





# The Gazette

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By Jimmy Davis, Jr.  
Westside Gazette

FT. LAUDERDALE, Fla. (NNPA) - The presidential election between candidates George W. Bush and Al Gore was held



in the balance Tuesday.

The results, based on a majority of popular votes in Florida, declared Bush as the winner. That majority represented a margin of victory less than one half of one percent of all the votes cast. Florida law requires an automatic recount of all votes cast when the margin is so small.

The mainstream media early on predicted Gore winning Florida's 25 electoral votes then moved in favor of Bush. The race seesawed between the two candidates throughout the night.

Finally, with a margin of only 1,784 votes in favor of Bush, the mainstream media backed off and declared Florida "too close to call." When all was said and done Florida became the deciding factor. Until Florida's automatic recount, now underway is complete the 2000 presidential elections

remain in limbo.

Republican candidate Bush had acquired 2,909,135 votes and Democratic candidate Gore had 2,907,351 votes. The difference of 1,784 votes in favor of Bush remains in question as reports of voting and ballot count discrepancies are revealed.

The recount is being conducted in each county by the statutory prescribed county canvassing board and the results are expected to be complete, at the earliest, by the close of business on Thursday.

The recount is not the only stumbling block in declaring a new president.

Voters in Dade, Broward and Palm Beach Counties have been outspoken of their suspicions that there has been foul play at various polling precincts.

"Our office has received about 100 complaints ranging from disparate treatment by poll workers to voters being turned away from the polls at 7:00 p.m. when the polls closed," said Pat Williams, staff aide to U.S. Congressman Alcee Hastings (D). "We've also had calls about State Troopers stopping guys on their way to the polls trying to delay them from voting."

Williams said other complaints that were forwarded to the Congressman's office included: ballot boxes not being turned in confusion with names on the ballot (some people were under the impression that they were voting for Gore, but ended up voting for Pat Buchanan) and other problems with counting and receiving absentee bal-

lots.

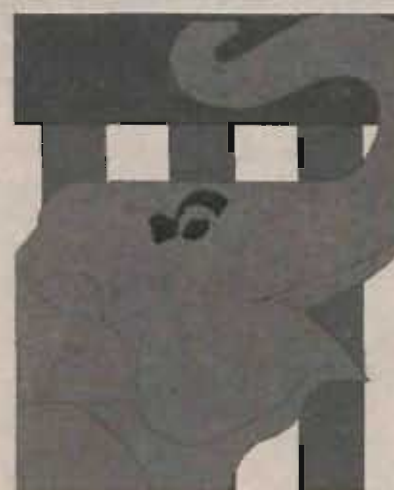
She said Congressman Hastings has filed an affidavit and has asked the residents that have lodged complaints to come forward to sign it. The signatures then will be taken to the proper authorities to be investigated.

"The Congressman has spoken to the Gore campaign to get them to dispatch themselves and they are now here on the scene to check out the improprieties," she added.

NBC news reporter Tom Brokaw broadcast a report about nine missing ballot boxes in Broward County.

Outgoing Broward County Supervisor of Elections Jane Carroll fired back by saying nothing was missing. "There were 14 boxes of ballots from the Pembroke Pines area that took longer to relay because of heavy turnout," said Carroll.

Radio stations across Florida reported being



drenched with calls from voters about allegations of irregularities they witnessed as they

attempted to exercise their constitutional rights.

The Tom Joyner Morning Radio Show, aired on radio stations across the nation, took the initiative and used his syndicated morning talk show to register voters, but according to General manager of Tampa's WTMP Dr. Glenn Cherry, when some of those registered voters went to the polls they were denied the right to vote, because their race didn't correspond with the information that was on their voting cards.

When the registered voters went to vote they were turned away, he said.

"From the calls our station has received it seems apparent that someone was trying to intimidate the voters," said Dr. Cherry whose father (Charles Cherry) publishes the Daytona Times. "Our listeners called and said they were harassed at the polls and that the police were doing racial profiling around the precincts. We told our listeners to go ahead and vote and not let these tricks discourage them from voting."

Added to the other inproprieties reported in Broward County was Christina Strudwick who reported her complaint to Florida State Rep. Chris Smith. "I had a problem with the ballot, it was difficult for me to tell who I was voting for. I wanted to vote for Gore but it was hard to tell between him and Mr. Buchanan, so I called to report this," she said.

"Once this has been investigated they will find out that this was not right," Tucker said.

## You & Your Money

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**John Dudley**

## Investing may be a bit bumpy

After record-breaking ups and downs in the stock market in recent months, some investors may be feeling a bit queasy -- especially new investors who had been enjoying a smooth ride and weren't expecting any sudden jolts. Historically, the financial markets have never increased for an extended period of time without pulling back at some point. So, buckle up and get used to the fact there's always going to be some rough road. Here are a few things to keep in mind when the ride gets bumpy.

### You're in It for the Long Haul

Is your first impulse to take your money out of the market when the going gets tough? Stop and consider your investment goals.

Retirement investors are usually long-term investors. If you have many years until you retire, you may have plenty of time for your investments to recover from losses and post gains. If you sell when prices are low, you may miss out on future gains in the market. Don't base your investment decisions only on recent market activity, because a hasty decision may

prevent you from reaching your long-term destination of a secure retirement.

If, however, you do decide to take your money out of an investment portfolio, consider doing it gradually to avoid selling everything at a low price. Another option may be to stop contributing new money to that particular portfolio.



### Follow Your Road Map

You probably used a lot of time and effort to put together your retirement strategy. Unless retirement is fast approaching or there has been a major change in your goals or financial situation, it usually isn't a good idea to make drastic changes to your strategy. Try not to get confused and lost by sudden changes in the financial markets. Follow the road map that you prepared to lead you to a comfortable retirement.

### Keep an Eye on Your Diversification

Depending on how your investment portfolios have been

performing, your mix may have changed over time. It's a good idea to check your retirement investments periodically to make sure they haven't become too concentrated in one asset class.

### Keep on Truckin'...

And keep on investing. Your future retirement is far too important to let occasional bumps and potholes keep you from contributing to your retirement portfolio. Saving regularly through up and down markets is bound to pay off in the end.

Unless you plan on retiring in a few years, you should stay with investments that have a strong potential of achieving your long-term goals. Fasten your seatbelt, keep your eyes on the road, and you'll be well on your way toward your destination of a carefree retirement.

*Provided by courtesy of John Dudley, a Financial Advisor with the investment firm First Union Securities in Dallas, TX. For more information, please call John Dudley at 214-740-3253. First Union Securities, Inc., Member New York Stock Exchange and SIPC and a separate, non-bank affiliate of First Union Corporation. ©1999 First Union Securities, Inc.*

## Being financially independent

By Anthony G. Davis

What image comes into your mind when you read those words? Do you see "rich folks" sitting back living the easy life? Maybe you envision some fat cat who's owned a good business for many years. Many people think about someone else when they think of financial independence. Well, I challenge you to start thinking of yourself! Financial independence is quite possible, in your lifetime, if you're committed to doing what's necessary.

First, let's explore the meaning of financial independence. Try this on: Financial independence means your money makes enough money to support your needs. This means that you have invested your money in such a way that it actually produces enough income to handle your financial needs. Please be advised that this has absolutely nothing to do with the amount of your current salary. Trust me, a person earning millions per year in income is not any closer to financial independence than a person earning \$20,000 per year. You can only reach financial independence by investing in assets that will pay you in the years to come. Many people who earn above average incomes tend to

simply spend more money on items that have no lasting value.

Also, there is the small reality of inflation to consider. Inflation is what causes you to pay five to 10 percent more money this year for the things you thought had gone up too much in price last year. And the increases will not stop. So we must earn more every year just to keep pace with our current standard of living.

This historical rate of inflation is approximately 4 percent. Supposedly, prices increase about 4 percent per year. If this is true, in order to meet your current expenses of \$25,000 in 20 years you will need approximately \$55,000. Think back to 1980. How close are we to those prices? And those prices were much higher than the prices of 1960.

So how do we become financially independent in this world of ever-increasing prices?

1) Learn to change your financial mindset. Spend 30 minutes a day of your spare time reading, learning and studying about investing. This information will not only improve your life, but you will also have something of significant value to pass on

to they young people in your family.

2) Regardless of your income, commit to paying yourself at least 10 percent of your income. That 10 percent (or more) should be deposited into your investment account. 3) Dedicate yourself to the process of becoming financially independent. Sure, obstacles will always arise. Keep in mind, a person with a purpose is hard to deter.

Now, for the purpose of our example, how do we cover the \$55,000 per year we'll need in 20 years for our annual expenses without depending on a job? We'll need to invest \$667 (stop screaming) per month with an average annual return of 15 percent for the next 20 years.

For those of you who threw down the paper when I mentioned investing \$667 per month. Pick it up! You might learn something. Consider your current income. Can you live with a less expensive car? Can you drive a used car and eliminate that payment completely? Can you contribute more to your retirement plan at work? How much are you spending on

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## Debate continues over electoral college system

There have, in its 200-year history, been a number of critics and proposed reforms to the Electoral College system. But there are also staunch defenders of the Electoral College who, though perhaps less vocal than its critics, offer very powerful arguments in its favor.

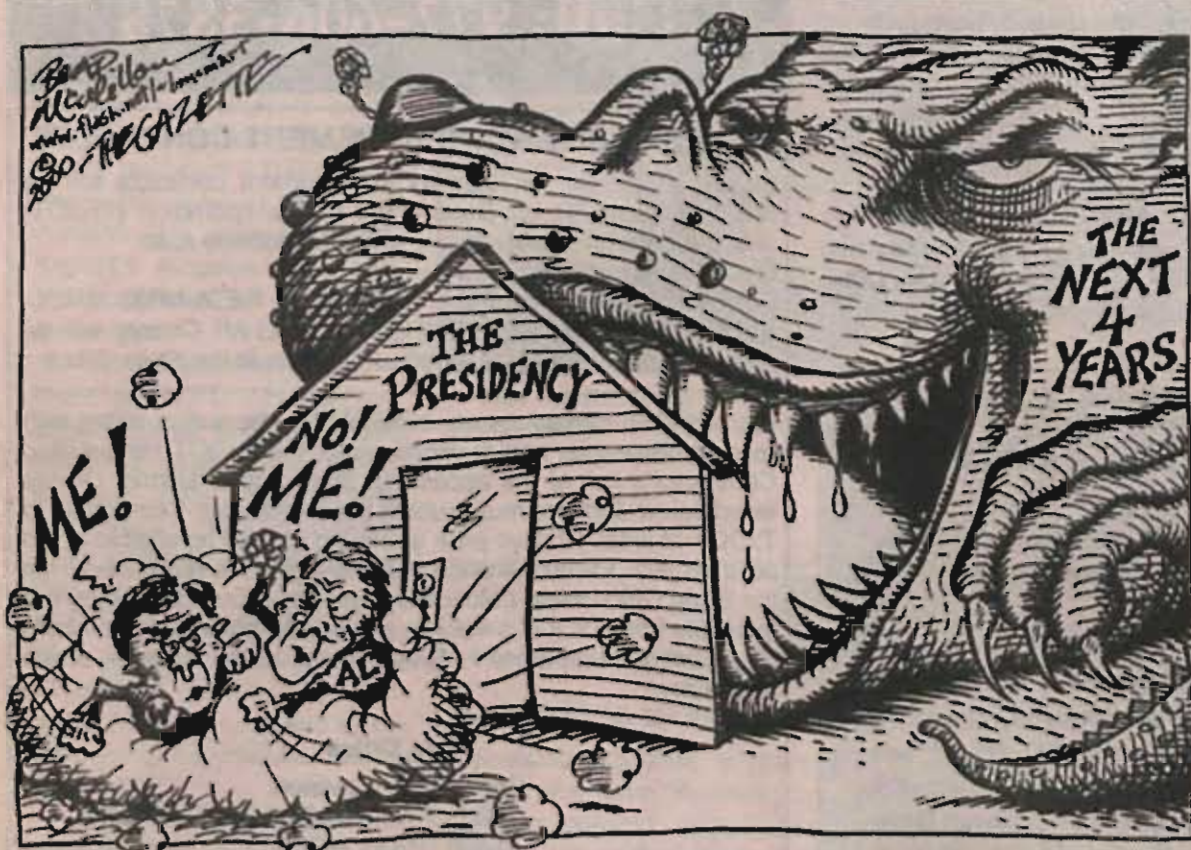
Arguments Against the

### Electoral College

Opponents of the Electoral College system point to the risk of so-called "faithless" electors. A "faithless elector" is one who has pledged to vote for his party's candidate but nevertheless votes for another candidate. There have been seven such electors in this century and as

recently as 1988 when a Democrat elector cast his votes for Lloyd Bentsen for president and Michael Dukakis for vice president instead of the other way around. It is possible to solve this by eliminating the individual electors in favor of a purely mathematical process (since the individual electors are

...See DEBATE on page 7



### To submit a letter to the editor:

Send all correspondence to: MON-The Gazette  
Letters to the Editor  
6100 Avenue K, Suite 105  
Plano, TX 75074



Ron  
Shaw

## You should be a part of something big

I recently had lunch with a very successful businessman in Houston. We were discussing some projects we're engaged in and the subject of significance came up. What really impressed me was the reason for his success. He believes there is a greater cause for which his gift of successfully investing in business ventures must be attached to.

We discussed several important issues, and as he asked questions, one in particular caused me to search deep inside myself. He asked, "Ron, why do you do what you do? Certainly you could have accomplished more outside of the pastorate or ministry than what the Christian community allows you."

I could tell he was really moved by my answer. I told him that I have to be involved in something that gives my life and all that I accomplish meaning and significance. Building a successful business or church isn't the end but rather the means to an end. Each of us longs to be a part of something that makes a difference. We also long to be different and make a difference. In order for that to happen, we have to be a part of something much bigger than ourselves and our personal ambitions.

Once a young man asked me if I thought his vision was God given? After he told me what it was, I told him it probably was not because it was something he could do by himself. God's plans require much

more than we personally have. Therefore we must depend on Him and His resources to accomplish them.

In our text Jesus crosses paths with two sets of men. He called to two brothers who were fishing and two others who were preparing to fish. Notice, 1) He called them right where they were. Many times we want to wait until we have arrived at what we think should be our destination before answering His call.

2) He called them knowing who they were. He knows who you are also. He knows your past, your lineage, your personality, your strengths and weaknesses. It stills blows my mind that He knew me and my faults and still placed the call.

3) He called them while they were busy. I often tell people, God can only direct moving vessels. A young lady called me a few days ago to ask if she should accept a particular job. "They're not offering me the salary I want," she said. I responded, "But you aren't making anything now!" According to the Word, we're not supposed to live off of what others give us, but rather what we give. Our giving is to produce the income we want. I advise men and women whom are not working but sitting waiting on the so-called right job to come along, to go get to work somewhere. God isn't looking for you at home. Your opportunity is not coming to you sitting at home unless you're working out of your home. You must get

busy doing something.

He called those men who were already busy. He called them knowing who and what they were. He called them right where they were.

If you're going to be a part of something larger than you let me give you a few helpful suggestions. First, you must separate yourself like the men in the text. This is part of the preparation process in order to be used for a greater cause. Even Jesus spent time separated from friends and loved ones in order to prepare for God's plan. Great men and women have and still go through times when it seems like it's just them and God. Abram was told to leave his father's house. Joseph was sent to Egypt away from his father and brothers.

Second, we must set our attention on Him. In order to be a part of something big, we must refocus our attention on the bigger picture. That means giving our undivided attention and time to learning, training and equipping ourselves to accomplish the task before us.

Finally, we must serve. No cause can be considered great if it does not meet this important criterion. Jesus said service is how greatness is measured in the Kingdom. Not being served, but serving. You should be a part of something big. Why aren't you? You could be a part of something big. Why don't you? You would be a part of something big. Why won't you?

## Capitol Watch

### Microsoft protects consumers from counterfeit software

AUSTIN, Texas, (PRNewswire) -- Microsoft Corp. took a step to help make the software market in Austin safer by taking legal actions against two Austin area software resellers for the alleged distribution of counterfeit Microsoft(R) software. These businesses allegedly persisted in distributing counterfeit software to unsuspecting consumers despite previous requests from Microsoft that they stop their illegal actions.

"It can be a real challenge to compete against businesses that are illegally selling pirated software," said Tommy Wald, president and CEO of NetForce Technologies Inc. in Austin. "Consumers are often drawn in by artificially low prices and don't realize that there are risks that accompany counterfeit software as well. We appreciate and support the efforts of Microsoft and the software industry to ensure that businesses can compete fairly and that consumers receive genuine products."

Software piracy has a severe negative impact on state and

local economies across the country. According to a study by International Planning and Research Corp., Texas' software piracy rate is 25.7 percent, which means that more than one in four computers is running pirated software. This study also reports that software piracy cost the state nearly 7,000 jobs and over \$434 million in combined wages and tax revenues in 1999, ultimately stealing away resources that could otherwise contribute to local and state improvement projects.

The following lawsuits allege that the defendants distributed counterfeit and/or infringing copies of Microsoft software to customers and/or investigators:

1) Star Tech PC & Software of Austin allegedly distributed counterfeit Windows(R) 95, Office Professional 97 and Office 2000

2) Compusource aka Discount-Software.com of Austin allegedly distributed counterfeit Windows 95, Windows 98 and Office Pro 97

"Microsoft wants con-

sumers to know that counterfeit software is prevalent and there is a very real possibility that they could become victims of software piracy," said Janice Block, corporate attorney for Microsoft. "In the long run, pirated software can cost consumers a lot more by increasing the potential for obtaining viruses, lacking key elements including software code, and making users ineligible for valuable technical support, warranty protection and upgrades. Microsoft is committed to helping Texas fight this serious problem in order to assuage the harmful effects of piracy to Texas' economy, citizens and businesses."

The Business Software Alliance (BSA), a software industry watchdog group, recently announced a truce period in Austin throughout November during which businesses are encouraged to review their software and ensure its compliance.

Throughout the truce the BSA will help companies become compliant without imposing penalties for past illegal software usage.

### AT&T breakup good for investors

WASHINGTON (NNPA)-The intended move to split AT&T into four companies may be a potential attraction for investors, but will mean little gains for consumers, according to analysts. In fact, some consumers may feel a negative strain from the breakup as the restructure will lead to greater competition between companies. AT&T announced plans to split the company last month.

"We're not going to have a second wire service competing to for your local telephone business to drive down the cost of service anytime soon," said Mark Cooper, director of research for the Consumer

Federation of America.

Still, AT&T says that it will not abandon its general plan to roll out local phone service over its cable lines-therby competing toe-toe with Bell Atlantic (Verizon) and its local service strength. (Bell has the overwhelming majority of market share in local service since their phone lines have long been set directly into homes).

Over the next two years, the company will turn its wireless and cable businesses into companies with their own stock. Such a move may prove lucrative to investors over the long run as the wireless and cable companies will represent high-

earning potential and will not be bogged down on paper by less the appealing annual report bottom lines. Currently, AT&T's long distance service is still the company's big breadwinner: 60 percent of its revenue comes from long distance service even though that factor seems to be declining.

Consumer advocates threw up yellow flags. They and industry executives see the likelihood of AT&T shifting its resources away from residential long distance service and aggressive pricing strategies and moving further in providing more in business services.



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### TEMPORARY EMPLOYMENT AGENCY

Temporary employment agencies needed. If your company can provide service in Austin, Houston, Irving or San Antonio, we'd like to hear from you. Please submit a detailed company history for consideration.

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## Coca-Cola Street Cru makes community visits

By Lakeesha Joe

If you haven't heard already, the Coca-Cola Street Cru has been riding around town and has probably stopped in your neighborhood. The Coca-Cola Street Cru is a 2000 Ford Excursion with Coca-Cola graphics. It is

driving around the Metroplex with a team of young adults who operate the Cru.

"The Coca-Cola Street Cru connects with teens to give back to the communities that we serve," says Rick Gillis, division

vice president, and general manager of Coca-Cola Bottling Company of North Texas.

The local Cru evolved from the existing ones in New York and Los Angeles and is a long-term initiative of Coca-Cola.

The Cru plays current and locally relevant popular music from state-of-the-art stereo system and goes to multiple venues. The Cru, which hands out coupons, prizes and premiums, features contests and activities for urban Dallas youth, creating a positive effect on the community.

Rhonda Yost, market development manager for Coca-Cola Bottling Company of North Texas, says that the Cru participated in the Sprite Backboard program, a park revitalization event, and other mentoring pro-

grams.

"We receive a lot of requests to attend various events," says Yost. "Our calendar is more than full."

During the week, the street cru loads up with Coca-Cola products and talks to the kids about their day and plays games with them. They also go to events such as supermarket grand openings, the State Fair of Texas and local concerts.

The Coca-Cola Street Cru has entertained thousands of teens and young adults in the Dallas, Fair Park and around Ft. Worth. This helps Coke assess what it needs to do to help the community.

"We look at the Coca-Cola Street Cru as a great connection with our community," says Gillis.



Students take their best shots during a basketball display set-up by the Coca-Cola Street Cru outside Cityplace Theater.

Photo by Lott's Photography

## Health care fraud-fighters convene in Dallas

DALLAS, (PRNewswire) — Dallas is host this week for some 800 private- and public-sector specialists in the detection, investigation, prosecution and prevention of health care fraud—a national crime problem estimated to cost U.S. taxpayers and health insurance buyers at least \$35 billion and perhaps as much as \$100 billion every year.

The Annual Training Conference of The NHCAA Institute for Health Care Fraud Prevention — November 15 through 18 at the city's Adam's Mark Hotel — provides 3 days of intensive anti-fraud training and professional networking for federal and state law enforcement agents and special investigators and other personnel from private health insurance companies, HMOs, claim administrators and large self-insured

employers.

Training topics range from legal and regulatory issues and investigation-management techniques to billing-fraud schemes in specific medical specialties and emerging issues such as pharmaceutical fraud.

"Health care fraud is the 'insult-to-injury' addition to the high cost of health care and the many other health insurance issues with which we're dealing in this country," says William J. Mahon, Executive Director of the National Health Care Anti-Fraud Association. "The vast majority of health care providers, for example, are honest individuals who care greatly for their patients. The small minority who are not, however, cost all of us tens of billions of dollars each year in phony claims

for services they never provided or for more expensive treatments than they actually performed.

"Even worse than the financial damage is the exploitation of patients and sometimes the physical risk to patients that goes along with the crime," says Mahon. "You can't commit health care fraud without falsifying something about a patient's medical condition or treatment history, and in some types of fraud schemes, the perpetrators think nothing of jeopardizing patients' physical safety and health. The NHCAA Institute, through this Training Conference and its other ongoing activities, puts the emphasis where ultimately it is needed most-on the early detection and prevention of such frauds."

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### TEXAS HIGHWAY IMPROVEMENT CONTRACTS

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#### District Office(s)

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4777 E. Hwy 80  
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## On The Move

### Brink's Home Security donates systems to Habitat for Humanity

Irving, TX - In an ongoing effort to contribute to the creation of safer communities, Brink's Home Security has installed burglar and fire alarms in 35 Habitat for Humanity homes in Sumter County, Georgia. The donation was made in conjunction with a larger security industry effort, lead by SAINTS Foundation (Safety, Awareness and Independence Now Through Security), to donate security services, including the installation of burglar and fire alarms and lock hardware, to each Habitat for Humanity project in North America. It is estimated that the SAINTS donation could reach \$9.5 million in the first year of the project.

"As an active supporter of the SAINTS Foundation, Brink's Home Security is committed to doing all we can to promote safer communities," said Peter Michel, President & CEO of Brink's Home Security. "We support the noble efforts of Habitat for Humanity and are pleased that Brink's Home Security is able to help make these new homes safe and secure for families who will be living in them."

The SAINTS/Habitat partnership commenced with the Jimmy Carter Work Project on September 9 when work began on Habitat homes in New York City and Sumter County, Georgia, all of which were outfitted with burglar and fire alarms, and quality lock hardware, donated through the SAINTS Foundation. Seven Brink's Home Security technicians from Florida traveled to Georgia to install burglar and fire alarm systems for the 35 Habitat homes in Americus and

Plains. Working along side dozens of other Habitat volunteers, the technicians provided the hardware and skills needed

to wire each security system, install motion detectors and smoke detectors and position the door contacts to complete



Dan Cantrell, (right) manager, Brink's Home Security Builder Technical Operations and site team leader for the project positions a Brink's sign in front of one of the homes.

...See BRINKS on page 7



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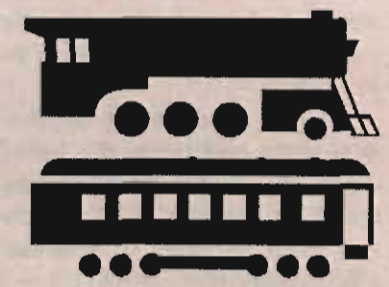
### Trains at NorthPark chug in for the holidays

DALLAS (PRNewswire) — The Trains at NorthPark, an annual holiday tradition from Ronald McDonald House of Dallas, opens at NorthPark Center at 10 a.m. Saturday, Nov. 18. Presented by Bank One, the spectacular toy train exhibit is now in its second year at NorthPark Center. A special Sneak Peek party for media, sponsors and special friends begins at 8 a.m. Saturday.

Visitors to The Trains at NorthPark first hear the rumbling and clanging of 34 different miniature trains zipping simultaneously over winding

track. The walk-through train-scape replicates a journey across America, including detailed reproductions of national landmarks and the Dallas skyline.

The Trains at NorthPark runs Saturday, Nov. 18 through Sunday, Jan. 7 at High Court in NorthPark Center near FAO



Schwarz.

In 1999, the exhibit attracted more than 77,000 visitors, and raised \$446,000 to assist Ronald McDonald House of Dallas in its mission to provide a home-away-from-home for families of seriously ill children receiving treatment in Dallas-area hospitals. This event is one of the largest fundraisers of its kind in the nation, and provides just under half of annual operating budget of the House.

Representing the Ronald McDonald House as Kid Conductors this year are

...See TRAINS on page 7

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DRWT 0200 Learning Skills (Writing)	BMGT 1301 Supervision
ECONOMICS	BMGT 1303 Principles of Management
ECON 2301 Principles of Economics	OFFICE TECHNOLOGY
ENGLISH	POFT 1341 Computer Applications II
ENGL 2333 World Literature	POFT 1349 Spreadsheet
GOVERNMENT	POFT 2301 Global Procurement
GOV 2302 American Government	POFT 1393 Access for Office Technology Majors
HEALTH OCCUPATIONS CORE CURRICULUM	PSYCHOLOGY
HPRS 1202 Wellness and Health Promotion	PSYC 2301 Introduction to Psychology
HPRS 2301 Pathophysiology	SOCIOLOGY
	SOCI 1301 Introduction to Sociology
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## Wellness Briefs

## Playing bridge may boost immune system

A study by a University of California-Berkeley researcher indicates that playing bridge leaves people with higher numbers of immune cells. Bridge was found to stimulate the dorsolateral cortex area of the brain, which may influence the immune system. Players plan ahead, use working memory, deal with sequencing, initiation and other higher order functions, which involve the dorsolateral cortex, thus increasing the levels of white blood cells.

## Hip arthritis may be found in genes

Having a sibling with arthritis of the hip may increase your risk of the same type of arthritis six-fold. In a study done in the UK, siblings of hip transplant patients had arthritis rates three to eight times higher than those who did not have a sibling who underwent the surgery.

## Ill teens take more sexual risks

Research suggests that chronically ill adolescents may be more likely than their healthy peers to engage in risky sexual behavior. The presence of chronic illness may predict higher risks in teenage girls than boys. The illnesses cited were illnesses last longer than 3 months—the most common one being asthma. Doctors encourage parents to treat chronically ill teens just like healthy teens and not assume that they are not interested in the same kinds of issues, including sales.

## Heart attack risk increases after big meals

Researchers report that people who eat an unusually large meal are four times more likely to have a heart attack in the next two hours. Doctors said the risk of heart attack was 10 times higher than normal in the hour after eating and four times higher between one and two hours of the meal. By the third hour after eating, the risk had fallen back to normal. A high-fat meal can result in an increase in hormones, clotting factors and blood sugar, much like heavy exercise.

## Menstrual periods may increase heart attack risk

Canadian researchers say women seem to be at higher risk of having a heart attack during and immediately after their menstrual period. In a study with 28 premenopausal women who had had a heart attack or angina more women had their coronary event within five days after onset of menstruation. Investigators believe that fluctuations of estrogen during the menstrual cycle may affect the risk of heart attacks.

## Smoking may be linked to hearing loss

Japanese researchers report that smoking may damage hearing. Reports show that current smokers may be more likely to have hearing impairment, especially at high-frequency noise levels, than never-smokers. The risk of high-frequency hearing impairment increased with the number of cigarettes smoked per day as well as years of smoking. Researchers believe hearing loss may be due to decreased blood flow to the inner ear that transmits sound to the brain.

## SAD-When the holidays aren't so happy

By Monica Thornton  
Contributing Writer

Your friends and family are excitedly preparing for the holidays. There will be parties, presents and some are slowly taking decorations out of storage. There are others who worry about making it through the holidays and hope to make it to February.

Some experiencing depression and anxiety as the short days and long nights set in, could be one of the 10 million American sufferers of seasonal affective disorder, or SAD.

It is commonly displayed as a periodic pattern of depression, usually in the winter, and dissipates in the spring. In the winter, most sufferers go between apathy and panic, lose confidence in work, feel that life has no meaning, and don't know why they constantly feel blue.

According to Dr. Norman E. Rosenthal, a SAD pioneer, the disorder can be attributed not so much to weather changes, as to light deprivation. He says that shorter days affect many mammals. This means that for many animals their entire behavior is timed to ensure spring births, as winter is a time of energy conservation.

Many SAD symptoms can be seen as energy-conserving, such as overeating, oversleeping, lack of interest in socializing and low sexual activity. While this works for animals, it doesn't for people, as we have to function at

the same level all year.

SAD comes at a time of year when many people have great demands. If you suffer with SAD, the holiday season is depressing and is often energy-depleting.

There is help available. Rosenthal says the disorder comes from a lack of melatonin, a sleep-inducing hormone, and serotonin, a mood-enhancing compound. He says that the pineal gland, which secretes melatonin in the absence of light, may be less responsive in SAD patients. Bright light exposure may increase their response, producing melatonin suppression and normal sleep patterns.

Rosenthal believes that people affected by SAD have abnormal serotonin concentrations. Bright light and carbohydrates help sufferers return to a normal state. In the book "Seasons of the Mind," he says that studies in animals show that carbohydrates increase production of serotonin and he has deduced that SAD patients usually crave carbohydrates, which could be an instinctive reaction to correct the serotonin abnormality. In a study, SAD (seasonal people) and non-SAD people (non-seasonal) were given six big cookies and a turkey salad for high carbohydrate and high protein content. The seasonal people were

...See SAD page 7

## Survey reveals confusion about diabetes

NEW YORK (PRNewswire) -- There is a large gap between what most of the general public knows about diabetes and the actual facts about the disease. Even the most basic information eludes many people while others underestimate the serious nature of diabetes, a devastating disease that kills one American every three minutes.

These are general findings illustrated in the results of a survey commissioned this year by the Juvenile Diabetes Research Foundation International (JDRF). The survey, conducted by Penn, Schoen & Berland Associates, Inc. of Washington, DC, posed ten key questions about diabetes and its complications to a nationally representative field of respondents in the United States, Canada, Australia and the United Kingdom. It is being released to coincide with National Diabetes Awareness Month -- November.

According to the JDRF survey, 81 percent of Americans wrongly think taking insulin for Type 1 diabetes delays and prevents the development of complications, which can include kidney failure, blindness, limb amputation and nerve damage. The United States is not alone in this particular misconception. People in Canada (81 percent), Australia (86 percent) and the United Kingdom (76

percent) think the same.

At least half of the people in each of the four countries are not aware of the difference between Type 1 and Type 2 diabetes nor can they identify kidney disease, blindness or amputations as complications of diabetes. Further, they do not know that diabetes is the single most costly disease in terms of health care.

Another finding shows that a majority of the general population in Australia (60 percent) and the United Kingdom (57 percent) wrongly think no one would die from Type 1 diabetes if everyone afflicted with the disease took their insulin properly -- compared to the populations of the United States (37 percent) and Canada (43 percent), which are more knowledgeable on this issue.

The survey demonstrates some positive news concerning what the public knows about the disease. Most people in all four countries understand that a person cannot outgrow the disease. Also, most people in the United States,

Canada and the United Kingdom realize there is no way to prevent diabetes.

Diabetes is a chronic disease that impairs the body's ability to use food properly. There are two major types of diabetes. In Type 1, or juvenile, diabetes, commonly diagnosed

in childhood, the pancreas produces little or no insulin, the hormone needed to turn food into energy. Type 1 is the most serious form of diabetes because the afflicted person must take insulin injections to stay alive. People with Type 2, or adult onset, diabetes, produce insulin, but their bodies do not use it effectively. Type 2 is usually, but not always, diagnosed in adults and does not always require insulin injections. Insulin is not a cure for diabetes and does not prevent complications.

Knowing the facts about diabetes is vital because anyone can get it.

About one-third of the 16 million Americans with diabetes don't know they have it, because, in many cases, they don't know the warning signs. Extreme thirst, frequent urination, drowsiness, sudden vision changes, increased appetite, sudden weight loss and rapid hard breathing are the most common among the warning signs for Type 1 diabetes. The warning signs for Type 2 diabetes include any of the symptoms for Type 1 plus the following: recurring or slow-healing skin, gum or urinary tract infections, tingling or numbness in the hands or feet, or itching of the skin or genitals.

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## DEPRESSED AGAIN?

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

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

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

SOUTHWESTERN



## ...DEBATE from page 2

no longer essential to its operation).

Opponents of the Electoral College are further concerned about its possible role in depressing voter turnout. Their argument is that, since each state is entitled to the same number of electoral votes regardless of its voter turnout, there is no incentive in the states to encourage voter participation. Indeed, there may even be an incentive to discourage participation in order to enable a minority of citizens to decide the electoral vote for the whole state.

Finally, some opponents of the Electoral College point out its failure to accurately reflect the national popular will in at least two respects. First, the distribution of electoral votes in the College tends to over-represent people in rural states. This is because the number of Electors for each state is determined by the number of members it has in the House (which is based on the state's population) plus the two members it has in the Senate.

A second way in which the Electoral College fails to accurately reflect the popular vote is with the winner-take-all format in which the candidate who wins the most popular votes in the state wins all the electoral votes of that state. One effect of this mechanism is to make it extremely difficult for third party or independent candidates ever to make much of a showing in the Electoral College.

Arguments for the Electoral College

Proponents of the Electoral College system normally defend it on the philosophical grounds that it contributes to the cohesiveness of the country by requiring popular support to be elected president, enhances the status of minority interests, encourages a two-party system, and maintains a federal system of government.

Proponents say the Electoral College generally makes presidential nominees inclined to select vice presidential running mates from a region other than their own. There is an incentive for presidential candidates to pull together coalitions of states and regions in order to win the required 270 electoral votes.

This unifying mechanism does not, however, come without a small price. In close popular elections, it is possible that the candidate who wins a slight majority of popular votes may not be the one elected president, depending (as in 1888) on whether his popularity is concentrated in a few states or more evenly distributed. They point out that the Electoral College system is designed to work in a rational series of defaults: if a candidate receives a substantial majority of the popular vote, then that candidate is virtually certain to win enough electoral votes to be elected president; in the event that the popular vote is extremely close, then the election defaults to that candidate with the best distribution of popular votes; in the event the country is so divided that no one obtains an absolute majority of electoral votes, then the choice of president defaults to the U.S. House of Representatives. In either instance the winning candidate must demonstrate both sufficient popular votes as well as sufficient distribution of those votes.

Proponents further argue that the Electoral College contributes to the political stability of the nation by encouraging a two-party system. This is true because it is extremely difficult for a minor party to win enough popular votes to have a chance of winning the presidency. Even if they won enough electoral votes to force the decision to the House, they would still need a majority of over half the state delegations in order to elect their candidate. In addition to protecting the presidency from

impassioned but transitory third party movements, the practical effect of the Electoral College is to virtually force third party movements into one of the two major political parties. Conversely, the major parties have every incentive to absorb minor party movements in their attempt to win popular votes. In

## ...INDEPENDENT from page 2

items you don't need and have no lasting value? If you really look, you'll find a few extra dollars for your investment program.

After you've re-evaluated the way you spend your current income, you're probably still wondering where to find the rest of the money you need to reach your invest goals. This is where I recommend you either look for extra to do (invest the additional income) or start a small business to earn a few extra dollars per month (for investment pur-

this process of assimilation, third party movements are obliged to compromise their more radical views if they hope to attain any of their more generally acceptable objectives. Thus we end up with two large, political parties, rather than dozens of smaller political parties catering to divergent views.

poses). As a last resort, you could always simplify your standard of living and learn to live on less. The horror!

To most people the most difficult thing to do is change. The goal of financial independence demands that we change the way we think and thus change the way we live.

Is your financial independence worth the sacrifice?

Anthony G. Davis is a Financial Consultant at Davell Trading Company.

## ...SAD from page 6

more energetic, but the non-seasonal people were more fatigued.

Other key areas in understanding the development of depression in SAD are inherent vulnerability, environment and stress. Women between the ages of 20-40 are the most vulnerable. It seems to run in families, and most patients have at least one close relative with a history of depression, often from SAD. Genetics are not ruled out, as at least two distinct genetic markers have been discovered for

manic-depressed individuals.

For some, dark days regardless of the season can induce depression. Rosenthal suggests using and creating light to lift the dark moods. He said it could be as simple as painting brightly, and moving to a sunny climate.

Rosenthal pioneered light therapy in SAD patients. He found that when SAD patients sit in front of a lightbox, up to 3 hours a day, up to 80 percent of SAD patients drastically

## ...TRAINS from page 5

Landon Smith from Campti, LA and Skooter Ross from Henrietta, TX. Eight-year-old Landon is awaiting a kidney transplant. Skooter, who is in 6th grade, was diagnosed with brain stem cancer in August.

More than 1,800 community and business volunteers will come aboard to man the exhibit throughout the seven-week season. Honorary Conductor is Gloria Campos, WFAA-TV news anchor.

Major sponsors include Baylor — Jack and Jane Hamilton Heart and Vascular Center/Baylor University Medical Center; Children's Medical Center; DART; The Dallas Morning News; Discount Model Trains; Excel Communications; McDonald's of Dallas/Ft. Worth Metroplex; NorthPark Center; Primrose School of Dallas; Southwest Airlines; Tom Thumb and WFAA-TV.

## ...ELECTION from page 1

that said there was "no legal impediment" to continued recounts. The unanimous, one-paragraph order did not address whether Harris should be required to accept the results, leaving that issue for another day. Within minutes, Judge Charles Burton, a member of the Palm Beach canvassing board, announced a countywide recount would begin. It was controversy about the design of the county ballot, and complaints by some Gore supporters that they may have inadvertently voted for Pat Buchanan, that the vice president's campaign first cited more than a week ago when they began their recount campaign. The Bush and Gore lawyers offered varying interpretations of the meaning of the court's ruling. "I doubt if the Florida Supreme Court meant to have these counts go forward only to have them ignored," said David

Boies, a member of Gore's legal team. A few minutes later, former Secretary James Baker, a Republican, credited Democrats with a "superb example of the art of legal spin." "A one-paragraph interim order of the Florida Supreme Court has just been portrayed to you ... as the biggest thing since night baseball," he said.

## ...BRINKS from page 5

the installations.

"We are grateful for this significant contribution from the SAINTS Foundation and the security industry," said Millard Fuller, founder and president of Habitat for Humanity International. "Habitat for Humanity has a commitment to creating safe housing and safe communities and this partnership will help us fulfill that commitment."

improved.

Regular aerobic exercise such as walking, jogging or cycling, preferably outdoors, or in front of a light box indoors, along with a diet rich in complex carbohydrates alleviates symptoms. Simple carbohydrates such as sugar, candy and honey only exacerbates the disorder.

Managing stress also helps manage SAD. Accepting one's limitations and not feeling guilty about reduced energy, motivation and inability to cope helps,

too. To reduce stress, people can do their holiday shopping during months with more light. People affected by SAD often have difficulty in concentrating and remembering, so keeping a daily to-do list can be helpful.

Nurturing your resources and using creativity to find shortcuts and ways to conserve energy can help during the down season. Even though sufferers will want to sleep more, it's best to wake up earlier as it elevates mood and energy.

Some sufferers may need to

see their doctor to discuss this disorder and may find further relief with prescription medication. If after these steps suffers feel better, they should keep up the good work; if still struggling to make it through the day, they should consider some form of counseling.

To begin the journey to wellness, people must accept the condition and the problem, and then deal with it.



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## Chamber of Commerce

### City of Frisco

**Thursday, November 16**

8:00 a.m. - Get On Track at 8 Networking Session Meeting at Plantation Resort Clubhouse

10:00 a.m. - Ribbon Cutting Community Credit Union  
Community credit Union at 3833 Preston Rd. at Warren Parkway, Frisco. Contact Alissa Mitchell at 972-758-1554 or the Chamber office 972-335-9522.

1:30 p.m. - Ambassador Team Leader & Officer Meeting At Prosper State Bank.

**Saturday, November 18**

11:00 a.m. - ID'S for Children - The Club at Prosper  
Sheriff Box Deputies using their new digital equipment will be doing ID's for children, ages 2 to 15, with fingerprints and pictures from 11:00 a.m. to 2:00 p.m. Also, there will be free hot dogs, games and golf at The Club at Prosper Driving Range on C-R- 27 & 3 (1 mile west of 289 and 1 mile north of 380), Prosper, TX.

**Sunday, November 19**

7:30 p.m. - Holiday Shopping Night.  
There will be a shopping night at Stonebriar Mall from 7:30 p.m. until 10:30 p.m. on Sunday, Nov. 19, 2000. Tickets are \$5.00 and may be purchased from the Frisco Chamber of Commerce and other non-profit organizations. For further information, contact the chamber at 972-335-9522.

**Monday, November 20**

8:00 a.m. - CHAMBER MOVING DAY  
We will be unable to obtain the services of the professional movers due to the delay in moving, and we will appreciate any help we can get.

**Tuesday, November 21**

1:30 p.m. - Ambassador Meeting  
Prosper State Bank Meeting Room  
  
6:00 p.m. - Ribbon Cutting/Barnes and Noble  
A Preview Party and Ribbon Cutting will be held for Barnes and Noble, 2601 Preston Road, #1204 in Stonebriar Centre to celebrate their grand opening. Ribbon Cutting will be at 7:00 p.m. Ten percent of proceeds from opening sales will go to the Frisco Head Start.



**Thursday, November 23**

Thanksgiving Holiday  
Happy Thanksgiving- Chamber Offices will be closed 11-23 and 24

**Monday, November 27**

6:30 p.m. - November's Chamber Membership Meeting  
We have rescheduled this meeting for December 15th from 9:00 a.m. to 6:00 p.m. at the New Chamber office.

**Tuesday, November 28**

9:30 a.m. - Coldwater Creek Ribbon Cutting  
Located on main floor #1058, NW corner adjacent to Nordstrom. For further information, contact Jackie Wise at 972-731-0032 or the Chamber office.

**Thursday, November 30**

8:00 a.m. - Get On Track 8 Networking Session  
Meeting at the Plantation Resort Clubhouse  
5:00 p.m. - R/C - Business After Hrs. Edenbrook  
Edenbrook Ribbon Cutting and Business After Hours at 3000 Midway Rd., Plano. For further information contact Debra Thompson at 972-473-7400 or the Chamber office.

**FRISCO**  
Chamber of Commerce

### City of Richardson

**Friday, December 1**

11:15-1:15 p.m. - RCC 1st Friday Business Impact Luncheon Annual Holiday Awards Luncheon David Blanchard, RCC Chairman of the Board & Richardson Mayor Gary Slagel will present "The Year 2000 in Review" from both the Chamber and City perspective.  
Clarion Hotel - 1981 N. Central Expressway

**Saturday, December 2**

9:00 a.m. - Annual Christmas Parade Plano Road Route

**Thursday, December 7**

11:45-1:15 p.m. - Small Business Roundtable/Public Affairs Committee Legislative

### City of Allen

**November 17-January 1**

Northern Prairie Lights  
The Allen Chamber of Commerce invites your participation in the exciting new holiday lighting extravaganza-Northern Prairie Lights. Northern Prairie Lights is a holiday lighting attraction designed for visitors of all ages. Located on the West Side of Central between McDermott and Exchange Drives, this 2 mile drive through wonderland features 227 displays for everyone's viewing pleasure. It is a combination of beautiful works of art in lights, giant twinkling scul-

### Forecast Luncheon

Local Legislators will address the important issues facing the upcoming Legislative Session.  
Rep. Fred Hill, Rep. Tony Goolsby, and Rep. Jerry Madden Sen. Florence Shapiro and Sen. John Carona.  
Holiday Inn Select - 1655 North Central Expressway

**Thursday, December 14**

5-7 p.m. - PM Connections  
Texans Credit Union - 777 E. Campbell Road

**Friday, December 15**

11:15-1:15 p.m. - TBC 3rd Friday Technology Luncheon  
Arthur Klein, President & CEO, ipVerse "The Softswitch...Enabler of a Network Paradigm"  
Clarion Hotel - 1981 N. Central Expressway.

tures, brilliant tunnels, cascading arches and unbelievable animated themed areas truly a spectacular "Holiday Memories Aglow."  
6-10 p.m. nightly  
\$10-passenger vehicle, \$15-limo/commercial vehicle, \$30-mini motor coach, \$60-motor coach.

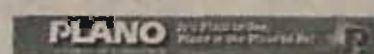


### City of Plano

**December 1**

2nd Annual Striking Up Business Networking Bowling Fund-Raiser  
Southwestern Bell presents the 2nd Annual Striking Up Business Networking Bowling Fund-Raiser benefiting the Plano Chamber of Commerce at Plano Super Bowl, 2525 Avenue K.

Fee is \$60 per 3-person team and includes lunch. The tournament begins at 10:00 a.m. with lunch being served at 12:15 p.m. Team and lane sponsorships are still available. For more information contact the Plano Chamber at 972-424-7547.  
Deadline for participation is



### DART News



#### Commuter rail rolls out west.

From downtown Dallas, the Trinity Railway Express (TRE) heads west with four new commuter rail stops - West Irving, CentrePort/DFW Airport, Hurst/Bell and Richland Hills stations.

#### DFW Going to the airport? Hop aboard the Trinity Railway Express.

Leave parking fees and traffic hassles behind. Now there's a better way to get to DFW. The TRE CentrePort/DFW Airport Shuttle conveniently connects the new CentrePort/DFW Airport Station to all DFW Airport terminals & employment centers, Monday through Saturday.

#### Fans fly to football games on the DART Cowboy Flyer.

True-to-the-Blue fans park free & ride to Dallas Cowboy home games on the DART Cowboy Flyer. Roundtrip to Texas Stadium is only five bucks from: North Irving, North Central, South Garland, North Carrollton, West Plano, Red Bird, and Richardson transit centers, Mockingbird Station, Webb Chapel at Forest Lane and the Big Town Mall Park & Ride.

#### Take light rail trains to see little toy trains.

Ride DART light rail to Park Lane Station, then take the DART Holly trolley-bus to NorthPark Center to see Texas' most elaborate toy train exhibit, November 18 through January 7. For more information, call 972-480-5312.

#### The First Subway Station in the Region.

Ten stories below Central Expressway lies Cityplace Station, the region's first subway station. Passengers can ride the longest escalators west of the Mississippi. It's a connection to exciting entertainment, shopping and dining destinations in uptown Dallas. Both red and blue light rail lines will stop at Cityplace beginning December 18. Bus service from the station starts in January.

#### Parade Day at DART

Avoid traffic jams and downtown parking fees and ride DART to the Neiman Marcus/Adolphus Children's Parade, Saturday, December 2. Benefiting Children's Medical Center of Dallas, the parade steps off at 10 a.m. on Commerce Street. Afterwards, take the Trinity Railway Express to South Irving Station for the Annual Christmas Parade and Santa in the Park at 4 p.m. in downtown Irving's Heritage Park.

For more information on DART Services, call DART Customer Information at 214-979-1111 or visit our website at DART.org



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## Mavs suffer first lost of the season to Utah Jazz

By Ché Hill

After an impressive pre-season run and a surprising victory over the Eastern Conference champion Pacers, the Mavericks are showing themselves to have all the potential of a playoff team. A new attitude, new look, and new blood have all been working to the advantage of team owner, Mark Cuban as he plays the puppeteer, pulling all the right strings to keep his team winning.

But some things never change. The Mavs still desperately need to improve on the defensive aspect of their game. Their offense seemed to be on target with Steve Nash tying a career high performance of 24 points and 12 assists, with a handful of those assists going to Dirk Nowitzki, whose three-pointers kept the Mavs nipping on the heels of Utah. But that's all they could do. Nothing General Manager and Coach Don Nelson came up with could stop Karl, "the Mailman" Malone from delivering. And deliver he did, with 35 points, 15 of those coming in the fourth quarter. Malone went to the foul line several times throughout the night and made the Mavericks pay for sending him there.

Despite some looks traded between Nelson and Malone and Malone's echoing comments of kicking Mark Cuban's butt, things remained fairly calm with no confrontations. But try as they would, the Mavs could not get the better of the Jazz. Even when they gained a six-point lead late in the fourth and it looked as if the tables had turned, their lack of defense was their undoing.

The Jazz have beaten Dallas in their last six times at home and this time in front of a crowd of 16,500.

At age 37, Malone is showing that he can still dish out punishment to opponents and that he will consistently be a scoring threat.

So how did the Mavericks

take their first loss of the season? "It doesn't matter if I have a good game if we lose," says guard Steve Nash. "But it's only the third game of the season. We've got to stay positive."

"We played a good game but somehow we let it get away from us at the end," said center Shawn Bradley. Forward Michael Finley said, "It's the third game of the season and we

lost to the Utah Jazz. How many times have you looked into the Mavericks locker room and people are upset because we've lost to Utah? You can't get down about it."

Cuban's new Mavericks have a new attitude and big hoop dreams for this season and they aren't about to let one loss take destroy them.



KFC Texas Black Sports Hall of Fame honors sports legends  
More than 500 fans and family members showed their support at the Annual Texas Black Sports Hall of Fame banquet recently. Twelve inductees were honored, including former Dallas Cowboys, Tony Dorsett and Drew Pearson, and former Washington Redskin, Charley R. Taylor. Pictured (l to r): Texas Black Sports Hall of Fame inductees David "Lightning" Fant, Gerald Kenneth Beal, Drew Pearson, Santae Wilson, Jr., Johnny "Mule" Miles, Tony Dorsett and Barbara Brown-McCoy.

Photo by Darren Rollinson.

### Mavs-Nov. & Dec. Schedule

November				December			

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## Warner Bros. takes a trip to the "Red Planet"

By Josef Spencer

Following internships at Royal Victorial Hospital and Montreal General, in 1935 he

~Charles R. Drew, 1942

As war raged across Europe in 1940, blood was urgently needed for wounded troops. During the Plasma For Britain Project, which in five months collected, processed and transported 14,500 units of plasma, Dr. Drew gained international recognition as the head of the program. His scientific research helped revolutionize blood plasma transfusion so that pooled plasma could readily be given on the battlefield, and thereby dramatically improving opportunities for survival.



**CHARLES R. DREW, M.D.**

**CHARLES R. DREW, MD**

Drew was infuriated, because his colleagues in the medical community remained silent about the outrageous insult even though they possessed scientific proof that all

It is not only the circumstances of Drew's life or death that sparked the legend. The truth embedded in science and our common humanity becomes a truly powerful lesson: that we all indeed are one blood.

*Carrie-Anne Moss and Val Kilmer star in Warner Bros. Pictures and Village Roadshow Pictures' epic romantic adventure, "Red Planet."*

It's 2050, Earth is dying, and colonizing Mars is the only alternative to obliteration. Bowman and her crew have made this journey to investigate what went wrong with the malfunctioning Mars Terraforming Project, and to repair it. But what happens when they get there is far more terrifying than anyone could have guessed: a crash-landing leaves them without scientific, communication or escape equipment, and causes their military mapping and exploration robot to malfunction into an enemy, relentlessly dedicated to breaking the team down. Defying orders from Houston, Bowman refuses to leave crewman Gallagher, played by Val Kilmer, with whom she shares an intense emotional bond, and the rest of the crew, and instead attempts

"Red Planet" opened in theaters November 10.

Illinois Ave. & Zang Blvd. near Kroger, Dallas TX

**Wednesday Nov. 22, 7:30 pm Only**

Adult	\$15.50, \$18.50, \$22.50
Kids (to 10 yrs.)	\$13.00, \$16.00, \$20.00

**Thursday - Friday**

10:30 am All seats \$9.00

7:30 pm

Adult	\$15.50, \$18.50, \$22.50
Kids (to 10 yrs.)	\$13.00, \$16.00, \$20.00

**Sat. & Sun. Noon**

Adult	\$15.50
Kids (to 10 yrs.)	\$13.00

**Sat. 4:30 & 8 pm and Sun. 3:30 & 6:30 pm**

Adult	\$16.50, \$20.00, \$25.00
Kids	\$14.00, \$17.50, \$22.50

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# Arts & Entertainment

## EVENTS

November 15-19

The Black Academy of Arts and Letters is sponsoring the play, "God Don't Like Ugly" at the Dallas Convention Center, Bruton Theater. For more information call 214-743-2443.

Jubilee Theatre, 506 Main Street, Ft. Worth, presents the play "Ceremonies in Dark Old Men" by Lonnie Elder, III. For information or tickets call 817-338-4411.

Soul-Rep Theatre is sponsoring "Rhyme Deferred" featuring the Hip-Hop Theatre Junction, in performances at the Undermain Theater, 3200 Main Street, Deep Ellum, Dallas. For more information call 214-521-5070.

November 16-18

The Great American Trucking Show will be held at the Dallas Convention Center from 9:00 a.m. to 6:00 p.m. For more information call 214-939-2700.

November 16-19

"Coming Attractions" by Ted Talley and directed by Joe Chapa, will be performed at the Mainstage Theater, Fine Arts Complex, UTA, 700 W. Second Street, Arlington. Performances are at 8:00 p.m. with a Sunday, Nov. 18 matinee at 2:30 p.m. For more information or reservations call (metro) 817-272-2650.

November 17

Black Cinematheque Dallas and the local chapter of N'CO-BRA will host a screening of the film "Bloody Island: The Race Riots of East St. Louis" by Thomas Gibson. The screening will be held at the South Dallas Cultural Center, 3400 S. Fitzhugh Street, Dallas, at 7:30 p.m. For more information or tickets call Marilyn Clark at 214-426-1683.

November 17-18

GO Entertainment & Sounds From Within Production present "On the Edge," a play about real life, people and situations, at KD Studio, 2600 Stemmons Frwy Ste 117, Dallas, with performances at 8:00 p.m. For more information and tickets call Ché Hill at (972) 672-8480 /visit www.balladsbyche.com.

UTA students in the Dance Ensemble will hold two 8:00 p.m. performances for its Fall Program at the Lone Star Auditorium of the Activities Building, 500 W. Nedderman Dr. For more information or tickets call Dr. Patty Haselbarth at 817-272-3106.

November 17-19

Soul-Conscious Productions presents the drama "Friends for Life" at TBAAL, Clarence Muse Café Theatre in 8:00 p.m. performances. For tickets or information call 214-743-2440.

November 18

The Martusfest Hard Core Rock/Rap Festival will be held at the Bandshell in Fair Park featuring performances by Luti-Kriss, Violent Mercy and others, from 11:00 a.m. to midnight. For tickets or information call 1-866-MARTUSFEST or visit www.martusfest.com.

November 19

Associate Professor of Cello at UTA, Elizabeth Morrow, will premier a new work by Mike Bogle titled "Suited for Cello" at 7:30 p.m. in the Irons Recital Hall. The concert is free and open to the public. For more information call 817-272-3471.

November 20-22

The Dallas Black Dance Theater is holding a Behind the Scenes Holiday Series showcasing its 14 dancers. The show is free and open to the public. For reservations call 214-871-2390.

November 21

The New Philharmonic Orchestra of Irving will perform with Lucy Tamez Creech singing Bach, Gershwin and more, at the Carpenter Performance Hall, Irving Arts Center, 3333 N. MacArthur Blvd. in a free concert beginning at 7:00 p.m. For tickets call 972-252-2787.

November 22-26

The UniverSoul Circus returns to Dallas with performances at Dallas' Wynnewood Village, Illinois Ave. at Zang Blvd. For more information call Denyse Parks at 404-588-1235 or visit www.universoulcircus.com. For tickets call TicketMaster.

November 24

Author Susie Kelly Flatau will hold a book signing at the Women's Museum, 3800 Parry Avenue, Dallas, at 11:00 a.m. For more information call 214-915-0860.

November 24-December 24

The Dallas Theater Center presents Charles Dickens' "A Christmas Carol" at the Arts District Theater, 2401 Flora Street, Dallas. Opening night is Nov. 29. For tickets or information call 214-522-8499.

November 24-January 3, 2001

The Irving Arts Center, 3333 N. MacArthur Blvd., will hold its Dickens' Holiday Exhibition in the Main and New Talent Galleries. Exhibitions and receptions are free and open to the public. For show times call 972-252-7558.

November 25-January 3

The Irving Arts Center is hosting the 2000 Tree Decorating Exhibition and Competition entitled "A Dickens Holiday" highlighting decorated trees by PTA's from Irving schools and artwork by IISD elementary students. For more information call 972-252-7558.

November 30-December 2

The Dallas Symphony Orchestra and pianist Andre Watts in the Texas Instruments Classical Series Concerts. All performances begin at 8:00 p.m. For more information or tickets call (214) 692-0203.



## Night Vibes

By Ché Hill



Recently the Horticultural Center hosted "A Simply Red Affair" hosted by Jill Marie Jones from UPN's sitcom "Girlfriends". Despite the cold and rainy weather the event enjoyed a full house and even a few local entrepreneurs. It was a typical networking mixer on the surface, but once inside, it became a party atmosphere.

Jones' presence added to the excitement and so did Boomtown Entertainment's live recording of the TV series "Untamed" on Urban Street Digital Network that will be premiering in January 2001. Smirnoff representative Traci Standifer coordinated the event, which definitely would be



Jill Marie Jones of UPN's "Girlfriends" (left) stands with Traci Standifer of Smirnoff Co.

considered a success. They provided free food and drinks for the entire evening so all you had to be concerned with was whether or not you wore your dancing shoes and did you bring enough business cards. This was a semi-formal event and for the most part people came out dressed to impress. Typical evening out. While this was a nice night out it wasn't anything special. I caught up with Jones and got a chance to talk with her briefly, and here's how our conversation went:

Gazette: How do you feel about your fellow actors and actresses on "Girlfriends"?

Jones: Everyone's cool to work with and I have a lot of fun.

Gazette: What's it like working with Diana Ross's

daughter? I mean, is she a good actress?

Jones: She is definitely good at what she does. She is a great friend. I only have a select few that I say that about, and she is one of them. We're really close. She's all that and a bag of chips.

Gazette: Would you ever do any theater or are you too big for that now?

Jones: I love acting so I would definitely do theater. I'm not too big to do anything.

I must say Ms. Jones seemed to be as beautiful on the inside as she is on the outside. None of that "I'm high and mighty" stuff. She was really cool. So with all that said Smirnoff events are good for getting free food particularly jambalaya and rice with beans. I give them three and a half-snaps.

## Eyeing the Arts

By Stephanie Ward

Sylvia Sanchez is living full-color in the middle of her passion. When she talks about her artwork, her eyes light up as the words begin to flow. It's as if she is in the middle of a sweet love affair. Sanchez spends most of her free time creating beautiful impressionistic images similar to those of John Sergeant, Renoir and other European masters. The images on her canvas come alive with color and a simple moodiness.

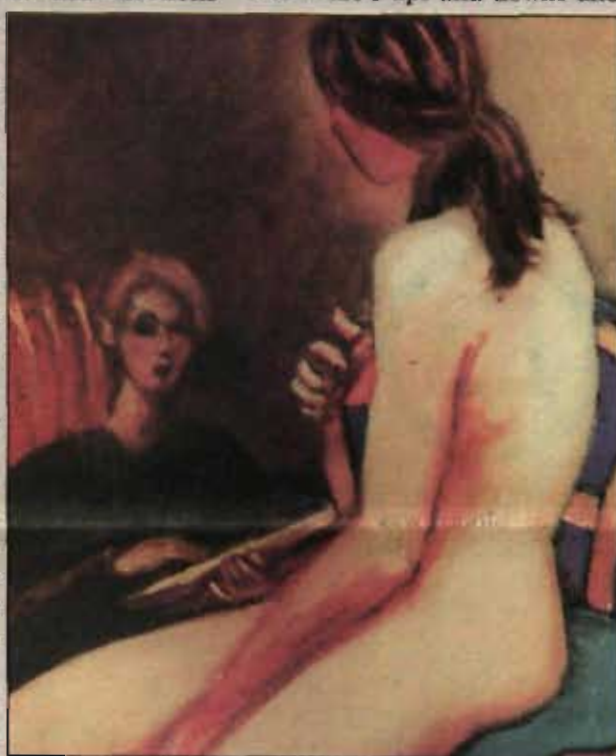
The computer programmer by day and artist by night has elegantly contemporized the techniques of European masters in her realistic oil paintings. One of the greatest challenges artists seem to face is the ability to consistently produce quality work, but Sanchez has been able to keep her focus by refusing to watch television and using that time to paint. She says people who watch television are watching other people live their dreams instead of living their own. She spends hours each day pouring over medium size canvases creating both monochrome sketches of nudes and rich detailed oil paintings of

mostly women. She says they are much more interesting to draw with the curves and emotions that they embody.

Sanchez started her art career painting landscapes, but decided to focus on people because she says paintings are tools to capture a certain moment in time. Sanchez sees life in color and feels life with texture. She looks to capture the emotions of her subjects. "I paint passion," she says with conviction. "What makes a good portrait come to life in not just the realistic impressions on a canvas but the ability to capture the mood

of a person's soul."

Sanchez has been the victim of life's ups and downs and



"Interpretations," oil on canvas, will be one of the works on display at Sylvia Sanchez's art show.

now has come full circle. She has broken her transformation into parts. First, she has come to grips with a failed marriage. After realizing that she would

have to raise her son alone, the second step in her healing process was a spiritual rebirth; in which she received Christianity and the gift of painting. She says the third step in her transformation was serving God and working with the talent he gave her.

In fact, Sanchez has had so many requests to see her work that she is hosting her first art show, with about 40 pieces, Dec. 2, at her home in Richardson. Half of all proceeds from this event will be donated to local churches and charitable organizations.

"It is when you are using your God given talents to help other people that you are living your life to the fullest," she says.

Sanchez's work is currently on display at the Lobby Gallery in the Hotel Inter-Continental and Java Bay Cafe in North Dallas.

Sylvia Sanchez's art show will be held at 526 Towne House Lane (off Spring Valley) in Richardson, from noon to 5:00 p.m. For more information call 972-671-3285.

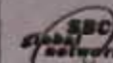
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## Around The Town

### On-going

Nominees are being sought for five NAMME awards for industry leaders in diversity. More information and applications is available on the NAMME web site at [www.namme.org](http://www.namme.org). Nominations should be sent to the NAMME national office; the deadline for nominations is January 1, 2001.

Miracle on Wheels is making available power wheelchairs to non-ambulatory Senior Citizens (65+) usually at no out-of-pocket expense if they qualify. Call 1-800-749-8778 or visit the web site at [www.durablemedical.com](http://www.durablemedical.com) for more information.

The Dallas County Juvenile Department needs Adult Volunteer Mentors for its "Guide-A-Long" Mentoring Program. For more information call NeShara Gaston at 214-698-5501.

The International Library of Photography is holding and Amateur Photography Contest. The contest is open to everyone and entry is free. Entries must be postmarked by January 31, 2001. Photos can be submitted online at [www.picture.com](http://www.picture.com) or mailed directly. For more information call 410-363-4800 or

visit the website. Clean South Dallas/Fair Park is accepting applications for participation in its annual Holiday Kick-Off Parade to be held Dec. 2. All organizations are invited to submit applications by Nov. 17, 2000. For more information call 214-421-1662.

### November 16

The Dallas/Ft. Worth Minority Business Development Council, Inc. will host its 2000 Annual Awards Banquet at the Arlington Convention Center at 6:00 p.m. For more information and tickets call 214-630-0747.

### November 17

The City of Plano is sponsoring a Geographical Information Systems Day Celebration at Haggard Library, 2501 Coit Road from 10:00 a.m. to 6:00 p.m. For more information call Ray DeLeon at 972-941-7152.

Senior Citizens of Greater Dallas will offer a free Job Search Seminar for area residents 55 and over at the Center for Community Cooperation, 2900 Live Oak Street, Dallas, from 9:00 a.m. to 3:30 p.m. For more information call 214-823-5700. A three-day Thanksgiving

Bible Conference will be held Nov. 17-19 at New Hope Christian Center at The Hope Center, 3501 Avenue I at 7:30 p.m. and 10:30 a.m. on Nov. 19, featuring Pastor E.L. Bowman, Bishop J.C. Ebbs and Overseer Kenneth Spears. For more information call 817-534-6739.

### November 18

The Arlington NAACP Branch is holding a "Freedom Fund" Banquet/Dance at 7:00 p.m. in the Bluebonnet Ballroom, University Center at the University of Texas at Arlington.

A celebration honoring Hispanics for special volunteer contributions to the DISD will be held at 6:30 p.m. at the Fairmont Hotel, 1717 N. Akard, Dallas. For more information call 972-925-3899.

Hickory Street Hot Glass, glass blowing studio, 501 2nd Avenue, Building B, Dallas, will hold its annual Holiday Open House from 2:00 to 8:00 p.m. For more information call Jim Bowman at 214-827-7776.

Paul Quinn College is holding a 10th Anniversary of the Relocation of the college at 6:00 p.m. at the International Apparel Mart,

Great Hall, 2300 Stemmons Freeway, Dallas. The North Texas Chapters of Omega Psi Phi Fraternity, Inc. will host an Annual Achievement Week and Scholarship Program Luncheon at the LeMeridien Dallas Hotel, 650 N. Pearl Street, Dallas, at 12:30 p.m. For more information call 214-280-3537.

DISD is holding the first of two job fairs at Moises E. Molina High School, 2355 Duncanville Road from 8:00 a.m. to 12:30 p.m. The second job fair will be held December 9. For more information call 1-800-443-6181 or 972-925-4200.

Dallas Independent School District Youth and Family Centers and Parker College of Chiropractic Medicine will host a Backpack Safety Awareness Day from 10:00 a.m. to noon. For more information call Dr. Bena Thomlimson at 972-438-6932, ext. 7003.



### November 20

An E.E.O.-A.A. Job Fair will be held at the Ramada Plaza Hotel, 1011 S. Akard, Dallas

from 2:00 to 6:00 p.m. To obtain more information and submit resumes, e-mail [threestar@threestarcom.com](mailto:threestar@threestarcom.com). The African American Museum, Fair Park, Dallas, is holding a Corporate Appreciation Luncheon and museum tour. For more information call Jane B. Jones at 214-565-9026.

### November 21-December 18

Registration for the winter term at El Centro College will be held in the Admissions Office and the Counseling Center of the Campus beginning at 9:00 a.m. Winter term begins December 18. For more information call 214-860-2037.

### November 25

A Basketball Tournament, sponsored by Elevate Your Game, Inc. and Park Couth YMCA, will be held at the YMCA, 2500 Romine Street, Dallas, from 8:00 a.m. to 4:00 p.m. For more information and registration call 214-553-4551.

### November 28

A Privacy Forum and Open Government Conference is being held Nov. 28-30 at the Renaissance Hotel in Austin, Texas. For more information contact the Conference Unit at 512-475-4762 or 512-

469-3995 (fax).

### December 1

The Dallas Plan is sponsoring a Smart Growth Symposium on "Making the Most of Our Resources," at the Sara Ellen & Samuel Weisfeld Center, 1508 Cadiz at Browder, Dallas, from 7:45 a.m. to 1:30 p.m. For more information call 214-670-1200.

The City of Brenham is holding a Downtown Christmas Stroll, Dec. 1-2, and a Nineteenth Century Christmas Dec. 1, at Downtown Brenham, Business Hwy. 290 at Main and Alamo Streets and Washington-on-the-Brazos State Historical Park, Texas Hwy. 105 at FM 1155, respectively. For more information call 972-836-3695 or 1-888-BRENNHAM.

### December 4

Cathy Minehan, president and CEO of the Federal Reserve Bank in Boston will be the speaker for the Dallas Morning News Distinguished Women Leaders Lecture Series in the Khmer Pavilion of the Wyndham Anatole Hotel, 2201 Stemmons Freeway, Dallas. The series begins at noon. For more information call 214-746-6728.

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