



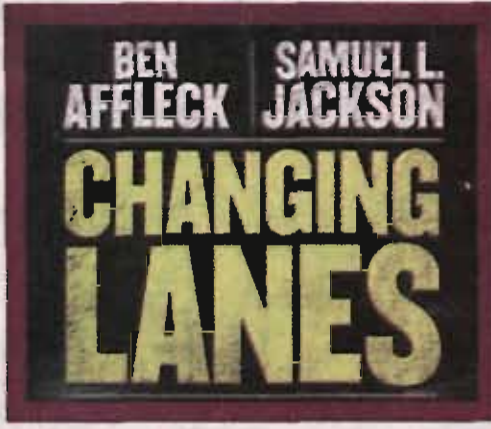
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The Gazette

A Division of MON Minority Opportunity News, Inc.

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

Volume XI, Number XII

"North Dallas' Weekly Paper of Choice"

March 21-March 27, 2002



On the Homefront:

2002 KOMEN PLANO RACE FOR THE CURE... Saturday, June 1, 2002 at Alcatraz USA Headquarters at 1000 Coit Road, Plano, Texas N.E. corner of Coit Road & Plano Pkwy.

Collin Intervention to Youth Inc. House, an emergency shelter of children, has been selected for the annual project of Leadership Plano. On March 23, approximately 30 members of the 2001-02 Plano Leadership class will replace a worn deck on the rear of the Victorian-style home at 902 E. 16th Street in Plano's historic district.

Collin County Community College District Foundation, Inc. presents the fifth annual "The Sky is the Limit" conference, from 8 am to 4:30 p.m. March 22, 2002, at the Spring Creek Campus, 2800 Spring Creek Parkway.

The Dallas Symphony Orchestra's Cecell and Ida Green Youth Concerts conclude this season with a series of concerts that present the basic elements of music-melody, harmony, and rhythm-as a recipe. "A Recipe for Music", runs March 27- April 9, 2002.

The "Recipe for Music" concerts with two performances per date, will be held March 27 & 28, and April 2, 3, & 9, at 9:30am and 11:00am. Reservations must be made in advance. For a reservation form, please call Jenna Oldham, Dallas Symphony education associates, at 214-811-4006. Tickets are \$4.99 a person.

For a night of fun and enjoyment, for you and the kids make plans to attend Disney on Ice: The Story 2- March 27-31 at the American Airlines Center - For ticket information call (214) 373-8000 Dallas (972) 647-5700 Metro. Ticket prices: \$10.00, \$15.00, and \$20.00; \$25.00vip-\$30.00 front row. Opening Night first 1,000 kids under 12 get a free Disney On Ice Backpack.

Register for a chance to win a STAR SPANGLED JOURNEY Prize Package: One pair of season tickets to the DALLAS SUMMER MUSICALS 2002 season and a vacation for two to Washington D.C. including round trip airfare, hotel accommodations and dinner. For the season line-up and to register call 214-691-7204 or log onto www.dallassummermusicals.org.

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The List and Basis for my Ministry

By Monica Thornton

Cancer Survival Month is a time of reflection, hope and thanksgiving for those who have beaten cancer, and a time of encouragement for those battling the disease. One such survivor is Garland resident, Dunroe Wilson, who is not only an eleven year cancer survivor, but is now also helping others cope with cancer and other traumas of life.

It was during Breast Cancer Awareness Month in 1990 that Ms. Wilson discovered she had breast cancer.

"It was October 1990 and there were programs about breast cancer on the television," said Ms. Wilson, "One night I was watching television and preparing dinner when a voice on the inside told me to get a mammogram."

Ms. Wilson added that since 1981 when she was diagnosed with cysts in her breasts, she did regular check-ups at home and went to her doctor every six months for check-ups, and decided to check herself again. She couldn't feel anything unusual, but scheduled a mammogram anyway.

When Ms. Wilson went to the doctor, she said he did a thorough examination and found nothing unusual, and he could not understand why she was adamant that she have a mammogram. She said she had the mammogram and had to wait five or six days before getting the results. When the doctor's office called her, they told her they had made an appointment for her with a surgeon as the mammogram looked suspicious.

The surgeon told Ms. Wilson that the cysts were not the problem, but that there was a small lump on the back wall of the breast, which the surgeon said would not have been felt for about another year.

"I knew at that point what I was going to do," Ms. Wilson said, "I came home and I knew I would be cured."

Knowing she would be having surgery, Ms. Wilson said she said down and wrote a list of what she wanted from the surgery, not knowing at that time that this would be the catalyst to start the ministry that God had for her. This is

the list and the basis for her ministry:

- 1. To resolve within myself that I was going to get through this with peace, joy and contentment.
2. Complete healing.
3. Pray for strength and courage to face whatever I had to confront.
4. Pray for peace.
5. Pray for joy.
6. Ask God to show me how to use this adversity to glorify Him, and to help others.



Dunroe Wilson

Ms. Wilson said as she was praying this, the peace of God flowed through her, she knew the cancer wouldn't spread, and she knew she would be healed.

Although it was Ms. Wilson's faith that gave her the attitude to overcome breast cancer, her journey of faith began in 1980 when she underwent surgery to repair a hole in her heart. She said she was baptized at the age of eight, but never felt that she developed a personal relationship with God, and when faced with surgery, she was also faced with her own mortality.

"I had a really hard time coming to terms with having to have surgery, and I prayed and hoped for about two and a half months that the doctors would come up with something, anything, as an alternative to surgery", Ms. Wilson said.

She said those were the most difficult months of her life, as she slipped into a deep depression, admitting that she wasn't so afraid of the surgery as she was of dying, and being unsure of her relationship with God.

Ms. Wilson prayed for peace during those months, and finally the peace came in time for her surgery. But after the surgery she wanted to know why God has taken so long to answer her prayer.

"It was when I was out walking one day that she asked God the same question "Lord why has it taken you so long to answer my prayer", said Ms. Wilson.

She said the Lord let her know that He heard her prayer and He was with her all the time, but He had wanted her to acknowledge Him, and not think that she could handle the situation by herself if He only gave her peace.

"It made me look at myself, and I didn't like what I saw," said Ms. Wilson, "I asked God to help me overcome my pride and arrogance, and over the years he has".

Between 1980 and 1990 she said she devoured every book published on getting to know God, read her Bible consistently and started praising God, seeking a personal relationship with God the Father, not just with Christ. So in 1990 when she knew she had to get a mammogram, she knew it was the prompting of the Holy Spirit, and knew that if she had been prompted to get treatment, she would be cured.

"I recognize that when the Holy Spirit says something it's not just for conversation," Ms. Wilson said, "so I arranged for the mammogram".

But this time she had peace dealing with her illness from the start, and immediately called upon her husband and church friends for prayer and support. And she got on her knees and told God that she knows His word says we can go through adversity with peace, joy and contentment.

"I said, I don't care what it takes, I will do it", said Ms. Wilson.

And it was with peace, joy and contentment.

See Ministry page 8



Tie Game for McKinney and Plano East

On Thursday night, Plano East and McKinney faced off in the last hockey game of the regular season. McKinney's Kevin Mayoux scored the first goal of the night. Plano responded 34 seconds later with their own goal. McKinney made the score 2-1 at the end of the first period. Then, shortly in the second quarter they score again to give a 3-1 lead. Plano answered by scoring two back to back goals. The game ended with a 4-4 tie. This game was an indication of what is to come in the playoffs with the two teams meeting again on Tuesday in round one.



Cell phone expert makes a call: Be wary

By John Tuohy

Seventy-five studies over the past six years have failed to prove that cell phones cause brain cancer, but the 400 million cell phone users worldwide would be wise to take precautions anyway.

That's the conclusion from the director of a \$27 million research project funded by the cellular industry. It is at odds with the Food and Drug Administration and has cellular officials hot under the dial pad.

Pathologist and lawyer George Carlo, director of the Wireless Technology Research program, reviewed 50 studies done by his group and 25 others. His findings are published in the online scientific journal Medscape (medscape.com).

"There is enough (evidence) to raise some serious questions about the safety of cell phones," Carlo says. "While we can't prove that cell phones cause cancer, we can't prove that they are absolutely safe."

Jo-Anne Basile, a vice president of the Cellular Telecommunications Industry Association, says the science clearly contradicts Carlo's warnings.

"It is in the opinion of policy makers and the scientific community that there are no adverse health effects from cell phones," she says. "You can't make all sorts of extrapolations from the science that is out there."

Russell Owen, chief of the radiation biology branch of the FDA's Center of Devices and

Radiological Health, says the federal agency's position is that there "are no adverse health effects" from cell phones and that there is no need to issue any type of warning to the public.

Which leaves things pretty much where they stood in 1993, when a Florida man claimed that his cancer was caused by his cell phone, triggering a mini-panic within and out of the cell phone industry.

The industry put \$27 million into a blind trust, and government auditors looked over the funding of the studies.

Carlo says there is "strong evidence" that cellular radiation can cause genetic damage to blood cells that could prevent them from repairing broken DNA. Such damage could lead to tumors and breakdowns in the immune system.

He also notes three studies that found that people who used cell phones were more likely to get tumors on the outside of their brains. Another study showed that people who had used a cell phone for more than six years were 50% more likely to get benign tumors behind the ears.

He recommends keeping cell phone antennas at least 2 inches from your head or using a headset. The antennas emit low levels of radiation that are strongest when the phone is ringing or being dialed.

All sides agree on one thing: More study is needed. "These are test-tube tests," Basile says. "We are a long way from determining anything."

BE FRIENDLY TO YOUR BODY - GIVE IT AN IMMUNE SYSTEM MAKE OVER

By Monica Thornton

Just when you were about to celebrate the end of the winter flu season, spring is around the corner, and with it comes allergy season. Instead of looking forward to a time of vibrant outdoor fun, you're reaching for allergy pills, and, if you're one of the really unfortunate ones, you still have your flu medicine by your bedside.

But this doesn't have to be as good as it gets for your health. With a little education and a good amount of dedication you can boost your immune system and have your body out and about all year long.

There are many ways to increase the body's immune system, including herbs, vitamins and minerals, and all can be done at a cost that won't make you feel sick. For over 4,000 years the Chinese have used certain herbs to prevent common diseases. Herbs were also used in Europe and America until modern medicine provided new medicines. But while modern pharmaceuticals definitely have their place in our lives, herbs, vitamins and minerals, when used correctly, can prevent sickness.

One of the best known and one of the most researched herbs to stimulate the immune system is echinacea. Echinacea is a very popular American wildflower and garden plant, the purple coneflower. It's also one of America's most popular herbal products,

used to prevent and treat the common cold, influenza and infections. Echinacea was among the most popular herbs used by Native American Indians, for

coughs, colds, sore throats, infections, toothaches, inflammations, tonsillitis, and snake bites, among other uses. It was also used by the Dakotas as a veterinary medicine for their horses.

By the early twentieth century, echinacea had become the best selling medicinal tincture in America, used for a variety of internal and external conditions. But by 1910 it had been dismissed as worthless by the American Medical Association, although it continued to be used.



Echinacea fell into disuse in this country in the 1930's. However, Europeans began growing and using echinacea, especially the Germans, and to this day have produced the best scientific documentation of its value. The extract's popularity in the U.S.

grew rapidly during the 1980's, and the plant is now again among America's best-selling herb extracts.

The most common reports about the use of echinacea are from people who begin taking the extract at the first sign of a cold or flu. If taken at regular intervals, signs of the sicknesses can disappear.

The most consistently proven effect of echinacea is in stimulating phagocytes, or the consumption of invading organisms by white blood cells and lymphocytes. It causes an increase in the number of immune cells, further enhancing the overall activity of the immune system. Echinacea also stimulates the production of interferon as well as other important products of the immune system, including "Tumor Necrosis Factor", which is important to the body's response against cancer.

In a 1999 report by the World Health Organization (WHO) concluded that the following uses for E. angustifolia root (not aerial parts) are supported by clinical data: supportive therapy for colds and infections of the respiratory and urinary tracts. World Health Organization (WHO). 1999. "Herba Echinaceae Purpureae Radix Echinacea" and "Radix Echinacea."

WHO Monographs on Selected Medicinal Plants, Vol. 1. Geneva: World Health Organization. 136-144; 125-135.

Along with echinacea, vitamin C is important for a healthy immune system. Vitamin C helps build resistance to infection and

See Immune System page 8

A Tale of the Triumphant



Marsha Mingilton

It is the leading cause of cancer deaths among African-American women. Every three minutes, a woman is diagnosed with it. Every 13 minutes, a woman will die of the deadly disease.

However statistics rarely show how many women overcome the oppressor; breast cancer.

Marsha Mingilton has experienced firsthand the type of devastation breast cancer can cause. In 1989, she discovered a lump in her left breast while performing a self-examination.

It turned out to be benign. After discovering a second lump in December of 1996, Marsha wasn't so lucky. A visit to her radiologist and a sonogram confirmed her worst fear. Her doctor confirmed that the lump was malignant.

"I was shocked to find out it was cancer," Marsha said. "I remember it was right before Christmas and I wasn't real concerned. I was thinking that I would just go in and get it over with, because I thought for sure that it would be benign like the other one."

After undergoing a lumpectomy, in which 16 lymph nodes were removed, Marsha underwent six chemotherapy treatments followed by radiation - all while raising a daughter and a quadriplegic son. She credits her personal Lord and Savior, Jesus Christ, along with her husband, Anthony, Sr., her mother and extended church family, for helping her through the ordeal.

"The chemotherapy was awful. I was sick the whole time. Even with the medicine they

gave me for the nausea," Marsha said. "I started in January and didn't finish my last treatment until May."

While most of us celebrated Christmas this year, Marsha, a resident of Wiley, celebrated life. Not only will did she celebrate 51 years of life, but she also celebrated five years of being cancer-free. Although she is still undergoing temoxophyne treatments on an indefinite basis, Marsha is feeling "pretty good" overall.

To other women who have been recently diagnosed or are currently undergoing treatment for breast cancer, Marsha offered this advice, "You need to pray and have an attitude that it's not the end," she said. "Try to manage the stress and understand what's going on with your body. Sometimes doctors rely too much on statistics, but you're never too young to get a mammography. If you suspect or even have a thought that you might have the disease, get it done before it's too late."



Katherine Eisthen



International Women's Rights Convention

Imprisoned beneath a shrouded burka where scores of Afghanie women are doomed to dedicate their lives as slaves or die at the slightest attempt to mingle with freedom Dallas women got their first taste of a third world existence. A multi-emotional event partook amongst the strange spices embedded in the cultural chickpea dish. A dancer raged in silence committing herself to imagery, painting the violence between her and her country. Baskets were filled with donations and hand fulls of paraphrasing as many reached out with their pens to the minds of young women in concentration, searching for hope. Translation of this well wishing is to be made upon re-entry into the country and contributions collected will fund RAWA (Rage Against War in Afghanistan) the host of this year's International Women's Rights Convention.

SBC Southwestern Bell, African American Media Alliance Announce 2002 Statewide Scholarship Program

Graduating High School Seniors in Texas Urban School Districts To Compete With Essays On How to Enhance Technology Access and Education for African Americans

DALLAS (March 15, 2002)-SBC Southwestern Bell, in partnership with the African American Media Alliance, today announced a call for entries for the SBC Southwestern Bell/African American Media Alliance 2002 Essay Scholarship Program.

The program will award a total of 14 scholarships to graduating high school seniors in the urban school districts of Austin, Dallas, Fort Worth, Houston and San Antonio. To apply for a scholarship, students must submit a written essay of 500 words or less with suggestions on how to enhance technology and Internet access and education in African American communities. The essays will address current trends reported nationwide regarding computer and Internet use by the African American community. According to a report issued recently by the U.S. National Telecommunications and Information Administration and the Economics and Statistics Administration, differences in computer and Internet use across race categories continue to persist. This report showed that, by late

2001, computer use rates were highest for Asian American and Pacific Islanders (71.2 percent) and Whites (70.0 percent), compared with African Americans users (55.7 percent). This research also shows that, during that same time, Internet use among Whites and Asian American and Pacific Islanders hovered near 60 percent, while Internet use rates for African Americans trailed behind at 39.8 percent.

"We're asking students to focus their essays on the African American community's amount of computer and Internet use compared with the broader population," said Jones. "More specifically, we would like them to write about how they would enhance familiarity with the Internet, computers and technology."

"SBC is committed to using its technology expertise and other resources to help bring technology to people of all ages, cultures and socioeconomic backgrounds," said Tiffani Price, director, SBC Southwestern Bell external affairs. "And, SBC is uniquely positioned to recognize that today's students need the skills and knowledge to work in a world where advanced technologies are the norm. As such, we are also committed to improving education in the communities we serve. This scholarship program serves as a great example of that."

Of the 14 available scholarships, five 3rd place winners will each receive \$250, five 2nd place winners will each receive \$500, and four 1st place winners will each receive \$1,000. A grand prize winner-selected from among the 1st place winners-will be awarded an additional \$4,000. A panel of judges will review each entry.

Students interested in applying for the scholarship should contact Dr. W. Elliott Stephenson of WES Training & Consulting at 214-340-2232. The deadline for submitting essay entries is April 8, 2002. **SBC Communications Inc.**

(www.sbc.com) is one of the world's leading data, voice and Internet services providers. Through its world-class network and its subsidiaries' trusted brands - SBC Southwestern Bell, SBC Ameritech, SBC Pacific Bell, SBC Nevada Bell, SBC SNET and Sterling Commerce - SBC companies provide a full range of voice, data, networking and e-business services, as well as directory advertising and publishing. A Fortune 15 company, America's leading provider of DSL high-speed Internet service, and one of the nation's leading Internet Service Providers, SBC companies currently serve more than 60 million access lines nationwide. In addition, SBC owns 60 percent of America's second largest wireless company-Cingular Wireless-which serves more than 21 million wireless customers. Internationally, SBC has telecommunications investments in 28 countries.

Statement

"SBC Southwestern Bell, in partnership with the African American Media Alliance, today announced a call for entries for the SBC Southwestern Bell/African American Media Alliance 2002 Essay Scholarship Program. The program will award 14 scholarships to graduating high school seniors in the urban school districts of Austin, Dallas, Fort Worth, Houston and San Antonio. To apply for the scholarship, students must submit a 500 words or less written essay with suggestions on how to enhance technology and Internet access, and education in African American communities."

Q&A:

Q: What is the SBC Southwestern Bell/African American Media Alliance 2002 Essay Scholarship Program?

A: The SBC Southwestern Bell/African American Media Alliance 2002 Essay Scholarship Program will award 14 graduating high school seniors with a scholarship for college.

Q: How do students apply for the scholarship?

A: African American Students who wish to apply for the scholarship will need to write a 500-words or less essay on the subject of how to enhance technology and Internet access, and education in African American communities.

Q: What is the exact topic for the SBC

Southwestern Bell/African American Media Alliance 2002 Essay Scholarship Program?

A: The topic is below.

"There has been much discussion and debate nationally regarding the lower level of use of computers and the Internet within the African American community as compared to that of the broader population. How would you enhance the familiarity with and use of computers and technology within the African American community?"

Q: How many scholarships will be awarded?

A: A total of 14 scholarships will be awarded. Of the 14 available scholarships, five 3rd place winners will each receive \$250, five 2nd place winners will each receive \$500, and four 1st place winners will each receive \$1,000. A grand prizewinner-selected from among the 1st place winners-will be awarded an additional \$4,000.

Q: If a student is interested in applying for this scholarship, whom should they contact?

A: Students interested in applying for the scholarship should contact Dr. W. Elliott Stephenson of WES Training & Consulting at 214-340-2232.

Q: When is the deadline to apply for the scholarship?

A: The deadline for submitting an entry is April 8, 2002.

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Cancer: How Your Mind Can Help Your Body

Cancer: A Deadly Disease. Today, we've focused our Edition on Cancer. The articles will you through several phases of the disease and even testimonials from others.

Each year 185,000 women in this country learn that they have breast cancer. Because less than a quarter of them have genetic or other known risk factors, the diagnosis often comes as a devastating surprise. The emotional turmoil that results can affect women's physical health as well as their psychological well-being.

What impact does a breast cancer diagnosis have on psychological well-being?

Receiving a diagnosis of breast cancer can be one of the most distressing events women ever experience. And women may not know where to turn for help.

Distress typically continues even after the initial shock of diagnosis has passed. As women begin what is often a lengthy treatment process, they may find themselves faced with new problems. They may find their personal relationships in turmoil, for instance. They may feel tired all the time. They may be very worried about their symptoms, treatment and mortality. They may face discrimination from employers or insurance companies. Factors like these can contribute to chronic stress, anxiety and depression.

Why is it important to seek psychological help?

Feeling overwhelmed is a perfectly normal response to a cancer diagnosis. But negative emotions can cause women to stop doing things that are good for them and start doing things that are bad for anyone but especially worrisome for those with a serious disease. Women with breast cancer may start eating poorly, for instance, eating fewer meals and choosing foods of lower nutritional value. They may cut back on their exercise. They may have trouble getting a good night's sleep. And they may withdraw from family and friends. At the same time, these women may use alcohol, cigarettes, caffeine or other drugs in an attempt to soothe themselves.

A breast cancer diagnosis can also lead to more severe problems. Researchers estimate that anywhere from 20 to 60 percent of cancer patients experience depressive symptoms, which can make it more difficult for women to adjust, participate optimally in treatment activities and take advantage of whatever sources of social support are available. Some women become so disheartened by the ordeal of

having cancer that they refuse to undergo surgery or simply stop going to radiation or chemotherapy appointments. As a result, they may get even sicker. In fact, studies show that missing as few as 15 percent of chemotherapy appointments results in significantly poorer outcomes.

How can psychological treatment help women adjust?

Licensed psychologists and other mental health professionals with experience in breast cancer treatment can help a great deal. Their primary goal is to help women learn how to cope with the physical, emotional and lifestyle changes associated with cancer as well as with medical treatments that can be painful and traumatic. For some women, the focus may be on how to explain their illness to their children or how to deal with a partner's response. For others, it may be on how to choose the right hospital or medical treatment. For still others, it may be on how to control stress, anxiety or depression. By teaching patients problem-solving strategies in a supportive environment, psychologists help women work through their grief, fear and other emotions. For many women, this life-threatening crisis eventually proves to be an opportunity for life-enhancing personal growth.

Breast cancer patients themselves aren't the only ones who can benefit from psychological treatment. Psychologists often help spouses who must offer both emotional and practical support while dealing with their own feelings, for instance. Children, parents and friends involved in caretaking can also benefit from psychological interventions.

The need for psychological treatment may not end when medical treatment does. In fact, emotional recovery may take longer than physical recovery and is sometimes less predictable. Although societal pressure to get everything back to normal is intense, breast cancer survivors need time to create a new self-image that incorporates both the experience and their changed bodies. Psychologists can help women achieve that goal and learn to cope with such issues as fears about recurrence and impatience with life's more mundane problems.

Can psychological treatment help the body, too?

Absolutely. Take the nausea and vomiting that often accompany chemotherapy, for example. For some women, these side effects can be severe enough to

make them reject further treatment efforts. Psychologists can teach women relaxation exercises, meditation, self-hypnosis, imagery or other skills that can effectively relieve nausea without the side effects of pharmaceutical approaches.

Psychological treatment has indirect effects on physical health as well. Researchers already know that stress suppresses the body's ability to protect itself. What they now suspect is that the coping skills that psychologists teach may actually boost the immune system's strength. In one well-known study, for example, patients with advanced breast cancer who underwent group therapy lived longer than those who did not.

Research also suggests that patients who ask questions and are assertive with their physicians have better health outcomes than patients who passively accept proposed treatment regimens. Psychologists can empower women to make more informed choices in the face of often-conflicting advice and can help them communicate more effectively with their health care providers. In short, psychologists can help women become more fully engaged in their own treatment. The result is an enhanced understanding of the disease and its treatment and a greater willingness to do what needs to be done to get well again.

What type of psychological treatment is helpful?

A combination of individual and group treatment sometimes works best. Individual sessions with a licensed psychologist typically emphasize the understanding and modification of patterns of thinking and behavior. Group psychological treatment with others who have breast cancer gives women a chance to give and receive emotional support and learn from the experiences of others. To be most effective, groups should be made up of women at similar stages of the disease and led by psychologists or other mental health professionals with experience in breast cancer treatment.

Whether aimed at individuals or groups, psychological interventions strive to help women adjust to their diagnoses, cope with treatment and come to terms with the disease's impact on their lives. These interventions offer psychologists an opportunity to help women better understand breast cancer and its treatment. Psychologists typically ask women open-ended questions about their assumptions, ideas for living life

See Editorial page 6

Christians Overcoming Cancer

By Belinda G. Alexander

It is a common desire of humankind to hope for unlimited happiness, great prosperity and good health. Of each of these aspirations, health is probably the most valuable because there is no substitute for it. Sadly, for many people, this 'revelation' surfaces only when they are affected by health problems. This fast-paced world often leaves us limited time to do those things 'good for us and that promote our lives on the path to good health. It appears true that more people in this world are better informed, however, the better health choices and life-styles still fall miserably to the bottom of our priority list—especially in the USA. Poor practices in eating, activities, rest and our overall mindset contribute to poor mental and physical health. Sickness and Disease does not discriminate as to whom it chooses to affect. Everyone is susceptible to be some form of illness. Sickness does not care if you are a believer or a non-believer. Your belief may not keep you from getting sick; however, it may help you to survive and to find healing from that illness. Cancer is a dreaded sentence of 'ill fate' that puts fear, shock, dismay and confusion in the mind and hearts of anyone who is affected. Some studies show Faith can influence Fate.

Cancer is like an unwanted visitor who arrives unannounced and moves in. When a person develops cancer, there is a ripple effect of questions and feelings of hopelessness. Fear stems from a long history of bringing pain and despair wherever this disease strikes. Cancer was once seen as a certain death sentence so it is understandable as to the level of concern. The emotional confusion and feelings of helplessness may have caused was more detriment than the actual disease. Today the news is much better.

POSITIVES OVER NEGATIVES

In recent reports, Medical professionals have increasingly referred to the correlation of positive outlook and stronger recovery from sickness. It is now 'acceptable' to consider the

value of spiritual health in medical studies and treating illness. More accredited professionals are participating in programs that specifically focus on the significance of spiritual outlook and the ability of the human body to heal itself. The Harvard University Medical School recently hosted conference on healing and spirituality. To project a more 'politically correctness'—specific labeling or reference to 'spirituality' in these studies is usually 'generic.' Many in the scientific world shy away from speaking of God or Christianity in spiritual healing, however, what some call meditation, yoga or prayer—lend support and overwhelming evidence in Christian testimonies.

Cancer can attack many areas of the human body. This disease may choose the lungs, breast, mouth, brain, colon, uterus or lymphatic system to take root. Whatever the place of attack on the body—the strongest point in winning this battle starts with positive spiritual resolve. It appears that there is a growing voice of celebration and victory for winning the battle against Cancer. Survivors say the first step is to have fear and confusion give way to hope and determination.

TESTIMONIES

Testimonies of Survival and Healing help to encourage others to look forward to positive outcomes. Maggie P. considers her-self to be a cancer survivor even though the fight to recovery has just begun. Her visit to the doctor in October 2001 resulted in a surprising diagnosis. The news of ovarian Cancer lead this 'thirty-something' wife and her husband to a most profound level of prayer and petition to God for strength and healing. Friends and family have joined in prayer on Maggie's behalf. The recommended method of treatment included immediate surgery and follow-up chemotherapy. She believes that the most important part of her treatment was the prayer of a Faith few. Maggie said, "After the first day of crying, my family and I decided that we could only afford a positive attitude. Through my wonderful Christian support group and

determined faith in God—I found peace. God let me know that it was going to turn out all right—and this is what brought me through. My latest check up showed no sign of cancer. I must say, "Thank you Lord!" Maggie hopes that her testimony will inspire others whom are fighting illness.

Jack L. is 53 and the father of four fantastic kids. He was told that an inoperable stomach tumor would leave him with only 6 to 9 months to live. His physician put him on an aggressive chemotherapy schedule and closely monitored his progress. Jack still had too much to live for and the initial outlook was not acceptable to what he believed God's plan was for his life. After a long irresponsible run in the single life, he had met his wife Georgia and learned the true meaning of life with purpose. Jack said, "There was still a lot of living left to do. I have to finish raising my family, attend graduations and weddings. I just could not give in to this monster!" Jack began to read everything he could find his particular kind of cancer. The two reoccurring areas of treatment success stressed diet and Faith. He chose to follow a strict new low fat vegetarian menu, with lots of water to nourish and replenish his body. To feed the spirit—he chose a high FAITH content of daily prayer and praise for the healing power of Christ. Jack says, "The decision to focus on a healthy feeding of the mind, body and spirit made all the difference in my life and death outlook."

IN CONCLUSION

Many Christians who have survived cancer agree that they gained a more solid ground on recovery when reflecting on the belief that "God is not an author of Confusion nor Fear!" This belief empowers the mind body and spirit because— "when God is on your side, no one can win against you!"

• Lamentations 3:57 —Yes, you came at my despairing cry and told me, "Do not fear."

>John 11:4 — When Jesus heard that, he said, This sickness is not unto death, but for the glory of God, that the Son of God might be glorified thereby.

Quad C Theatre Presents ...

One Flew Over the Cuckoo's Nest by Dale Wasserman; adapted from the novel by Ken Kesey.

Life is not much fun at the State Mental Hospital under the iron rule of Nurse Ratched. But things are about to change: a new patient has arrived with an attitude that could blow the Institute of Psychology apart. Dale Wasserman's award-winning stage adaptation of the novel cleverly translates this rich, black comedy into an ultimately uplifting plea for the rights of individual liberty. As group therapy gives way to gambling, and parties take the place of pills and piety, the maverick McMurphy is set on a collision with the authorities. This hilarious and moving play is both a joyous celebration of human potential, and a deeply affecting ode to the outsider. *One Flew Over the Cuckoo's Nest* is an unforgettable classic of the modern theatre. **NOTE: This production is not recommended for children.** April 25 - May 5, 2002 in the Black Box Theatre.

Tickets: \$8 General Admission, \$6 Students/Seniors (55+); group rates are available. Admission is FREE with a donation of a large brand new stuffed animal for Adam's Animals.

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The Gazette

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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's 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 formally Minority Opportunity News, was founded July, 1991, by Jim Bochum and Thurman R. Jones



"STRIPES OF A ZEBRA"



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Exercise Reduces Cancer Risk

The American Cancer Society, worried about a nation that does too little exercise and grows more obese, is putting a new emphasis on exercise as a way to reduce the risk of getting sick and dying of cancer.

The five-year update of the society's nutrition and activity guidelines says the evidence now is convincing that exercise reduces risk of colorectal and breast cancer. The report says there also is a probable benefit against endometrial cancer, and activity may help against other forms of cancer as well.

If everyone exercised and controlled weight, the number of Americans who die of cancer would drop by about one third. About an equal number of new cases could be prevented. The society estimates almost 1.3 million new cancer diagnoses this year. More than 500,000 people die of cancer.

The society's minimum recommendation for cancer prevention in adults is at least 30 minutes of moderate activity, such as a brisk walk five days a week. That's in line with the Surgeon General's recommendations for overall good health and the American Heart Association's recommendations for cardiovascular health.

Being active can control weight, improve energy metabolism and reducing circulating concentrations of insulin. "Physical activity helps to prevent adult-onset diabetes, which has been associated with increased risk of cancers of the colon, pancreas and possibly other sites," the report said.

In addition, 45 minutes or more of moderate to vigorous activity five or more days a week may enhance reductions in breast and colon cancer risk, the

guidelines said. Vigorous activity can range from jogging to martial arts, basketball or masonry work.

This much exercise can reduce the risk of colon cancer by almost half and breast cancer by a third. Exercise reduces circulating levels of estrogen, which has been linked to higher breast cancer risk in postmenopausal women. Exercise reduces other hormones that can raise the risk of colon cancer, and speeds material through the bowel before any cancer-causing agents can linger against the bowel wall.

The guidelines also call for children and adolescents to do at least 60 minutes a day of moderate-to-vigorous physical activity, five days a week. The goal is to create lifetime habits that will keep youth out of the 55 percent of American adults who now are overweight or obese.

Also among the recommendations: People should eat more fruits and vegetables. This has been linked to lower rates of lung, oral, esophageal, stomach and colon cancer. High-fat diets have been associated with increase in risk of cancers of the colon and rectum, prostate and endometrium.

The following is a guide to help you with your quest to a healthy lifestyle.

The Complete Guide Nutrition and Physical Activity

- Eat a variety of healthful foods, with an emphasis on plant sources.
- Eat five or more servings of a variety of vegetables and fruits each day.
- Include vegetables and fruits at every meal and for snacks.
- Eat a variety of vegetables and

- fruits.
- Limit French fries, snack chips, and other fried vegetable products.
- Choose 100% juice if you drink fruit or vegetable juices.
- Choose whole grains in preference to processed (refined) grains and sugars.
- Choose whole grain rice, bread, pasta, and cereals.
- Limit consumption of refined carbohydrates, including pastries, sweetened cereals, soft drinks, and sugars.
- Limit consumption of red meats, especially those high in fat and processed.
- Choose fish, poultry, or beans as an alternative to beef, pork, and lamb.
- When you eat meat, select lean cuts and smaller portions.
- Prepare meat by baking, broiling, or poaching, rather than by frying or charbroiling.
- Choose foods that help maintain a healthful weight.
- When you eat away from home, choose food low in fat, calories, and sugar and avoid large portions.
- Eat smaller portions of high-calorie foods. Be aware that "low fat" or "fat free" does not mean "low calorie" and that low-fat cakes, cookies, and similar foods are often high in calories.
- Substitute vegetables, fruits, and other low-calorie foods for calorie-dense foods such as French fries, cheeseburgers, pizza, ice cream, doughnuts, and other sweets.

- Adopt a physically active lifestyle.
- Examples of Moderate and Vigorous Physical Activities
- Moderate Activities
- Vigorous Activities
- Exercise and Leisure

See Strategy page 8

Foods Raise Breast Cancer Risk 400%

Eating well-done meat regularly may increase a woman's risk for breast cancer, according to a new study led by a University of South Carolina cancer researcher. "Our study found that women who consume very well done meat on a consistent basis are at more than four times the risk for developing breast cancer than women who consume meats that are cooked rare or medium," said the study's lead investigator, Dr. Wei Zheng, a professor of epidemiology at USC's School of Public Health and a researcher at the S.C. Cancer Center, a research partnership between USC and Palmetto Richland Memorial Hospital in Columbia.

The results of the study, the first ever to examine the link between the degree to which meat is cooked and breast cancer, are reported in the Nov. 18 issue of the "Journal of the

National Cancer Institute." The culprit may be heterocyclic amines, a compound that has been shown to induce tumors, including those of the mammary glands and colon. High-temperature cooking changes the amino acids in meat to heterocyclic amines — thus possibly increasing a woman's risk for breast cancer, said Zheng, who conducted the study with colleagues at the University of Minnesota School of Public Health, the National Cancer Institute and the University of Iowa College of Medicine.

For years, researchers have examined what link, if any, exists between the consumption of meat and breast cancer. Some believe that the link is caused by the amount of fat in meat, a theory that is being debated in research circles around the world. The researchers chose hamburger, beef steak and bacon because these meats

make up 60 percent of the red meat intake of the participants in the Iowa Women's Health Study. About 10 percent of the women in the study indicated that they preferred very well-done meat. Women who are concerned about what the study means for their consumption of meat may want to limit their meat intake, Zheng said, or scrape off the charred, outer surface of meat that has been cooked. Because heterocyclic amines have been linked to colon cancer, men, too, are advised to limit their intake of red meat and also scrape off the area of meat that has been cooked very well done. "It is important to note that further research needs to be done on the link between the degree to which meat is cooked and cancer," Zheng said. "Our research provides a basis for future studies in this field."

Do-It-Yourself Home Gym

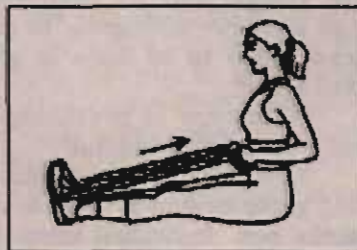
You don't need a home gym to exercise at home. Here are four inexpensive, easy-to-store alternatives that, together, enhance all the elements of fitness: muscle strength, flexibility, and cardiovascular endurance. All are sold in sporting-goods stores.

Getting on the bandwagon

Elastic exercise bands are a perfect option for beginning strength training. They've been used by physical therapists for years. Cheap (usually about \$3 a band), portable, and versatile, these long, wide bands provide the resistance you need to work your muscles. They often come with illustrated booklets. The bands' colors reflect the level of resistance. You can strengthen and tone virtually all your major muscles—and work them from a variety of angles, depending on what you use as an anchor for the elastic band.

Rowing. Sitting on the floor with your legs extended, loop band under arches of feet and hold one end in each hand. Start with arms extended forward. Keeping your back straight and shoulders down, pull your elbows back slowly, contracting shoulder blades. Hold for 2 seconds; release slowly. Repeat.

Tips: Start with easy resist-



ance and gradually increase the difficulty. If you're stretching the band too much, switch to a harder resistance. Keep the band at its normal width so that it doesn't cut into your hands, feet, or ankles. After stretching the band, release it slowly, but do not let it go slack. Wrap the band securely around your hand or foot so it won't slip. When an exercise calls for anchoring one end of the band, choose an object that won't move, such as a pole or heavy piece of furniture.

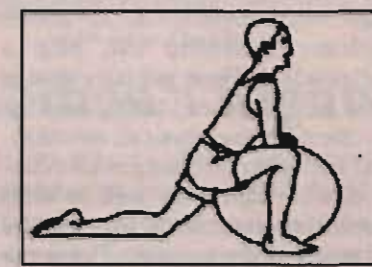
Having a BIG ball

The big vinyl therapy ball—also called a physio-, Swiss, or gym ball—has been used for 30 years in Switzerland. Now these balls are turning up in gyms and physical-therapy offices across the U.S. Filled with air and relatively soft, unlike medicine balls, they cushion you as you stretch. They come in different sizes, for people of different heights. For instance, a 65-centimeter (about 24-inch) ball is recommended for those between 5'8" and 6'. Inflated with a simple pump, they start at about \$20.

You can do calisthenics (strengtheners) and stretches on the ball, as well as warm-up and cool-down routines. Ball workouts require the use of multiple muscle groups. For instance, by simply sitting and bouncing on the ball, you work your ham-

strings, quadriceps, abdominals, and back muscles. Add arm movements, and you also get an upper-body workout. The main benefits are improved coordination, balance, and posture.

Stretch for hip flexor muscles. Kneeling, put your stomach on the ball. Keeping one knee forward and bent at a 90° angle, put forearms on the ball. Extend the other leg backward, with the knee on the floor. Hold and feel the stretch in the front of your hip. Your front



knee should be over the foot. Then lift the back knee, straighten the back leg, and stretch again. Switch legs.

Tips: When you sit on the ball, as you would a chair, your thighs should be parallel to the ground. Don't wear pins or anything that might puncture the ball. Make sure you have enough room so that if you lose your balance you won't fall onto a piece of furniture. If you are older and/or have poor balance, start off with a "spotter"—someone who will stand alongside you and make sure you don't fall off the ball.

Taking your medicine ball

For a different kind of ball workout, try medicine balls. Leather versions used to be popular among trainers and athletes in the 1930s. Today these weighted balls, dubbed "plyoballs" or "body balls," are usually made of polyurethane and/or vinyl.

What you do with a medicine ball is called plyometric exercise. This involves stretching a muscle (as when you squat before you jump to shoot a basket) and then contracting it suddenly or "explosively" as you jump. You can hold the ball above your chest to make your sit-up routine more strenuous. Or substitute it for hand weights while doing aerobic dance. Or play toss or keep-away with one or two partners. Plyometrics can build muscle strength, thus increasing power for specific sports.

Twist. Sitting with your



back at a 45° angle to the floor, move the ball from side to side, twisting your upper body.

Tips: Start with a small, lightweight ball—about 18 inches in diameter and weighing 5 to 9 pounds. Balls over 16 pounds

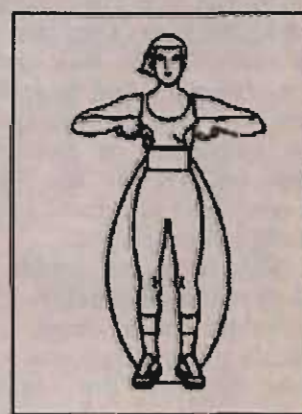
should be used only in professional training. Vary your workout to avoid overuse injuries or soreness. For advanced or intense plyometric exercises, consult a trainer.

Learning the ropes

Jumping rope is great exercise for adults as well as kids. All you need is a rope and good shoes—plus a little instruction at first and then some practice.

As aerobic exercise became a byword in the 1980s, rope jumping gained new popularity for good reason. As a way to build cardiovascular endurance, jumping rope can be as strenuous as jogging, but is lower in impact, since you should jump only a little off the ground. It helps improve coordination, speed, and agility. If you engage in a sport (such as tennis, basketball, or skiing) that requires bursts of speed and power, jumping rope can be particularly beneficial. It works muscles in the legs, shoulders, chest, and forearms. And it burns lots of calories.

Check the rope length. Stand on the center and pull the



handles up your sides: the ends of the handles should come just up to your armpits.

Tips: Wear shoes with good support; aerobics shoes or cross-trainers (not running shoes) are best. Make sure the rope handles fit comfortably in your hands. It's best to jump on the kind of springy wood floor found at a gym or health club, but a lawn or a mat works well, too. Carpets are fine, but a thick one may throw off your timing. Concrete is too hard and increases the risk of injury, but if your shoes are good enough you should be able to jump anywhere.

If you are just beginning to jump, start at about 70 turns a minute, which allows you to double-hop each jump. Keeping your elbows near the sides of your hips, turn the rope with your wrists and forearms—don't turn from the shoulders. To minimize stress on your legs, jump just high enough for the rope to pass under your feet—only an inch or two off the ground. Land softly on the balls of your feet and let your heels help absorb the impact. Land with your knees slightly bent. Keep your posture erect, shoulders back, and abdomen tucked in. Slow down if you get winded or too tired. Jumping rope can elevate your heart rate very quickly.

On The Move

Susan G. Komen Foundation Awarded

By Brandy Jones

Recently, the Intercultural Cancer Council (ICC) presented the Susan G. Komen Breast Cancer Foundation with the prestigious Leap of Faith Award.

"Could one person really make a difference?" Is the question Nancy Brinker, founder, asked before founding the Susan G. Komen Breast Cancer Foundation, a foundation that began with a promise to her sister and is said to end with a cure. Since its inception in 1982 the Komen Foundation has raised more than \$240 million for breast cancer research, education, screening and treatment and is also credited as the nation's leading catalyst in the fight against breast cancer.

The Komen Foundation, the nation's largest private funding source for breast cancer research and community outreach pro-

grams, was given special recognition for its helping hand in cancer disparities occurring in minority and medically underserved populations in the U.S.

The Komen Foundation has



written a new chapter in the public dialogue on breast cancer, providing millions of dollars for epidemiological research to understand the disparities in breast cancer incidence and mortality rates

that occur in specific populations. Standing advisory groups representing African-American women and Latinas are now in place, advising the Foundation on its awareness, education and fund-

raising programs, its grant-funding priorities and its approaches to health-care and public policy issues. In addition, the Foundation is a forerunner in producing breast health education materials and program guidelines target-

ed at specific populations including African-Americans, Latinas, Native Americans, Pacific Islanders, the rural poor, lesbians and women in medically underserved urban areas.

As a true grass roots organization, Komen Foundation Affiliates support more than 1,600 community-based outreach programs to understand why so many women, particularly those from several of these special population groups, continue to die from a disease that has a survival rate of more than 95% when caught and treated early.

Because of these reasons and many more, the Susan G. Komen Breast Cancer Foundation has received one of the many accolades it deserves from the ICC.

ICC promotes policies, programs, partnerships, and research to eliminate the unequal burden of cancer among racial and ethnic minorities and medically underserved populations in the United States and its associated territories (See Homefront for upcoming piece in Plans).

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You & Your Money



Billie Meador

FINANCIAL FOCUS "Buy and Hold" Beats Market Timing

"Buy low and sell high" may sound like an exciting way to invest. Just imagine it: You get in on a stock when its price is way down, you stay with it until it peaks, you sell your shares and you make a big profit. There's just one problem with this picture: It's not realistic.

Why is that? Because nobody not even the most astute market experts can consistently predict when a market has "peaked" or when it has reached its bottom. That's why the "buy low, sell high" investment strategy also known as "market timing" is so difficult to practice successfully.

You can find a better way to invest than constantly looking for market peaks and valleys. This alternative method is not glamorous. It's not exciting. It doesn't even have a jazzy name.

This strategy is known as "buy and hold." If you're a buy-and-hold investor, you start out by picking high-quality stocks that meet your individual goals and your need for diversification. Then, you simply leave these stocks alone sometimes for years. You pay no attention to short-term price fluctuations. You pay no attention to market trends or "fads." You just stick with your stocks.

Of course, "buy and hold" doesn't mean "buy and forget." It's important to periodically review your stock holdings to determine if they still meet your changing investment needs. You'll also need to ascertain whether a stock's fundamentals have changed. Perhaps a new management team is taking the company in a direction you

don't like. Or maybe the company belongs to an industry that is beginning to fade. In any case, you'll want to stay up-to-date on the stocks that you own, but you should make a change only if you have a long-term reason for doing so.

Want proof that "buy and hold" is more effective than market timing? According to an in-depth study by 1990 Nobel prize-winning economist William F. Sharpe, a market timer would have to be right at least 82 percent of the time to do as well as an investor who simply bought and held stocks. In another study, Kenneth Fisher, author of *The Wall Street Waltz*, estimates that an investor with an initial stake of \$25,000 and the ability to perfectly time the market would earn a place on the Forbes list of "400 Richest Americans" after 21 years. The absence of such stock traders on the Forbes list is one proof that market timing can't be perfected.

Even if you're an active investor, do you really want to spend all that time and effort trying to figure out which way the market is going? By following a buy-and-hold strategy, you don't have to constantly check up on stock prices, and you'll save on expensive commissions from frequent trading. In short, you look for quality, you buy quality, and you stay with quality.

So, the next time you read or hear anything about the "right time" to buy or sell, turn the page or turn down the volume. You'll be making a smart move.

Garland NAACP Political Forum

The Garland NAACP will host a Community Forum for the Mayoral candidates.

DATE: Tuesday March 26, 2002

TIME: 7 p.m.

PLACE: Women's Activity Building, corner of Austin and Glenbrook Streets, Garland

The Program will be moderated by Mr. Ricky McNeal and will have a panel that will present questions to the candidates.

The public is invited and encouraged to bring questions for the candidates.

For further details, call Mr. Ricky McNeal at 972-381-5044 or Le Lutz at 972-495-9022.

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Ethnic Notes

Richard Roundtree 'Knows the Score' on Cancer



Richard Roundtree

Richard Roundtree 'Knows the Score' on Cancer

Richard Roundtree was the man who personified masculinity in the film Shaft. In the film all the women had one thing in common, every one wanted Shaft. However, off the silver screen Roundtree had one thing in common with women, breast cancer.

Eight years ago Roundtree discovered a lump in his right breast.

"When I got the news, I was shocked," says the 59 year-old actor, who is working with the Susan G. Komen Breast Cancer Foundation to raise men's awareness about the disease. "I thought, 'I couldn't possibly have breast cancer. Men don't get this.'"

But they do.

According to the Susan G. Komen Foundation, this year between 1,400-1,600 men will be diagnosed with the disease, and 400 men will die from it. While this pales in comparison to the more than 40,000 American women who will succumb to the disease in 2001 - the risk to men is all too real.

The highest recorded incidence of male breast cancer is in parts of Brazil, Colombia, Hungary, and Singapore, though it is not clear why.

"I don't think there is an expert on breast cancer for men

since the cases are so few and far between and it has not been well studied," states Dr. Mark Pegram, assistant professor of oncology and hematology at UCLA/Jonsson Comprehensive Cancer Center.

"There are lots of people trying to do this research but you can only go as fast as there are patients coming in with male breast cancer," adds Dr. William Wood, professor and chairman of the department of surgery at Emory School of Medicine.

The group with the highest risk are men with Klinefelter syndrome - a rare condition in which a man inherits an extra 'X' chromosome, says Wood. Instead of the normal male 'XY' configuration, they are 'XXY'.

Other breast cancer risk factors include:

- A family history - According to Wood, approximately 5% of women who develop breast cancer have a family history of the disease. So it's possible that men may inherit breast cancer as well.
- Gynecomastia - An excessive growth of male breast glands.
- Dysfunctional testes - This can lead to hormonal imbalances.

Like women, another risk factor for men appears to be alcohol consumption.

"Women who have one alcoholic drink a day don't have any increase in the risk of breast cancer. However, two drinks of alcohol a day increase the risk by 30% and three drinks by about 50%," states Wood. "Although for men it might be higher amounts of alcohol because males break down alcohol twice as effectively as women."

What is frustrating in Roundtree's case, and in most cases of male breast cancer, is that there was no obvious reason that he got breast cancer. He has no family history of the disease, does not have Klinefelter syndrome, and rarely drinks.

And at 51, Roundtree was

much younger than the average male with breast cancer. The typical male gets breast cancer in his late 60s - 10 years later than women are diagnosed.

But when it comes to symptoms, male breast cancer is not very different from female breast cancer. Men should look for the same symptoms, including:

- Breast lump
- Nipple discharge (often bloody)
- Inverted nipple

Roundtree found his lump accidentally. "I'm a hypochondriac," laughs the actor, "as soon as I felt the lump I immediately went to my doctor. I don't mess around that way."

Wood says that Roundtree's attention to his lump makes him a rare breed. "Men are wonderful deniers of their own health, and this leads to a high mortality rate with breast cancer."

Wood explains that machismo and lack of awareness are probably the major contributing factors in late diagnoses of male breast cancer.

"I think it's hard for men to pay attention to their bodies unless something is really hurting them. Some men think they just have a pulled muscle or a knot in their chest," says Wood. "While most women will see a doctor if they feel something the size of an M&M in their breast, most men won't even think about it until the lump is the size of a golf ball, which means the cancer is advanced and has probably spread."

Treatments for breast cancer are the same for men and women. Both are treated with chemotherapy, radiation, hormone therapy, and surgery - including lumpectomy and mastectomy.

But men and women differ in their response to the popular treatment tamoxifen.

"We use tamoxifen for both men and women who are hor-

Continued next column

From previous column

more receptive positive," explains Wood. "About two-thirds of women with breast cancer are hormone receptive positive, whereas 95% of men are hormone receptor positive. This means that almost all men with breast cancer respond to tamoxifen, whereas about 1/3 of women don't."

But because men catch their disease late, Wood says that the survival rate for men is lower than for women. Men have very little breast tissue and do not typically receive mammograms. Also, men are not taught to do regular breast self-examination.

Roundtree was fortunate to catch his cancer early and received chemotherapy, radiation treatments, and a mastectomy.

Although Roundtree did not

experience hair loss from the chemotherapy, he said he lost a lot of weight because he was extremely nauseous and couldn't even look at food.

But the most difficult part about the disease for the actor was his inability to tell anyone but his family. He says he had to hide his illness from the entertainment industry for fear that it would exclude him from working.

"No insurance company would insure me if they found out," says Roundtree. "And in order to work on a film, you need the stamp of approval from an insurance company. So unfortunately I had to keep it a secret."

But one fact that shouldn't be kept secret is that breast cancer rates have dropped.

"It's exciting," says Wood. "In the U.S. and the U.K., the

national rates of breast cancer over the last 10 years will have gone down almost 25%. That's really incredible. For the most part, we are catching it earlier and have great treatments."

Roundtree doesn't hide his illness at all anymore. He cherishes his survival and works passionately as a spokesman for both the Komen Foundation and a men's health care initiative called Know Your Score. Along with Ervin "Magic" Johnson, Roundtree is encouraging African-American men to see their doctors regularly.

"Know Your Score is really important," says Roundtree. "We've already saved a few men. Whether it's breast cancer or heart disease, our goal is for men to start taking their health more seriously."

Editorial

Jump from Page 3

more fully and other matters. Although negative thoughts and feelings are addressed, most psychological interventions focus on problem solving as women meet each new challenge.

A breast cancer diagnosis can severely impair women's psychological functioning, which in turn can jeopardize their physical health. It doesn't have to be that way. Women who seek help from licensed psychologists with experience in breast cancer treatment can actually use the mind-body connection to their advantage to enhance both mental and physical health.

How to Help a Friend or Loved One Suffering from a Chronic Illness

If someone you love is diagnosed with cancer or a life-threatening disease, you may feel desperate and completely helpless. But it doesn't have to be that way.

Research has shown us that family and friends can play a

huge role in helping patients deal with a chronic illness.

When a person is suffering from a chronic illness, it's important that they feel truly cared about. What matters most is how people interact with the sick person.

Here are some ways that patients and their families can get the kind of support they want from others:

- *Put an end to family secrets.* In other words, honesty is still the best policy. We often try to protect our families and loved ones from bad news, but hiding a person's serious illness from the rest of the family can backfire. Communicate directly and be open with family members.
- *Include your children.* Although their understanding of the situation may be limited, children still appreciate being told what's going on around them. Children can sometimes view themselves as the cause of problems or major events that happen around them. They may view a parent's illness as being caused by something

they did. Be open, honest, let children know it's okay to ask questions. This will help relieve some of their anxiety. Remember, a child can be a great source of laughter and warmth for a sick individual.

- *Be selective.* Everybody under the sun doesn't need to know about your illness or your loved one's illness. Choose who you care to share your news with carefully. Some relationships will prosper and some will become strained. What's important is that you feel that sharing the information with an individual will provide a stronger sense of support and strength.

- *Be clear about how family and friends can help.* People want to feel useful. Don't be ashamed to ask for help or favors, such as cooking a meal or helping with the school carpool.

Finally, if someone you love is suffering from a chronic illness, learn about the disease, help out with daily errands and chores, and give emotional support. Sometimes we all need a shoulder to cry on.

Capitol Watch

American Cancer Society Supports Patients

By Monica Thornton

The American Cancer Society (ACS) knows that the cost of treatment for many cancer patients can be so high, that any relief they can offer with auxiliary services is always welcome. Cindy Bryant, Program Manager with Patient Services for the ACS said all the services they provide are free, and are funded by private and personal donations.

Ms. Bryant said there are two patient advocates on hand at the Dallas ACS office to handle all incoming calls, with a large majority of the calls being for information and referral.

"Many people need information on specific types of cancers, treatments available, and side effects of the medicine," said Ms. Bryant, "we work on an individual basis and do an assessment when people call in, and from there we

help with the navigation services, pointing people in the direction of the services they need."

Although they do not provide financial resources, Ms. Bryant said there are many supplemental services provided by the ACS, including many support and visitation services, some that are for specific types of cancer. With all the support programs, Ms. Bryant said the ACS works closely with physicians and referral sources.

She said the 'Reach to Recovery' program is specific to breast cancer patients. In this program Ms. Bryant said a breast cancer survivor will get a visit from another survivor and will receive a gift basket and will be shown some exercises to facilitate full recovery.

There is also the 'Men to Men' program, providing education and support to men with

prostate cancer, and the 'Lost Cord' program, for those suffering with cancer of the larynx and hypopharynx.

Ms. Bryant also said there is a lung cancer patient and survivors network, in which lung cancer patients and survivors can make contact over the phone and eventually meet, with the hope of providing support to each other.

"Sometimes there is a great connection and it really works well," said Ms. Bryant.

Another support network available is through the ACS website at www.cancer.org. She said this is available for any cancer patient and cancer survivor, where people can talk to each other over the internet. Ms. Bryant said the site is monitored to ensure that accurate information is being given.

"It's a great tool for anyone,

but especially if someone wakes up at two in the morning and needs to talk," Ms. Bryant said, "they can go to the network."

And for those people finding themselves without a ride to and from treatment, before considering taking a taxi, the ACS provides transportation through its network of volunteers.

But many times treatment is at a facility too far from home to be able to go to and from home in one day. Ms. Bryant said that is where a number of area hotels step in and donate rooms to cancer patients. She said if a patient knows they will be going out of town for treatment and will need overnight accommodation in that area, contact the ACS at their website, or call 1-800-ACS-2345 and ask for the 'Guest Room' program.

Other services provided by the ACS include providing pa-

tients with five pieces of medical equipment: a hospital bed, wheelchair, shower chair, walker and bedside commode. And for breast cancer patients the ACS is also able to provide breast prostheses.

For chemotherapy patients the ACS has a handsome supply of wigs, but Ms. Bryant said although they have a good supply, they have trouble getting wigs for African-Americans, Asian and Hispanic patients. And she said they usually don't have many wigs with styles for younger patients. The wigs come from private donations, wig shops donate, and through grants, with the help of the grant underwriter at the ACS.

The Dallas American Cancer Society office is part of the Texas Division, which is based in Austin. Ms. Bryant said there are six main area offices throughout the state, with regional offices in

smaller cities. Each office is responsible for raising their own money, which comes in by donations and fund raising. Ms. Bryant added that the ACS is a United Way Agency and also receives funding from that source.

She said there are special events held throughout the year to raise money, such as the 'Relay for Life', and the 'Making Strides Against Breast Cancer' non-competitive 5K walk at Fair Park, Dallas, May 18, 2002.

Ms. Bryant, herself a volunteer with the ACS for nine years before being employed with the agency, said donations can be made in memory of someone, and can be from private and public donations, such as corporations.

For more information on any services offered, or to make a donation, visit the ACS website at www.cancer.org, or contact the local Dallas office at 214.819.1200.

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Ministry

Jump from Page 1

ment that she was able to visit the oncologist, and she was so sure she would be healed that she didn't even take her husband with her, much to the surprise of the doctor. She said the doctors were very supportive and discussed different treatments. As she went to make her next appointment she asked the Holy Spirit to give her direction as to which course of treatment she should take. As she listened to the doctor, she said he didn't get to finish the whole list, as on the third option the Holy Spirit prompted her to take surgery and chemotherapy.

"Fortunately for me it was a tiny lump, so it was much different than one that has spread," said Ms. Wilson.

After the surgery, she visited with the oncologist to discuss chemotherapy. Having first prayed that she wouldn't lose her hair or be sick during the treatment, she said the oncologist told her "Mrs. Wilson you're fortunate, the make-up of the medicine is one where you won't lose your hair".

But he did say that everyone get sick from the medicine, and gave her a prescription to help overcome the sickness.

"I got the prescription filled, but then tore it up and flushed the pills down the toilet," said Ms. Wilson. "I told God, Father, I don't need these, you're going to help me".

The oncologist gave her a book on the medicines and the effects, but she said after page two it was so depressing she put the book down. According to the doctor, the fullest effect of the medicine sets in around the third day, so Ms. Wilson dedicated every third day of her treatment to praying, singing and praising God.

"I went through eight months of chemotherapy and didn't get sick one day", Ms. Wilson added.

Also at that time her oncologist told her she needed to go to a support group, but she told him that she was doing fine and didn't need to go. She said he told her "yes you're doing fine, but there are ladies there who aren't, and you may need to help them".

Ms. Wilson went to a support group, but she said they were focusing heavily on depression as a side effect of the surgery and chemotherapy. She said that after a couple of sessions she told the fellow participants that she had a cure for the depression, and the cure was Jesus. She added that she had a mixed response, some people wanting to know more, and others who didn't acknowledge what she had said.

During the eight months of chemotherapy Ms. Wilson said she found what it meant to have peace, joy and contentment every. She said she developed such a close relationship with God that she wanted to continue the relationship, and wanted to continue learning how to give her problems to God and leave them there, which she said is a matter of the will.

And then God told her that out of her adversity and what she had learned through it, he had a ministry for her, and that it was a healing ministry to teach Christians how to walk in faith and victory. Ms. Wilson said she started keeping a daily journal, and much of her infor-

mation in her journals is now in her books.

In 1996 Ms. Wilson got to minister to someone going through breast cancer, using the knowledge God had given her and taking from her own experience with breast cancer. But this time it was her daughter who needed her help. Her daughter, Debbie, was in her early 30's when she was diagnosed with breast cancer, but when the doctors had to operate they found a lot more than they had anticipated.

Ms. Wilson said although her daughter's cancer had not formed into a lump or attached itself to anything, she still had to have surgery and radiation treatment. She said her daughter was a basket case at first, so Ms. Wilson and her husband flew to California to be with her as often as they could. She went through the six principles with her daughter, and Ms. Wilson said Debbie followed them exactly, and said "she was one of my best pupils".

But Debbie was very sick and getting very weak from the radiation and Ms. Wilson said she had to help her get up from her bed and help her get dressed. She became very depressed for about three weeks, but Ms. Wilson said one day when they had gone through the principles together she told her daughter that in the morning her depression would be gone, because the Lord would get her through this.

"In the morning she came to me and hugged me and said that the depression had gone", said Ms. Wilson.

It was now toward the end of Debbie's radiation treatments, and the doctors wanted to discontinue as she had second degree burns, and they were afraid she would get third degree burns. However, Debbie told the doctors that she would continue with the treatment until it was all finished. Ms. Wilson and her daughter continued praying and praising God and believing that Debbie would be healed.

"I told Debbie I don't know how or what God will do, but you're not going to get third degree burns, and I believe God will take care of it", Ms. Wilson said.

It was the last five treatments, and the doctors said Debbie was getting the full onslaught of the treatment, so Ms. Wilson said she praised God and prayed every time Debbie had radiation, just asking God to give her daughter what she needed at that time. At home Debbie was packed in ice packs to keep her temperature down, and the doctors put on special bandages with medication on them that were only to be removed by them. The last day of her treatment came Debbie held out her arms to her mother and said, "Mom, it's done".

But before she felt better she felt worse, until she got over the crisis point and it was time to return to the hospital to have the bandages removed. Ms. Wilson said the oncologist, nurses and other doctors were all waiting to look at the damage as they took off the bandages, all of them expecting to see third degree burns.

"But the doctor said, Debbie, you don't have third degree burns, you don't even have second degree burns, in fact you're already healing", Ms. Wilson recalled.

Ms. Wilson said she told her

daughter that she never saw her cry the whole time, but her daughter said "I was so sick, if I had enough energy to cry, I had enough energy to pray".

She said Debbie told her there were times she couldn't pray, all she could say was 'Jesus', and every time she felt more energy and peace.

It was after that, Ms. Wilson said, during quiet time with the Lord, that God told her to write a book.

"It was never a dream of mine to write a book or have a ministry," she said, "but over the next two years I wrote a book on my cancer survival and six step principles, and then wrote a workbook to accompany it for the purpose of giving workshops".

In 1997, Ms. Wilson said there seemed to be a rash of breast cancer incidences at her church (North Dallas Bible Fellowship Church), and she was asked to give a workshop based on her survival. She said she thought this was the beginning of her ministry, but it was to be a couple of years later after living in Saudi Arabia, that her work would resume.

Ms. Wilson said at the end of the year 2000, she was prompted by the Holy Spirit to write a leadership workbook based on her first two books. The leadership workbook is designed to equip leaders (who are prayed for before being picked) to give workshops, and they must first go through the workshop themselves.

"This is really designed to equip leaders to walk one on one with people going through times of great adversity," said Ms. Wilson, "it will be women working with women and men working with men".

And now her ministry is about to begin, with a PowerPoint presentation in the making, and plans to go back and revise her first two books. Ms. Wilson's first book is titled "A More Magnificent Way to Handle Adversity", and is her story with her six step principles for cancer survival. Her second book is the accompanying Workbook, which will be used at workshops.

She said if a church wants to set up a group in their church she will teach the leaders how to know their position in Christ before they can even teach others who they are in Christ.

Ms. Wilson, who is still only going to act on the prompting of the Holy Spirit, has let her church leadership (she attends North Dallas Bible Fellowship Church) know that she is ready to start her ministry. She sees this as an international ministry, reaching children and adults.

"I imagine we will see a lot of people dealing with illnesses, especially breast cancer, but surely that's something close to my heart", said Ms. Wilson.

Ms. Wilson said her eight months of chemotherapy brought her so close to God that she wants to continue developing that relationship and wants to continue to help other people go through adversity with peace, joy and contentment.

"It's such a unique and overwhelming experience to realize you can go through this (breast cancer) and not focus on the negative side", said Ms. Wilson.

Immune System

Jump from Page 1

aids in the prevention and treatment of the common cold. It strengthens blood vessels and aids in the absorption of iron. Vitamin C is one of the major antioxidant nutrients, preventing the conversion of nitrates (from tobacco smoke, smog, bacon, lunch meats) into cancer causing substances. Deficiency of this vitamin can lead to slow healing of wounds, bruising, nosebleeds, muscular weakness, skin hemorrhages and capillary weakness.

And without minerals our bodies are unable to synthesize nutrients, leading to a break down of our immune system. Zinc is an antioxidant, needed to synthesize protein. It is vital for healing and blood stability. Without zinc our bodies are susceptible to infections. Zinc governs the contractility of muscles and maintains the body's alkaline balance, it can prevent fatigue and increase alertness.

Now that we have ourselves on the path to health, we need another mineral to carry our blood (that should be getting healthier) around our body. This is the job for iron, a mineral that many women are deficient in. Iron combines with protein and copper in making hemoglobin, which transports oxygen in the

blood from the lungs to our tissues. Iron builds up the quality of the blood and increases resistance to stress and disease, and prevents fatigue. And when we are fatigued we can't take good care of ourselves, and we'll be back trying to re-build our immune systems.

Last, but definitely not least in our immune system makeover is acidophilus. Known as "friendly, or probiotic bacteria", acidophilus produces organic com-



pounds to inhibit harmful bacteria from reproducing. These friendly bacteria occur naturally in your digestive tract, and help inhibit the growth of bad bacteria from interfering with your system. Acidophilus is antibacterial, antifungal, a detoxifier and an

immuno-stimulant. It also helps the body absorb critical vitamins like B-complex and K.

Unfortunately, the bacteria can be wiped out if you're given antibiotics, allowing drug resistant microbes to multiply. Taking acidophilus supplements when on antibiotics helps replenish the intestinal flora after it's been eliminated, so not only do you eradicate the bad bacteria, but you are also building the good bacteria. As acidophilus multiplies in your system, it is not necessary to get the most expensive one with the largest strain of bacteria. Supplements are available as tablets, powders, capsules and liquids, and they must be refrigerated.

None of these by themselves will produce an excellent immune system, but they can act together with proper nutrition, exercise and medical attention. Don't wait until you're laying on the couch in your robe, cuddling your hot water bottle, chills up and down your spine and aching all over, before you decide to boost your immune system, because by then you will be too ill to do anything about it. To get healthy and stay healthy we need to make a commitment to ourselves to treat our bodies with respect. A healthy body is an active and productive body.

Strategy

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• Walking, dancing, leisurely bicycling, ice-skating or roller-skating, horseback riding, canoeing, yoga

• Jogging or running, fast bicycling, circuit weight training, aerobic dance, martial arts, jump rope, swimming

• Sports
• Volleyball, golfing, softball, baseball, badminton, doubles tennis, downhill skiing

• Soccer, field hockey or ice hockey, lacrosse, singles tennis, racquetball, basketball, cross-country skiing

• Home Activities
• Mowing the lawn, general lawn and garden maintenance

• Digging, carrying and hauling, masonry, carpentry

• Occupational Activity
• Walking and lifting as part of the job (custodial work, farming, auto or machine repair)

• Heavy manual labor (forestry, construction, fire fighting)

• Helpful Ways to Be More Active
• Use stairs rather than an elevator.

• If you can, walk or bike to your destination.

• Exercise at lunch with your workmates, family, or friends.

• Take a 10-minute exercise break at work to stretch or take a quick walk.

• Walk to visit co-workers instead of sending an email.

• Go dancing with your spouse or friends.

• Plan active vacations rather than only driving trips.

• Wear a pedometer every day and watch your daily steps increase.

• Join a sports team.

• Use a stationary bicycle while watching TV.

• Plan your exercise routine to gradually increase the days per week and minutes per session.

Maintain a healthful weight throughout life.

• Balance caloric intake with physical activity.

• Lose weight if currently overweight or obese.

• Being overweight or obese is associated with an increased risk of developing several types of cancer:

• Breast (among postmenopausal women)

• Colon

• Endometrium

• Esophagus

• Gallbladder

• Pancreas

• Kidney

• If you drink alcoholic beverages, limit consumption.

People who drink alcohol should limit their intake to no more than 2 drinks per day for men and 1 drink a day for women. The recommended limit is lower for women because of their smaller body size and slower metabolism of alcohol. A drink is defined as 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80 proof distilled spirits.

Alcohol is an established cause of cancers of the:

• Mouth

• Pharynx (throat)

• Larynx (voice box)

• Esophagus

• Liver

• Breast

Alcohol may also increase the risk of colon cancer

Around The Town

Ongoing

Join the excitement and serious "revenue generating" networking that will take place at the March 26, 2002 at 4:30 p.m.-6:30 p.m. eWomenNetwork "Accelerated Networking" reception at the Gleneagles Country Club 5401 West Park Boulevard in Plano. Get your registration in now for this powerful networking event. This event is sponsored by Microsoft, Legacy Bank of Texas, Women's Financial Group; Women's Enterprise Magazine; Today's Dallas Woman; and 820 WBAP. For more information or to register, email lampe@eWomenNetwork.com or call 972-966-1878.

Auditions begin in June for the first Solo Talent Competition presented by the Jewish Community Center of Dallas. Grand prizewinners will be showcased on the main stage at the Morton H. Meyerson Symphony Center on August 18. Age categories are 8 to 12, 13 to 17 and 18 to adult. Participants must apply and submit a \$25 non-refundable audition fee by May 31. Auditions will be at the Sale Auditorium at Aaron Family Jewish

Community Center 7900 Northaven Road in Dallas. For applications and more information, call Judy Cohn at 214-739-2737, ext 215.

Applicants are being sought for the 2003-04 Rotary Foundation Ambassadorial Scholarships, which provide up to \$25,000 for tuition and expenses for study abroad. Applicants cannot be related to a Rotarian and must have completed two years of college, be U.S. citizens and speak the language of the country of study. Applications are available from Rotary Club offices. Call dr. George S. Kadera Sr., Rotary District Scholarships chairman, at 972-562-3219.

Allen City Council, 7pm the first and third Thursday of each month. City Council chambers, Allen City Hall Civic Plaza.

Allen Economic Development Corp., 6pm the third Wednesday of each month. Economic Development conference room, 100 Allen Parkway, Suite 211.

Collin County Commissioners 10:30 am the second and fourth Mondays of each month, sixth floor Collin County Courthouse, 205 S.

McDonald St. McKinney, Texas.

Frisco City Council 6:30 pm the first and third Tuesdays of each month, Frisco Municipal Complex, 8750 McKinney Road. Frisco, Texas.

McKinney City Council meeting 6:30 pm the first and third Tuesdays of the month, City Hall, 222 N. Tennessee Street. McKinney, Texas.

Plano City Council, 7:30 pm the second and fourth Mondays of each month, Plano Municipal Center, 1520 Ave. K. Plano, Texas.

Plano Planning and Zoning Commission, 7pm the first and third Mondays of each month, Plano Municipal Center, 1520 Ave. K. Plano, Texas.

March 22-24

Hella Shirkers Circus Resistol Rodeo, Mesquite, Texas, Friday 7:30 pm, Saturday 2:00pm and 7:30pm, Sunday 2:00pm and 6:30pm. General admission \$10.00, Reserved Box Seats \$14.00 for tickets call 972-240-6628.

March 23-25

Two Day Film School. Four years of film school in two days. Learn to make movies, classes and

workshops. 8am-5pm, Studios at Los Colinas. Price \$75.00. To enroll call 972-897-2518.

March 16-May 4

African-American Art History. This class continues one Saturday a month through May and involves the exhibits Sankofa: A Century of African-American

Expressions in the Decorating Arts and Three Centuries of African-American Art. Price \$20.00 per session, discounts for multiple sessions. Address: 3536 Grand Avenue, Fair Park, behind the Music Hall, Dallas, Texas. To enroll call 214-565-9026. 10:00am-2:00pm.

March 16-23

Alma Thomas: Phantasmagoria, Major Paintings. A retrospective of work by the first African American woman to have a solo exhibit at the Whitney Museum. You may view this exhibit at The Women's Museum, 3800 Parry Avenue, Fair Park, Dallas, Texas. For information call 214-915-0860.

March 16-March 31

Avedon's American West: A collection from the portrait, reportage, and fashion photographer of working

class people from the American West. Amon Carter Museum, 3501 Camp Bowie Blvd. Fort Worth, Texas. For information call 817-738-1933.

March 16-May 5

The Belo Foundation Visual Art Series: Photographs of Cuba by Edieeca Thompson and oversized drawings by Jo Jones. South Dallas Cultural Center, 3400 S. Fitzhugh Street, Dallas, Texas. For information call 214-939-2787.

"The Country at the Heart Show"-America's Decorating Show, A Crafters' Village and Interior Marketplace. Plano Center, 2000 East Spring Creek Parkway at Jupiter Road. March 23, 24, 25, Show opens Friday 11:00 am - 6:00 pm, Saturday 10:00 am - 6:00pm, Sunday 11:00am-4:00pm. For information call 1-800-783-4526.

March 26

At 11:30am- Oriental rug presentation, Luncheon and Seminar. Guest presenter Royden Maloumian. Robb & Stucky Furniture and Design Studio 7240 North Dallas Parkway, Plano, Texas. Call 972-403-3063 for information.

The art exhibit "Kaleidoscope 2002", with Watercolor and Collage works by Mary Griffin, Janet Show, Steve Simik and Irish Yopp will be on display at the Plano Center through March 31. Hours are 8am to 6pm, Monday through Friday at the Center, 2000 East Spring Creek Parkway. Call 942-941-5201 for information.

Collin Creek Mall invites children to The Funny Bunnies Easter puppet show at 11:30 am, 1pm, 1:30pm, 2pm, 2:30pm and 3pm Friday and Saturday, and at 1:30pm, 2:30pm, and 3:30pm Sunday through March 30th. The free show is on the mall's lower level near Foley's, 811 North Central Expressway at Plano Parkway. Call 972-422-1070 for information.

In Frisco, children may have their photos taken with Easter bunnies at Stonebriar Center through March 30th. Children will receive Easter-themed coloring book while supplies last. Hours are noon to 8pm, Monday through Thursday, 11am to 8pm Friday, 10am to 9pm Saturday and noon to 6pm Sunday.

Community Calendar Sponsored by Southwestern Bell Telephone

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