

The Truth Clinic

The Wars Inside The War

Page 3



HealthCheck® 2003 Calendar

Page 3



Head of State

Page 9

A Division of

MON
Minority Opportunity News, Inc.

Volume XII, Number XII

March 27 - April 2, 2003

The Gazette

"North Dallas' Weekly Paper of Choice"

SERVING PLANO, DALLAS, RICHARDSON, GARLAND, ALLEN, MCKINNEY AND MESQUITE



On the Homefront:

In an effort to provide citizens with vital information in the event of an emergency, Collin County has created an emergency preparedness hotline. The number is 972.548.4114. You can also visit www.co.collin.tx.us.

The last weekend to see "The Beauty of Mt. Fuji," a collection of color photographs of Mount Fuji and its surrounding scenery by Sumiko Horii, at the Plano Municipal Center, 1500 Avenue K. Horii brings a piece of Japan to Plano. She is sponsored by the Japan-America Society of Dallas/Ft. Worth.

The Mesquite NAACP is hosting its 5th Annual Freedom Fund Banquet on April 25, 2003 at the Hampton Inn & Suites, Mesquite. To sponsor the event and book a table, call Rodney Hammon at 972.285.0281.

Free tax assistance for all ages provided by AARP at the following times and locations: Mondays through April 14, at the Mesquite Public Library, 300 W. Grubb Drive, 10:00 a.m. to 4:00 p.m.; Mondays through April 14 at Harrington, Schmelphenig and Haggard Libraries in Plano, 11:00 a.m. - 3:00 p.m.; Tuesdays through April 14 at Parr Library in Plano, 11:00 a.m. - 3:00 p.m. Please bring last year's return and required paperwork (W-2 forms, 1099 forms, etc.). For more information in Plano, contact 972.769.4200.

Plano Repertory Theatre is accepting applications for its 2003-2004 Laith M. Radif Apprenticeship Program. This program provides young theatre professionals the opportunity to apply their academic training to the demands of a professionally staffed theater. Deadline for applications is Friday, April 4, 2003. Call 972.424.7285.

Volunteers are needed to advocate for residents in nursing and assisted living facilities throughout Collin County. No experience necessary. 36 hours of training is provided. Volunteers work 2-3 hours per week. Please contact Lisa at 1.800.272.3921, ext. 1172.

Samaritan Care Hospice is looking for volunteers to provide companionship to terminally ill patients. Call 972.691.6632 to register to the next training session.

INSIDE

- Home Front 1
- Community Spotlight 2
- Community Calendar 2
- Habitat for Humanity 3
- Ba A Part of The Dream . . 3
- Church Happenings 6
- Career Opportunity 8
- Legal Announcements 8
- Car Review 8
- Art & Entertainment . . 8 & 9
- Church News 10
- Sister Tarpley Column . . 10

Playing Their Way to Big Time The Garland Wranglers Are Stars On and Off The Field

By: Monica Thornton

Coach Alan Montgomery, of the Garland Wranglers, said his enthusiasm for coaching football goes back to 1979, when he worked at the Boys Club (now Boys and Girls Club). With a major in Physical Education and a minor in Child Development, he said training young people was natural.

Montgomery has coached his Wranglers to the being the UPFL northern Division Conference Champs in year 2002, has helped a player get a scholarship to Grambling State University, and has seen one of his players get a pro

football contract. And because of the Wranglers excellent



Coach Alan Montgomery

performance on and off the field, in 2000 they participated in a nationally viewed commercial for Energizer

Battery.

After years of coaching different teams, Montgomery started the Garland Wranglers, with a two-fold purpose. He said he saw a lot of talent during his coaching years, but most teams were only interested in getting the best athletes.

"I'm a people person, and I saw a lot of the guys with aspirations of trying out that weren't getting the opportunity," said Montgomery. "I wanted to do something where I would develop the players and help them get try outs."

Garland Wranglers Page 4

Live from Plano Celebrates 15 Years in Raising Money for Area Organizations



Seniors enjoy show after their performance in "AARP" (Left) Norma Williams, (Right) Eddie Lee McKinzie.

Live from Plano was welcomed at Plano's Courtyard Theater March 21-22. Celebrating 15 years of dedicated volunteers giving their time and talents to bring over a million dollars to worthy non-profit agencies in the community. The satirical musical, "Oh Brother! Where Are We?" (A Moving Experience) benefited the Forrest Outreach Foundation, Journey of Hope Grief Support Center, and Turning Point.

Cast members John Hightower, Myrtle

Live From Plano Page 2

Universities Not Waiting for Court to End Affirmative Action Programs

By: Hazel Trice Edney
NNPA Washington Correspondent

Washington (NNPA) - Even though the United States Supreme Court will hear oral arguments in a major affirmative action case on Tuesday, April 1, some universities are not waiting for the court's guidance and have already eliminated programs that would help African-Americans.

The Virginia Polytechnic Institute's decision to follow that path has prompted the National College League to pull out of a planned partnership with the university that was designed to assist people of color at an early age to pursue careers in health.

"We cannot move forward with a partnership with a university that's enacted a policy that goes against our core values," says Maya Rockeymore, the Urban League's senior resident scholar for health and income security. "We prefer to enter into all collaborations with people who are of like mind and organizations that are interested in the remarkable potential that this country has in terms of its diversity."

The National College League-Virginia Tech partnership would have established a program to use technology and a computer-based system to increase the number of Black and other racial minority

students entering health fields by capturing their interest in elementary and middle school. But, after hearing of the March 10 decision by the Virginia Tech Board of Visitors, Rockeymore said she informed James Robb, executive director of Virginia Tech's Northern Virginia operations, of the League's decision.

"Virginia Tech is one example of universities that have scaled back their affirmative action program prior to the Supreme Court's definitive ruling in a pair of University of Michigan cases. Oral arguments will be heard on April 1 and a final decision is expected no later than this summer."

Iowa State and Princeton universities, under a threat from the Center for Equal Opportunity, a conservative Sterling, Virginia-based organization headed by Linda Chavez, changed their summer programs to include non-Blacks.

"There was a degree of legal risk that did not need to be taken to obtain the benefits for the program," says Paul Taylor, general counsel for Iowa State. He says the summer program will no longer be for racial minorities effective 2004. He acknowledges receiving a letter from the Center for Equal Opportunity, but says the university will carefully examine the Michigan decision before making any further changes.

Princeton spokesman Robert Durkee attributed the university's change to what he describes as "the

current legal climate." He says, "In deciding how best to proceed beyond this summer, the university will be informed by the Supreme Court's decisions in the cases regarding affirmative action."

Princeton did not wait for the decision to decide that it will change its summer program in 2004, according to one of its spokesmen.

The Massachusetts Institute of Technology changed its six-week summer program, originally designed to academically prepare Black and minority students, to now include all high school seniors, regardless of race. MIT took that action after the Center for Equal Opportunity filed a formal complaint with the U.S. Department of Education's Office of Civil Rights.

Some are baffled by universities moving now to alter or eliminate special programs. "For the life of me, can't understand why anyone would think that they should just roll over or cave in because of the cases up in the Supreme Court," says Ted Shaw, Associate Director-Counsel of the NAACP Legal Defense and Educational Fund. "I don't think it's acceptable for institutions to completely cave in to these right-wing ideologues who are attacking any program that is aimed at

Affirmative Action Page 6

Blackonomics in Action

By: James Clingman

NNPA- An excellent example of my regular practice of Blackonomics is the fact that up until one week ago it had been nearly three years since I purchased a suit, not because I didn't necessarily need one, but because for the past 10 years or so I have purchased suits from a Black man. This brother owned a clothing store in Atlanta and during his trips to Cincinnati to visit his mother he would bring racks of suits in his van and catalogs from which we could place orders. The brother moved to Austin, Texas, a few years ago and his trips back home decreased for obvious reasons, of course. Well, he came back last week and after about three years, I bought a new suit, and I am excited!

Now I am not telling you to wait as long as I did to get new clothes. I am excited about it because of my commitment to and practice of Blackonomics, which is grounded in supporting Black businesses. I was actually proud to purchase two suits from Ron Stewart's business, The Men's Clothier, in Austin, Texas. He came to Cincinnati and brought a "few" items and catalogs along with him. He called me, we met, and I bought two brand-new suits. Man, it had been a long time. It's nice to get new clothes, I thought. But, it's especially nice to buy them from a Black-owned business.

So what's the big deal, you ask. Quite frankly, it's not a big deal. I just wanted to share the

positive power of Blackonomics that, if practiced, can be mutually beneficial to both the consumer and the business owner. Blackonomics is about support for your brothers and sisters; Blackonomics is about sacrifice on the part of both consumer and business owner; Blackonomics is about consciousness and the feeling you get when you do something to help someone else.

Ron Stewart helped me by bringing a couple of suits all the way from Austin to Cincinnati; he helped me by thinking of me. I helped him by agreeing to meet him and take a look at what he had, without any pressure (I have said "no" before). I helped him by making a purchase and supporting his business. I don't know about you, but that makes me feel real good.

So those of you who may be paying a visit to Austin, Texas, check out The Men's Clothier, and get to know Ron Stewart. Take a look at what he has and when you need something consider buying it from his business. Those of you who reside in Austin, I know you are already supporting this business along with the other Black-owned businesses there. I don't know what other Black-owned clothing stores there are in your city, but The Men's Clothier has to be one of the best—no matter what color the owner may be.

You know how we like to

Blackonomics Page 4



Diabetes: More Than Sugar Deep

By: Monica Thornton

Controlling and preventing diabetes takes more discipline than saying no to a candy bar. Refined carbohydrates, a diet heavy in fat, cigarette smoking and alcohol consumption are all culprits in this disease that affects approximately 17 million people in the United States, or 6.2% of the population. According to the American Diabetes Association (ADA), an estimated 11.1 million have been diagnosed, while 5.9 million people (one-third) are unaware that they have the disease.

Diabetes is a disease that impairs the body's ability to convert food to useable energy. Insulin, a hormone produced in the pancreas, helps the body convert food to energy, but in people with diabetes, the pancreas doesn't make insulin, or the insulin is not effectively converted to energy by the body. As sugar is the body's principle energy source, when there is an absence of insulin, glucose builds up in the blood instead of going to the cells, starving your cells of energy. Build up of blood glucose levels can cause severe damage to the eyes, kidneys, nerves and heart.

There are different types and levels of diabetes. Type 1

diabetes is a result of the body's failure to produce insulin, and people with this type must have insulin injections. Type 2 occurs when the body fails to use insulin effectively, combined with insulin deficiency. Type 2 diabetes is the predominant form among African-Americans, according to Dr. James Gavin, diabetes expert and senior scientific medical officer at the Howard Hughes Medical Institute in Chevy Chase, Maryland, and is largely genetic. Primary risk factors for type 2 diabetes are being overweight, sedentary, over the age of 40 and overweight.

African Americans, Hispanics and Native Americans are at an increased risk. Most African Americans (about 94 percent to 95 percent) with diabetes have type 2 diabetes. It can be treated with diet, exercise, diabetes pills, and injected insulin. A small number of African Americans (about 5 percent to 10 percent) have type 1 diabetes, which usually develops before age 20 and is always treated with insulin.

Another diabetic condition is pre-diabetes. This occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of

Diabetes Page 5
HealthCheck® 2003 Calendar Page 5

Live From Plano Page 1

Live from Plano Celebrates 15 Years in Raising Money for Area Organizations

Hightower, and T. J. Johnson all of the Plano Community Forum, were happy to participate in this year's event. Live from Plano's President, Board of Directors, Jeanne Lowenthal, says that their challenge was finding a

new home for the show. "We are thrilled to have a real theater to bring a more professional production," said Lowenthal. Sponsors of the annual gala fundraiser included Christ Episcopal Church, C.I.T.Y. House, Frito-Lay, Medical

Center of Plano, Levi Strauss, and many more. Kay Goodman orchestrated the creativity behind the show from start to finish. Goodman has committed 15 years of dedication in writing, casting, and directing.



(Left to Right) Leisha Phipps-The Turning Point, Jeanne Lowenthal-Pres. of Board of Directors Live from Plano, Connie Calhoun-Amox-Journey of Hope, Chris Oldner-C.I.T.Y. House Collin Intervention to Youth



(Left to Right) Tracey New-Dallas Morning News, Greg Rushin-Plano Chief of Police, Sally Magnuson-City Council Member, Linda Stewart Ball-Dallas Morning News



Scene from Show "Mayor Evans Good Golly Miss Molly"



Live from Plano Board Members In Charge of Auction (Left) Charlyn Plunk, (Right) Abby Ray



Larry Flannery Shows Live Auction Item- May's signed basketball

Local Church Hosts Fundraiser Benefit for Alphonso Ellis



Pictured are Alphonso with wife, Corinna and daughter, Aleigha



Former New York Giants Football Player Rodney Hampton Signs Autographs at the Fundraising Benefit for the Alphonso Ellis Family



Renee Hudson gets her face painted during the Alphonso Ellis Fundraiser



Community residents participate in the Cake Walk during the Alphonso Ellis Fundraiser event.

By: Monica Thornton

On Saturday, March 22, 2003, Shiloh Missionary Baptist Church held a fundraising benefit for Alphonso Ellis, to help defray the cost of his fight against colon cancer.

Alphonso Ellis passed away on Friday, March 21, 2003, having fought the battle against metastatic colon cancer since April 2000.

The church, MBNA Marketing Systems, and the Dallas Police Department went ahead with the event they co-hosted, in memory of Ellis, and to help his wife and young daughter with accumulated medical bills. Ellis' wife, Corinna, attended the fundraising benefit on Saturday, in honor of her husband.

"There was an excellent turnout, we had terrific support from the church, community, the Dallas Police Department, and MBNA," said Mrs. Ellis.

Kathy Daniels, church secretary at Shiloh Missionary Baptist Church, said the atmosphere was

great at the fundraiser.

"We had a heavy turnout, with lots of silent auction items," Daniels said. "The atmosphere was great, it was a good event mostly organized by MBNA."

Mrs. Ellis said she and her husband met at the University of Georgia in 1989, and married in 1995. She added that they have been members at the church since 1998. Alphonso was highly involved in the Brotherhood ministry at Shiloh Missionary Baptist Church.

Mrs. Ellis said her husband was in good spirits until his death.

"He was never shaken, he was faithful until the end," she said.

Alphonso was a Dallas Police Officer, joining the force in 1995. Mrs. Ellis said he worked up until two weeks before his death.

"Regardless of how he felt, he was always at work," said Mrs. Ellis.

Deputy Dallas Police Chief, Bill Turnage, praised Ellis' commitment to his work.

Alphonso Ellis was born in 1967 to Elizabeth Ellis, and was raised in Thomasville, Georgia. He attended Thomasville High, and went on to study Marketing Education at the University of Georgia, while playing football for the Georgia Bulldogs, helping to take the University to the Peach, Gator and Liberty Bowls in 1990, 1989, and 1988 respectively. He joined the Dallas Police Department in 1995, and received a life saving award after pulling a man from a burning car. He married Corinna Burris in 1995. He leaves behind his wife and two-year old daughter, Aleigha.

Alphonso Ellis was laid to rest on March 25, 2003. His service was held at Shiloh Missionary Baptist Church, and was attended by family, church and community members, and by the Dallas Police Department, including Chief Terrell Bolton and Deputy Chief Turnage.

Around The Town

On-going

Learn how to be free of all your credit card debt, at the Douglass Community Center, 1111 Avenue H, Plano. Classes held every Tuesday, 7:00pm to 8:30pm. Receive a financial game plan and workbook, and a certificate of completion and \$10.00 upon graduation. Contact Flora Kynard at 214.496.9756. Cost: \$29.95.

The Arts Gallery at Collin County Community College, Spring Creek Campus, displays works by students and professionals. Visitors and new artists are welcome. For more information call: 972.881.5154. Open Mon-Fri 8a.m.-9p.m., Sat 10a.m.-2p.m. Dallas Children's Museum at Valley View Center (LBJ and Preston Rd) - interactive activities including a hospital fantasyland underwritten by Presbyterian Healthcare, a miniature grocery store by Kroger Foods, a farm (where you can milk a cow!), a "Jungle Impressions" exhibit, complete with rain forest, and arts and crafts. Mon-Fri 9 a.m. - 6 p.m., Saturdays 11 a.m. - 6 p.m., and Sundays noon - 6 p.m. Children 2-10 years \$4/Adults \$3. Call 972.386.6555.

Young Adult Writers of Allen, a self-directed group for teens ages 13-18 who like to write and would like feedback on their writing from their peers in a relaxed environment. New writers always welcome. Contact Debbie Vavra at dvavra@ci.allen.tx.us or

972.727.0195. Meet Tuesdays, 5:30 p.m. - 7:00 p.m. at the Allen Library, 301 Century Parkway, Allen, Texas 75013.

The Noontime Pageturners book discussion group meets the first Tuesday of each month, at Allen Library, from 12 noon - 1 p.m. Bring a lunch and join the group for a lively discussion. Contact Sandra Smith at 972.727.0194, or e-mail ssmith@ci.allen.tx.us.

Join the Allen Seniors for monthly activities, including luncheons, table games, line dancing, business meetings and more. Contact the Allen Senior Center at 972.727.0155, or mandelman@ci.allen.tx.us.

Through April 30
Heard Natural Science Museum and Wildlife Sanctuary presents "Here's Looking at You!" A new 2,000 square-foot award-winning interactive traveling exhibit sees nature through different eyes. Monday - Saturday 9:00 a.m. - 5:00 p.m., Sunday 1:00 p.m. - 5:00 p.m. Admission to exhibits and grounds: \$8 adults, \$5 children 3-12 and senior citizens. Admission to grounds only: \$5 adults, \$3 children 3-12 and senior citizens. Call: 972.562.5566, or visit www.heardmuseum.org.

Through April 6
Texas Area Artists exhibit "Pigment of the Imagination" in the Main Gallery. Monday through Friday 8 a.m. - 5 p.m. (Mondays until 9 p.m.), Saturdays 5:00 p.m. - 9 p.m. Call 972.216.8122, or 972.216.6444.
Through May 24
Saturday art classes at the Dallas Children's Museum.

Learn the art of Adinkra stamping, how symbols in African textiles were developed, how to make your own stamps and print them on various surfaces. Different topic each week. \$5. Times are: 11a.m.-1 p.m.; 1:30p.m.-3:30p.m.; 4p.m.-6p.m. Call 972.386.6555.

March 27
Kick Off Rally for Relay For Life, at the Plano YMCA from 3-4pm. Learn about this fun-filled, overnight event (scheduled for April 25-26, 7 p.m.-7 a.m.) designed to celebrate survivorship and raise money for research and programs of the American Cancer Society. Contact Sherry Koven, sbkoven@attbi.com or 972.625.8199 for more information.

March 28 - 29
Volunteer McKinney Center presents its annual event Wild Wacky Waiters! at Eldorado Country Club. Live entertainment by talented (and perhaps, not so talented!) local personalities who will be your waiters for the evening. Great food, auction items and fun. 7:00 p.m.-1:00 p.m. For more information: 972.542.0679, or visit www.volunteermckinney.org.

March 29
Heard-Craig Art Studio Tour & Exhibit. See the art studios of some of the most successful artists in McKinney - Andy Harris, Dr. Don Mitchell and Marjorie Jones, and listen to their success stories. Art exhibit and sale, including Carol Rupp's watercolors. Cost is \$10.00, \$11.00 at the door. 9:00 a.m.-5:00 p.m. For more information call: 972.569.6909.

972.542.5340, or visit www.heardcraig.org.

The Dallas Independent School District American Indian Program is hosting its 4th annual student Pow Wow, from noon - 10:00 p.m. at Yvonne A. Ewell Townview Center, 1201 East 8th Street. Displays of tribal arts and crafts, and Native foods available. Admission is free. For more information, call Peggy Larney at 972.749.2611.

The Richardson Humane Society will hold Adopt a Pet sessions at Petco, Spring Valley and Plano Road, 11 a.m. to 4 p.m. Call 972.234.5117, or visit www.richardsonhumane.org.

Club Generation Success™ presents "Focus for the Future V", A Teen Seminar and Health Fair, 10:00 a.m.-4:30 p.m. at Plano Senior High School, 2200 Independence Road. Resume writing, interviewing skills, time management skills, self esteem forum, teen health issues, saying no to gangs and drugs. Call 214.455.4574 to reserve space by March 25.

Lincoln High School Graduating Class of 1973 requests your presence at a planning meeting, at the MLK Center at 2 p.m.

March 31
Garland unveils a historical marker at the corner of Ninth Street and Avenue B, to commemorate the site of the first Garland ISD school, built over 100 years ago. The first building was destroyed by fire, and the site is now the district's Cooperative Behavioral Center, formerly Central Elementary School.

Unveiling at 4 p.m. For more information, call 972.494.8485, or sknegg@garlandisd.net

April 3 through 19
Wingspan Theatre Company, with the Bath House Cultural Center, presents "Old Times", by Harold Pinter. Friends meet again after 20 years, and the action shifts back and forth in time. Intimations of a frightening past, a battle of the "psyche and soul" reigns. At the Bath House Cultural Center, White Rock Lake, 521 E. Lawther Road. Thursday, Friday, Saturday evenings at 8 p.m., matinees Saturday at 2 p.m. For ticket prices call 972.504.6218, or visit www.home.attbi.com/~wingspnth.co

April 4 through 27
Dallas Children's Theater presents "Alexander and the Terrible, Horrible, No Good, Very Bad Day," at El Centro College, Main and Market Streets, Downtown Dallas. Tickets: \$18/adults, \$15/children. Call 214.740.0051 for times and reservations.

April 6
Book signing of "A Parent's Guide to Dallas Fort Worth" by Kevin Shay, at Barnes & Noble, at 2 p.m. 801 W. 15th Street, Ft. Worth.

The North Dallas Suburban Alumnae Chapter of Delta Sigma Theta Sorority, Inc. proudly presents its first "Emerging Artists Showcase & Exhibit," at Stephanie's Collection, 2546 Elm Street, Dallas, from 4 p.m. to 8 p.m. Local artists will showcase their masterpieces in an eclectic and sophisticated atmosphere. No charge for the event. Artist's

pieces will be available for purchase. For more information call 972.317.2251.

April 6 to 12
This is National Library Week. Plano Public Library System is hosting the following programs:
April 8, 7:00 p.m. Friends' Day Author Lecture And Book Signing, with author and Collin County historian Joe Blevins. Haggard Library, 2501 Coit Road.

April 9, noon. Brown bag lunch talk. "Outings and Adventures in Dallas/Ft Worth With Children 1-6 & Beyond", by author Lynda Morley. Schimelpfenig Library, 5024 Custer Road.

April 9, 7:00 p.m. Youth Poetry Contest Party. Poetry contest winners, grades 6 - 12. Davis Library, 7501 N. Independence.

April 10, 7:00 p.m. A Visit With "Mrs. Schimelpfenig." Dramatic interpretation about Plano history in cooperation with Heritage Farmstead Museum. Schimelpfenig Library, 5024 Custer Road.

April 12, 1:00 p.m. Children's Special Guest Storytime With Curious George.

Co-sponsored by Plano Barnes and Noble Booksellers. Davis Library, 7501 N. Independence.

April 12, 2:00 p.m. Family Movie: "The Rookie." A family movie for all ages. Free popcorn & drinks. Pam Library, 4200 Windhaven Court.

Sponsored By: North Dallas Weekly Paper of Choice! MON-TheGazette

Sales:

972-606-7351

Email: opportunity@monthegazette.com

Editorial:

972-516-2992

Email: editor@monthegazette.com

Administration:

972-516-2992

Email: publisher@monthegazette.com

THE TRUTH CLINIC

The Wars Inside The War

The non-stop reports on the War Against Iraq seem to indicate, even with Coalition setbacks, that Bush's gambit will topple the regime of Saddam Hussein. But a successful war is not likely to give President Bush the lift that he and his advisors might be expecting. There are other "wars" being simultaneously fought that could have dire consequences long after Saddam vanishes from the nightly news.

The administration's mishandling of longtime ally, Turkey, is already causing friction that is bound to continue after the war. For months, the administration had been seeking to base U.S. troops and planes in Turkey. But the Turkish parliament withheld approval. Prior to the start of the war the United States scaled back its request to over-flight permission. Turkey demanded U.S. approval for sending troops into northern Iraq to neutralize the Kurds. The Kurds fiercely oppose any Turkish presence in Iraq. The potential for a bloodbath between the Turks and the Kurds over Northern Iraqi territory could require that American resources remain in Iraq long after Baghdad falls.

Thousands of anti-war demonstrators are protesting in cities around the world. In New York and London approximately 200,000 took to the streets in each city. In Washington, police arrested protesters just one block from the White House. Other protests occurred in Indonesia, Malaysia, Pakistan, Bangladesh, New Delhi, New Zealand, Vietnam, Thailand, South Korea and Australia.

There appears to be a great deal of anti-American sentiment over the war even in countries whose governments

are supportive. People will be watching to see if America's post war plans are focused on occupation instead of liberation.

Recent polls have shown that many Americans are more concerned about the economy than the war. The stock market is jumpy. Consumer confidence is weak. Jobs are difficult to find. The promised recovery seems to stay in an extended state of hibernation.

One interviewed worker who watched retirement and investment accounts shrink said, "It's scary. Terrorism isn't real to me, but losing my savings is." This could be trouble for President Bush, whose advisers are counting on an economic rebound to bolster reelection odds. People are concerned about the economy. The Democrats want to make the economy election fodder. The longer the war goes, the deeper the impact on the economy.

As the United States began the war on Iraq, Homeland Security Secretary Ridge issued an orange alert. Americans are experiencing heightened security anxiety. They must contend with armed security guards, surveillance cameras, handbag searches, metal detectors, and bomb-sniffing dogs supposedly needed to protect citizens from expected terrorists.

Yet, these new security measures do not breed confidence. What can be done about apartment complexes, intra-city public transportation systems, and office towers? Passengers and bags arriving at international airports undergo more careful screening than before 9/11, but cargo arriving at seaports does not. What about our power plants, schools, and water works? Cities across the country may have committed to address counter terrorism but federal funding for implementation is woefully

inadequate.

The world will be waiting to see if the diplomatic rift over Iraq between the United States and allies such as Germany, France, and China undermines NATO, the World Trade Organization or the United Nations. Many countries do not believe that America's objectives in the Middle East are simply to topple Saddam and promote the creation of a democratic Iraq. They are concerned about the arrogance exhibited by the world's only superpower with its "follow me or else" policy. And the inability of the administration to deal with the dispute over North Korea's nuclear weapons raises the possibility of a diminished U.S. authority in the Far East.

The Bush administration took a major gamble when it altered its rigid public relations machine to permit unprecedented access to the military, with reporters accompanying most combat troops. The round-the-clock, saturation news coverage of the war opens potentially damaging doors as reporters grope for anything to fill time slots. Why have the allied forces in Iraq not found any of the chemical or biological weapons that were the primary urgency for war? A senior U.S. defense official said it is vital to Bush's political objectives to quickly find and make a credible display of evidence of forbidden weapons programs. And now the administration must try and explain the body bags and why the war isn't a 100-hour romp in the desert.

Its tough at the top under normal circumstances. It's even tougher when blunders and missteps are strewn across the world landscape.

James W. Breedlove
Comments or opinions may be sent to the writer at: jaydubub@swbell.net

Plano Habitat For Humanity is Building a Legacy for Collin County

By Monica Thornton

The Plano Habitat for Humanity has many reasons to be thankful and to rejoice. In 2002 they became a Chapter in

reliance on donations of time, money and materials to build houses.

The process of building a house involves site selection,

within three months of their conditional approval, and prior to the beginning of construction. Families also make a \$900 payment towards the first year's homeowner's insurance and two to three months escrow on their home. The 20-25 year mortgage is interest free.

Sylvia Rodriguez and her family moved into one of these homes built in November's blitz. She said that she and her family and friends helped build the houses from ground up, and added that the houses are well built.

A friend of the family, Joseph Puente, came along during the blitz to lend a helping hand and said that he enjoyed being a part of the process. "It was a beautiful process to be a part of; I even took a week's vacation to be involved."

Plano Area Habitat is accepting applications for people who would like to purchase a Habitat for Humanity home in Plano. Each house costs approximately \$50,000 (depending on size), including the land. To be considered for the program, applicants must meet certain criteria as set out by the Habitat.

With the success of 2002 and their status as their own Chapter, Plano Area Habitat for Humanity is eager to help more families and see continued success. Mr. Young said that this year, they plan to build eight decent, affordable homes for deserving families, have a permanent office, and



(Left to Right) Bob Martin and Arthur Young

their own right, after years of success as an affiliation of the Dallas Habitat.

According to Arthur Young, member of the Board of Directors for Plano Habitat, being an independent chapter will give the Plano Habitat control of its own destiny. "We will have control of our own donations and financing, will no longer have to go through the Dallas Chapter for land sites," said Mr. Young. We have made a number of contacts here in Collin County and we are able to be independent."

And they are still basking in the success of November's building blitz, when approximately 800 volunteers came together and built three houses in eight days, on Ave F in the Douglass Community. This adds to their long list of accomplishments,

having built nine homes since 1997 for placement of families in the Douglass Community of Plano. Young said one of last year's successes for the organization was the building of a home for a 106 year-old lady in the Douglass Community on her own land.

Habitat for Humanity is an organization dedicated to rehabilitating families in need by building houses for no profit and with no interest. The organization is comprised of committees, made up of board members and volunteers, and

it is sometimes possible to build a new house on property already owned by a future Habitat homeowner, helping to reduce the cost.

Many companies help with donations, including air conditioning, heating components, carpeting, brickwork and more.

Once a family is selected, they must work 400 "sweat equity hours" by helping to build their house and or by working on other Plano Area Habitat for Humanity projects. The first 100 hours must be completed

additional administrative help. They also hope to have their own re-store to sell donated items to the community.

The Plano Habitat now has its eyes on property in the Trinity Park Community in Lucas, an unincorporated area near Lake Lavon. Mr. Young said many of the homes in the area are substandard, which may help qualify residents to have houses built on their own land.

For more information about Plano Area Habitat, visit www.info@planoareahabitat.org.



(Left to Right) Arthur Young, Bob Martin, Joseph Puente, Sylvia Rodriguez, and Robert Rodriguez

'Be A Part of The Dream'

Dallas, TX- The Dallas Metroplex Fundraising Committee of the Martin Luther King Jr. National Memorial Project Foundation will host a black-tie fundraising gala on Saturday, April 5 at 7:00 p.m. The event will take place at the Dallas Convention Center. The gala will raise funds to build a monument to Dr. King on National Mall in Washington, D.C. It will be the first monument on Mall to honor an African-American.

The theme for the gala is "Be a Part of the Dream". The keynote speaker will be Ossie Davis, the legendary actor and civil rights activist. Dancing, featuring the music of Top will follow a seated dinner.

"When groundbreaking for the monument honoring Dr. King,

takes place later this year, the people of Dallas can take credit for raising a significant portion of the money to build it," said Gifford Coleman, Chairman of the Dallas Metroplex Fundraising Committee.

Congress and the President authorized the monument in 1998, but they specified that the funds to build the memorial must come from private sources and the construction must begin by 2003.

Local corporations and individuals have expressed an outpouring of support for this historic opportunity to memorialize Dr. King. Corporate sponsors include Alliance Data Systems, Texas Instruments, Strasburger & Price, L.L.P., Dallas Morning News, Dallas Business Journal, and Rent-A-Center.

Former U.N. Ambassador Andrew Young and Coretta Scott

King are the national co-chairs for the memorial project. The Dallas honorary co-chairs are Congresswoman Eddie Bernice Johnson, and local radio personality, Willis Johnson.

In a statement, Mrs. King said, "This memorial will honor not only a great man, but the values that empowered his leadership, including courage and truth; unconditional love and forgiveness; freedom, justice, and equality; reconciliation and peace; and brotherhood and sisterhood."

The memorial to Dr. King will be a space that inspires reflection and recommitment to achieving peace, encouraging tolerance, embracing diversity, and accepting personal responsibility for upholding these principles.

For richer information, please call 214-565-1907

MON The Gazette
FOUNDED 1991

6100 Avenue K, Suite 105 • Plano, Texas 75074

<p>Chairman Emeritus Jim Bochum</p> <p>Publisher Thurman R. Jones</p> <p>Office Manager Cynthia Elliot</p> <p>Production Robert Booker</p> <p>Vice President National Sales and Marketing Michael T. Caesar</p> <p>Religious/Marketing Editor Shirley D. Torpley</p> <p>Account Executive Jawicia Davis</p> <p>Sales Department Phone: (972) 606-7351 Fax: (972) 509-9058 Email: opportunity@monthegazette.com</p>	<p>Assignment Editor Thurman R. Jones</p> <p>Staff Writers Felicia Coleman Cheryl Jackson Tobiana (Tobi) Hicks Brandy Jones Jacqueline Perry Williams</p> <p>Contributing Writers Monica Thornton Lakisha Joe Patricia Alexander Shamara Benoit</p> <p>Photography Shamara Benoit Deborah Kellogg Maggie Ybarra Frank Lee</p> <p>Editorial Department (972) 516-2992 Fax: (972) 516-4197 Email: editor@monthegazette.com</p>	<p>Advisory Board: John Dudley John Hightower Myrtle Hightower Fred Meier Anne Dickson Cecil Starks Ben Thomas</p> <p>Advisory Board Committees: Public Relations Planning and Implementation Cecil Starks, Chairperson</p> <p>Business Growth Referral John Dudley, Chairperson</p> <p>Quality Assurance Myrtle Hightower, Chairperson Coty Rodriguez Ben Thomas</p> <p>Wills/Warley Coty Rodriguez-Anderson B. J. Williams Dennis Upchurch Barbara Simpson ASSTON BOARD SECRETARY</p> <p>Program Policy Development Annita Dickson, Chairperson</p> <p>Program Creation and Planning</p> <p>Goals Committee</p>
---	---	--

MON-The Gazette assumes no responsibility for unsolicited material and reserves the right to edit and make appropriate revisions.

Is the sky clearest on the day it is most blue?

While you ponder that thought we would like to announce that Minority Opportunity News, Inc., formerly a Dallas based renaissance community tabloid, founded in 1991, has relocated to Plano, Texas, and changed our name to MON-The Gazette. In addition to moving our offices to Plano, our editorial coverage has also shifted to encompass Dallas' Northern Corridor. The Northern Corridor is clearly the fastest growing region in Texas, if not in America. MON-The Gazette believes that the engine to continue this growth is the airport expansion in McKinney, which is the largest and most visible of many area opportunities. As always, and true to tradition, MON-The Gazette will be there carving a world of opportunity for those seeking to provide quality services. Should you dare to expand your quest for economic parity outside the southern region or just want to know what is going on up north-

Think of MON-The Gazette as your paper of opportunity!

MON-The Gazette formerly Minority Opportunity News, was founded July, 1991 by Jim Bochum and Thurman R. Jones

HealthCheck© 2003 Calendar

We're keeping you informed about health-related events happening in your area!

Fairs

March 28

Baylor Medical Center and Nicholson Memorial Library System present a free health care seminar on "Colon Cancer Prevention" at 12:00 noon, South Garland Branch Library, 4845 Broadway Boulevard. Call 1-800-422-9167 to register.

April 5

Friendship Baptist Church, Health Ministry is hosting a health fair, 10:00 a.m. to 2:00 p.m. 4396 Main Street, The Colony. Call 972.635.8186 for more information.

April 17

Immunization Seminar at Don Rodenbaugh Natatorium, 110 E. Rivercrest, Allen, 6:30 p.m. to 7:30 p.m. featuring guest presenter Dr. Nya Stanczak.

April 18

Sickle Cell Disease Association Annual Willis Johnson Golf Tour. Call 214.942.1262.

April 24

Colon Cancer Seminar at Don Rodenbaugh Natatorium, 110 E. Rivercrest, Allen, 6 p.m. to 7 p.m. featuring guest presenter Dr. Robert Barnett.

May 12

The M.I.K. Family Clinic is holding a Health Fair in celebration of National Women's Health Week, 9 a.m. to 5 p.m.

May 15

High Blood Pressure Seminar at Don Rodenbaugh Natatorium, 110 E. Rivercrest, Allen, 6 p.m. to 7 p.m. featuring guest presenter Dr. Robert Barnett.

May 22

Osteoporosis Seminar at Don Rodenbaugh Natatorium, 110 E. Rivercrest, Allen, 6 p.m. to 7 p.m. featuring guest presenter Dr. Katrina Lee

May 29

Osteoporosis Seminar at Don Rodenbaugh Natatorium, 110 E. Rivercrest, Allen, 6 p.m. to 7 p.m. featuring guest presenter Dr. Phyllis Gee.

HealthCheck© Calendar Page 7

And in 1999, he started the Garland Wranglers. He said the age group he targets is 18-27, and he tries to develop them more than physically.

"I generally talk to them about going back to school, to try and re-structure their lives," Montgomery added.

Jessie Shields, of Dallas, graduated from DeSoto High School in 2000. He is now attending Grambling State University, studying Computer Information Systems. He said when he was playing for the Garland Wranglers he was spotted by a university recruiter, and got a scholarship.

"I found out about the team through my cousin," said Shields. "I got the scholarship from playing for the Garland Wranglers."

Shields said Montgomery has the respect of the players, and he has taught them life enhancing principles.

"Now I never thing you can't achieve, you always have to try your best and work your hardest in everything you do," Shields said.

Outside of the football and preparing the players for tryouts and pro-football, Montgomery said the coaches stress education, how to act in public, how to treat each other, and they even pray after each practice.

"I'm trying to get these guys off the streets, and give them renewed hope, I want them to know we (the coaches) believe in them," said Montgomery. "We want to make these guys stars on the field and off the field."

He added that his players are brothers, "And they're my family."

Derrick Dickerson, 2002 player of the year, is the first

player to get a pro-football contract. Montgomery said Dickerson has been playing for him for five years, and he finally got a try out.

"It shows that what we're doing can be done. We want to show these guys that they can do something," he added.

He wants to keep the team going, but the biggest obstacle is trying to get affiliation with Garland. Montgomery lives in Garland and the team has its origins in Garland, but Montgomery said he has had problems trying to get the City of Garland to allow his team to play on the public fields. Instead, he said the team plays and practices at James Henry Stadium in Seagoville. He said this year they have 9 players out of Garland, with other players from Bonham, Allen, Plano, Duncanville and DeSoto. Montgomery said one of the problems in the team being in Seagoville, is the difficulty in getting exposure and sponsorship.

And when he gets positive feedback from parents, he said he knows he has to keep going.

"One of the players' father told me he was so glad I've done this, as it has given his son renewed hope," Montgomery said.

He said the team works because the players are committed. And he said the team works because his team of coaches is dedicated to making The Garland Wranglers the best state-wide football team.

But Montgomery said the team is in need of sponsorship, and he would like to see them being able to play in Garland. He asked anyone interested in being a team sponsor to contact him at 866-204-2018 or by email at garlandwranglers@onebox.com.

dress, especially we churchgoers. I am sure there are thousands of men in Austin who attend church and just love new suits, ties, shirts and accessories. Well, give the brother your business, that is, if you are not already a customer. And if it makes you feel better, don't support him just because he is Black; support him because he knows his business, he's competitive, and he carries excellent products.

That's what Blackonomics is all about, brothers and sisters. I practice it at every opportunity, and I am just thrilled that I had the chance once again to practice Blackonomics with my brother, Ron Stewart. I hope he doesn't stay away so long this time. Better still, I hope I have the opportunity to go to Austin and pay a personal visit to The Men's Clothier. Thanks, Ron.

This scenario is a microcosm of what we can do all across this country. Can you imagine the growth in our businesses if we would share a greater portion of our consumption spending with them? Can you imagine what would happen if our businesses would consider their shortcomings and begin to better entrepreneurs by giving better customer service, and by advertising their goods and services much more? I certainly can.

I know I will get e-mails about this article, some of which will complain about Black-owned businesses, how they "treated me," how their "prices are higher," how they "don't advertise in Black-owned media," and how they "don't do what they say." I have heard it all. I have even experienced some of it. But we must work together to eliminate the negatives on both sides of the commerce equation, on the part of consumers and business owners. We all have our issues you know.

And, the bottom line is this: We could never spend all of our disposable income with Black-owned businesses anyway, so let's just try to raise it another 10-15%. In addition, we always have choices when it comes to going somewhere else if we are dissatisfied; so don't throw out the baby with the bath water. Let's give our brothers and sisters the same chance we give to everyone else.

Blackonomics: Think about it;

talk about it; be about it.

James E. Clingman, an adjunct professor at the University of Cincinnati's African-American Studies department, is former editor of the Cincinnati Herald Newspaper and founder of the Greater Cincinnati African American Chamber of

Commerce. He hosts the radio program, "Blackonomics," and is the author of the book, "Economic Empowerment or Economic Enslavement—We

have a Choice." He can be reached at (513) 489-4132, or by e-mail at

jclingman@blackonomics.com.

Single Black Male, Age 45

incarcerated would like to
correspond with Christian
female. Please write:

Mr. David Palmer
#32941, Unit, 24-A
Parchman, Miss 38738

MLS Data Service

Your Computer Network
Support Center

Servicing all your computer
needs and over 14 years
experience
Networking, Programming,
Web Developing, etc.

1-877-606-1252 24/7 support
e-mail: mlsdata@yahoo.com

WE WANT TO DO BUSINESS WITH YOU!

- Each university listed has a variety of products and service needs
- Please contact us to learn more of our bid opportunities and the Historically Underutilized Business (HUB) program

University of Texas at Arlington John Lopez (817) 272-2140 jlopez@uta.edu	University of North Texas Tonya Ellis (940) 565-4828 Metro (817) 267-3731 tonya@unt.edu	Texas A&M University-Commerce Jill Edwards@tamc-commerce.edu (903) 886-5060 jill_edwards@tamc-commerce.edu	Stephen F. Austin State University Diana Boubel (936) 468-4037 dboubel@sfasu.edu
University of North Texas Health Science Center Deborah Russell (817) 735- 2684 derussel@hsc.unt.edu	Texas Women's University Larry Hoke (940) 898-3587 lhoke@twu.edu	Texas A&M University System Health Science Center Nita Holland (214) 826-8254 nholland@tamhsc.edu	Tarleton State University Beth Chandler (254) 968-9611 chandler@tarleton.edu
University of Texas at Tyler Wendy Minix (903) 566-7226 wminix@uttyl.edu	University of Texas Southwestern Medical Center Vernon Mullen (214) 848-4344 vmullen@mednet.swmed.edu	Texas A&M University-Texarkana Cynthia Henderson (903) 223-3053 cynthia.henderson@tamut.edu	University of Texas Health Center Tyler Deborah Rada (903) 877-7797 deborah.rada@uth.tmc.edu
University of Texas at Dallas Pete Bond (972) 883-2341 pbond@utdallas.edu			

The North/Northeast Texas Chapter Texas Universities HUB Coordinators Alliance (TUHCA)

Partners in success!

www.tuhca.org

Register your company with the TUHCA! Go to the TUHCA website and click on the "Vendor Info Link".



TRIPLE & DOUBLE COUPONS

Final Week to Earn Savings

UP TO 20% OFF YOUR GROCERY BILL!

USE YOUR PLUS CARD THRU MARCH 29th

Spend

\$300 to \$499 - Save 10%

\$500 to \$699 - Save 15%

\$700 or More - Save 20%

on one order April 1 thru April 12

See store for details.

GROUND CHUCK

GROUND CHUCK

3 or 5 Lb. Chub Pak Flavorseal

Kroger Ground Chuck

or

Kroger Moist & Tender®

Pork Spareribs

\$1.29

Lb.

CARD PRICE

Save up to \$1.70 Lb. with Card

2-15 Lb. Bag Original Match Light Charcoal

or 2-20 Lb. Bag Original

Kingsford Charcoal

\$9.88

Twin Pack!

13/15 Ct. Fresh Water

Colossal Shrimp

\$6.99

Lb.

CARD PRICE

Save \$1.00 Lb. with Card

14 to 18 Oz. Frozen Selected Varieties

Tony's Pizza

3\$6

For CARD PRICE

These Do Have Seeds Sweet

Red Globe Grapes

69¢

Lb.

CARD PRICE

Save \$1.00 Lb. with Card

12 Pack 12 Oz. Cans Regular or Diet Assorted Flavors

Dr Pepper or Pepsi

\$1.99

Lb.

CARD PRICE

Save up to \$2.40 Lb. with Card

Golden Tips Sweet

Dole Bananas

29¢

Lb.

CARD PRICE

Save up to \$1.10 Lb. with Card

11.5 to 12 Oz. Bag Selected Varieties

Lay's Potato Chips

Free

CARD PRICE

THIS AD VALID WED., MARCH 26 THRU TUES., APRIL 1, 2003. Copyright 2003. Kroger Texas L.P.

type 2 diabetes. The ADA estimates that at least 16 million Americans have pre-diabetes, in addition to the 17 million with diabetes. And to further complicate the diabetes saga, four percent of pregnant women in the United States develop gestational diabetes each year.

Although diabetes is the fifth deadliest disease in the United States, and has been researched extensively, there is still no sign of a cure. Until a cure is found, many health groups, including 'diabetesandhealth.com,' 'niddk.nih.gov/health.com,' and the ADA, advocate the patient taking responsibility for their health. These and other health watch groups are concerned about the rise in diabetes, and are aiming to educate people on the symptoms and the debilitating results when the disease is not monitored and controlled.

In 1996, NIDDK launched its Diabetes Prevention Program (DPP). The goal of this research effort was to learn how to prevent or delay type 2 diabetes in people with impaired glucose tolerance (IGT), a strong risk factor for type 2 diabetes.

The findings of the DPP, which were released in August 2001, showed that people at high risk for type 2 diabetes could sharply lower their chances of developing the disease through diet and exercise. In addition, treatment with the oral diabetes drug metformin also reduced diabetes risk, though less dramatically. These results were so striking that the DPP's external data monitoring board advised ending the trial early.

To help some people know if they need to be tested for diabetes, here are some of the symptoms: frequent urination, especially at night; excessive thirst; unexplained weight loss; increased hunger; slow healing infections, sores or wounds; fatigue; blurred vision.

To prevent delaying getting yourself checked, here are some complications that can occur from diabetes:

The most life-threatening consequences of diabetes are heart disease and stroke, which strike people with diabetes more than twice as often as they do others.

Kidney disease, or nephropathy, is a frequent complication of diabetes, of both type 1 and type 2, and often ends in end-stage renal disease (kidney failure).

Vision impairment is a frequent complication of diabetes, for both type 1 and type 2.

Severe cases result in limb amputation.

A diabetes patient from the Dallas Fort Worth area (who asked to remain anonymous) said she developed type 1 diabetes five years ago as a result of rare intestinal bacteria. The bacteria attacked her pancreas, causing the insulin to stop producing. Her brother is also diabetic and has to undergo kidney dialysis as a result of the disease.

The statistical breakdown for groups affected by diabetes is alarming, with Native American Indians having the highest percentage per capita. African Americans are twice as likely to have diabetes as white Americans of similar age. Here is a look at some of the statistics:

- 2.8 million African Americans have diabetes.
- On average, African

Americans are twice as likely to have diabetes as white Americans of similar age.

- The highest incidence of diabetes in African Americans occurs between 65 and 74 years of age. Twenty-five percent of these individuals have diabetes.

- Obesity is a major medical risk factor for diabetes in African Americans, especially for women. Some diabetes may be prevented with weight control through healthy eating and regular exercise.

- African Americans have higher incidence of and greater disability from diabetes complications such as kidney failure, visual impairment, and amputations.

- Two million or 10.2% of all Latino Americans have diabetes.

- Almost 105,000 Native Americans and Alaska Natives, or 15.1% of the population, receiving care from Indian Health Services (IHS) have diabetes.

- Nearly 20.1% of the United States population, or 7.0 million people age 65 and older, have diabetes.

- Approximately 9.1 million or 8.9% of all women over the age of 20 in the United States have diabetes.

- There are an estimated 550,000 to 1.11 million people with type 1 diabetes in the United States, but there is an alarming trend taking place. More and more youth are developing type 2 diabetes, a form of diabetes that is generally diagnosed among adults.

With health care costs spiraling out of control, it is vital to know the level of your blood sugar level, in order to take preventative measures to avoid the most extreme conditions associated with diabetes. Studies are inconclusive as to the benefit of

supplements to diabetes, but the ADA, journey to wellness.com, and NIDDK, all agree that good eating habits, such as limiting the use of refined carbohydrates and sugar, and eating on a schedule are the beginning of diabetes control. Tobacco and alcohol products should be avoided, as they both constrict the blood vessels, aggravating the existing circulation problems associated with diabetes. Regular exercise, checking blood sugar levels regularly, and adjusting insulin according to your doctor's instructions are also vital in the management of diabetes.

Although there are many vitamins, minerals and herbs that can help, it is best advised to check with your health care provider, or to check with the ADA before self diagnosing and self treating.

The ADA is currently advocating before Congress for a comprehensive Medicare prescription drug benefit for senior Americans living with diabetes, and is working in Washington, DC and in state capitols to ensure that all health plans provide comprehensive diabetes benefits as part of a basic benefits package. The Association

is continuing to advocate for health insurance reforms like "community rating" that will make health insurance affordable for Americans living with diabetes. And the ADA is also working with several members of Congress to bring dramatic reforms to the public health system in the United States.

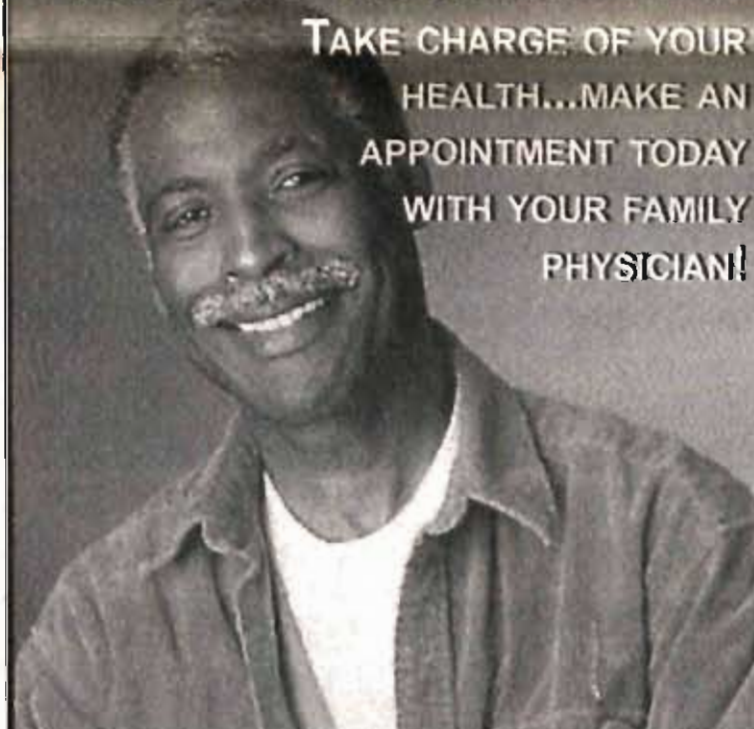
For further information on diabetes, call the American Diabetes Association's toll-free at 1-800-DIABETES (1-800-342-2383) or by visiting the Association's Web site at www.diabetes.org/alert

HealthCheck© 2003 Schedule

Run Date	Topic	
March 20	Introduction to HealthCheck 2003/ Breast Cancer/ African American Breast Cancer Outreach Summit	✓
March 27	Diabetes	✓
April 3	Talk to Your State Legislature about Research (diseases such as cancer)	
April 10	Importance of Physical Fitness	
April 17	Kidney Disease	
April 24	Alternative Medicine	
May 1	March of Dimes (Preventative Healthcare for Pregnant Women)	
May 8	STD Awareness	
May 15	Asthma and Allergy Awareness	
May 22	Heart Attack and Stroke Prevention	
May 29	High Blood Pressure Education	
June 5	National Digestive Disorders Awareness (and Colon Cancer)/ Overview of Health as it relates to the body AND mind	

PO&M Copyright 2003

WHAT ARE YOU WAITING FOR?
TAKE CHARGE OF YOUR HEALTH...MAKE AN APPOINTMENT TODAY WITH YOUR FAMILY PHYSICIAN!



HEALTH TIPS YOU SHOULD KNOW?

The American Cancer Society Guidelines For The Early Detection Of Breast Cancer:

If you are age 40 and over:

- Have a mammogram every year.
- Have a clinical breast exam by your health care provider every year.
- Do a breast self-exam each month.

If you are age 20 to 39:

- Have a clinical breast exam by your health care provider at least every three years.
- Do a breast self-exam each month.

For more information about breast cancer, call toll free anytime 1-800-ACS-2345 or on the Internet www.cancer.org.

American Heart Association: Regular physical activity is smart for your heart and your mind!

- Reduces your risk of heart disease and stroke.
- Improves blood circulation throughout your body.
- Improves your body's ability to use oxygen and provide the energy needed for an active lifestyle.
- Can help to reduce blood pressure.
- May help you handle stress.
- Boosts enthusiasm and optimism.
- Can help you release tension, relax and sleep.
- Helps you control your weight, along with a proper diet.

More information: call 1-800-AHA-USA1 or go to www.justmove.org.

2003✓ HEALTHCHECK!

"CHECK UP & CHECK INTO A HEALTHIER LIFESTYLE FOR LIVING WELL!"
PRESENTED BY: MON:THE GAZETTE, TAKING AN ACTIVE ROLE IN OUR COMMUNITY!

Where ever you turn the question of health is being discussed and the lack of awareness for action in the African American community is still a great concern. HIV AIDS, Breast Cancer, Prostate Cancer, Sickle Cell Disease, Heart Disease, and Stroke top the list of health concerns for many African Americans families throughout the Dallas Ft. Worth area and the nation. That is why we are asking you to take charge of your health with "HealthCHECK© 2003". This is a community initiative organized by Minority Opportunity News: The Gazette to heighten awareness and empower people to act and take personal responsibility for their health and the health of their family. Community partners helping to spread the word are KHVN, KNON, KSOUL, KGGR and NTheKnow.com, because each knows the importance of service and giving back to our community!

How Does "HealthCHECK© 2003" Work?

- Each week we will provide a list of non-profit organizations who offer resource information and services for health issues in our community.
- List free health fairs available to the community.
- Provide information on health events going on in the community that you may want to support.
- Weekly Health Tips.
- Provide extensive cover stories on health topics that concern our community each week.

At the end of "HealthCHECK© 2003" we want African Americans in the DFW area to have made an appointment with their family physician for a complete checkup. We hope this will start the dialog about our health and bring people to recognize the importance for taking personal responsibility for it. Remember "Good Health Is No Accident...It's A Planned Outcome!"

"HealthCHECK© 2003" is only the beginning of the dialog about our health at **Minority Opportunity News: The Gazette**. We want to hear from you, please call us at 972-516-2992 or fax us at 972-509-9058 with your health stories or health questions.

GET INVOLVED...HEALTH EVENTS & HEALTH FAIRS GOING ON IN THE COMMUNITY!

On April 5 from 10 to 2:00 p.m.,
Friendship Baptist Church,
Health Ministry, at 4396 Main
Street in Colony Texas is hosting
a health fair. Info: 972-625-8186

Get involved with **American Cancer Society's Relay For Life,** April 4th through 5th
at PC Cobb Stadium.
Info: 214-421-1680

WE NEED YOU HELP!

Join your friends at **MINORITY OPPORTUNITY NEWS: The Gazette** and support "HealthCHECK© 2003". If you have a health fair planned or health event... we want to know about it and spread the word across the community. E-MAIL OR FAX US YOUR INFORMATION TODAY!
E-mail: POMORE@SWBELL.NET
FAX: 972-509-9058

In celebration of National
Womens Health Week, the MLK
Family clinic is having a Health
Fair, May 12, from 9 to 5 p. m.
Info: 214-426-3645

Sickle Cell Disease
Association Annual Willis
Johnson Golf Tour. (April 18) -
Info: 214-942-1262

SPONSORED BY:

NTheKnow.com

KHVN
HEAVEN 94.1

KNON 89.3

KSOUL

MON The Gazette
Minority Opportunity News

1040
KGGR

Church Happenings

ALL NATIONS UNITED METHODIST CHURCH

March 29, 11:00 a.m.
Join us as we visit Collinwood Nursing Home (across from the church). Spend some time making someone's day!

Tuesdays & Thursdays, 7:00 p.m.
English as a Second Language (ESL) Classes- Strengthen your English! (Through April)

Financial Panning Workshops - "Investing Versus Financial Planning": (Sponsored by the Men's Ministry) Next Workshop- April 24, 7:00 p.m. To RSVP and obtain a free seminar material packet please call the church office. The workshops will be conducted by professional financial advisors and attorneys. Free to the public.

Wednesdays (during Lent, through April 26) 12:15 p.m.-12:45 p.m.
Devotional Prayer Service

Through May 22
Spanish class for church leaders!

Visit our website at www.allnationsumc.org

All Nations United Methodist Church
Dr. Clara Reed, Pastor
34185 E. 14th St.
Plano, TX 75074

DUNAMIS CHRISTIAN MINISTRIES

Fridays (unless otherwise notified), 7:00 p.m. 8:30 p.m.

"Start your weekend off right"
You are invited to worship and Bible study!

This month's study and series- "How to Recover From Loss"

*Dunamis Christian Ministries-a biblically based non-denominational ministry, dedicated to empowering people's lives through worship, and the

relevant study, teaching and preaching of God's Word.

For more information, contact J.C. Matthews, Pastor, at 972-557-7077 or email revjcmathews@yahoo.com

Amerisuites Hotel North
3100 N. Dallas Parkway
Plano, TX 75093

FELLOWSHIP BAPTIST CHURCH

March 30- April 1, 7:00 p.m.
Revival "Our Nation, Under God in Prayer"

Sunday- 4:00 p.m.
Monday & Tuesday- 7:00 p.m.
Guest Speaker-Evangelist Rachel Jones Baxter, Assistant State Supervisor of the Church of God in Christ in Philadelphia, PA

FRIENDSHIP BAPTIST CHURCH

April 5, 10:00 a.m.-2:00 p.m.
First Annual Health Fair- Hosted by the Health Ministry

Call 972-625-8186 for more information.

Friendship Baptist Church
C.Paul McBride, Pastor
4396 Main St.
The Colony, TX 75056

FIRST BAPTIST CHURCH OF HAMILTON PARK

April 6, 5:00 p.m.
"True Love Waits" For girls only-Ages 10-18
"Rites of Passage"-For boys only-Ages 10-18

First Baptist Church of Hamilton Park
Gregory Foster, Senior Pastor
300 Phillips St.
Richardson, TX 75081

HAMILTON PARK UNITED METHODIST CHURCH

March 28, 6:00 p.m.
March 29, 9:00 a.m.
Workshops
Healing & Deliverance

Service

March 30, 9:45 a.m.- AM
Worship Service
HPUMC Hosts a Prayer Summit "What is in Your House?"

We will take our communications with God to the highest point!

Featured Evangelist- Mrs. Suzette Caldwell, Pastor of Windsor Village UMC, Houston, TX- An encounter with God and Pastor Caldwell will change your understanding of prayer, and profoundly impact your life!

For more information, call 972-235-4633 or visit www.hparkumc.org

Hamilton Park First United Methodist Church
Rev. Derrick R. Wright, Senior Pastor
Ouida F. Lee, Associate Pastor
11881 Schroeder Rd.
Dallas, TX 75243

MESQUITE FRIENDSHIP BAPTIST CHURCH

March 23, 11:00 a.m.
Annual Children's Day Program- Please join us as our Children's Department glorify God through song, dance and drill!

March 24-26, 7:00 p.m.
Children's Revival
For more information, contact Rev. Johnnie Bradley at 972-329-5030, ext. 26

2nd & 4th Sundays
Blood pressure screenings available after 11:00 a.m. service

For more information about our events, call the church at 972-329-5030 or visit www.mesquitefriendship.com.

Mesquite Friendship Baptist Church
Terry M. Turner, Pastor
2232 Franklin Drive
Mesquite, TX 75150
Mesquite, TX 75150

MT. HEBRON BAPTIST CHURCH

CHURCH

March 29, 7:45 a.m.
The Mighty Men of The Mount will host their monthly fellowship breakfast
Guest Speaker-Assistant City Manager Ron Jones
Bring a male relative or friend!

Wednesday Night Tutoring, 7:00 p.m.-8:15 p.m.
Tutoring for students in grades K-12 in all subject areas. Free and open to the public

For more information concerning any of these events, call 972-276-5218.

Mt. Hebron Baptist Church
Leonard Leach, Pastor
901 Dairy Rd.
Garland, TX 75040

MT. OLIVE CHURCH OF PLANO

Tuesdays, 9:30-10:00 a.m.
& 11:30-2:00 p.m.
Thursdays, 9:30 a.m.-2:00 p.m.
Free 30-minute singing

lessons, limited to one lesson per week
Call the church to schedule a lesson.

Tuesdays & Thursdays, 7:00 p.m.-9:00 p.m.
Counseling by Minister Gloria Fenceroy-Call the church for an appointment

Tuesdays, 7:30 p.m.
Tuesday Deliverance by Pastor Sam-Deliverance Issues Sessions-Call the church for an appointment

March 27-28
Spring Holy Ghost Revival. Presented by A Call to Excellence Ministries, Hosted by Mt. Olive Church of Plano.

March 28-30
Women's Retreat
Contact Sister Grace Fulton to register.

For more information, call 972-633-5511

Mt. Olive Church of Plano

Pastor Sam & Minister Gloria Fenceroy
740 Ave. F, Ste. 303
Plano, TX 75074

NEW WORKS COMMUNITY FIRST BAPTIST CHURCH

March 28, 7:00 p.m.
Empowering Men and Women in 2003
Speakers- Elder and Sister Fred Allen Jones

For Group passes contact Sister Deidre Carter-Briscoe at 972-772-9396 or Sister Rochell Wilson at 214-342-1701. For concert participation, contact Sister Joyce Tolbert at 214-340-0847

March 29, 8:30 a.m.
Family Prayer Breakfast 6:30 p.m.
Gospel Concert

March 30, 3:30 p.m.
Church Anniversary Service

Church Happenings Page 10

Affirmative Action Page 1

affording opportunities for African-Americans or students of color."

Even the Center for Individual Rights (CIR), the organization that is suing Michigan, is in rare agreement with Shaw.

"I'm not sure that there's a huge advantage to changing the standards now instead of a few months from now other than they might need some lead time to get ready for the next admissions system," says CIR spokesman Curt Levey.

Universities that refuse to wait are facing strong campus opposition. For example, students, faculty and administrators at Virginia Tech decision organized marches and press conferences to denounce the school's decision.

Clearly, Virginia Tech needs something to increase its Black student population, which is only 4.4 percent.

Virginia Tech wiped out its affirmative action program after it received a memo from Virginia's Republican Attorney General Jerry Kilgore that warned about the possibility of lawsuits against the university as well as individual board members.

"If a student, an applicant for admission, or an applicant for financial aid sues an institution, alleging an unconstitutional use of race-conscious

criteria, the plaintiff may also choose to sue - in their individual capacities - the officials responsible for the challenged program," Kilgore writes in a November 26, 2002 memo marked "Confidential and privileged attorney-client communication."

After months of discussions, the board made its final decision March 10.

"Virginia Polytechnic Institute and State University shall not discriminate against, grant preferences in favor of, or otherwise weigh or consider an applicant's disability, age, veteran status, political affiliation, race, color, and national origin, ethnicity, religious belief, or gender at any point in the admissions or hiring process," states the resolution passed by the 14-member board of visitors.

John G. Rocco Jr., rector of the board of visitors, says Virginia Tech stands to lose \$100-\$200 million a year in federal funding if it lost a court case for violating the Civil Rights Act of 1964. "Meanwhile, we have urged the university to cast as wide a net as possible for diversity and strengthen the recruiting efforts for diversity," he says.

But even Republican Sen. Gov. George Allen, former Virginia governor, questions the board's action.

"Before everybody overreacts or reacts, why don't you find out what the

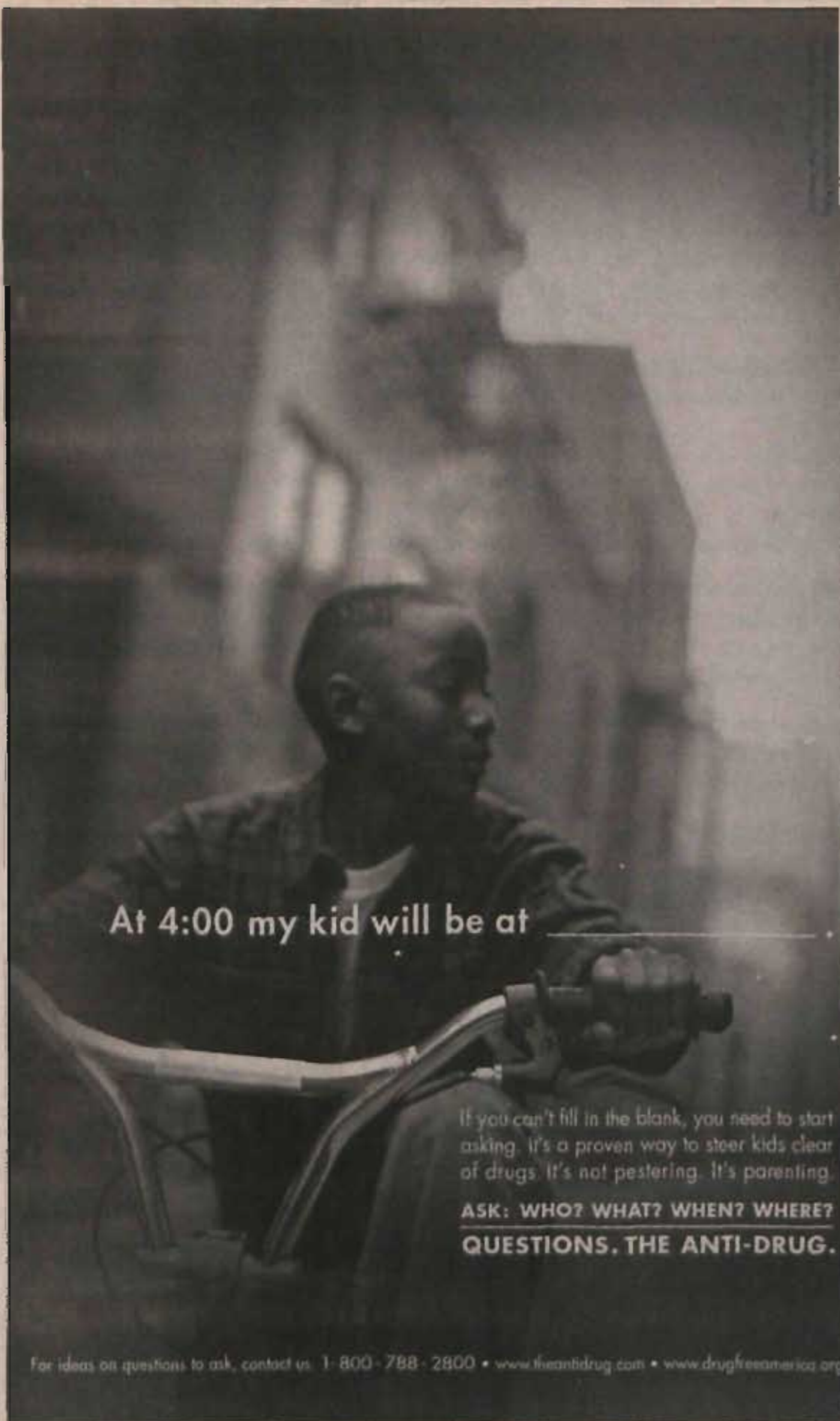
decision is from the court?" he said in a meeting last week with members of the National Newspaper Publishers Association.

Civil rights advocates hope it doesn't cause a domino effect between now and summer, when the Supreme Court is expected to announce its decision in Grutter v. Bollinger, the Michigan law school case and Gratz v. Bollinger, the undergraduate case.

The University of Michigan cases marks the first time the Supreme Court has considered the use of race in college admissions policies since 1978. That year, the court ruled in "University of California v. Bakke" that race can be a "plus" factor a college uses to admit students. That ruling also outlawed the use of fixed quotas.

John Payton, the lawyer from Wilmer, Cutler and Pickering who will defend the university's undergraduate admissions policy, says he is not worried about any impact from Virginia Tech's decision.

"There are a handful of schools that are for various reasons reexamining their admissions programs. But there is an enormous group, more than a hundred universities, that have filed amicus briefs [in support of our position], he says. "This doesn't change anything."

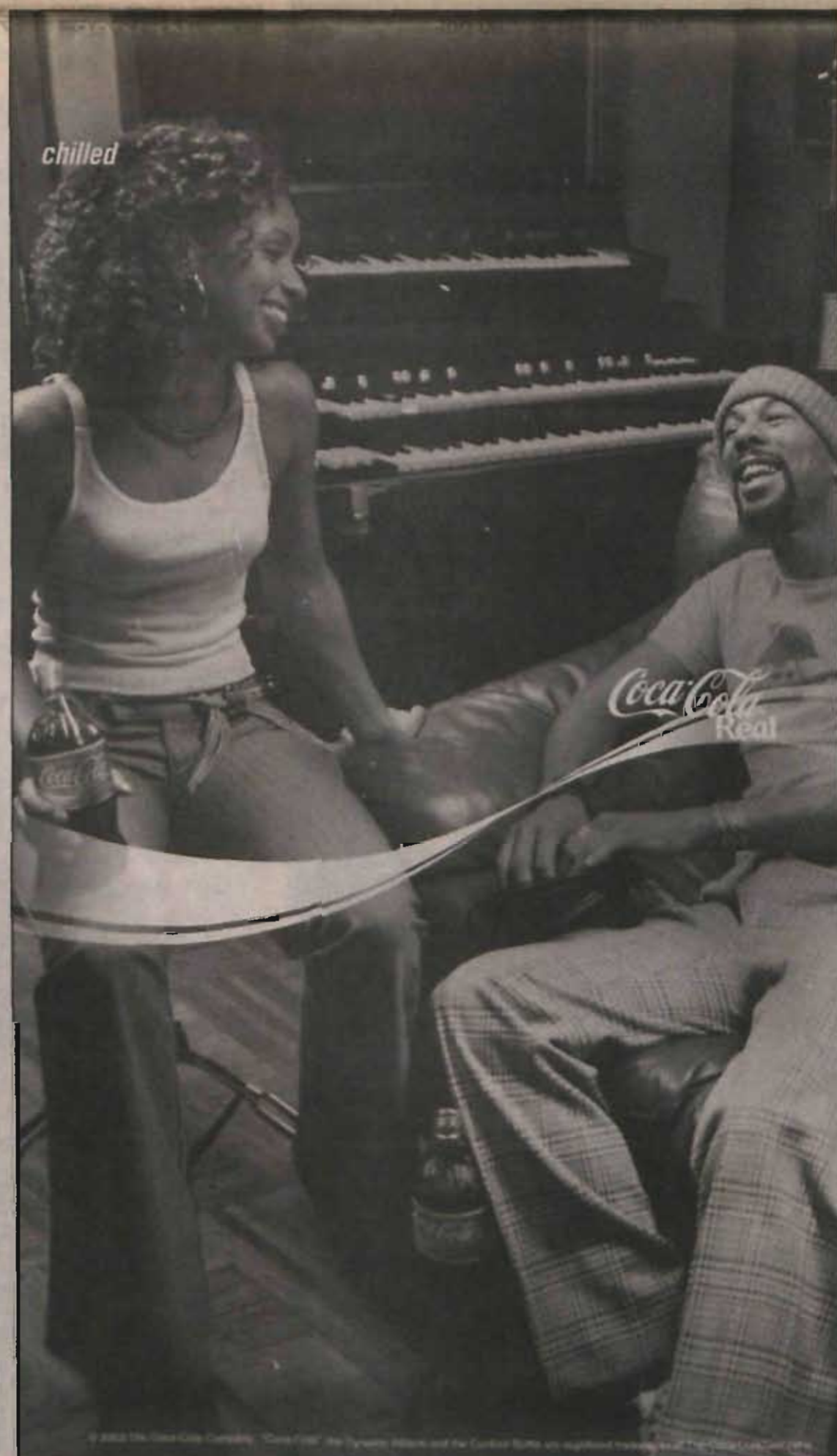


At 4:00 my kid will be at

If you can't fill in the blank, you need to start asking. It's a proven way to steer kids clear of drugs. It's not pestering. It's parenting.

ASK: WHO? WHAT? WHEN? WHERE? QUESTIONS. THE ANTI-DRUG.

For ideas on questions to ask, contact us: 1-800-788-2800 • www.freeantidrug.com • www.drugfreeamerica.org



chilled

Coca-Cola Real

Free Blood Pressure Screening
Each Monday from 10:00 a.m. to 3:00 p.m. at the Visitors Center, Medical City Dallas.

On-going
Diabetes Support Group meets at 7 p.m. the second Tuesday of the month at Medical City Hospital, 7777 Forest Lane, Building A, 12th-floor classroom. Call 214.788.6175.

Diabetic Support Group meets at 1 p.m. the third Monday of the month at Maurice Barnett Geriatric Wellness Center, Plano Senior Center, 401 W. 16th St. Call 972.941.7335

Walks/Runs

April 4 and 5
American Cancer Society's Relay For Life, 7 p.m. to 7 a.m. at PC Cobb Stadium. Call 214.421.1680.

April 5
2003 Bank One MS Walk in Plano - National Multiple Sclerosis Society
Start and finish at Plano West Senior High (corner of Parker and Willow Bend). Free parking in the West parking lot of the school, with volunteers guiding the traffic. The route leads through Willow Bend and is open to walkers, roller-bladers, runners and pets. There are 2 routes, a 5k and a 5-mile option. Join us for music, free food and drinks, 2-bounce houses, caricature artist, balloon giveaway, raffle, face painting, police cars, and fire trucks. For more information contact Marie Hoke-214-373-1400.

Registration begins at 7:30 a.m. Walk begins at 8:00 a.m. Register online at www.mswalkonline.org

April 11 and 12
Relay For Life for the American Cancer Society, beginning 6 p.m. on the 11th and finishing the morning of April 12, at Eastfield Community College, Mesquite. Walk or run, or just join us to raise money for cancer research and awareness. This is not a race...just an opportunity for friends, family and co-workers to get together for the sake of honoring those who have had or currently have cancer. Wheelchairs are welcome too. Bring your tents, sleeping bags, food, and walking shoes. To organize or join a team, call Debbie Durden at 972-860-7180, or send an e-mail to ddurden@decccd.edu. Don't delay, teams are filling up fast!

April 25 and 26
Relay For Life for the American Cancer Society 7 p.m. - 7 a.m. at the Plano Family YMCA. A fun-filled overnight event designed to celebrate survivorship and raise money for research and programs of the American Cancer Society. Teams of about 10 will take turns walking or running laps. The Relay begins with the Survivor's Lap where all survivors are invited to join each other around the track. The event also includes a touching lighting of luminaries in memory or honor of a loved one; entertainment; food; community camaraderie and 12 hours of fun! Relay For Life represents the hope that those lost to cancer will never be forgotten, that those who face cancer will be supported, and that one day, cancer will be eliminated. Contact: Sherry Koven, event chair, sbkoven@attbi.com, 972.625.8199

Keller Springs Baptist Church

Pastor and Family Third Year Anniversary Celebration
for
Pastor Larry J. and Sister Ruby Sanders
Friday

April 4, 2003 at 7:00 pm

Gospel Musicians featured:

The Keller Springs Baptist Church Choir
The First Baptist Church of Hamilton Park Choir
The GoldenGate Missionary Baptist Church Choir

Sunday April 6, 2003

Guest Ministers:

10:30 am - Dr. Wright Lassiter, President of El Centro College

3:00 pm - Pastor Anthony Sharp, Sr. and the Tabernacle of Praise Church from Dallas, TX.

Keller Springs Baptist Church
3227 Keller Springs Rd
Carrollton, TX 75006

For More Information
972-735-8077

serve va: to assist or benefit others

GROUP & INDIVIDUAL HEALTH INSURANCE

Our people are here to assist you. Let us help solve and answer your health coverage problems and questions. Call for more details.



Kelly Bender, CSA
Certified Senior Advisor
K.F. Bender And Associates
Insurance And Financial Services
214.467.0400

Presenting
Quality
Solutions
Since
1988



BlueCross BlueShield of Texas
REDEFINING HEALTHCARE

A Division of Health Care Service Corporation a Mutual Legal Reserve Company an Independent Licensee of the BlueCross and BlueShield Association.

DEPRESSED AGAIN?

The Department of Psychiatry at the University of Texas Southwestern Medical Center of Dallas is conducting research sponsored by the National Institute of Mental Health on cognitive therapy for depression. **Treatment is free.** The symptoms of depression include:

- Depressed or sad mood
- Loss of interest in activities
- Difficulty sleeping or sleeping too much
- Feeling slowed down
- Feeling tired or having low energy
- Feeling guilty or worthless
- Changes in weight or appetite
- Difficulty concentrating

If you have experienced these symptoms more than once in your life, are drug free and not currently in psychiatric treatment, please call the Psychosocial Research and Depression Clinic at 214-648-5351.

SOUTHWESTERN

A Better Way To Save.

Preferred

Dr Pepper, 7 Up or Sunkist 24 Pack, 12 oz. Cans Assorted Varieties Limit 2

3.99 each

WITH PREFERRED CARD

Carton Marlboro Cigarettes Assorted **25.99** each

Assorted Gatorade Sport Drink 32 oz. Limit 4 **BUY 1, GET 1 FREE!**

General Mills Cereal **BUY 1, GET 1 FREE!**

Music Mountain Spring Water 24 Pack, 16.9 oz. Limit 2 **BUY 1, GET 1 FREE!**

Campbell's Chunky Soup 18.8 oz., Assorted Limit 4 **BUY 1, GET 1 FREE!**

Croissant, Lean or Hot Pockets 9 oz., Assorted Limit 8 **BUY 1, GET 1 FREE!**

Oscar Mayer Fun Pack Lunchables 11.1-13.1 oz. Assorted **BUY 1, GET 1 FREE!**

Prices Effective March 26 through April 1, 2003

New! Exclusively At Albertsons

essensia Vegetables Entrees or Desserts 16-40 oz. Assorted Frozen Varieties **20% Off**

More BUY ONE GET ONE FREE! Values!

Honey Mesquite Turkey Breast In The Service Deli **BUY 1, GET 1 FREE!**

Jell-O Pudding or Gelatin Snacks 6 Pack, 4 oz. Assorted **BUY 1, GET 1 FREE!**

Kraft American Singles 16 oz. Package **BUY 1, GET 1 FREE!**

Imperial Spread 1 lb. Soft Tub **BUY 1, GET 1 FREE!**

Pillsbury Cake Mix 18.9-18.25 oz. Assorted **BUY 1, GET 1 FREE!**

Mini Muffins 12 Count Assorted **BUY 1, GET 1 FREE!**

Adhesive Bandages 10-12, Assorted **BUY 1, GET 1 FREE!**

Assorted Sunblock **BUY 1, GET 1 FREE!**

INTERNATIONAL DELI FAVORITES - GUARANTEED QUALITY

Oscar Mayer Chopped Ham, Meat Wonders or Smoked White Turkey, 16 oz. **BUY 1, GET 1 FREE!**

Simply Potatoes Potato Products Assorted **BUY 1, GET 1 FREE!**

Mission Flour Tortillas 8 1/2", 10", 12" **BUY 1, GET 1 FREE!**

Good Day Sliced Ham 7-8 oz. **BUY 1, GET 1 FREE!**

Kraft Snack Cheese 6 oz. Assorted Varieties **BUY 1, GET 1 FREE!**

Albertsons

PRICES EFFECTIVE: March 26 through April 1, 2003.
Prices Good At The Below Albertsons Store Locations:
DFW, DENTON

Great Meals Start Here!

In The Butcher Block

Boneless, Skinless Chicken Breast

John Morrell Boneless Pork Loin

85% Extra Lean Ground Beef

Your Choice 1.88 lb.

Country Music Star Kenny Chesney On Stage Smirnoff Music Center Friday April 4th

Born in 1968 in Knoxville, TN, Kenny Chesney was raised in Luttrell, the home of Chet Atkins. However, country music never played a big part in his youth; in fact, Chesney plays in an uptempo, mainstream rock-influenced style. Country became his love when he heard Merle Haggard's "That's the Way Love Goes" on the car radio while driving home from East Tennessee State (where he received a marketing degree). Read More Born in 1968 in Knoxville, TN, Kenny Chesney was raised in Luttrell, the home of Chet Atkins. However, country music never played a big part in his youth; in fact, Chesney plays in an uptempo, mainstream rock-influenced style. Country became his love when he heard Merle Haggard's "That's the Way Love Goes" on the car radio while driving home from East Tennessee State (where he



began practicing his guitar up to seven hours per day and gigged around campus. After graduation, Chesney moved to Nashville to make it in the country music business. Associating himself with the New Traditionalists, he signed a writing

contract with Acuff-Rose, which got his foot in the door for a deal with Capricorn Records. His debut, *My Wildest Dreams*, appeared in late 1993 followed by *All I Need to Know* in 1995 and *Me & You* in 1996. Chesney's prolific tradition continued in 1997 with *I Will Stand* and resumed two years later with *Everywhere We Go*, which generated the smash "You Had Me from Hello." BMG Entertainment pulled together all of Chesney's favorites for his Greatest Hits CD in late 2000. The album was certified double platinum in early 2002, just prior to Chesney making another musical splash. His first album since 1999's *Everywhere We Go*, Chesney issued *No Shirt, No Shoes, No Problem* in April 2002. He also joined fellow musicians such as Alan Jackson, Lonestar, Willie Nelson and Trace Adkins for *Sharp Dressed Men: A Tribute to ZZ Top*.

On Stage At NextStage At Grand Prairie This Sunday March 30th



The name A.R. Rahman needs no introduction. The man who redefined contemporary Indian music and is the pride of the entire nation and an idol for millions all over the world needs no preamble. But if you happen to be one, still among the few unfortunate souls, who are a stranger to him and his heavenly music, then read on.

The year was 1991. Ace Tamil movie director Mani Ratnam was on the lookout for a new composer to give music for his films. His long standing fruitful association with the

doyen of Tamil film music Ilaiyaraaja, which had spanned over 10 films and as many years had come to an end when the two had had a fallout after the latter reportedly made some sarcastic comments during the making of Mani Ratnam's then latest film 'Dilapathi'. One day, at an awards function for excellence in the field of advertising, Mani Ratnam chanced upon a young man who received the award for the best ad jingle which he had composed for the

popular Leo Coffee ad. At the celebrations party that followed the awards presentation ceremony, Mani Ratnam was introduced to the young composer by his cousin Sharada Trikol of Trish Productions for whose company the young man had produced some outstanding work. Sharada had words of high praise for the young composer. Mani was curious and requested him for a sample of his wares. The composer

A.R. Rahman page 9

Public Meetings

The Regional Transportation Council of the North Central Texas Council of Governments welcomes the public to the following meetings:

Monday, March 31, 2003, 6:30 p.m.
Bachman Recreation Center
2750 Bachman Drive, Dallas, Texas 75220

Tuesday, April 1, 2003, 4:30 p.m.
Intermodal Transportation Center
1001 Jones Street, Fort Worth, Texas 76102

Wednesday, April 2, 2003, 7:00 p.m.
Carrollton City Hall
1945 E. Jackson Road, Carrollton, Texas 75006

Topics:

Transportation Funding - Short-term Projects - Amendments to the Transportation Improvement Program for projects in the years 2003-2006. (Fort Worth Transportation Authority - Fiscal Year 2003 program of projects will be presented at the Tuesday, April 1 meeting only.)

Blueprint for the Future - An overview of Mobility 2030: The Metropolitan Transportation Plan will be presented. The MTP is a multi-modal blueprint for transportation systems and services aimed at meeting the mobility needs of the Dallas-Fort Worth Metropolitan Area.

Transportation Partnership Programs - Issues surrounding the staging of projects through planning, development, funding and implementation will be discussed. Participants will be encouraged to take part in dialogue about how to expedite regional projects. Roadway projects will be shown.

NCTCOG's Unified Planning Work Program - The UPWP serves as a guide for the transportation and air quality planning activities. Proposed modifications to the 2002-2003 UPWP and the development of the 2003-2004 UPWP will be discussed.

For special accommodations due to a disability or for additional information, please call Jaime Walker at 617-695-9247. Reasonable accommodations will be made. Spanish translation available. La traducción española disponible.

Legal Notices

Fax or Email copy for quote.
Fax 972-509-9058
Email: opportunity@monthegazette.com

Advertisements for Bids/Proposals

Order and Right Tender is requesting sealed bids or proposals for the items listed below. Copies of solicitations can be downloaded from our web site at GAR.org. Pre-bid or pre-proposal conferences may be held, the date and time of which shall be specified in the solicitation document. GAR reserves the right to reject any or all offers and to select any or all information. For additional information, call our GAR Vendor Service Center at 214-749-2701.

Bid #P-1005960 - Bridge and Tunnel Inspection, Island
4-21-03; prebid conf. date 5-27-03 10:00 a.m.; bid 5-29-03.



Career Opportunities

Contact Ms. Janice Deans

to advertise in our career opportunity section 972-509-9149

LEWISVILLE City Of Lewisville

Police Officer

(TCLEOSE Certified Preferred)

MQ's At least 21 yrs of age; HS diploma or GED with 12 hours of college with a 2.0 GPA on a 4.0 scale or 2 years of active military service with honorable discharge; driving record in compliance w/City policy; vision correctable to 20/20 binocular; ability to distinguish between red, green, and yellow; ability to successfully pass written exam, validated physical agility test, video assessment, background investigation, post-offer physical, psychological and drug test
ANNUAL SALARY: \$38,156 (increasing to \$40,094 after completion of the FTO program) + Comp. Benefits Package. **Written Exam** will be given on 2/21/03, 3/28/2003, 4/25/2003, 5/30/2003. **APPLY:** City Of Lewisville; Human Resources Department; 1197 W. Main; Lewisville, TX 75067 E.O.E.

(972) 219-3450

www.cityoflewisville.com

Fax or Email copy for quote:
Fax: 972-509-9058;
Email: opportunity@monthegazette.com

We are currently looking for
Photographer Interns.
If you have Photo Journalism experience or excellent photography skills, please email or fax your resume to:

Attn: Jacqueline

Perry Williams
Email: editor@monthegazette.com
Fax: 972-516-4197
Phone: 972-516-4191

Interns will be paid per assignment.

Power Up For Style, Economy and Innovation With The 2003 Civic Hybrid



Honda's newly developed Civic Hybrid offers a roomy 5-passenger sedan, and if you're concerned about your gas dollars, this car can get you 50 mpg. The heart of the Hybrid's system is a new 1.3 liter i-DSI 4 engine and the transmission. When braking or decelerating, energy is recaptured by the electric motor and stored in the battery for later use, creating a hybrid system. Stored energy is directed to the high-torque electric motor when accelerating, supplementing the engine's performance. The Hybrid's electrical system is self-sustaining, and never needs to be

plugged in for recharging. And a new cooling system combines two fans into one while consuming 85 percent less energy to cool both the battery and the PCU, achieving a 32 percent weight reduction, and a 20 percent volume reduction for the cooling system.

To make the interior feel larger than previous Civic models, the engineers pushed the A-pillar forward, and integrated a unique flat floor design, creating additional back seat foot room, producing the largest Civic interior ever. The Civic Hybrid is stylish and luxurious, with premium fabric seating surfaces, and a unique two-tone interior with

a graphite black upper dash and beige lower dash. The vehicle's gauges and readouts are unique, with comprehensive IMA readouts, including a battery power indicator. Silver trimmed center panel around the radio and climate controls, chrome appearance trim around the gear selector, automatic climate control, IMA cooling intake opening on rear window deck add to Hybrid's style and charm. High Power AM/FM CD player with 4-speaker system, variable intermittent wipers, cruise control, power windows with auto driver down feature, and keyless entry make this compact sedan a hard one to ignore.

And when safety is factored in, it's easy to see why this is the best-selling compact car in America. The 2003 Civic Hybrid is amongst the safest cars, with the anticipated National Highway Traffic Safety Administration scores expected to meet five-star standards for frontal crash performance. Also featured for safety are the dual pretensioners on the front seatbelts, three-point seatbelts for all five occupants, and side air bags with a cut off system that detects a child or occupant out of position.

ALL GOOD THINGS MUST COME TO AN END... Even These Scratch Games!

These Games will close on April 30, 2003. You have until October 27, 2003 to redeem any winning tickets for these games.

Diamond Dollars
Game #212 (\$2)
Overall Odds are 1 in 4.77

WITCH'S RICHES
Game #314 (\$1)
Overall Odds are 1 in 4.71

TREASURES UNDER THE TREE
Game #316 (\$3)
Overall Odds are 1 in 3.19

STARS & STRIPES
Game #318 (\$1)
Overall Odds are 1 in 4.87

PAY ME!
Game #321 (\$1)
Overall Odds are 1 in 4.77

SUPER LUCKY
Game #328 (\$1)
Overall Odds are 1 in 3.19

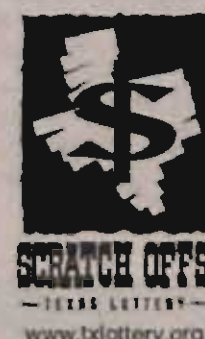
WINNER WONDERLAND
Game #358 (\$1)
Overall Odds are 1 in 4.79

CROSSWORD
Game #365 (\$3)
Overall Odds are 1 in 3.12

SPIN & WIN
Game #714 (\$2)
Overall Odds are 1 in 4.34

SPICY HOT CASH
Game #716 (\$2)
Overall Odds are 1 in 4.48

You can claim prizes of up to \$599 at any Texas Lottery retailer. Prizes of \$600 or more are redeemable at any one of the 22 Texas Lottery Claim Centers or by mail.



Questions?
Call the Texas Lottery Customer Service Line at 1-800-37-LOTTO (1-800-375-6886).

*The odds listed here are the overall odds of winning any prize in a game, including break-even prizes. NOTICE: A Scratch Off game may continue to be sold even when all the top prizes have been claimed. For current information on prizes remaining in a Scratch Off game, call 1-800-37-LOTTO. Must be 18 years or older to purchase a ticket. ©2003 Texas Lottery Commission. All Rights Reserved.

CITY OF PLANO, TEXAS

Plano
POLICE HOTLINE (972) 941-7299
FIRE HOTLINE (972) 941-7402
24 HOUR CAREER INFORMATION HOTLINE (972) 941-7116
Home Page: www.planotx.org
FAX (972) 941-7299
AA / EOE / ADA

MON-The Gazette

MON-The Gazette is looking for community writers and reporters. Pay on a contract basis or by the hour. Email your resume to editor@monthegazette.com or fax to 972-516-4197. Leave a message at 972-606-3890.



GARLAND FIRE DEPARTMENT DO YOU WANT A JOB OR A CAREER?



The Garland Fire Department is looking for men and women interested in a career as a firefighter/paramedic. You must be between the ages of 18 and 35 with a high school diploma or GED. Starting salary is over \$36,000. Visit our website at www.garlandfire.com or call our Recruiter at 972-205-2976 for more information about this very exciting, challenging and rewarding career.

A CAREER FOR LIFE

Arts & Entertainment

Buena Vista Social Club presents Ibrahim Ferrer



Ibrahim Ferrer was born at a social club dance in Santiago, 1927. He began singing professionally in 1941 with local Santiago groups, and, over the next 50 years, he established himself as a leader in Cuban music. He worked with many bands over the years, including Pacho Alonso's group, later known as Los Bocuños, with which he stayed for over 20 years. In the 1970s, the group pioneered the polón rhythm, which was reputedly based on the sound of pounding the coffee beans.

One of the remarkable number of vintage Cuban musicians who has been supported on a small state pension, Ferrer supplemented

by the hard earned money that he received by shining shoes. When, in the late 1990s, he was approached to join in the creation of the Afro-Cuban All Stars CD, A Toda Cuba Le Gusta, Ferrer commented, "An angel came and picked me up and said, 'Chico, come and do this record.' I didn't want to do it, because I had given up on music. But now I have my own record, my first one ever, so I'm very happy. I don't have to shine shoes anymore."

The seventy-two year old singer had completely retired from singing in the early 1990's until record producers Ry Cooder, Nick Gold and Cuban band leader Juan de Marco Gonzalez rediscovered him during the making of the 1999 documentary The Buena Vista Social Club. He and other stars of the film have since become international sensations. In 1999, Ferrer released his solo album, Buena Vista Social Club Presents Ibrahim Ferrer and, in 2000, at the age of 72, Ibrahim Ferrer was awarded the Latin Grammy® as "Best New Artist." The win was hailed as a victory for Cuban traditional music. Tickets on sale now 817-212-4280.

A.R. Rahman page 8

readily complied and invited the director over to his studio. Mani Ratnam turned up at the studio only after six months, where the 24 year old lad played out a tune that he had been pushed into composing by his school friend G.Bharat alias Bala when they both had been greatly disturbed by the socio-political tensions in South India over the Cauvery river waters issue. Listening to the tune that was played, Mani was hooked instantly. Without a second thought he

signed on the composer to score the music for his next film. That film did not work out but Mani signed him on for a new film which was to be produced by the veteran Tamil director K.Balachander for his respected 'Kavithalayas' banner. That film was 'Roja'. That tune would become the song "Tamizha Tamizha" in 'Roja'. The music of the film would be a phenomenal success that would revolutionise modern day Indian film music. The name of the 25-year old composer was A. R. Rahman. And the rest, as they say, is history.

Dallas Summer Musical

3/29	7:30 PM	Margaret Cho	The Majestic Theatre
3/29	7:30 PM	TTTAS Corn. Perf. Gala	Music Hall
3/29	10:30 PM	Margaret Cho	The Majestic Theatre
3/30	7:30 PM	Ellen DeGeneres	The Majestic Theatre
4/17	8:00 PM	Love on layaway	The Majestic Theatre
4/18	8:00 PM	Love on layaway	The Majestic Theatre
4/19	3:00 PM	Love on layaway	The Majestic Theatre
4/19	8:00 PM	Love on layaway	The Majestic Theatre
4/20	3:00 PM	Love on layaway	The Majestic Theatre
4/20	7:30 PM	Love on layaway	The Majestic Theatre

BASS Performance Hall April 2003 Events

Cinderella Friday April 4, 2003 8:00 pm Saturday April 5, 2003 8:00 pm Sunday April 6, 2003 2:00 pm Bruce Wood Monday April 7, 2003 8:00 pm Evgeny Kissin Wednesday April 9, 2003 8:00 pm Davis Gaines Thursday April 10, 2003 8:00 pm Friday April 11, 2003 8:00 pm Saturday April 12, 2003 8:00 pm Sunday April 13, 2003 2:00 pm Ibrahim Ferrer Monday April 14, 2003 8:00 pm	Bring In 'Da Noise Bring In 'Da Funk Tuesday April 15, 2003 8:00 pm Wednesday April 16, 2003 8:00 pm Thursday April 17, 2003 8:00 pm Friday April 18, 2003 8:00 pm Saturday April 19, 2003 2:00 pm / 8:00 pm Sunday April 20, 2003 2:00 pm / 7:30 pm Antonio Pompa-Baldi Friday April 25, 2003 8:00 pm Saturday April 26, 2003 8:00 pm Sunday April 27, 2003 2:00 pm Vocal Majority Spring Concert Sunday April 27, 2003 7:30 pm Olga Borodina - Mezzo - Soprano Wednesday April 30, 2003 8:00 pm
--	---

N^{Know} & Atlanta Bread Bakery Cafe' presents

The VIP Jazz Friday Night Mixer March 28th Vip Reception

14060 Dallas Parkway
Dallas, Tx 75240
Phone: 972-490-8999
Located on the East corner of Spring Valley
and Dallas Parkway Toll Road
Win Weekly Door Prizes
For more information call Janet at 972-490-8999

NEXTSTAGE at Grand Prairie

On Stage at Next Stage

James Brown - Seven Decades of Funk March 28	April 23 Gipsy Kings May 16
The Doors 21st Century March 29	Norah Jones July 23
Spring Mania- Unity of Light March 30	George Lopez July 26
Tori Amos	David Gray August 5

American Airlines Center March 2003

Disney on Ice - April 2, 2003

Ultimate Fighting Championship
- April 25, 2003

Miami Fight Night - March 29, 2003

214-665-4797* / TDD: 214-665-4702
Ticketmaster: 972-647-5700
TDD: 800-755-6244
Group Sales: 214-665-4269

SMIRNOFF MUSIC CENTRE

April-July 2002

Ticketmaster - 972-647-5700

Kenny Chesney April 4	Peter Gabriel June 11
Jimmy Buffet April 22	Red Hot Chili Peppers June 16
James Taylor May 15	Ozzfest June 29
Pearl Jam June 9	Alabama July 18

Head of State



Chris Rock makes his directorial debut (he also co-wrote the screenplay) and stars as Mays Gilliam, a local Washington, D.C., alderman who's picked by the Democratic party to run for president

when their candidate dies unexpectedly during the campaign. As Mays warms to the idea, he chooses his clueless brother (Bernie Mac) to be his running mate, while his ex-girlfriend (Robin Givens) wants him back, with eyes on becoming the first lady.

Starts March 28, 2003

The Core



For inexplicable reasons, the Earth's core has stopped spinning, which throws the world's electromagnetic field all out of whack, leading to massive global catastrophes. It might even result in (get this) a

complete planetary collapse. The only hope is a group of "terranauts," led by a geophysics professor (Aaron Eckhart), and their experimental deep-Earth ship, piloted by Hilary Swank.

Starts March 28, 2003

Store Management Opportunities

Hobby Lobby is a leader in the Arts & Crafts industry with over 300 stores located in 26 states.

Candidates must have previous retail store management experience in:

- supermarket chain
- craft chain
- mass merchant
- drug chain
- building supply chain

Benefits include:

- All Stores Closed on Sunday
- Competitive Salaries
- Paid Vacations
- 401K Plan
- Medical/Dental
- Life Insurance
- Merchandise Discount
- Flex Spending Plan

Qualified candidates who are self-motivated and top performers must apply online.

www.hobbylobby.com

HOBBY
LOBBY

Community First Television/ Texas Publishers Association Presents In Concert



Carylton Traylor

BTM Voices of Power
Genesis, Barbara Tucker, Martha Tilley

Friday April 11, 2003

7:00- 9:00pm

East Texas Heritage Building

1900 Bellwood Rd.-Tyler, TX

Tickets \$8.00 pre-sale/ \$10.00 at the Door

Tickets available at:

M and M Record Shop
1114 West Bow Tyler, Texas
(903) 592-6010

T & T Lewis Texaco
903 W. Martin Luther King Jr.
Blvd. Tyler, Texas
(903) 535-9551

Preferred for good reason.

If you see a bigger future for your business, you have good reason to count on Compass. As a Preferred SBA Lender in Texas, Compass can

expedite your SBA application to help you get a faster response. So when you need long-term financing, our SBA specialists are ready to help.

Compass Bank
Where there's Compass, there's a way.

Call 1-888-273-LEND



Sister Tarpley

A friend sent this to me, I think, especially in these days; it's an important message . . .

Michael is the kind of guy that is always in a good mood with something positive to say. When ask how he is doing, he would reply, "If I were any better, I would be twins!"

He was also a natural motivator. If someone were having a bad day, he would tell him or her to look on the

positive side of the situation.

Seeing this style made me curious; one day I asked Michael, "I don't get it! You can't be a positive person all of the time, how do you do it?" He said, "Each morning I wake up and say to myself, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood. My choice is to be in a good mood. Each time something bad

happens, I can choose to be a victim or I can choose to learn from it. My choice is to learn something. When someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. My choice is the positive side of life. Life is all about choices. When you cut away all the junk, every situation is a choice. It's your choice how you react to situations. You choose how people affect your mood. You choose to be in a good or a bad mood. The bottom line: It's your choice how you live your life. I reflected on what Michael said.

I often thought about Michael when I started my own business. I made positive choices about life instead of reacting to it. Several years later, Michael was involved in an accident, falling some 60 feet from a communications tower. After 18 hours of surgery and weeks of intensive care, Michael was released from the hospital with rods placed in his back. I asked him what was going through his mind as the accident took place. He said, "The well-being of my soon to be born daughter was the first thing, then I remembered that I had two choices; I could choose to live or I could choose to die. I choose to live."

Michael continued, "...the paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes I read, 'He's a dead man.' I knew I needed to take action.

A big burly nurse asked me if I was allergic to anything. "Yes, I replied." The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, "Gravity."

I learned from Michael that every day we have the choice to live fully. Attitude, after all, is everything.

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough troubles of its own." Just think, today is the tomorrow you worried about yesterday.

Thought for the week: He that diligently seeketh good procureth favor; but he that seeketh mischief, it shall come unto him. - Proverbs 11:27

Email: starpley@wt.net
Pager: 214-833-1639
Voice Mail: 972-606-3878
Fax: 972-516-4197

Let MON-The Gazette help your church accomplish the Prayer of John, "Enlarge our territory to expand opportunities that may impact in such a way that we touch more lives for God's glory. Let us do more for Him."

Church Happenings Page 6

NORTH DALLAS COMMUNITY BIBLE FELLOWSHIP

March 28-30

Single Adult Conference- Single Adult Ministry has planned a spirit-filled weekend of great praise and worship, anointed speakers, inspired topics and Christian fellowship

Keynote Speaker- Pastor Leroy Armstrong
(No refunds after this date after March 9th Deadline)

For more information, visit www.ndcbf.org or contact Ruby Haynes at 972-392-2231 or Stephanie O'Neal at 972-732-9200.

North Dallas Community Bible Fellowship
Leslie W. Smith, Pastor
1020 S. Sherman St.
Richardson, TX 75081

SHILOH MISSIONARY BAPTIST CHURCH

Every 1st & 3rd Tuesday, 7:15 p.m.-8:15 p.m.

The Singles Ministry of Shiloh Baptist Church is sponsoring a single's fellowship, providing positive life enrichment opportunities, support, and interaction with other singles within the context of the Christian Faith.

Light refreshments served.

For more information, contact Minister Daniel Shaw at 972-291-0449 or email lakeith75104@yahoo.com.

April 4-5, 7:30p.m.- 8:00 a.m.
2003 Youth Lock-In- Back by popular demand! "Live at Shiloh" Gospel Talent Show

Shiloh Baptist Church
Isiah Joshua, Jr., Pastor
920 E. 14th St.
Plano, TX 75074

ST. LUKE UNITED METHODIST CHURCH

March 27-28, 7:00 p.m.

March 29, 10:00 a.m.

Annual Music Workshop -Presented by the Music Ministry

Guest-Minister V. Michael McKay, clinician, conductor, songwriter, and author. His music includes songs such as Through the Storm, The Battle is the Lord's, The Potter Wants to Put You Back Together Again

Registration- \$10, Adults; \$5, Youth

All sessions will be held in the main sanctuary. For more information, please call Monya Logan at 214-821-2970 or 214-887-3902

St. Luke AgCommunityAh United Methodist Church
Tyrone D. Gordon, Senior Pastor
5710 East R.L. Thornton Freeway (I-30 East)
Dallas, TX 75223

ST. MARK BAPTIST CHURCH

March 28, 7:30 p.m.

WomenAfs Fellowship Chat

March 30, 6:30 p.m.

Senior Addresses-Ms. Mishka Boyd, Speaker

St. Mark Baptist Church
Roosevelt Griffin, Pastor
601 Rowlett Rd.
Garland, TX 75043

ST. MARK BAPTIST CHURCH

March 30, 5:00 p.m.

Leadership Training Seminar

For more information, call 972-542-6178

April 5, 10:00 a.m. - 2:00 p.m.
Community Blood Drive

For more information, contact Vanessa Wilson at 972-542-6178.

St. Mark Baptist Church
Charles W. Watley, Senior Pastor
1308 Wilcox
McKinney, TX 75069

Friendship Baptist Church

Dr. C. Paul McBride, Pastor



Schedule of Services:

Sunday

Early Morning Worship 8:00 a.m.

Sunday School Classes 9:30 a.m.

Morning Worship 11:00 a.m.

Evening Worship (1st Sunday) 6:00 p.m.

Tuesday

Early Bird Bible Study 6:00 p.m.

Wednesday

Morning Bible Study 9:30 a.m.

Prayer Meeting and 7:30 p.m.

Evening Bible Study

4396 Main Street

The Colony, Texas 75056

(972) 625-8186

website: www.fbc-online.net

"The Church with a Vision"

Saint Mark Missionary Baptist Church



1308 Wilcox Street, McKinney Tx
Pastor Charles S. Wattley



Sunday

Education Ministries... 9:30 a.m.
Worship Celebration... 11:00 a.m.
- Nursery Facilities Available -

Wednesday

Family Ministries... 7:00 p.m.

Friendly Fellowship with A Family Focus
For More Information Call
972.542.6178

www.saintmarkbc.com

stmarkmissionary@aol.com

Shiloh Missionary Baptist Church

920 E. 14th Street Plano, TX

Pastor Isiah Joshua, Jr.



Sunday Worship Services 8AM & 11AM

Monday 7PM Youth, Brotherhood, Mission & Young Adult Ministries
Tuesday 7PM Bible Study & Men's Choir
Wednesday 7PM Mid-Week Service
Thursday 7PM Mass Choir

For more information call (972) 423-6695
www.shilohbaptistchurch.org

Feel Better Now.

KHVN

HEAVEN 97 AM

Uplifting, Inspirational Music

New Mt. Zion Baptist Church of Dallas

Sunday Service

Morning Worship
7:30 am & 10:30 am
9:00 am Sunday School

Wednesday Service

Prayer Meeting 7:00 pm
Brotherhood 7:00 pm
Missions 7:00 pm
Singles Group 7:00 pm
Bible Study 7:45 pm



Pastor Robert E. Price

A Praying Church Family "Watchmen on the Walls"

214-341-6459 (Phone) • 214-342-8403 (Fax)
9550 Shepard Road
Dallas, TX 75243

www.nmzb.org (Website) • newmzbc@aol.com (Email)



St. John Baptist Church

1701 W. Jefferson St., Grand Prairie, Texas 75051
2805 Market Loop, Suite 300, Southlake, Texas 76092
Denny D. Davis, Servant

One Church - Two Locations

Four Morning Worship Services

7:00 A.M. • 9:00 A.M. • 10:00 A.M. and 11:15 A.M.

Mt. Olive Church of Plano

A Church Called to Unite the Body of Christ
740 Ave. F #303
Plano, TX 75074

A Non-denominational Church for all Nations



Pastor Sam Fenceroy Minister Gloria Fenceroy

Standard Announcements

Sunday School9:30 AM
Worship Service10:45 AM
Men & Women Ministry..1st & 3rd Mondays 7:30-8:30 PM
Leadership Meeting.....2nd Mondays 7:30-8:30 PM
Marriage Enrichment & Singles Ministry
.....4th Mondays 7:30-8:30 PM
Deliverance from IssuesTuesdays 7:30-8:30 PM
Mid-Week ServiceWednesdays 7:15-8:30 PM
Youth Bible StudyWednesdays 7:15-8:30 PM

Radio Broadcast Station 1040AM-KGGR
M-F 10:25-10:30 AM

For More Information: (972) 633-5511
or E-Mail slfenceroy@aol.com