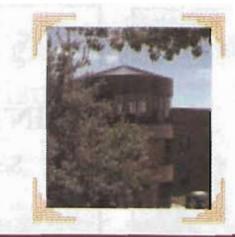
Chuck Davis & The African American Dance Ensemble

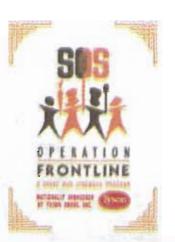
Page 5





Walkathon for Health and Hungerwas held at North Lake College in Irving, Texas

Page 3



Food banks low for holidays

Page 6

azette A Division of

Minority Opportunity News, Inc. SERVING PLANO, DALLAS, RICHARDSON, GARLAND, ALLEN, MCKINNEY AND MESQUITE

Volume X, Number XVI

"North Dallas' Weekly Paper of Choice"

Area postal inspector explains

November 14-21, 2001

On the Homefront:

The Plano Community Forum meetings are currently held on Thursday evenings from 7 p.m.-8:30 p.m. For more information, call 973-260-4208 or visit their website at www.planoci.org.

Plano Repertory Theatre (PRT) presents Schoolhouse Rock, Live!. The production will run November 15-December 9 at the ArtCentre Theatre located at 1028 15th Place in Historic Downtown

Plano. Performances are Thursdays at 7:30 p.m., Fridays and Saturdays at 8:15 p.m. and Sundays at 2:15 p.m. Note: There will not be a performance on Thanksgiving Day, Thursday, November 22. Tickets range from \$10-\$30 and can be purchased over the phone by calling the PRI box office at 972-422-7460.

Keep Plano Beautiful KPB; and the City of Plano, in partnership with The Home Depot, will host a special Texas Recycles Day event. to educate Plano citizens and businesses about how recycling positively impacts our air quality and local recycling opportunities. This program will take place on Saturday, November 17, 2001, from 10 a.m. to 2 p.m., at The Home Depot located at 1224'

North Central Expressivay (Highway 75 and 14th Street in Plano). KPB is looking for additional Texas Recycles Day sponsors! KPB would appreciate any donations to be presented as deor prizes. Pleasecontact Deb Bliss at 972-964-41 II for more information or to confirm your participation.

The Women's Division meets every 3rd Wednesday of each month for lunch at Glenteagles Country Club. Networking begins at 11:30 a.m. If you are interested in meeting other dynamic women and men doing business in and around Plano, please attend this. exciting luncheon. All Chamber members, guests and non-mem-

ber visitors are welcome. Reservations are required. Payment is expected in full at the luncheon. Call 977-424-7547 ton reservations and additional information. The next luncheon is November 21st

INSIDE

USPS' new mail security manual By: Anthony Jones

A recently implemented United States Postal Service measure." handbook highlights recommended security awareness related to biological and chemical threats (including anthrax) and mail bombs.

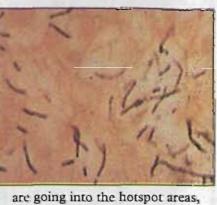
According to one postal official, security is extremely important to mail room operations both large and small. Lack of security can result in theft of supplies, postage, mail, and valuable information about your business contained in sensitive mail. reviewing mail center policies and procedures, the word is "prevention."

Kenny Smith, postal inspector for the Dallas area, explained there have been no instances of anthrax contamination in North Dallas or anywhere in Texas.

There has been nothing in the entire North Texas area," Smith added. "We (USPS) are

in the process now of testing our suspicious. mail facilities as a precautionary

Referring to the ultra-violet machines that sterilize mail, Smith explained, "the first eight



New York, New Jersey, Washington, D.C. and those

Smith said there have been no specific scares in the Plano or McKinney areas but he explained there have been more in East Texas where some short evacuations were called based on information that a parcel was

With 300,000 of pieces of mail passing through Dallas area post offices, Smith said he does have specific people to handle the calls. "We will answer any calls that come to the Dallas area."

The postal services new handbook addresses anthrax with the question: How likely is it that someone would receive a harmful biological or chemical agent in the mail?

The postal service delivers Disease approximately pieces of mail

year. Presently, there have been a relatively small number of suspected incidents of anthrax bacteria being sent through

During FY 1999 and FY 2000, there were approximately 178 anthrax threars received at courthouses, reproductive health service providers (clinics offering abortion services or counseling), churches, schools, and post offices. During FY 2001 we have had only approximately 60 threats or hoaxes, which included anthrax, hoof and mouth disease, the Kiingerman virus hoax, and

Chemical and biological weapons are sometimes referred to as the "poor man's nuclear weapons" and pose a significant threat in the post-Cold War environment. The relative low cost and simplicity of design and technology make them weapons of choice for a variety of rogue states and terrorist and non-state organizations. Although acts of chemical and biological terrorism have not been prevalent in the United States up to now, use of these weapons or the threat of their use are disruptive forces.

The Federal Bureau of Investigation (FBI) has been designated as the lead Federal Agency for crisis management in all acts of terrorism and uses or threats of harmful biological or chemical weapons.

The handbook also provides the following guidelines if a postal employee receives a suspected anthrax threat by mail:

o Do not handle the mail piece or package suspected of contamination.

o Notify your supervisor, who will immediately contact the Inspection Service, local police, safety office, or designated person.

o Make sure that damaged or suspicious packages are isolated and the immediate area cordoned off. o Ensure that all persons

who have touched the mail piece wash their hands with soap and water. o Notify your local law

enforcement authorities.

o List all persons who have

touched the letter and/or envelope. Include contact information and have this information available for the authorities. Provide the list to the Inspection Service.

o Place all items worn when in contact with the suspected mail piece in plastic bags and have them available for law enforcement agents.

o As soon as practical, shower with soap and water.

o Notify the Center for Control (CDC) billion Emergency Response at 770-488-7100 for answers

> any questions. Anthrax is a bacterial, zoonotic disease caused

by Bacillus Anthracis. Anthrax

domesticated and wild animals, including goats, sheep, cattle, horses, and deer.

The skin form of the disease may be contracted by handling contaminated hair, wool, hides, flesh, blood or excreta of infected animals and from manufactured products such as bone meal. Infection is introduced through scratches or abrasions of the skin, wounds, inhalation of spores, eating insufficiently cooked infected meat or from flies. The spores are very stable and may remain viable for many years in soil and water. They will resist sunlight for varying periods.

Symptoms include an incubation period of 1-7 days, the onset of inhalation anthrax is gradual. Possible symptoms include, fever, malaise, fatigue, cough, mild chest discomfort followed by severe respiratory

This mild illness can progress rapidly to respiratory distress and shock in 2-4 days followed by a range of more severe symptoms, including breathing difficulty and exhaustion. Death usually occurs within 24 hours of respiratory distress.

Anthrax is an acute bacterial infection of the skin, lungs, or gastrointestinal tract. Infection occurs most commonly via the skin.

Treatment with antibiotics beginning one day after exposure has been shown to provide significant protection against death in tests with monkeys, especially when combined with active immunization. Penicillin, doxycycline, ciproflaxin, are all effective against most strains of the disease. Penicillin is the drug of choice for naturally occurring anthrax. If untreated, inhaled anthrax is fatal.

A vaccine is available and consists of a series of 6 doses over 18 months with yearly boosters. This vaccine, while known to protect against anthrax acquired through the skin, is also believed to be effective against inhaled spores.

Plano Techs Honored

By Lakeesha Joe

Plano, a community that began its existence with most of its early settlers migrating from Kentucky and Tennessee in the early 1840's in the Republic of

Texas has grown into quite a city.

The City of Plano's General information reports indicates that the city has carned a national reputation as one of the best places in the country for employers to do business and for families to live and work. The city of Plano was also named the safest city in the United States based on the most recent Federal Bureau of Investigations crime statistics.

Now, amongst other things, Plano receives a first place honer from the Center for Digital Government's 2001 Dyour Cities Survey. The Center for Digital Government is a national research and advisory institute providing government and industry leiders with decision support, research and educational resources to help them effectively incorporate new technologies in the 21st Chury.

The Center for Digital Government is a business division of e.Republic, Inc., the parent company of Government Technology magazine and Government Technology Conferences (GTiC). The Center offers a series of unique programs covering the critical policv executive leadership and technology applications surrounding electronic permit ent. Its programs include Digital Government Navigator, Digital Education Navigator Custom Research and Reports the Dignal State Survey Digital Cities Survey and Best of the Web contest.

The 2001 Digital Cities Survey examined now city governments have progressed in adopting and utilizing digital technologies to improve the delivery of services to their citizens.

"The survey pevealed come exciting applications and a genuine desire to deliver local go mammat services to citizers," said Cathilea Robinett, Executive Director of the Center for Digital Government. "We are anxiett to support these local digital leaders by highinghing

their significant accomplishments Mayors, thief information officers and city managers at over 300 of the nation's cine, were levited to participate in the Digital Cities Survey. The survey grouped cities into three categories based on population: more than 250,000, 125,000 - 250,000, and 75,000 -125,000.

In a Population range of 125,000 - 250,000, Plano captured first place in the survey followed by Des Moines, Iswa; Mobil. Alabama; Hampton, Vinginia; and Salt Lake City, Uth

"We to extremely oleaned to receive in saward and tobe news nized by the Center for Digital Government," sait Plano City Manager Thomas H. Juehlenbeck. "It -cognizes the last several years of substanding work by our city employees to seek out and take advar tage of technolon We view t echnology as a tool to ir proce processes and reduce Oste

Flano's City Manager said that the city has a inplemented a number of technology solutions. such as incomated meter eacling that has given the city tremendous paybacks. The fary is also looking at many new opportunities as they foll out eComi nece initiati vs.

Plano's Decector Information Services, Chip Caplins, and Director of a Commerce, Murray Lohnston, were key in preparing the three 2001 Digital Cities Survey.
We preated our response to

this survey as an important project. and the entire Information Services Department was involved in milling the necessary information together in order to accumately reflect I lano's digital commitment, said A lurray Jahnston.

On the Homefront1
Community Spotlight2
Editorials3
Inspiration3
You & Your Money 4
Capitol Watch 4
Ethnic Notes5
Wellness5
On the Move 6
Strategy6
Arts & Ent7
A state Town 8

Discrimination, Violence and Fear MENLO PARK, Calif., PRNewswire - Most lesbians, more acceptance of gay people support), and measures to protect today than a few years ago, but against discrimination in employ-

gavs and bisexuals believe there is similar numbers also report that ment (76%) and housing (74%). they have experienced prejudice Equally large numbers support and discrimination based on their sexual orientation - including verbal abuse or physical violence according to a new national survey of self-identified lesbians, gays and bisexuals released today by the and social security benefits Kaiser Family Foundation. Although more than three

quarters (76%) of lesbians, gays and bisexuals believe there is greater acceptance today, roughly and discrimination, and about one third (32%) report that they have been the target of physical violence because someone believed they were gay. In addition, three out of four (7 4%) report being the victims of verbal abuse. About four in ten (41%) believe there is more violence directed towards lesbians and gays today than a few years ago (19 % say less), and simthey are "very" or "somewhat" worried that they may be physical-

ly assaulted or beaten by someone ho does not like gay people. General Public Also Sees ejudice, Supports Antiiscrimination Policies and omestic Partner Benefits A commion survey conducted by the oundation found similar views nong the general public: more ian three quarters (78%) believe at gay men and lesbians experiice at least some prejudice and scrimination - including more an half (57%) who say "a lot," nd 39% think there is more vionce toward gays and lesbians in is country today than a few years to. Majorities of the public suport policies to address such vionce and discrimination, includg federal legislation that would mandate increased penalties for ly).

those who commit so-called "hate crimes" based on prejudice toward gays and lesbians (73% extending certain rights and benefits to lesbian and gay domestic partners, including: inheritance rights (73%); employer-sponsored health insurance (70%); (68%). "Whatever one's views on the broader issues, it is alarming that one third of lesbians, gays and bisexuals report having been the target of violence because of equal numbers (74%) report that their sexual orientation," said they have experienced prejudice Drew Altman, Ph.D., president of the Kaiser Family Foundation.

Public More Divided on Family Policy Issues Over half (55%) of the general public opposes legally sanctioned gay and lesbian marriages; 39% support the policy, up from previous surveys conducted in 1998 (33%) and 1992 (27%). The public is less likely (42%) to oppose legally sanctioned gay and lesbian unions ilar numbers (39%) report that or partnerships, and more support (47%) than oppose such a policy. Roughly equal proportions of the public support (46%) and oppose (47%) adoption rights for gay and lesbian couples, and suppert for this policy has also increased in recent years (from 29% in 1994 and 36% in 1998). The public's mixed views on gay and lesbian parenting are further reflected in the fact that over half (56%) says that gay and lesbian couples can be just as good parents as heterosexual couples. Perhaps portending changing views in the future, the majority of 18- to 29-year-olds support gay and lesbian unions or partnerships (68%), marriage (60%) and adoption (55%), whereas those age 65 and older support such policies by much smaller margins (27%, 25% and 25%, respective-







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President Bush has taken the gloves off in his war against terrorism.

May he leave them off for unprecedented in their scope the duration of the current phase of the war _ and beyond if need be. Some analysts have taken to calling a Bush directive regarding the pursuit of the terrorist Osama bin Laden as an 'unprecedented" move.

Bush recently gave the Central Intelligence Agency the green light to take out bin Laden, a move that on the surface runs counter to a longstanding executive order banning the assassination of political enemies of the United States.

Sept. 11, however, were equally tial palace in Baghdad.

and heinousness. They were acts of war against the United States, to which the president has responded in kind. Bin Laden isn't a mere 'political adversary." He heads a network of assassins that has been implicated in the Sept. 11 attacks that killed more than 5,000 Americans. He is as much a military target as Saddam Hussein was during the Persian Gulf War. Indeed, the very shot of the Gulf War was a cruise missile fired from the battleship USS Wisconsin that was The terrorist attacks of targeted on the Iraqi presiden-

United States hoped to catch Saddam asleep in his palace? The United States is locked in a struggle against a despicable criminal whose sole purpose is to kill Americans in the hopes of destroying our way of life. If we are going to wage war, we have to wage it all the way, That means striking again and again at an enemy's commandand-control network, which in this case includes a terrorist mastermind named Osama bin Laden.

As the saying goes, "This





Ron Shaw

"I just can't seem to stop Any doubt there that the thinking about him" one young lady recently said to me. We were talking about why she had started stalking a young man she claimed to be in love with. I asked her how she came to the place in her life where her every actions was directed by thoughts of him. They spent time together talking and going out and sharing space (and other things). As she talked, I thought to myself how life would be if everyone who claimed to be Christians were that in love with Jesus. It was obvious that she had allowed her mind to become filled to the point of overflowing (excess) with thoughts of this young man. The adversary had successfully pushed her over the edge. This usually happens when we don't follow the instructions of the one who knows how life is to work. I've held to the belief that our actions are always preceded by our attitudes. That is to say that thoughts come before behavior. That's why it is so important what we fill our thoughts with. I heard a lecture once on the subject of "thinking your way to the top". The lecturer said that most people don't' think, don't know how to think, think about he wrong things and think wrongly about right things. He went on to say how important it was to find a specific place to think your thoughts; find a place to shape your thoughts; find a place to fly your thoughts; and find a place to land your thoughts. It's amazing how many people take Jesus up on one half of a statement he made

His Thoughts; His Ways Isaiah 55:8

In that statement he also says "saying". That means that when it comes to your thinking, if you are going to change it, you will have to use your mouth. You don't fight fire with fire. You don't get rid of water by adding water and you don't change your thoughts just by thinking other ones. This is the area that most shy away from because it's difficult. Nevertheless, it's absolutely necessary if we are going to realize all that God has for us. We must commandeer our thoughts.

Our text has God admitting that HIS THOUGHTS and HIS WAYS run on the same track. He goes on to say that HIS THOUGHTS are higher than ours and therefore so are HIS WAYS. If you don't think any better than are you thinking today, you'll have no better than you have today because you'll do no better than you're doing today. Jesus said fromt he cross that the behavior of the men who crucified him was due to their thinking. Even with the Christian conversion, that is a new life being birth in us as the result of our accepting and confessing Jesus as our Lord and Savior, we are still told to renew, reprogram our thinking. Romans 12 says to change from thinking like the world to thinking like Christ. Philippians 2 says think like Jesus. A lot people get bent out of shape because they think churches try and brainwash people. Well based on what I've seen and heard coming from the world and it's obscene and profane way of life, I say someone needs to wash our brains of the filth that we been subjected to for so long. Unfortunately, it's not getting any better.

So let me give you some helpful suggestions on moving to a higher level of thought. First, be willing to measure your thoughts about every and all subjects by an absolute standard. For Christians that should be easy because our standard is the Bible. Although facts may vary, truth remains unchangeable. Secondly, decide to change erroneous thinking by searching for the truth. Truth isn't always lying on the surface. Sometimes it's like gold, you have to dig for it. Proverbs says that we have to look for wisdom but she can be discovered because she wants to be found. Finally, combat bad thoughts with words from your mouth. To stop and change thoughts, you have to open your mouth and address it verbally. This takes effort and time. There are many voices coming at us from every direction. The goal of those voices is to seed our thoughts. If we say nothing to prevent them from entering, its like doing nothing to your lawn and then wondering why it's full of weeds and other

Never forget that God's thoughts are higher than ours and so HIS ways are higher than ours. But HE also gives us HIS thoughts and tells us to think them. That's something He can't do for us. We must choose to think HIS thoughts. When we do that, we will adopt HIS

Preparation - Panic = Protection

attacks, Americans began to question their own safety and how they could prepare for pos-

Dr. Paul Pepe, chairman of extra batteries. emergency medicine at UT Southwestern Medical Center at no water, electricity, heat, Dallas, says preparation for any phones for several days." But disaster, natural or otherwise, is the same.

home for several days and be self try to stay calm and do what sufficient," Pepe says. "Keep a week's supply or more of bottled event of a disaster," he says. water just for consumption and "We've been preparing for all

After the Sept. 11 terrorist additional water supplies for imaginable disasters for many Currently there is a vaccine to ask their physicians if the vacpersonal cleansing and hygiene. years, and we can protect our combat the most prevalent cine is right for them. Keep a similar amount of precooked canned goods and dry sible incidents in their commu- foods on hand, as well as extra blankets, a radio, flashlight and

the most important thing to do during any sort of disaster is not "Be prepared to stay at to panic." As hard as it may be, public health officials ask in the

fellow citizens better if they types of these bacteria. themselves are prepared."

Save Lives

are 65 and older are especially in-a-lifetime serious of the two and is com- also mat be at risk and should monly caused by pneumococci.

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when he said "take no thought:".

Pneumonia Vaccine Can cine is safe and effective," says Dr. Craig Rubin, UT Pneumonia can be Southwestern Medical Center treat? Try consuming fewer claims more than 40,000 given at any time of the year, American lives, and those who and for most people it is a onevaccination." vulnerable. There are two types Medicare covers the vaccinaof pneumonia-viral pneumonia tion. Besides senior citizens, and bacterial pneumonia. those who have chronic illness Bacterial pneumonia is the more or weakened immune system

Don't Skip Out on Your "The pneumococcal vac- Favorite Holiday Treat

Looking for a guilt-free way to enjoy your favorite holiday Carson, an associate professor of clinical nutrition at UT Southwestern Medical Center at Dallas. "It's basically a matter of calorie balance. By consuming 500 calories less the day

you're leaving room for 1,000 extra calories."

Therefore, having a rich meal on Thanksgiving Day can be balanced by a lighter meal the day after, Carson added. And an extra 1,000 calories will allow room for a favorite holiday dessert or casserole, she says." Just be sure not to go overboard. Although you may reserve 1,000 calories for an occasional special treat, it's important to maintain your overall healthy eating habits for the entire holiday season."

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Walkathon and Health Fair By Monica Thornton Recently, more than 500 people took part in a Walkathon for Health and Hunger, sponsored by the North Texas Clusters Chapters of The Links, Inc., held at North Lake College in Irving,

Texas. The crisp morning brought together teenagers and senior citizens, individuals and teams, and even grandmothers pushing babies in strollers. All in attendance

had a common interest in promoting health and wellness and raising funds for the Cell Sickle Foundation.

The annual walkathon is sponsored by Dallas area chapters of The Links, Inc., an African-American professional women's organization, and takes place in many cities across America. This year there were four categories for walking-children, teens, adults, and seniors. First, second, and third place prizes in each category for one, two, and five-mile walkers

The theme for this year was

were awarded.

Plan as if you would have deadly. Each year the illness at Dallas geriatrician. "It can be calories the day before and after the holiday, says Dr. Jo Ann

before and after a holiday,

Nomination Committee Chair

Lord Watkins, Marsha Webb-Ross, Betty Love

walkathon were going to the

Sickle Cell Anemia Foundation.

She believed the walkathon was

well represented at local and

national levels with representa-

tion by the Program Director of

the Western Area and the Area

ed in 1946 by two African-

American women, Margaret

Hawkins and Sarah Strickland

Scott, as a society of African-

Americans working for African-

The Links, Inc. was found-

Anemia and sponsorship at the

Vice Director.

of The Links, Inc., said all the and business figures. Ms.

"Make Health a Habit" and pro- and local levels are sponsored moted health and wellness. by the organization, working Barbara Watkins, National closely with schools, youth organizations, and local political

funds raised through entry fees Watkins said before any project is undertaken, the demographics of a city are looked at, and the needs of the community mostly in need."The Links, Inc., is an organization committed to the civic and cultural development of all Americans, but particularly African-A few North Texas Cluster Chapter Members Top left to right: Americans," said

Audrey Thomas, Floristene Johnson, Carol little, Frances Griffin-Ms. Watkins. Brown, Gloria LeGrand Bottom left to right: Nancy Fain, Roslyn The North Fitch, Paula Parker, karla Smith, Johnese White Howard, Barbara Texas Cluster chapters sponsoring the walkathon included the Plano Metroplex, Dallas, North Trinity, Mid-Cities and Fort Worth. Wendy Phynes, President of Plano North Metroplex chapter said, "There are 47 members in my chapter,

> At a local level, Ms. Phynes said her chapter works closely with Club generation Success,

and approximately 20 members

took part in this year's 7th

See WALK page5

annual walkathon."

Americans. Projects at national The Gazette · November 14-21, 2001 · Page 3

Gubernatorial Candidates Says Texas Education in Crisis

DALLAS (AP)

Democratic gubernatorial candidate Tony Sanchez said he decided to run for governor-partly because of the "profound crisis" the Texas education system is in.

"My wife and I got very involved in education because of our children," Sanchez told the Latino Peace Officers of Dallas at their annual scholarship banquet Friday. "We realized that the system was bad. That it was in a profound state of crisis."

Sanchez, who supported affirmative action as a member of the University of Texas Board of Regents,

said education of Texas children is his passion one that compelled him to make his gubernatorial bid.

"I was concerned about the way the kids in South Texas were being treated by the government in Austin," the millionaire businessman from Laredo said. "It's with unfairness and inequality."

Sanchez will be competing in the Democratic primary against at least two other candidates: Waxahachie businessman Bill Lyon and Houston attorney John WorldPeace.

The most important issue to the Latino Peace Officers of Dallas is the same issue that's most important to me and that every Texan is facing _ education," Sanchez said to applause from the crowd. Sanchez said

88 of 100 high school students in Texas are not graduating from college.

"Most of those not graduating are Hispanic and African-American," he said. "A college degree is necessary for them to get the jobs that will give themselves and their families a life of dignity. Otherwise they'll be locked into a permanent undercuass from which they will never escape. That is the most important reason I made the decision to run for governor."

Sanchez said a run for governor was the only option he saw to break that cycle.

"We keep hearing excuses," he said. "But I decided that if we were ever going to change the institution of discrimination in Texas government, it has to be changed from the top."

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John Dudley

You may be one of the millions of Americans who change jobs or retire each year and receive a distribution from your employer's retirement plan. Naturally, you will be faced with many questions that may dramatically affect your financial future, depending on the decisions you make.

Perhaps the most important decision you will have to make is determining when you will access this money. If you don't use this money right away, you have a significant opportunity to build your retirement wealth through continued tax-deferred compounding.

If you should need immediate access to these funds, you should be aware that your withdrawals would be considered income for tax purposes in the year they are received.

Spending this financial windfall may seem attractive, but it could be costly to your future financial security. You will have to pay ordinary income tax on any distribution you take from your retirement plan, and if you are under age 59 _ you may also owe a 10% premature distribution tax.

Special tax treatments, such as 10-year averaging may be available to individuals born

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IRA Rollovers

before January 1, 1936 who meet specific IRS requirements. However, even with these special options, you will still lose the opportunity for tax deferral on the future growth of your retirement assets. This can have a dramatic effect on the financial resources available to you during your retirement years—so make your decision carefully.

An IRA Rollover permits you to continue to defer taxes on your retirement plan distribution, thus allowing your money the potential to grow faster than in a regular savings account. Most distributions from qualified retirement plans can be rolled over to a traditional IRA. With the recent passage of the Economic Growth and Tax Relief Reconciliation Act of 2001, there is even greater flexibility for IRA holders in distributing and moving assets both among IRAs and among various other retirement arrangements. As a result, IRAs will be more popular than ever as vehicles for accumulating, holding and directing taxpayers' retirement

Once you roll your distribution into an IRA, you have flexible distribution options that enable you to control both your income stream as well as when you will pay taxes. If you need to withdraw funds before age 59 , you might employ Rule 72(t) to create a series of equal and substantial payments for five years or to age 59 _ (whichever is longer) and avoid a 10% premature distribution payments.

penalty.

If continuing to defer taxes

with an IRA Rollover is the preferred action step for you, ask your employer to send your distribution directly to your traditional IRA custodian. If the distribution is paid to you instead, your employer generally is required to withhold 20% of the distribution for federal income taxes. If the 20% is withheld, you can still avoid taxes on the entire distribution if you rollover the amount that you received plus the amount of the withholding within 60 days. Presumably, you will get a refund of the withheld amount when you file that year's taxes.

If you roll your retirement plan distribution into a traditional IRA, you may want to explore the tax-free income opportunities available with the Roth IRA. Your modified adjusted gross income must be \$100,000 or less and you must be either single or file a joint tax return with your spouse to be eligible to convert your traditional IRA to a Roth. You should consider such factors as your current and future tax rates, when you plan to use the money in your IRA, and your risk tolerance when making your choice.

Before making any decisions about your retirement plan distribution, seek the advice of a Financial Advisor and an accountant to fully understand your rollover options and the tax consequences of those options. Most importantly, remember that a flexible and dynamic retirement investment strategy strives to result in the bright future you envision for you and your family.

CITY OF PLANO, TEXAS

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Key leadership position in the Parks and Recreation Department. Responsible for planning, managing and directing the activities, operations, and personnel of the City of Plano's Recreation Division, including recreation centers, aquatics, special services, athletics, and golf. Will also serve as a technical advisor to citizens, boards, and City departments. Ability to prepare and administer revenue and expenditure budgets; determine present and future recreation programming and facility needs; formulate and implement goals and objectives; maintain effective communications between City departments, Plano Independent School District; and community organizations. Effective management and supervisory skills: effective oral and written communication skills. Bachelor's degree in Recreation Administration or related field, plus five(5) years experience in managing and supervising recreation programs and facilities. Certified Parks and Recreational Professional preferred. Texas Class C drivers license.

Apply to: City Of Plano Human Resources Department, 1520 Avenue K, Suite 130, PO Box 860358, Plano, TX 75086-0358. Inquiries to: 972-941-7115. Application deadline: December 31, 2001.

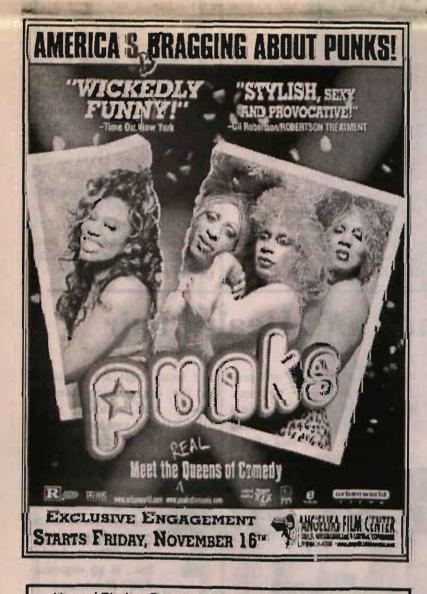
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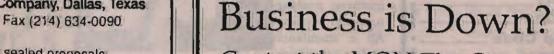
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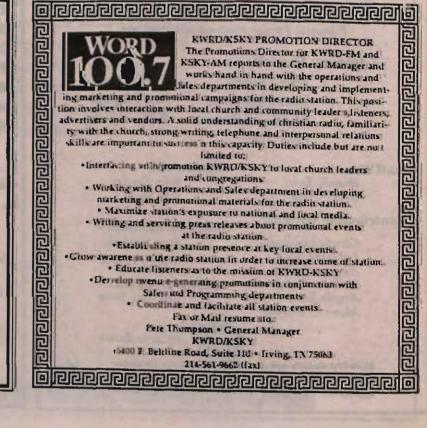
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Suite # 160, Dallas, Texas, at 1:00p.m. on November 28,
2:01. Additional dates for Pre-Proposal Conferences,
Questions by Respondents, etc. will be described in the
package.



"peace, love, respect for everybody," :Chuck Davis

Sunday

Dance Festival.

Morning,"

"Drought," both of which were

and

The African American dance Ensemble seeks to preserve and share the finest traditions of African and African American dance and music through research, education and entertainment. With out motto, "peace, love, respect for everybody," we celebrate traditional African culture, aesthetics and values as resources for all people and utilize these resources to encourage interracial cooperation, cross-cultural understanding and societal analysis.

The story of the African American Dance Ensemble begins with Chuck Davis, a native of Raleigh, North Carolina, whose path from Raleigh's all black Ligon High School through Howard University's Theater and Dance Program eventually led him to New York City and the world of professional dance.

Chuck's first job as a regular member of a professional troupe came in 1959 when he joined the Klara Harrington Dance Company. From that point through 1968 he danced professionally with a number of modern, jazz, Afro-Cuban and African companies. Among these are the Olatunji Dance Company, the Eleo Pomare Dance Company, and the Bernice Johnson Dance Company. These were learning vears and Chuck learned from the best. The list of mentors is long and impressive. Thelma Hill, Eleo Pomare, Jean Leon Destine, Katherine Dunham and Pearl Primus are among those who make the connections between African and Western experiences.

Chuck Davis' connection to Africa began with his birthright, but the artistic connection began with a performance of the Sierra Leone National Dance Company at the New York World's Pair in 1964. Study in Africa became a goal. The opportunity came in 1977 when the Chuck Davis Dance Company participated in FES-TAC, an international exposition and celebration of African culture, held in Lagos, Nigeria. Each year thereafter, he has returned to the continent for further study of traditional dance styles and music.

"Every year, I journey to Africa in order to bask in the culture and absorb as much as I can through practical experience. I sit at the feet of the elders and allow their words of wisdom to be as rays of the sun. I

WALK

from page 3

which has students from a variety of Plano schools, and with Boys and Girls Club of Collin County. The Plano chapter also sponsors a school in Haiti and is also involved in the sponsorship of building and maintaining schools in South Africa.

To become a member of The Links, Inc., you have to be invited. Ms. Phynes said they do this by following national standards and by a needs assessment. She said they are currently trying to recruit young women "to bring energy and volunteerism to the community. We provide service through friendship, and we call her Baby Link," said Ms. Phynes.

Watkins Ms "Membership is based on an individual's commitment to providing service to the community. We provide service through friendship, and we call each other sisters."

For more information on The Links, Inc., visit them at website www.linksinc.org.

the dusty earth during sacred religious ceremonies introduced thousands of years ago. I wander through the crowded marketplace full of aromas escaping from hundreds of sources. In bringing to the community.

the village, we humble ourselves as dance and sing for elders' approval, which never readily given. Our knees touch shoulders as we jump, spin create new moves from ancient sources trapped in the belly of the drum emitting rhythm after

rhythm. And

What I learn

dance.

we

I return to the States and

In 1968, the Chuck Davis Dance Company was founded in New York City with Chuck Davis as the Artistic Director. The Company performed to rave reviews in the New York area and elsewhere in the United States, gradually establishing itself as one of the national's premier Afro-American dance companies. This was the company that came to Durham, North Carolina in 1980 at the invitation of the American Dance Festival. It was a case of "love at first sight." There was no letting go. Chuck Davis, the American Dance Festival, and the local community have generated a synergy larger than any of them alone could have achieved. Stages and auditoriums could established companies when it not contain the performances. premiered two new Chuck

stage, and the audiences became the performances. "Peace, love, respect for everybody," became the simple but powerful message the art was



Each season from 1980 to 1984 the Chuck Davis Dance took its place among the other

Company was in residence with the American Dance Festival's Community Services Program and each season the participants in this outreach program grew. By 1983 it had become obvious that there was a developing core of local dancers whose levels of proficiency were approaching those of the professionals from whom they were learning. The African American Dance Ensemble was born. The Ensemble's "arrival" came in February 1985 when they gave their first full concert as an independent professional company. In the 1985 season of the American Dance Festival, the African American dance Ensemble stood on its won and

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under the leadership of Artistic Director, Chuck Davis, a twelve

member working Board of Directors, committed to the further development of the Ensemble; and an administrative staff of four professionals. The organization has constitut- terful choreography and color-

feel the vibrations as I stamp on The environment became the Davis works, "Saturday Night, ed itself as a nonprofit corpora-

Its mission is to preserve commissioned by the American and share the finest traditions of African and African American The Ensemble is comprised dance and music through of 9 musicians and dancers research, education and enter-

> tainment. With the motto, "Peace, Love, Respect Everybody, Ensemble celebrates traditional African culture, aesthetics and values as resources to encourage interracial cooperation, crosscultural understanding and societal analy-515.

> "Peace, Love, Respect Everybody," is much more than a catchy way to end a concert and the African Dance American Ensemble is much more than just another dance troupe. The Ensemble is an agency of positive social change and reinforce-

ment of the best human values (peace, love, and respect). A concert by the African American Dance Ensemble is at once entertaining, enlightening and emboldening. Dramatic staging, exciting rhythms, masful costumes combine with consistently enthusiastic audiences to create an artistic experience difficult to forget. But that is only the beginning. Nobody sits through a performance by the Ensemble without learning from the artists. Aspects of African Culture are explained and audience participation in ritual is encouraged. The chants and rituals are all placed in their proper historical contexts and everyone learns.

More importantly, though, learning takes place at another level and enlightenment is not too strong a word to describe what actually takes place. The dance itself becomes the means through which one comes to see something of the human condition. Imprisonment, famine, poverty, drug dependency, slavery and war can be juxtaposed with celebration of liberation, bountiful harvests, marriage and birth in an artistic blend that demands attention to the realities it represents. The art has a message that not only condemns the worst and celebrates the best of the human condition, it encourages us to do something about the negatives and reinforces the positive. An audience leaves a concert feeling at one with itself, the world and the dancers and musicians who brought it all

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Food Banks Have Bare Cupboards Approaching the Holiday Season

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downturn in the economy, the nation's food banks and other nonprofits fighting hunger have seen a sharp drop-off in product and money donations, while also experiencing an increase in demand.

"In some cases, food banks have been experiencing increase in demand for

anti-hunger organization. food banks decreasing, and we could face a national crisis."

cal need, Share Our wide. Strength and Tyson Foods, Inc. have announced prod-

WASHINGTON, Homelessness Awareness demand from their clients hunger, especially during the

FRONTLINE A SEALS GER STREEGIR PLOGRAM MATIGNALLY LIDORIGELD 381 11000 MD115 TE

months due to the slowing season with donations in tions and Americans to join list of items most needed at economy," said Bill Shore, communities across the us and put their energy into food banks were dairy prodexecutive director of Share country. Since the begin-Our Strength, a leading ning of their partnership to the 'most needed' food prod- non-meat proteins, starches fight hunger in May 2000, ucts to a local food bank or and bakery goods. "Now with many Americans Share Our Strength and volunteer their time to supfacing layoffs, donations to Tyson Foods have provided port the cause -- to ensure what Americans can do durmore than 35 million meals, we keep America strong," ing the holidays and all year the holidays approaching, totaling over seven million said John Tyson, chairman around to combat hunger, pounds of chicken, to more and CEO of Tyson Foods. visit http://www.strength.org In response to the criti- assistance agencies nation- tinue the fight against

national survey released this summer by uct donations totaling more Share Our Strength and than 400,000 pounds over Tyson Foods, Inc., shows the holiday season starting that many food providers -with a donation to the San food banks, food pantries Antonio Food Bank during and food rescue organiza-Hunger and tions -- receive the greatest

/PRNewswire/ -- As we Week (November 11-17). during the holiday months. holidays," approach the holiday season Product donations will con- The survey also revealed

> economy in a down- donated United States.

than 250 emergency food "It's important that we con- or http://www.Tyson.com

The survey also reports and realize the effects of the tinue throughout the holiday that the holidays are usually that 76 percent of the the time when food responding food providers banks experience the chose meat and poultry prohighest donation lev- tein as the food products els. But with the they would prefer to have

ward spiral, hunger Unfortunately, 64 percent of activists fear a bleak the respondents also report holiday for the more that meat and poultry are than 31 million people donated the least, and 42 (nearly 40 percent of percent noted that meat and those are children) at- poultry are the foods they risk of hunger in the most often purchase to adequately supply their agencies "We need corpora- and clients. Second on the this crisis -- donate one of ucts, followed by vegetables,

For more information on

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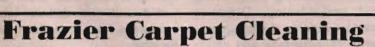
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Arts & Entertainment

J.K. Rowling

LONDON (AP)
_ J.K. Rowling, creator of fictional boy wizard Harry Potter, was beaten out by the Material Girl for the title of Britain's highest-earning woman.

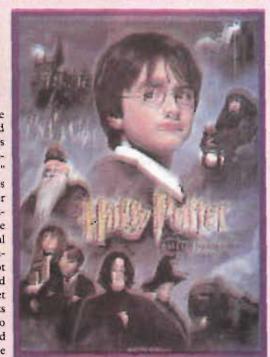
The author of four Harry Potter books ranked second in the annual Pay List compiled by the Sunday Times newspaper, with income of 24.8 million pounds _ about \$36.2 million _ in the year ending Oct. 1. Madonna earned 30 million pounds _ about \$43.8 million

_ to top the list. Madonna, who is married to British director Guy Ritchie, qualified because she has a home in London, the newspaper said.

Queen Elizabeth II was the country's third highest earning woman, with income of 15.2 million pounds, or \$22.2 million. Madonna's income makes her the 11th highest earner overall. The earner top motor-racing mag-Bernie Ecclestone, who took 788 million pounds, or \$1.15 billion, primarily through selling a 25 percent share in Formula One racing.

Harry Potter

LOS ANGELES (AP) The new Harry Potter movie heading to theaters this week has enflamed a small legion of conservative Christian critics who claim the boy wizard is a tool leading children to witchcraft and sin. But as anticipation grows for "Harry Potter and the Sorcerer's Stone," other Christians insist the stories are harmless fantasies about magic and morals. "I'm so tired of people saying he's evil," says Connie Neal, a Christian author who has investigated the Potter claims. "They're choosing to interpret the books in a very selective way." Neal _ a mother of three and author of "What's a Christian to do with Harry Potter?" _ characterized herself as a "discreet fan." Yet other authors maintain reservations about the mysticism of Harry's world, in which magical people predict the future, change shapes and communicate with ghosts. "Although the story is fictional, Harry Potter has real-world occult parallels," said Richard Abanes, author of "Harry Potter and the Bible: The Menace Behind the Magick." "The books present astrology, numerology mediumship, crystal gazing," he said. "Kids are enthralled with it. And kids like to copy," Abanes embarked on an eight-city tour to promote his book before the Nov. 16 U.S. release of the Potter film, which stars newcomer Daniel Radcliffe as the boy who learns on his 11th birthday he has magical powers. "There's a real religious concern," observes Jana Riess of Publishers Weekly, who moderated an Abanes-Neal debate at a July convention of Christian retailers. "Evangelical Christians believe that witchcraft is real." But, she said, witchcraft in the Potter novels "is not a worldview in the way evangelicals would think of it." She likens the fuss to parallel complaints when "The Wizard of Oz" was published a century ago. Scottish author J.K. Rowling calls the accusations "absurd," saying Harry Potter's world is entirely imaginary. "I have met thousands of children now, and not even one time has a child come up to me and said, 'Ms. Rowling, I'm so glad I've read these books because now I want to be a witch," the author has said. Though more than 50 million copies are in print worldwide, there has been no evidence of widespread conversions to paganism or witchcraft. Andy Norfolk of the London-based Pagan Federation, said the youth-aimed Potter books have created no serious interest in his movement because the don't appeal to older people seeking spiritual options who "see them as rather uncool." Enemies of Pottermania abound, nonerheless. The Potter books top the banned book listing for 2000, compiled



Others have staged book burnings or circulated phony reports that claim the novels inspired thousands of children to join satanic cults. A Kansas library recently canceled a reading of the books due to complaints about magical content. Some children in Jacksonville, Fla., must now present parental permission slips to read the books at school libraries. Satan is up to his old tricks again and the main focus is the children of the world," wrote Jon Watkins, a Baptist activist. "The whole purpose of these (Potter) books is to desensitize readers and introduce them to the occult." On the Web page of self-described Christian occult investigator David Bay, a drawing shows a boy reading a Potter book while sitting on the Iap of a grotesque demon that gorily pierces his skull. "Harry Potter conditions children to think of witchcraft as harmless and even fun. That way, when the real antichrist arrives on the scene, they will be preconditioned to accept him," Bay said. Bay and Watkins also denounce Roman Catholicism, Mormonism and much of secular life as nests of evil conspiracies—views outside the beliefs of most Christians. Neal fears churchgoing parents will prejudge the books without reading them. She thinks most children won't be harmed so long as parents help them understand the difference between fantasy and reality. Chrisians should use the help of God and our own common sense to do our best to be light in the world, not a laughing stock," she says.





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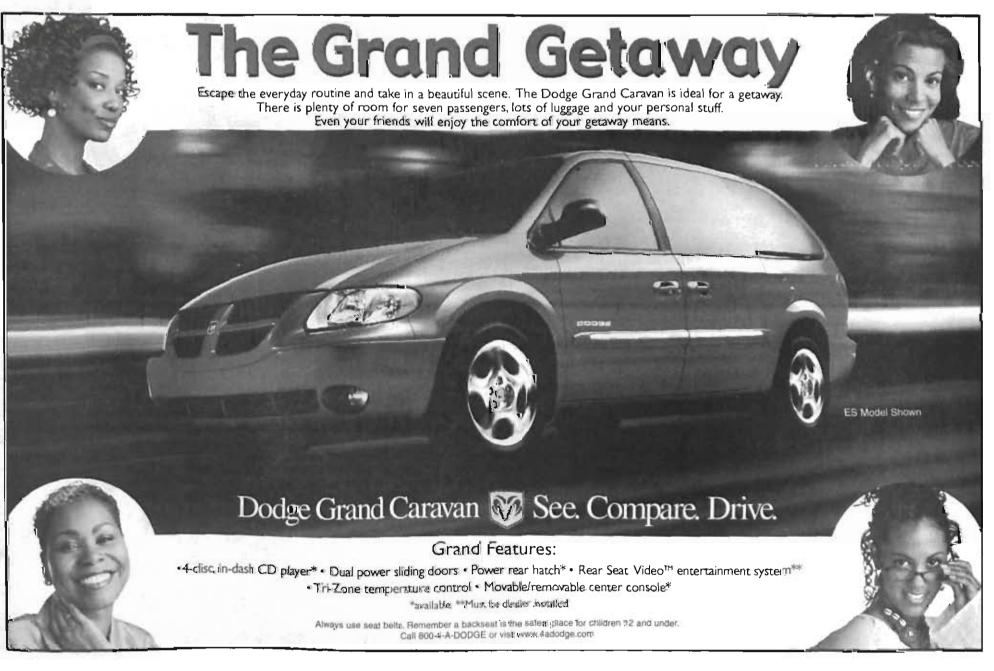
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Around The Town

November 15

Imagine what life would be like without mortgage payments! Eliminate your outstanding debts and be in a position to pay off your mortgage in 10 years or less without changing your monthly spending. Learn how to reduce your income taxes and deductions, make inflation work for you, and utilize the top five strategies to become mortgage free. Find out why your mortgage costs you more each year, why bi-weekly payments plans will not save you money and why a 30-year mortgage is less expensive than a 15-year mortgage. The session will be held from 7 p.m. to 8:30 p.m. in the Superdome Conference room at Collin County Community College Campus, 9700 Wade Blvd. This event is free and everyone is welcome to come.

The Frisco Chamber of Commerce is hosting "Get on Track at 8 Networking Session" at its office located on 6843 Main Street. For more information, call 972-335-9522.

Come and join the Frisco Senior Adult Center and visit the Allen Senior Center at 10 a.m. Lunch will be served and entertainment will include bingo and more. Van transportation will be provided or you may drive if you want. For more information, call 972-335-



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5515. November 15-December 15

The Lucky Spot by Beth Henley will be showing at Richardson Theatre Centre. For show times and ticket information, call 972-699-1130,

November 15-January 5

It's Beginning To Look A Lot Like Murder!, by Kurt Kleinmann, is a murder-mystery comedy presented live in Black & White, will open November 2, 2001, and run through January 5, 2002. Tickets are available through Pegasus Theatre. The Late Show on New Year's Eve includes Black & White party favors, Champagne after the show, a light Black & White appetizer buffet, and of course the show, For more information, call 214-821-6005.

November 15-December 4

In collaboration with H&R Block, The Women's Museum: An Institute for the Future will conduct a series of income tax preparation seminars to help individuals beat the tax season madness. Each seminar will be taught by an H&R Block representative and offer insightful tips on preparing taxes individually of for small business owners. The cost is \$20 per seminar or \$35 for two seminars. For additional information and to register, call 214-915-0890.

November 15-24

Dallas will host a special showing "A lifetime of Artistic Expression!" the artistic works of Austin artist, Rick Anderson. The Estate of Rick Anderson will contribute 100% of its net proceeds to the Jack Sansing Dental Clinic, a unit of AIDS Services of Austin, providing comprehensive dental care to persons with HIV. The event will be held at Art Encounter located at 230 Spanish Village. For more information, call 972-726-7220.

November 15-December 9

Plano Repertory Theatre (PRT) presents Schoolhouse Rock, Live!. The production will run November 15-December 9 at the ArtCentre Theatre located at 1028 15th Place in Historic Downtown Plano. Performances are Thursdays at 7:30 p.m., Fridays and Saturdays at 8:15 p.m. and Sundays at 2:15 p.m. Note: There will not be a performance on Thanksgiving Day, Thursday, November 22. Tickets range from \$10-\$30 and can be purchased over the phone by calling the PRT box office at 972-422-7460.

November 16

Prostate cancer is one of the most common cancers in men over the ages of 50, with risk increasing each decade after this age. For minority men, the odds of getting prostate cancer are one in nine, compared with one in eleven for all U.S. men. African-American men have the world's highest rate of prostate cancer. The MLK Center located at 2922 MLK Blvd. in Dallas will be hosting free prostate screenings from 4-6 p.m. For more information, call 214-947-0000.

November 16-18

Soul Rep Theatre is proud to present TRANE: Beyond the Blues, written by noted playwright, Christine Rusch at the Majestic's Experimental Theatre, 1925 Elm Street at 8 p.m. on November 16th and 17th and 3 p.m. on November 18th. TRANE: Beyond the Blues, is a highly theatrical, jazz-shaped play about the life of John Coltrane from youth to adulthood. Group rates are available. Call 214-521-5070 for ticket prices and more information.

November 17

Keep Plano Beautiful (KPB) and the City of Plano, in partnership with The Home Depot, will host a special Texas Recycles Day event to educate Plano citizens and businesses about how recycling positively impacts our air quality and local recycling opportunities. This program will take place on Saturday, November 17, 2001, from 10 a.m. to 2 p.m., at The Home Depot located at 1224 North Central Expressway (Highway 75 and 14th Street in Plano). KPB is looking for additional Texas Recycles Day sponsors! KPB would appreciate any donations to be presented as door prizes. Please contact Deb Bliss at 972-964-4132 for more information or to confirm your participation.

The 8th Annual Thanksgiving Celebrations & Awards Night is set for Saturday, November 17th at the Grand Ballroom of Omni Mandalay Hotel in Las Colinas. The event is organized by the Foundation for

Pluralism Center for Studies in Religious pluralism and Secular Societies. The purpose of celebrating this event is to thank God for helping us all heal and help us cope with the September 11 tragedy. For more information, contact Mike Ghouse at 214-686-4663.

Prostate cancer is one of the most common cancers in men over the ages of 50, with risk increasing each decade after this age. For minority men, the odds of getting prostate cancer are one in nine, compared with one in eleven for all U.S. men. African-American men have the world's highest rate of prostate cancer. The American Diabetes Health Fair will be hosting free prostate screenings in the Southwest Center Mall in Dallas from 10 a.m.-3 p.m. For more information, call 214-947-0000.

November 18

Rev. Ouida Fae Lee. Associate Pastor at Hamilton Park United Methodist Church will be the speaker at the 45th Anniversary Celebration of Glen Oaks UMC on Sunday, November 18, at 3 p.m. The Glen Oaks UMC choir, and the Hamilton Park UMC Men's Chorus under the direction of Patsy Brooks, director of music will provide the music for the celebration. Glen Oaks UMC is located at 4606 S. Polk St. in Dallas. For more information, call the church office at 214-376-6404.

November 19-21

Audiences can get an exclusive

preview of Dallas Black Dance Theatre's talented dancers during its "Behind the Scenes" Holiday Performance Series from noon to 1 p.m. at 2627 Flora Street in Dallas. This collection of intimate noontime performances will provide a unique opportunity for audiences to meet the dancers as well as preview works to be performed at the upcoming February 2002 Cultural Awareness Series. Admission is free with limited seating. For reservations, call 214-871-2390.

November 23-25

In observance of Domestic Violence Awareness Month, visitors can donate a used cell phone and receive free admission to The Women's Museum located at 3800 Parry Avenue in Dallas. The cell phones will be donated to the National Cell to Protect Program, which distributes new and recycled pre-programmed emergency wireless phones free of charge to domestic violence victims. For more information, call 214-915-0861.

November 24-December 24

A Christmas Carol runs November 24th through December 24, 2001 at the Arts District Theater, 2401 Flora Street at Fairmount. Single tickets are on sale now, and range from \$14 to \$42 in price. For tickets, call the Dallas Theater Center Box Office at 214-522-8499 or purchase on-line at www.dallastheatercenter.org or www.tick-

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