Janis Upshaw



Chief Ed Drain
(Courtesy photo)

New Plano Police Chief announced

Congratulations !!!!

- Deadra Curtis

Good Choice my friends are coming home.

- Linda L Johnson

Ed Gray: Silence the Violence

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

- Gloria Creag Curley

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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.

The danger of the 'ethno-nationalist' state

By Bill Fletcher, Jr.,
NNPA Contributor

One of the most common features of right-wing populist and fascist movements is the demand for ethnic and/or racial purity. During the course of the 20th century we saw it in its most egregious forms in colonial and white minority regimes in the global South, and in the Nazi-led persecution and, later, Holocaust against the Jews.

Ethnic regimes were largely ignored in the mainstream media of the global North until the early 1990s, even when troubling events, such as genocide in Burundi, were unfolding. It was only with the disintegration of the former Yugoslavia in the early 1990s and the Rwanda genocide (1994) that it became more than apparent that another wave of ethnic cleansing and ethno-nationalist regimes were unfolding.

What are ethno-nationalist regimes? They are

political systems that quite openly privilege the alleged rights of a given ethnic or so-called racial group. Apartheid South Africa was certainly an example of a long-running such regime. But the Rwanda genocide when right-wing Hutus went to war to openly eliminate Tutsis (and those Hutus who allied with Tutsis) using the pretext of a civil war, was yet another example.

Right-wing populist leaders such as Donald Trump in the USA, Benjamin Netanyahu in Israel and Narendra Modi in India are quintessential examples of leaders who promote ethno-nationalist regimes. Contrary to early 20th century fascists and 19th century "scientific racists," they do not rely on the rhetoric of racial superiority or inferiority in justifying their politics. Rather they argue either the incompatibility of different racial/ethnic groups and/or that the specific racial/ethnic group which they claim to represent has been, allegedly, ag-

grieved over the years.

The situation in India at this very moment is illustrating the evolving and serious dangers of ethno-nationalist regimes. The political forces around Modi and his political party—the BJP—have been promoting anti-Muslim rhetoric and practices for years. Their objective is nothing short of eliminating the secular basis of India and replacing it with a Hindu ethno-nationalist state. The recent legislation advanced by Modi and passed in Parliament that offers citizenship to refugees from neighboring countries UNLESS they happen to be Muslim demonstrates the depths of depravity of such regimes. It is, therefore, not surprising that India is exploding.

Netanyahu is a close cousin—politically speaking—of Modi's. He and his party—the Likud—have always aimed to eliminate the Palestinian presence from not only the occupied Palestinian territories, but

from Israel itself. But it is not only the Palestinians that Netanyahu, et.al. wish to eliminate. The language of the regime when it comes to other alleged outsiders is particularly provocative and echoes that of Hindu fascists in India in describing undocumented immigrants, in the case of Israel, as "infiltrators."

Right-wing populism and ethno-nationalism have become major parts of the global political landscape. It is not only the appearance of Donald Trump; nor is it just Britain's Boris Johnson. It has emerged, like chicken pox, in numerous places. And, if one is not careful, it can emerge even within the ranks of the oppressed when, in desperation, we sometimes seek to distinguish ourselves from some "Other."

Bill Fletcher, Jr. is the executive editor of globalafricanworker.com and the former president of Trans-Africa Forum.

The Methodist Church is coming apart

By Joseph J. Horton

The initial reports read to me a bit like the losers won, but the church of my upbringing is on the verge of coming apart after decades of internal turmoil. The details of the deal will be important, but leaders of the United Methodist Church have agreed in principle to an amicable parting of liberal and conservative factions.

For background, I was baptized, confirmed, and married in the United Methodist Church. I left because of battles within the church. Battles about issues on which there should be agreement for a church worthy of the name.

Tears come to my eyes as I remember a notice about a prolife prayer vigil being torn down from the bulletin board of the last Methodist church I attended. The an-

nouncement even said "No signs. No protests."

There are three key elements to the emerging agreement: pensions, local church property, and start-up money for a conservative denomination.

Conservative pastors who leave the denomination will be promised their Methodist pensions. Making this provision of the agreement work will be especially challenging.

The proposed agreement will let local congregations keep their church buildings. In other denominations, liberals have asserted (and they may be legally correct) that local church property is owned by the denomination, not the local church. Thus lawsuits and counter suits have been filed.

It will be the liberals who maintain control of the United Methodist Church

in America. Their willingness to allow conservative congregations to keep local property is honorable.

Less than honorable has been American liberals' resistance to the influence and importance of the African Methodists.

This past summer, orthodox theology with regard to sexuality and LGBT issues was affirmed by a vote of delegates to the General Conference. The orthodox position would not have been affirmed had it not been for the votes of the Africans.

Liberals for years had been refusing to submit to the church's official doctrine in the Book of Discipline by ordaining openly practicing homosexuals and blessing same-sex marriages. It was the African votes at the General Conference that led to the affirmation

of the traditional doctrine. But American liberals were unmoved by the votes of the Africans and continued to violate church teaching.

A final part of the agreement is that the conservative congregations will be given \$25 million to start a new denomination. The liberals evidently get everything else, such as campgrounds and retreat centers. This seems like a paltry sum to give to the party with the most members if we consider the African members as being equal to the American members.

There are many orthodox Christians and congregations in the Methodist Church in America and Africa. If the proposed agreement passes, they will be free to pursue the Christian faith in the Wesleyan tradition without internal discord. May God bless them.

Five healthy habits to live by

Amy Roeder
Harvard Chan School
Communications

Maintaining five healthy habits — eating a healthy diet, exercising regularly, keeping a healthy body weight, not drinking too much alcohol, and not smoking — at middle-age may increase years lived free of Type 2 diabetes, cardiovascular disease, and cancer, according to a new study led by Harvard T.H. Chan School of Public Health.

The study was published online Wednesday in *BMJ*. It is a follow-up and extension of a 2018 study, which found that following these habits increased overall life



Senior Guidance / Flickr

expectancy.

“Previous studies have found that following a healthy lifestyle improves overall life expectancy and reduces risk of chronic diseases such as diabetes, cardiovascular disease, and cancer, but few studies have looked at the effects

of lifestyle factors on life expectancy free from such diseases,” said first author Yanping Li, senior research scientist in the Department of Nutrition. “This study provides strong evidence that following a healthy lifestyle can substantially extend the years a person

lives disease-free.”

The researchers looked at 34 years of data from 73,196 women and 28 years of data from 38,366 men participating in, respectively, the Nurses’ Health Study and the Health Professionals Follow-up Study. Healthy diet was defined as a high score on the Alternate Healthy Eating Index; regular exercise as at least 30 minutes per day of moderate to vigorous activity; healthy weight as a body mass index of 18.5-24.9 kg/m²; and moderate alcohol intake as up to one serving per day for women and up to two for men.

They found that women who practiced four or five of the healthy habits at age

50 lived an average of 34.4 more years free of diabetes, cardiovascular diseases, and cancer, compared to 23.7 healthy years among women who practiced none of these healthy habits. Men practicing four or five healthy habits at age 50 lived 31.1 years free of chronic disease, compared to 23.5 years among men who practiced none. Men who were current heavy smokers, and men and women with obesity, had the lowest disease-free life expectancy.

“Given the high cost of chronic disease treatment, public policies to promote a healthy lifestyle by improving food and physical environments would

help to reduce health care costs and improve quality of life,” said senior author Frank Hu, Fredrick J. Stare Professor of Nutrition and Epidemiology and chair, Department of Nutrition.

Other Harvard Chan School study authors included Dong Wang, Kłodian Dhana, Xiaoran Liu, Mingyang Song, Gang Liu, Qi Sun, Laila Al-Shaar, Molin Wang, Eric B. Rimm, Ellen Hertzmark, Meir J. Stampfer, and Walter C. Willett.

Funding for the study came from grants UMI CA186107, R01 HL034594, R01 HL060712, R01 HL088521, P01 CA87969, UMI CA167552, and R01 HL35464 from the National Institutes of Health.

Mobile Stroke Units could help save lives in urban areas

Mobile Stroke Units (MSUs), vehicles equipped to provide stroke treatment before reaching a hospital, provided lifesaving care to stroke patients in Manhattan approximately 30 minutes faster, compared to patients transported to hospitals in traditional ambulances and who did not receive stroke treatment until arriving at the hospital, according to new research published in the *Journal of the American Heart Association*.

“This study provides further evidence suggesting a potential role for mobile stroke units in dense urban areas to increase our ability to treat stroke patients faster,” said Lee H. Schwamm,

M.D., executive vice chairman of neurology and director of the MGH Comprehensive Stroke Center at Massachusetts General Hospital in Boston.

Ischemic stroke — the most common type of stroke — occurs when a vessel supplying blood to the brain becomes blocked by a blood clot and prevents regular blood flow. Ischemic strokes are often treated with the medication alteplase, which breaks up clots. However, patients must be accurately diagnosed, and treatment with alteplase administered within 3 to 4.5 hours from when symptoms begin. MSUs offer the possibility

of diagnosis and treatment for stroke in a specialized ambulance before patients arrive at the hospital.

In this study, the patients treated for ischemic stroke in the MSU received alteplase approximately 30 minutes sooner than patients who received treatment at the hospital.

“When it comes to stroke treatment, 30 minutes can be the difference between making a full recovery from a stroke and living independently, or becoming disabled and needing help with the activities of daily living,” said Matthew E. Fink, M.D., chair of neurology and the Louis and Gertrude Feil Professor in Clinical

Neurology at Weill Cornell Medicine in New York.

The study utilized New York-Presbyterian Hospital’s Mobile Stroke Units (MSUs), and they were equipped with a portable CT scanner that allows neurologists on board to evaluate if a patient is having an ischemic stroke. If a stroke is diagnosed, the emergency medical technicians in the MSU can immediately administer alteplase.

For the study, researchers analyzed the treatment of 66 patients with symptoms of stroke who were taken to the hospital by an MSU, compared to 19 suspected stroke patients taken by a traditional ambulance

in Manhattan. Neurologists present on the MSUs were able to diagnose ischemic stroke in 29 of the patients and treated them with alteplase immediately. Nine of the 19 patients transported by a traditional ambulance were diagnosed with ischemic stroke and received alteplase at the hospital.

Limitations to this study included relatively small sample size and the possibility of confounding factors such as traffic, the day

of the week and the time of day when patients were transported.

“We know that faster treatment equals better outcomes. However, further research is needed to establish if mobile stroke units improve long-term health outcomes and are a cost-effective solution in stroke systems of care for large cities, as they reflect a significant financial investment for cities and EMS agencies,” said Dr. Schwamm.

Sensors and AI spot low blood sugar without needles

by Alice Scott-Warwick
Futurity

Tracking sugar in the blood is crucial for both healthy individuals and diabetic patients, but current methods to measure glucose require needles and repeated finger pricks throughout the day. Finger pricks can often be painful, deterring patient compliance.

Currently Continuous Glucose Monitors (CGM) for hypoglycemia detection measure glucose in intersti-

tial fluid using an invasive sensor with a little needle, which sends alarms and data to a display device. In many cases, they require calibration twice a day with invasive finger-prick blood glucose level tests.

In their new paper, however, researchers show they can use artificial intelligence (i.e., deep learning), to detect hypoglycemic events from raw ECG signals acquired with off-the-shelf noninvasive wearable sensors.

Two pilot studies with healthy volunteers found the average sensitivity and specificity approximately 82% for hypoglycemia detection, which is comparable with the current CGM performance, although non-invasive.

“Fingerpicks are never pleasant and in some circumstances are particularly cumbersome. Taking fingerpick during the night certainly is unpleasant, especially for patients in pediatric age,” says Leandro

Pecchia from the School of Engineering at the University of Warwick.

“Our innovation consisted in using artificial intelligence for automatic detecting hypoglycemia via few ECG beats. This is relevant because ECG can be detected in any circumstance, including sleeping.”

The new model highlights how the ECG changes in each subject during a hypoglycemic event. Researchers

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DART seeking student art for 2020 contest

With one month left for K-12 students to submit entries for DART's 2020 Student Art Contest, don't delay or you might miss your chance to 'paint the town.'

Contestants can compete to earn a spot for their design on DART buses and trains, plus cash and other prizes.

Contest Details:

- The contest is open to public school, private school and home-schooled students

in kindergarten through the 12th grade.

- Designs must be original work by the student and should illustrate the theme "Paint The Town _____ Ride DART."

- Entry deadline is Feb. 28, 2020.

- One entry per student. No group entries are allowed.

- All entries must measure 11" high by 17" wide and be laid out horizontally.

- High school students now have the option of submitting their entry online. All digital entries must be submitted by 11:59 p.m. on Friday, February 28, 2020 at dart.org/artcontest

- The student's name, student's email, grade level, school name, school address, teacher's name, email, phone number, parent's name, email and phone number, should be easily viewed on

the back.

DART will notify the winners by March 11. The artwork becomes the property of DART and may be used with appropriate credit to the artist. By entering, contestants consent to have their name and photograph appear as one of the winners. A gallery of the previous art contest winners is available for viewing at dart.org/artcontest.



Doreen Chen / DART

Local Zeta Phi Beta celebrating 100 years of service

Zeta Phi Beta Sorority, Incorporated - Kappa Zeta Chapter and the area DFW Zeta Alumni Chapters will be marking 100 years of scholarship, service, sisterhood, and finer womanhood, with a week-long celebration throughout the

DFW Metroplex.

Centennial Week activities in the DFW Metroplex will include:

- "A Royal Centennial Museum Unveiling" from 6:30-7:30 PM on Thursday, Jan. 16, the African American Museum of Dallas

located at 3536 Grand Avenue, Dallas Texas 75210

- 100 Year Celebration - DFW Area Alumni Chapters - Thursday, Jan. 16, at 6:20 PM in Addison at Vinetti's located at 14833 Midway Road, STE 105, Addison Texas. Admission

free all night.

- The Centennial Soiree - Friday, Jan. 17 at 8 p.m. at Jamie's Rhythm, located at 2051 Northwest Highway in Dallas. Admission free all night.

- Celebrating 100 Years of Finer Womanhood - Sat-

urday, Jan. 19 at 9 p.m. at Zuri Arlington located at 117 S Watson Rd. in Arlington,

- Sisterhood Worship Service - Sunday, Jan. 19 at 10 a.m. at Shiloh Missionary Baptist Church, 920 E. 14th Street in Plano,

- Centennial Fellowship - Sunday, Jan. 19 at 4 p.m., Buttons Restaurant is located at 4701 West Freeway in Fort Worth.

All events are open to the public, and the community is welcome to join the celebration.

Clarice Tinsley is mistress of ceremonies for Alzheimer's Association first gala

The Dallas and Northeast Texas Chapter of the Alzheimer's Association is holding its first-ever ever gala, "Enchanted: An Event to Remember" to help raise funds to fight Alzheimer's and put the spotlight on supporters. The event is Saturday, Feb. 29 from 6 p.m. - 11 p.m. at The Hall on Dragon, 1500 Dragon Street in Dallas.

Event master of ceremonies

is long-standing FOX KDFW-TV news anchor Clarice Tinsley. The Gala is being chaired by SMU Cox School of Business senior lecturer in business law Catherine Weber. Honorary Chairs are Martha and Douglas Hawthorne.

Event organizer Nikki Chapman says "the Gala is a celebration of hope for pushing back the darkness of Al-

zheimer's disease, and supports our mission to fight and cure Alzheimer's."

Martha and Douglas Hawthorne bring a history of community service to the event. "Martha has long worked with the American Heart Association and the Salvation Army, and Doug is currently on the Board of the March of Dimes and the Advisory Board of the State Fair of

Texas and is a member of the Salesmanship Club," says Chapman. "Doug is the founding CEO Emeritus of Texas Health Resources, and was named among the "100 Most Influential People in Health Care" and inducted into the Texas Business Hall of Fame in 2014. He's also been honored with lifetime achievement awards in both the Fort Worth Business

Press Healthcare Heroes and D Magazine's D CEO Excellence in Healthcare programs."

Mark Denzin, Executive Director of the Dallas and Northeast Texas Chapter, adds "We're excited to add this lovely endeavor to our already established fund-raising efforts, headlined by the annual Walk to End Alzheimer's. We feel so fortunate to

have Clarice, Catherine, Martha and Doug sharing their talents with us."

The evening begins with a cocktail hour, followed by dinner and dancing to one of Dallas' most popular party bands, Manhattan, and also includes both a silent and live auction.

For more information visit www.enchanted.givesmart.com.

DCHHS reports fifth flu-related death of 2019-2020 season

Dallas County Health and Human Services (DCHHS) is reporting the fifth flu-related death in Dallas County for the 2019-2020 season. The patient was 85 years of

age and a resident of Cedar Hill. For medical confidentiality and personal privacy reasons, DCHHS does not provide additional identifying information.

"We have seen an early increase in flu activity in Dallas this season. While we cannot predict the severity or duration of the flu season from year to year, the best

way to protect yourself and others is to get your flu vaccine", said Dr. Philip Huang, DCHHS Director and Health Authority.

The Centers for Disease

Control and Prevention (CDC) recommends a yearly flu vaccine for all persons aged 6 months and older, with rare exception. Individuals should discuss flu vac-

cine concerns with a health care provider.

Flu vaccines for adults and children are available at all DCHHS immunization clinic sites at no cost.

JONES, from Page 2

wouldn't give me the time of day, but in my moment of isolation and when I was battling suicidal ideations, God used her to minister to my brokenness."

And just like that, not only did Jones witnessed what apparently was a spiritual makeover, of sorts, but God had ultimately blessed him to find his good thing in the process — all because, well, this young preacher had demonstrated enough meekness to embrace a pro-

cess he appropriately likens to the Biblical character Jonah.

"It's crazy," Jones said, explaining the constant pursuit of his wife back during his undergraduate days. "I chased her for two years on campus and she wouldn't give me the time of day, but in my moment of isolation and when I was battling suicidal ideations, God used her to minister to my brokenness."

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only did Jones witnessed what apparently was a spiritual makeover, of sorts, but God had ultimately blessed him to find his good thing in the process — all because, well, this young preacher had demonstrated enough meekness to embrace a process he appropriately likens to the Biblical character Jonah.

Since erecting his ministry, Jones undoubtedly has made his presence felt, not just throughout his congregation, but throughout his family, considering his fa-

ther is now serving in the ministry.

"I started preaching in the latter part of 2000, and he was called to ministry shortly after, if I'm not mistaking," said Jones, whose first sermon was given at the church of his wife's father, Superintendent Ray Lee Smith the Greater Rose Hill Church in Terrell, Texas. "(My biological father's) ministry wasn't a result of mine. I thank God he got saved and (God) called him, though."

Ironically, Jones served

fervently in Smith's ministry for a little more than a decade which, to his credit, essentially served as a sign of things to come.

"Superintendent Smith nurtured my gifts and instructed us in the way of holiness," Jones said. "I've never known anyone like him. It has always been a pleasure to sit at his feet and much of the favor I have is a direct result of my connection to him. If we serve well, God will bless us."

For Jones, God has surely blessed his family and ex-

alted his ministry for such a pivotal time as now.

Eight years and counting to be exact.

"My servitude transcended the pulpit and Sunday morning services," Jones said. "God told me to make His life easy, hold Him up and do whatever was necessary in order for Him to facilitate vision."

Just as his praying mother had taught him back in the day.

If anyone can greatly attest to this notion, it's Charles Jones.

DCCCD, TXServes assists veterans and their families

Every year, thousands of veterans and active service members need help with basic needs like food and clothing as well as education and work opportunities.

To help ease those burdens, Dallas County Community College District (DCCCD) has joined TXServes- North Texas, in providing opportunities, resources, and activities to the district's military-connected students, their families, and the community.

"We are excited to be a part of this initiative," said Phil Hoy, director of mili-

tary community engagement, outreach, and recruitment for DCCCD. "It will allow us to support student success through referrals to appropriate community partners and provide community support through response to incoming referrals."

TXServes-North Texas, a program of United Way of Tarrant County Mission United, is one of the newest regions in the America Serves network, using technology and dedicated professional staff to provide streamlined referrals between participating service

providers.

DCCCD is among nearly 100 service providers currently in the network.

Through this network, veteran services advocates make connections with dedicated professionals to assist members of the military and their families, said Jody Addison, manager of veteran services at Richland College.

Addison recently helped a student obtain legal assistance to address child support issues.

"This network assures that all student veterans receive

assistance until their cases are resolved," said Addison, who recently used the network to help a student obtain legal assistance in a child custody and visitation issue.

North Texas is home to a large military population and collaboration are vital to providing and delivering service to these valuable community members, Hoy said.

For more information or to register for service, visit TXServes-North Texas at <https://northtexas.americaserves.org> or call 817-317-0764.



Sydney Rae / Unsplash

Irving resident shares with students how to weather the storms

By Irving ISD

Ray Cerda was a 16-year-old finishing up his junior year of high school. He had just played in the Irving High School Black/Gold game and was preparing for a summer of fun, college visits and training to be the starting quarterback of the Irving Tiger football team.

Instead, Cerda spent the summer of 1981 in a rehabilitation center relearning basic motor skills.

Cerda was ejected through the sunroof of a pickup in a late-night accident on Highway 114



Ray Cerda, a recent Irving municipal worker retiree, shares with Irving ISD students how they can weather the storms of life despite tremendous challenges (Image: Irving ISD)

between Grapevine and Irving. After four days in a coma, he awoke as a quadriplegic, confined to a wheelchair for the remainder of his life.

Despite the obstacles, Cerda was resilient. He graduated with his class. He earned an associate's degree from North Lake College and later a bachelor's degree from the University of Texas at Arlington before launching a 30-year career in municipal government, starting as a seasonal employee and retiring as director of parks and recreation from the City of Irving in 2018.

"After a couple of weeks of going, 'what am I going to do now?' after I retired, I decided to go ahead and write a life story," he says.

"I had kept a journal my entire career, and I had written things down."

Cerda compiled those reflections and a list of life lessons into a self-published book, *The Life I Didn't Expect* (available on Amazon). Over the last two weeks, Cerda visited student-athletes at Irving, MacArthur and Nimitz high schools sharing his story and copies of the book.

"At their age, they don't realize you're not invincible, anything can happen to you," he says. "No matter how connected you

are, how popular you are, how smart you are, you're not invincible. Things can change in a heartbeat. I'm living proof of that."

That's why he's sharing his story. He hopes to inspire anyone facing a tragedy.

"Just because things happen to you in a tragic situation, know that the sun is going to come out tomorrow," he says. "You can still be a productive citizen and have fulfillment in your life. You can overcome anything that comes your way."

Having the talk with your kids, the big money talk

By: Gregg Murset
CEO BusyKid

Discussing the nitty-gritty of personal financial situations has typically been viewed as taboo. It is one of the topics you do your best to avoid at holiday gatherings along with politics, religion and asking adult children when they are getting married or having kids. However, as more and more people face increasing debt, learn to use invisible money rather than a change in their pocket, and struggle to save anything at all, it is becoming very clear why parents need to talk to their kids about money starting at a young age.

According to T. Rowe Price's 2019 Parents, Kids



It is important to help kids properly appreciate the value of money while they are young. (Photo: Angie Six / Flickr)

& Money Survey, half of all parents have some reluctance to discuss money with their kids, and 73% of parents who are caring for an aging family member in

addition to their kids, don't want to broach the topic. Some parents would rather discuss the "birds and bees" than try to explain finances.

So, if you're facing thou-

sands of dollars in student loan debt, living paycheck to paycheck, or financially successful but unsure about things like investing, how can you make talking to your kids about money less intimidating? Remember, no matter how uncomfortable or scary the conversations might be for you, if you don't talk to your kids about money now, you're setting them up for almost certain failure on some level. So, here are my suggestions on where you should start:

Start Slow & Make It Simple – Forget buying books or watching YouTube videos that will even put the biggest hardcore financial nerds to sleep. Once your kids know the actual value

of money, then it comes down to three simple rules – 1) Earn money through hard work; 2) Save more than you spend and 3) Never borrow more than you earn.

Be The Example – As a parent, you already have years of life experiences to use for "The Talk", though you think some of them don't set the best example. I disagree. No matter if you have a great credit score or poor one, have thousands or hundreds in savings, or huge debt or no debt, your life experiences are great lessons to pass down to your kids. Nobody is perfect but you only need to be burned once to know not to stick your fingers in the fire again. Put your pride away and let your kids learn from your errors.

Play With It – Let's go old school for a second. "Monopoly", was the board game of choice in my competitive family. Almost every weekend we bought, sold, paid rent, experienced bankruptcy and learned how to manage money. The battle wasn't over until you had a row of hotels on your properties just waiting for someone to come by and pay up big. The game still exists today, provides the same great hands-on experience for kids and allows everyone the chance to connect away from technology for a bit.

It's Invisible Money Now – Fewer and fewer cash purchases are being

See MONEY, Page 11

WALLACE, from Page 1

on, SWATS, and Transition Ministries.

"Every ministry I tried to start in the church, it was biblical. The bible teaches us to 'go ye, therefore, teaching all nations baptizing them in the name of the Father, Son, and Holy Spirit,' so to win souls and to go out on the street corner and talk to people that is biblical," Wallace stated. He believes this is why evangelism is the central focus of his ministry work.

The Transition Ministry, started by Wallace, is also a vital evangelism component to Pilgrim Rest. The mission of the ministry is reaching the un-churched or those without hope. Giving them a Christ-centered structure to an otherwise lost community. Their motto is "Glorifying God One Soul at a Time."

"This ministry is what the Lord gave him, and we have been doing this for 10 years now. His main focus is evangelism, and he is totally with it 100 percent," commented Catherine Butler of Pilgrim Rest. She commended Pastor Wallace's commitment and passion for evangelism.

Wallace grew up in Paris, Texas, a city located 98 miles northeast of Dallas/Fort Worth. He is one of 11 children to his now-deceased parents, Archie and Ola. Preaching was a part of his DNA as Wallace shares with North Dallas Gazette he comes from a long line of preachers within his family.

"I am a third-generation pastor. Both of my grandfathers were pastors on my mother's side and even on my dad's side. There were eight boys in my family, and all eight of us were pastors," he adds.

He enjoyed serving in the ministry, where he shared his passion for preaching with his now four deceased brothers CB, Willie, Donald, Gerald. He also served along with his three surviving brothers Johnny, Harvey (Pastor of Mount Rose Missionary Baptist Church,

Oklahoma City), and Scotty. His sisters Veola, Gladys Faye, and Theodora; also deceased were much like his brothers, no strangers to ministry. Wallace shared

ship and singing at Mount Pisgah Baptist Church, the church where they grew up in Paris.

Wallace recalls how the Wallace Family Sing began with them singing and playing the piano in the house.



Celebration for 30 years of service

The 30th Pastoral Anniversary & Retirement Celebration is scheduled for Friday, Jan. 24 at 7 p.m. The sold-out black-tie gala is an opportunity for members and friends to share how much his 30 years of leadership at Pilgrim Rest

Missionary Baptist Church has meant to each of them.

Then on Sunday, Jan. 26, Pastor Wallace will preach his final sermon as Senior Pastor at Pilgrim Rest. The church is located at 1819 N. Washington Ave. in Dallas.



that they were gifted musicians and singers in their own rights. One of his sisters, Veola, sang with a local gospel group called The Good Cheer Gospel Singers.

The Wallace Family Sing is an annual family tradition that spans generations of Wallaces. They come together to fellowship on the third Sunday in March. This sacred time of coming together ends with wor-

ship and singing at Mount Pisgah Baptist Church, the church where they grew up in Paris.

"Over the years, it grew, becoming an instrumental part of the Wallace Family Reunion."

Mount Pisgah Baptist Church, the place where Wallace's spiritual roots began, called him to pastor early in his career. He

fondly remembers being called to pastor shortly after graduating from college. In the four years of pastoring, Wallace was grateful for the opportunity to pastor some of his family members.

"It was an honor and a privilege to pastor the

Church.

Under his leadership, Lily Grove grew to what is now defined as a megachurch. According to Wallace, the church is still growing as he advised every pastor succeeding him has needed to expand to accommodate the

was Pilgrim Rest."

The other satisfaction Wallace has experienced from pastoring is the relationships he's been able to cultivate over the years. He feels he especially found his tribe at Pilgrim Rest once he moved back to the North Texas area in 1990.

"I've been privileged to pastor some of the greatest people I think in the world," he states.

The feeling is mutual concerning how his staff and members feel about him. Also, their respect for the impact his leadership has made both on a church and personal level.

"There's a scripture in the bible that I told our church, Pastor Wallace emulates. And it's in James 1:26-27 where it talks about that a man of God is pure in religion, undefiled before God, who takes care of the fatherless, the widow, orphans, and those that are in prison. Pastor Wallace definitely and truly is a man of God," sentiments shared by Pastor Lee Brodie, Leader of Pilgrim's Rest Prison Outreach Soul Saving Evangelist (POSSE) ministry and Director of Coalition of Churches in Prison Ministry (cocipm.org).

"It's been such a wonderful journey that it doesn't seem like 30 years," Wallace, in summary, to capture what the past three decades have been like for him.

Within that journey, Wallace was able to share some of it with his wife of almost 50 years, Phyllis Wallace, who passed away in November of 2017. He also shared the journey with their two children, three grandchildren, and, most recently, his four great-grandchildren.

On Jan. 24, over 600 individuals will be attending a sold-out black-tie event held at the Sheraton Hotel in downtown Dallas. The grand occasion is to express their final appreciation for Pastor Wallace's work, legacy, and leadership. Each of them believe they greatly benefited from an endearing pastor and friend.



(Clockwise from top left) Pastor Wallace at a recent Christmas celebration; an earlier photo with his late wife, Phyllis; Pastor Wallace has overseen tremendous growth of Pilgrim Rest through prayer and faithful service; and a later photo of Pastor and Mrs. Phyllis Wallace. (Courtesy photos)



church I grew up at. I was able to pastor my mother and my daddy, my mother's sisters, and just a host of cousins."

After his time at Mount Pisgah, Wallace moved to Houston to serve as the pastor for Lily Grove Baptist Church. He served there for eight years before accepting what would be his last church to pastor, Pilgrim Rest Missionary Baptist

growth of the church.

"Seeing a church grow to me is almost like seeing your child or children grow," shares Wallace in regards to one of his greatest satisfactions in being a pastor. "When I took the church in Houston, it was a very small church, and God just blessed it, and it grew and grew, but when I look back on my life and what God was preparing me for

Several Texas Democrats are lining up to challenge Republican John Cornyn in the 2020 Senate race

By David Wilfong
NDG Contributing Writer

The political season is back in full swing, and once again Texas will be deciding on who to send to the U.S. Senate. For Democrats, this comes on the heels of a disappointing defeat of Beto O'Rourke in the last senatorial race. But Democrats are lining up to challenge Republican incumbent John Cornyn in the general election. In total, there are 12 people vying for the nomination.

Five of them were in Dallas on Monday night, as the Dallas Examiner is hosting another round of Monday Night Politics at the African American Museum in Fair Park. The forum runs from 6-8 p.m., and gives candidates the opportunity to address voters directly.

Adrian Ocegueda, Michael Cooper, Amanda Edwards, M.J. Hegar and Texas Sen. Royce West were in attendance for the event. All candidates relayed to the audience that the upcoming election was a pivotal one for the country as a whole. Counteracting the effects of the Trump presidency made it an urgent election for Democrats to take control of the Senate.

Most well-known to Dallas residents was Texas Sen. Royce West. Serving the 23rd District, West has been in office since 1993, and told the audience his record was clear from operating at the state level.

"There's a whole host of issues that need to be dealt with," West said. "The question is whether or not I'm ready, and you believe that I'm ready to tackle those issues. I think what you end up having to do is, you have to look at what a person's done in the past. It'll give you a good idea of what that person's going to do in the future. You know what I've done in the past on these issues. I've been out front on these issues."

Hegar has been a front-runner in recent polls on the primary race. A former Air



Five Democrats vying for John Cornyn's Senate seat addressed Dallas voters on Monday night at the African American Museum in Fair Park. They included; (left to right) Adrian Ocegueda, Michael Cooper, Amanda Edwards, M.J. Hegar and Texas Sen. Royce West.
(Photo: David Wilfong / NDG)

Force pilot, she has gained notoriety for both escaping from Taliban insurgents after being shot down and wounded in Afghanistan, and for taking on the Air Force in a lawsuit over the role of women in combat service positions. Women's rights, gun violence and environmental concerns are her top issues; and she says beating the odds is something she's used to.

"When I took on the Department of Defense and the bureaucrats in D.C. who were trying to close jobs for women I was also told that was impossible," Hegar said. "'You're not going to change 200 years of military tradition.' And I did. So give me challenges, I'll take them."

Amanda Edwards is an At-Large member of the Houston City Council. She said watching her father's battle with cancer made her a fierce advocate for healthcare access, reminding voters Cornyn has voted against the Affordable Care Act six times. As a lawyer she is concerned about the process of Supreme Court appointments. She recalled victims after the 2017 floods which ravaged Houston in the wake of Hurricane Harvey and having residents thinking campaign season had begun, stating it was indicative of career politicians

being out of touch with those they serve.

"We have got to change the disfunction that is going on in the way that our democracy works -- and does not work -- for so many of our residents and our communities," Edwards said. "It cannot be the case that we just show up when it's campaign time and then we go away to our offices. We have got to be here to be accountable to you, and delivering the results no matter what party we are in. And most importantly, delivering the results in the ways that matter most to your lives."

Cooper, who is from East Texas and proudly known for wearing his cowboy hat, is the president of the Beaumont chapter of the NAACP. He was last at Monday Night Politics in an unsuccessful bid to gain the nomination for Texas Lt. Governor in 2018. In addition to his work as an advocate and pastor, he touts his business experience as an asset for serving in the Senate. He shared the experience of negotiating the naming rights for Toyota Stadium in Houston as an example. He also recalled pressuring Austin to make good on a teacher's pay raise, citing it as an example of working for change from the outside.

Education and healthcare

source of tax revenues for that purpose.

"I am not a politician," Cooper said. "I am unbought, and un-bossed; which means I'm just like you. I'm sick and tired of being sick and tired. I want to work for the people. I've proved that before and I'm going to prove it again."

Ocegueda, who began his activism while studying at Princeton and was a candidate for Texas Governor in the 2018 primary, said a lot of his campaign was about educating the public.

He admitted his chances were slim to win the election, but that too often the right questions were not being asked of candidates and the electorate was not very informed. He warned against voting only based on name recognition, and implored the audience to dig deeper and become more informed on issues and how the government actually works.

"We as human beings make mistakes in our choices," Ocegueda said. "We do it all the time. You guys have bought something from the store, and you come back and pick another one. It stays in the closet and you never use it. I believe we also make stupid choices in politics all the time, which is why we ended up with this president."

"The question is who's talking about how we get educated collectively? How are we thinking differently about all of these issues? What have we been told? So what looks good to you as a candidate may not be the actual choice for what we're going to need for all the solutions going forward."

Monday Night Politics picks up again on Jan. 27 with candidates for U.S. Representative in Districts 30 and 33, Railroad Commissioner and Texas State Representative for District 109.



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Dallas Cowboys believe McCarthy is 'a great catch' as new head coach

By Dwain Price
NDG Sports

FRISCO — Mike McCarthy was so comfortable after spending the night at the home of Dallas Cowboys owner Jerry Jones last weekend that he decided to stick around for a while.

For a long time.

McCarthy, who was 135-85-2 while coaching the Green Bay Packers from 2006 until he was fired on Dec. 2, 2018, following a 20-17 upset loss to the Arizona Cardinals, was introduced Wednesday as the new coach of the Cowboys. He replaces Jason Garrett, whose contract wasn't renewed after he led the Cowboys to an 87-70 record during his nine-plus years as the team's head coach.

Needless to say, McCarthy, who signed a five-year contract with the Cowboys, knows he has stepped right in the middle of a Super Bowl or bust situation. And he thrives on those types of dynamics.

"The goal will never change here," McCarthy said. "It's about winning championships."

"But the expectation is going to be trusting the process."

McCarthy expected to return the Cowboys back to the Bowl

Part of that trust is that Jones believes McCarthy is the coach who can get the Cowboys back to Super Bowl glory. After all, McCarthy did lead the Packers to a Super Bowl victory over the Pittsburgh Steelers nine years ago in a game ironically was played at AT&T Stadium in Arlington.

The Cowboys hope McCarthy can bring some of that magic their way — and real soon.

"I won my first Super Bowl here in North Texas



New head coach of the Dallas Cowboys Mike McCarthy reminds everyone he won his first Super Bowl here in North Texas and looks forward to bringing the Boys back to the Super Bowl. (Image screenshot from Dallas Cowboys press conference recap video)

at AT&T Stadium," McCarthy said. "And I just want to tell you I am anxious and excited to get to work on winning the next Super Bowl for the Dallas Cowboys."

By the way, when McCarthy spent the night at Jones' home, Garrett was technically still the Cowboys' head coach. But Jones didn't let semantics get in the way of him finally getting the man he thoroughly thinks will lead the Cowboys to the promised land.

Of course, Jones reportedly has a history of meddling with the inner-workings of his head coach. Jones doesn't like the criticism and added:

"Believe it or not before I got to be involved with the Dallas Cowboys — and that's all I'm going to say about this — on my desk was, 'If you're willing to give others the credit you'll conquer the world.' Bam!"

"Somehow this thing has turned me into something perceived that I don't like about it."

McCarthy knows a thing or two about championship quarterbacks

Meanwhile, McCarthy has some pretty gaudy sheepskin on his resume in

that he's worked with Hall of Fame quarterback Joe Montana when he was the offensive coordinator of the San Francisco 49ers in 2005. When he was coaching the Packers, McCarthy also coached Hall of Fame quarterback Brett Favre and future Hall of Fame quarterback Aaron Rodgers.

Now, McCarthy gets a chance to work with quarterback Dak Prescott while also incorporating running back Ezekiel Elliott into an offense that had its problems this past season when the Cowboys finished the season with an 8-8 record.

"With Zeke, he's going to get the football," McCarthy said. "Let's not make no mistake about that."

"You have to clearly understand that when you say that the offense is going to make the quarterback successful, the best way to make (Prescott) successful is a great run game. We clearly understand what we have here and how we can build off of that."

McCarthy also began building his coaching staff, starting with hiring Mike Nolan to replace Rod Marinelli as the Cowboys' new defensive coordinator.

"In my own evaluation I'll have an opportu-

nity to visit with some of the coaches on the current staff, and those evaluations will play into the direction we go with the coaching staff," McCarthy said. "Special teams will be a priority here."

Plenty of bro love in the room

Ironically, it is Jones who thinks McCarthy is the special head coach for his team at this time.

"It's a lightning in a bottle," Jones said. "I think we were fortunate at this time and his time to catch that right now and get our time to do it was just an opportunity."

An opportunity that wasn't lost on McCarthy.

"Jerry is telling the story about the purchase of the Dallas Cowboys and at the end of the story he leans over to me and he grabs me by the forearm and reached out to shake my hand and he says, 'And you need to be the coach of the Dal-

las Cowboys,' " McCarthy said. "So I jumped up and hugged him."

"And I'll stop right there. We had a helluva time."

The Cowboys haven't won the Lombardi Trophy, aka the Super Bowl, in 24 years. Thus, a generation of kids who are now young adults has never seen the Cowboys win a Super Bowl and are personally unaware of their former dominance in the National Football League.

"Lombardi's are hard to get a hold of, and we know that (McCarthy) has had one of his own right here," Jones said. "To catch that right now was just an opportunity."

McCarthy also had some fun at Wednesday's press conference when, as the Green Bay coach in a divisional playoff game against the Cowboys some five years ago, he threw a challenge flag that led to that infamous reception by Dez

Bryant being overturned via replay. A few years later, thanks to some input from Stephen Jones, who is the executive vice-president and director of player personnel for the Cowboys, the NFL changed that rule and added that Bryant did indeed make that successful catch on fourth down.

"I want to tell you exactly what happened," McCarthy said while laughing. "That was one hell of an athletic play (by Bryant). I was impressed."

"I think it was clearly a technical rule at that time, which Stephen has since gotten changed on the (NFL) Competition Committee. I can't tell you how many people from Dallas have told me about that play. It was a great catch, I can say now. But it wasn't then — technically."

The Cowboys are just delighted that they have what they perceive to be a "great catch" in Mike McCarthy.

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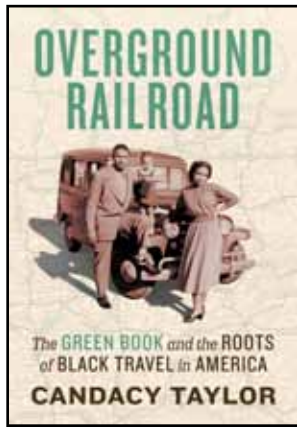
NDG Book Review: Following the path of the *Overground Railroad*

By Terri Schlichenmeyer

Your tickets have been purchased.

Reservations were made in your name and all that's left is packing. Yep, you're heading out for the weekend, a week, a month, gone on the trip of a lifetime and as you'll see in "Overground Railroad" by Candacy Taylor, it's a trip your grandparents might've been denied.

Ron was just 7 years old when he was told to sit still and be quiet in the backseat of his parents car, where he listened as a police officer questioned his father by a country road. Even when he was an old man and



stepdad to Candacy Taylor, he remembered the tension coming from the front seat of that car.

Her stepfather's stories helped Taylor understand many things, including why he and Black folks his age preferred to travel at night,

on side roads. At about this same time, Taylor's white friends began expressing outrage over white supremacists and she replied with facts about incarceration of black men. To her, the three histories were one: Black people have always been denied equality.

In the twentieth century, that inequality largely resulted from Jim Crow laws which, among other humiliations, allowed restaurants, hotels, and gas stations to refuse service to Black travelers. On the road, brave or desperate African Americans risked violence or even death by testing the laws; in years following the Depression, those laws gave Victor

Green an idea.

Green lived in Harlem, worked as a mailman, and saw a future where Black people owned cars (rare, in the 1930s) they could insure (also rare). With help from other mailmen, information on Black-owned businesses that Black travelers could visit was gathered and published in a book that was initially Harlem-centric. Subsequent editions of The Green Book led African American travelers to safe restaurants, hotels, and gas stations across the country.

Says Taylor, Green never made much money from his project, but "his reward was much more valuable... for every business he listed, he

may have saved a life."

As a history of African American travel in the Twentieth Century, "Overground Railroad" is incredible, filled with great continuity and plenty of side-stories to make it come alive. Author Candacy Taylor makes it exquisitely personal with tales from her stepfather and her deep appreciation for all he'd endured, leading to other stories of DWB; how the travel industry foolishly thwarted African American travel and its buying power; how things changed; and the constant reassurance of The Green Book.

That history makes this book incredibly fascinating.

It could've been even better, had Taylor stuck with the topic.

Instead, occasionally and from the beginning, mass incarceration and institutional racism are inserted into this narrative on travel. One could perhaps argue that they're peripherally relevant but, though it's not overwhelming, that feels like a discussion for a different book.

Still, ignore the distraction. Don't let it chase you away from this stellar tale, told with detail and an abundance of photos. If you're looking for a lively, well-rounded history book, "Overground Railroad" is just the ticket.

Irving MLK celebrations will feature Dallas Black Dance and Soul Rep Theatre

Residents and guests are invited by the City of Irving to honor the legacy of Martin Luther King Jr. on Jan 19 at the Irving Arts Center, 3333 N. MacArthur Blvd.

The free event will be held at 6 p.m. in the art center's Carpenter Perfor-

mance Hall. The evening will feature performances from the Dallas Black Dance Theatre, Antioch Christian Church and Soul Rep Theatre, and will incorporate the theme "Keep Moving Forward."

Additionally, the event

will include essay readings from the winners of the Parks and Recreation Department's essay contest. Contestants were divided into three categories, determined by grade level and judged on clarity, grammar and incorporation of this

year's theme, "Keep Moving Forward."

Dr. King led the 1955 Montgomery bus boycott and in 1957 became the first president of the Southern Christian Leadership Conference (SCLC). With

the SCLC, he led an unsuccessful 1962 struggle against segregation in Albany, Georgia, and helped organize the nonviolent 1963 protests in Birmingham, Alabama. He helped organize the 1963 March

on Washington, where he delivered his famous "I Have a Dream" speech.

Event admission and parking are free.

For more information, call 972-721- 2501 or visit Irving Events.



Performances honoring the life of Dr. Martin Luther King, Jr. will include professional level entertainment from organizations like the Dallas Black Dance Theater, which has made a name for itself regionally for the quality of its productions. (Photo: BrianGuilliaux / DBDT)

BLOOD, from Page 6

trained the AI model with each subject's own data. Intersubjective differences are so significant, that training the system using cohort data would not give the same results. Personalized therapy based on the new system could be more effective than current approaches.

"The performance of AI algorithms trained over cohort ECG-data would be hindered by these intersubject differences," says Pecchia. "Our approach enables personalized tuning of detection algorithms and emphasize how hypoglycemic events affect ECG in individuals. Basing on this information, clinicians can adapt the therapy to each individual. Clearly more clinical research is required to confirm these results in wider populations. This is why we are looking for partners."

The research appears in Scientific Reports.

Source: University of Warwick



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Getting your credit report

By Lisa Weintraub
Schifferle
Attorney, FTC, Division of
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Education

Now that you know why credit matters, it's time to get your credit in order. Sometimes the hardest part is getting started. The first step is to pull your credit

report.

How do you get your credit report? Request a free copy at annualcreditreport.com or by calling 1-877-322-8228. Other sites may charge money or may be set up to steal your personal information.

Here's what to expect when you go to annualcreditreport.com: First, you'll fill out a form with your

name, birth date, and Social Security number. Make sure you're using a secured internet connection, like at home – not public Wi-Fi.

Next, you'll pick which reports you want. You're entitled to a free report each year from each of the nationwide credit bureaus – Equifax, Experian, and TransUnion. Sometimes one bureau will have slight-

ly different information than the others. So, you'll want to make sure all three reports are accurate. You can get the reports all at once or stagger your requests to keep an eye on things throughout the year. The choice is up to you.

Last, you'll answer questions about the person you know best – you. They may be about prior addresses,

loans, or other personal information. This is to make sure that it's really you ordering your report. If you have trouble with the online questions, you can call 1-877-322-8228.

Then, you'll get a copy of your credit report. You can look at it then or download it to review later. Just remember to keep the report stored securely – either under lock

and key if it's paper, or on a password-protected device if it's digital.

For more tips, read Free Credit Reports. Curious about what to do next? Stay tuned for our next two blogs about how to read your credit report and how to fix any mistakes on it. Each day you're moving closer to getting a handle on your credit in the new year.

You can earn money while learning to install low voltage systems

If you are interested in earning a weekly stipend while participating in free job training, there is an opportunity to participate in a training program at Frazier

House.

The Zan Wesley Holmes Jr. Community Outreach Center is offering a free job training class in the low voltage field to teach train-

ees how to install home theatres, Internet service, and satellite dishes in this 4-week training course. To be considered for this program, you must apply and

attend an orientation at Frazier House on Tuesday, Jan. 21 at 9:30 a.m.

Register here: [https://www.zwhjcc.org/low-](https://www.zwhjcc.org/low-voltage-registration-form)

[voltage-registration-form](https://www.zwhjcc.org/low-voltage-registration-form)

About the program:

* 4-week program that meets a mandatory 4 days a week, 7 a.m.-3 p.m.

* Weekly stipend will be paid to active participants

* This is a background

See VOLTAGE, Page 12

MONEY, from Page 6

made each year. In a survey of more than 2,000 Americans, U.S. Bank found that 50 percent of respondents said they carry cash with them less than half of the time they are out, and a Pew Research Center study showing about 3 in 10 Americans said they make no purchases with cash in a typical week. Cash is far from gone, but "Invisible Money" is the new king in town.

"Invisible Money" is used by plastic cards, P2P money apps and lenders, and anything else tied to money moving digitally. Your kids probably see you using credit and debit cards all the time, and some may even understand the connection between the plastic card and money. Most probably don't until they experience it through a gift card or a parent lending a card for a purchase.

Some night during dinner, place all your credit and debit cards on the table and explain to your kids what they are, how they are used and the responsibilities that come with having them. If you're really brave show them the account balances to drive home the point that this isn't free money. Remember, "Be The Example!"

Practice, Practice, Practice! – No one can be good at anything without practice.

Even managing money requires practice and dedication as soon as possible so that hopefully you'll be set up financially strong as an adult.

If you've followed my suggestion, you've slowly started to introduce money management to your kids, you've played the game, shared your financial stories and explained "Invisible Money". Now it's time to introduce a tool that will help the kids earn, save, invest and spend money wisely. For some families, it's something hanging on the wall in addition to outside

websites. For others, it's a platform like BusyKid that can help introduce a steady routine starting as early as six-years-old. All parents, parent differently and often take the same path they did as kids. That's ok, as long as the outcome is what you want for your kids.

As of today, only 19 states have made personal finance coursework a high school graduation requirement, and studies have shown that what kids learn about money at school doesn't align with what they need in the outside world. I have no doubt you can do this, no matter what your financial status is right now.

AT&T Mobility proposes to construct a 35-foot stealth light pole at the approx. vicinity of 886 North Harwood Street, Dallas, TX 75201 [Lat: 32° 47' 12.68"N, Long: 96° 47' 56.53"W] and a 38-foot 6-inch small cell Communications Tower at the approx. vicinity of 1946 N Akard Street, Dallas, TX, 75201 [Lat: 32° 47' 14.14" N, Long: 96° 48' 09.53" 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, Thomas Johnston, t.johnston@trileaf.com, 2550 S IH 35, Suite 200, Austin, TX 78704, 512-519-9388.*

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Resolving to start a business? Website trends to consider for 2020

(StatePoint) Is your New Year's resolution the big step of starting a business? One of the first things you'll need to do is build a website. Today a website is not only your brand, but it also provides the tools you need to operate your business, and is the central point for you to communicate with your customers.

Web development platform Wix recently took a look at website creation data for the U.S. in 2019 and found some interest-



This graph, developed from information gathered from Wix.com, shows where the highest job creation zones in the country are. Houston is ranked No. 6 on a national level. (Image: Statepoint)

ing facts. One significant statistic found is that about 50 percent more websites were built the week after

January 1 than the week prior. That means that if you decide to start a business early in 2020, you

likely won't be going it alone.

A key website feature to keep in mind when building your site is live chat. Almost half of sites implement a live chat feature to communicate with current customers and attract potential new customers. In any business, it's important from the beginning to be responsive to customers, and doing so can be a key differentiator in growing your business.

Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) proposes to build a 36-foot Monopole Small Cell Communications Tower at the approx. vicinity of 133 S. Field Street, Dallas, Dallas County, TX 75202, Lat: [32-46-48.19], Long: [-96-48-3.43]. 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.*

VOLTAGE, from Page 11

friendly opportunity

- * No GED required, but you must be able to read and pass the field exam to be accepted in the program

- * No experience necessary

- * Must be comfortable with heights, climbing un-

der buildings, using hand tools, and working outside (hot and cold temperatures)

- * Field assessment will be administered at orientation

Last year, 28 students graduated from the program with 19 being placed on

job sites. In addition to receiving training in the low voltage field, students also receive financial coaching and participate in emotional wellness classes.

For more information, contact Jasmine Anderson at jasmine.anderson@zwhj-coc.org or www.zwhj-coc.org to learn more.

Investors Liquidation Sale:

Laurel Land Cemetery Burial Plot For Sale (one space)
Section # 3, Space # 15, Lot # 20



Sunny Ripert / Flickr

Laurel Land Cemetery charges for cost of single plot: \$3995.00

Discount Amount, if you act right away: <\$1500.00> (your savings)

Your Cost: \$2495 (financing available)

Call Today!

972.665.0170

(leave message if no answer)

"Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) proposes to build a 30-foot monopole small cell communications tower at the approx. vicinity of 1046 Hidden Ridge Drive, Irving, Dallas County, TX 75038; 32° 52' 37.0992" N, 96° 57' 44.514" W. Our client proposes to build a 30-foot monopole small cell communications tower at the approx. vicinity near West Las Colinas Boulevard & Promenade Parkway, Irving, Dallas County, TX 75039; 32° 52' 32.59" N, 96° 56' 35.24" W. Our client proposes to build a 30-foot monopole small cell communications tower at the approx. vicinity near W John Carpenter Fwy & Fuller Drive, Irving, Dallas County, TX 75039; 32° 52' 30.8" N, 96° 56' 44.65" W. Our client proposes to build a 32.5-foot monopole small cell communications tower at the approx. vicinity of 680 Hidden Ridge Drive, Irving, Dallas County, TX 75038; 32° 52' 43.8132" N, 96° 57' 12.7044" W. Our client proposes to build a 39-foot monopole small cell communications tower at the approx. vicinity of 2548 Woodall Rodgers Fwy, Dallas, Dallas County, TX 75201; 32° 47' 31.8026" N, 96° 47' 51.7645" W. Our client proposes to build a 30-foot monopole small cell communications tower at the approx. vicinity near W John Carpenter Fwy & Fuller Drive, Irving, Dallas County, TX 75039; 32° 52' 26.41" N, 96° 56' 44.62" W. Our client proposes to build a 36-foot monopole small cell communications tower at the approx. vicinity of 3642 Rawlins Street, Dallas, Dallas County, TX 75219; 32° 48' 34.64" N, 96° 48' 17.99" W. Our client proposes to build a 36-foot monopole small cell communications tower at the approx. vicinity near Browder Street & Marilla Street, Dallas, Dallas County, TX 75201; 32° 46' 37.074" N, 96° 47' 45.726" W. 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, Ryan Blasingame, r.blasingame@trileaf.com, 1395 South Marietta Parkway, Building 400, Suite 209, Marietta, GA 30067, 678-653-8673 ext. 650.*"

On-going U.S. Army Opportunity

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Prerequisites:

- GED/High School Diploma
- Between the ages of 17-34
- No felonies
- No major medical issues
- U.S. Citizen or permanent resident

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://liveenationentertainment.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

#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 Representative

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 25-foot Stealth Monopole Small Cell Communications Tower at the approx. vicinity of 2200 Cedar Springs Road, Dallas, Dallas County, TX 75201, Lat: [32-47-36.20], Long: [-96-48-18.72]. 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.*



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January 1, 2020

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To one it's Monday to Another it's Wednesday

Dr. James L. Snyder

Time goes so fast at times that I do not always remember what day it is. I get so busy trying to get my work done that I forget if it's Monday or Friday.

It is a good thing I am getting older because I have a built-in excuse for forgetting what day it is.

Recently, the Gracious Mistress of the Parsonage and I spent some time in St. Augustine for some vacation days. We don't often get to have vacation days, but when we do, we try to enjoy it.

Just down a few blocks from our motel is a place we love dinning. It's called the Village Inn. What I like about this restaurant is that on Wednesdays they always have free pie with anything you order even if it's just coffee.

Free is always a good thing with me. I know that nothing is free, but sometimes it is.

Anybody who knows me knows that I do not take many things seriously. I enjoyed being around people who are very seriously minded because I can get away with a lot of jokes with them. Some things are to be serious, but those are rather few in my book.

Even at my age, I love to have fun.

It was a Monday on our vacation that we went down to have lunch at the Village Inn.

Someone once asked me what my favorite pie was, and I gave them an answer that my uncle always gave, "The one I'm eating at the time." And this restaurant has very delicious pies.

It was Monday, however, and the pies were free only on a Wednesday. That did not stop me from trying, though.

The restaurant host escorted us to our table, and we sat down. Then the waitress came to take our

order. It was then that I had a thought giggling at the top of my head. That is always a dangerous situation. I decided to go with it.

"Ma'am," I said as seriously as I possibly could, "I am a Yahooist, and according to our religion, your Monday is our Wednesday."

I am sure she never heard of a Yahooist because I never heard of one either. She looked rather strangely at me, and I continued, "Does that mean I can have the Wednesday free pie today?"

Looking at me for a few moments, she then broke out in laughter. I guess she knew I was joking.

"A Yahooist, you say." Then she took our order and went to the kitchen.

I heard some laughter coming from the kitchen area when she went back, and every waitress that walked by our table looked at me and said, "Yahoo."

One thing I strive for each day is making somebody smile if not laugh. There are so many sad

people in this world that I am trying to get them from being so sad. I have found that it does not take very much to get some people to laugh.

Then the manager came to our table and said, "So, you're a Yahooist. How could I join that religion?"

Knowing that he was just having a little fun with me, I responded very seriously, "To join you must say 'Yahoo' three times in a row and then bring me a free piece of pie."

I do not let anything get past me if I can avoid it. The manager laughed rather heartily and then walked back to the kitchen.

Maybe I should think a little more seriously about creating a Yahooist group

of people. We sure could make a lot of people smile and laugh that otherwise would not do any of that.

Then our waitress came back with our meal and greeted both of us by saying, "Yahoo." Then my wife and I shouted "Yahoo" back, and all of the customers around our table started to laugh and say, "Yahoo."

As my wife and I were eating our lunch, I thought that I had accomplished my purpose for the day. I love making people laugh and smile. That is what I call a good day. I know I can't make everybody smile or laugh, but I can make some people and those of the people I focus on.

As customers departed and passed our table, they

all smiled and said, "Yahoo." I cannot remember when I had a better day.

As we were finishing our meal, the waitress brought our ticket to the table. She commented by saying, "It sure was nice to meet a real Yahooist. I hope you come back again." Then, as she left, she chirped, "Yahoo."

"You sure made an impression with her," my wife commented.

As I looked at the ticket, I noticed that the pie we ordered was not on our ticket. For some reason, she forgot to include it on our ticket. I called her back and asked about why the pie was not included on my ticket.

"Isn't today your Wednesday?" she said. "On Wednesday, the pie is always free." As she walked

away, she cheerfully said, "Yahoo."

I have found that it always pays, and pays wonderfully, to make somebody smile.

The theme of my life is, "A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken" (Proverbs 15:13).

My goal is never to let a day go by without causing somebody to smile.

Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.



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It's Practical to Be Peaceable



Sister Tarpley
NDG
Religion
Editor

Blessed are the peacemakers: for they shall be called the children of God. Matthew 5:9.

It has been told that after listening to some children hollering and screaming at each other while talking on the phone, a man wondered why the guardian didn't stop them.

And while listening to another young lady describe her employer's conduct during her, "first and last day" of employment on that job; the man wondered why an employer would speak to a "first day, especially," employee in that manner.

After all, a peaceable individual speaking in a calm voice initiates good will and actively promotes peace within a home or a place of business.

Individuals learn by watching the actions of others; some are lead to think that to get along with people and to succeed in this world, one must be intimidating, abusive, aggressive, mean-spirited and even violent.

Hence, all the current abusive behavior and death of children in homes, at the daycare and at school are seen. There are even abuses and deaths of individuals in business offices, on the street, in stores, etc.

It is wise to do unto others as you would have them do unto you. Will you do aggression for aggression? Or is it practical to be peaceable?

Of course it's practical to be peaceable: To be peaceable means having a Calmness of Heart: "A sound heart is the life of the flesh. Proverbs 14:30(a).

"Wisdom resteth in the heart of him that hath understanding. Proverbs 14:33(a).

Many medical reports indicate that anger and hostility can become triggers for strokes and heart attacks. One journal, speaking of people with heart disease, compared explosive anger to poison.

It stated that, "Getting really mad can mean getting really sick." Violence, anger, and frustration can cause sleep problems, stress, stomach and nervous conditions which can affect one's health.

On the other hand, those who pursue peace can develop "a calm heart" and reap many helpful benefits.

Learning God's purpose for a peaceful world and developing a new attitude can do wonders for cultivating a calm heart.

God's word, doctors, and many individuals can tell you from personal experience as well, that developing a peaceable spirit can improve your emotional, physical and spiritual health. **Ephesians 4:22-24; Isaiah 65:17; Micah 4:1-4, and Proverbs 15:13**

Happier relationships with others will benefit when you display a peace-

able spirit. "Let all bitterness, wrath, anger, clamor (scream), and evil speaking, be put away from you, with all malice:

And be ye kind one to another, tenderhearted, forgiving one another, even God for Christ's sake hath forgiven you." **Ephesians 4:31 & 32.**

Those who display an aggressive, mean-spirited behavior and abusive speech often drive others away and find themselves along, without dependable

friends, family, co-workers and employees.

When a person is enraged he/she stirs up contention, but one that is slow to anger quiets down quarreling.

Hope for the Future: A peaceable spirit shows honor and respect for mankind; and for the expressed Will of God. "Depart from evil, and do good; seek peace, and pursue it." **Psalms 34:14.**

When we acknowledge God and learn to obey His life-giving teachings, this

opens the door to a personal friendship with Him and with mankind.

With a strong relationship with God, we gain "the Peace of God" which is an excelling peace regardless of the challenges that life may bring.

Yes, it's practical to be peaceable, and then we can experience a 'calm heart', a 'meaningful relationship' and a 'solid hope for the future'. These blessings can be yours when you do your best to "be peaceable with all men."

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

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