### THURSDAY, AUGUST 19

"Feng Shui for Career Success", at the regular meeting of the American Business Women's Association, 6 pm, Marie Calendar's, 4875 W. Flamingo Rd. & Decatur with networking and dinner. Feng Shui is the ancient Chinese art of placement for increasing wealth, improving health and experiencing happiness. Call Diana Woloson at 228-7118 for reservations and information.... Credit Cleanup-Mortgage Pre-qualification Workshop in English & Spanish, 6 pm, North Las Vegas Library, 2300 Civic Center Dr. Call Kathleen Hanselmann at 633-1070.

### FRIDAY, AUGUST 20

Andre Agassi Foundation, Last Blast of Summer, 6 - 9 pm, The Sports Club. \$5 per person, Music, \$1 draft, free hamburgers and hotdogs, free lemonade, raffles for great prizes. RSVP by calling 454-6000, ext. 230..... Pentecostal Temple will fellowship with Hamilton Memorial Cogic of San Francisco, California through August 22nd, 1117 No. F Street. Everyone is invited to attend the services and fellowship. 648-6856.

### SATURDAY, AUGUST 21

Carl Grove Combo will play "Music by Request" for your dancing enjoyment, 7 pm, Charleston Heights Arts Center ballroom, 800 South Brush Street. Tickets are \$12/door and \$10/advance. Call 229-6383..... Exalt Ministries, Inc. presents, Mark V, A Spiritual Jamboree, Modern Parables Revealing Spiritual Truth, 7:30 pm, Las Vegas Academy of International Arts, 9th & Clark St. For tickets call 657-8557 or 432-4271.

### **SUNDAY, AUGUST 22**

Voices of Triumph 1st Annual Day, Metropolitan Baptist Church, 2200 East Cheyenne Avenue. For more information please call 657-0635.

### THURSDAY, AUGUST 26

Ski & Snowboard Swap, 7:45 pm - 9 pm, Moose McGillycuddy's, 4770 S. Maryland Parkway. Annual membership dues \$28. Contact Andrew Larson at 392-SNOW (7669).

### FRIDAY, AUGUST 27

Great Golf Ball Drop, 1 pm, Painted Desert Golf Club. Adopt Golf Balls for \$5 each and help the Candlelighters families in the Las Vegas Community. 2000 golf balls will be placed in the KTNV Channel 13 helicopter and dropped at the Painted Desert Golf Club. Win fabulous prizes such as vacations in Orlando, Oregon, San Diego and more. Please call 737-1919.

### **SATURDAY, AUGUST 28**

What's Poppin' featuring the Electric Boogaloos, 8 pm, Sammy Davis Jr. Festival Plaza in Lorenzi Park. This group is responsible for the creation of the dance style known throughout the world as "popping". They taught Michael Jackson how to pop as well as to dance in famous videos. Tickets: \$12 gate, \$10 advance,

### WEDNESDAY, SEPTEMBER 8

Southern Nevada Group of the Sierra Club Meeting, 7 pm, Clark County Library, Flamingo and Maryland Parkway. Program Topic: "Red Rock Management Plan- the Real Story". Public invited. 873-7117..... The Southern Nevada Chapter of the AAFES Retired Employees Association (AREA) Dinner Meeting, 5:30 pm, Big Bob's Boy (formerly Shoney's), 2131 Rock Springs Drive. Reservations by Friday, September 3rd necessary. Call Jerry Greenberg at 658-1153.

"Dressing Up", a new exhibit by award winning painter Susanne Forestieri, The Winchester Center Gallery, 3130 S. McLeod Dr. The exhibit will be on display from August 31 through October 9. Artist reception September 9, 6 - 8 pm. Public welcome..... Free Boulder Blues Series; some of Country's hottest blues entertainers will continue to fill the Railhead at Boulder Station Hotel & Casino each Monday night in August from 8 pm to 11 pm. Contact the Boulder Station entertainment hotline, (702) 432-7575..... Nevada Theatre Company presents, Baltimore Waltz by Paula Vogel, October 1 - 17. Clark County Library Jewel Box Theatre, 1401 E. Flamingo Rd. Fridays and Saturdays at 8 pm, Sundays at 2 pm. Baltimore Waltz is a dizzying, comedic tale of a girl's valiant attempt to keep her brother's spirit alive. Her brother has died of AIDS. Call 873-0191 for info, and reservations..... Arts Classes for Adults, Mail-in registration being accepted for two exceptional Creative Arts classes sponsored by he Clark County Parks and Recreation's West Flamingo Center, August 20 - 26 or in person beginning August 30, 6255 W. Flamingo between 8 am - 5 pm. Center activities are geared to individuals 50 and above. Memoir Writing Class and Acting. Call 455-7742..... NAACP-Las Vegas Branch Executive Committee Meetings, 6:30 pm, 3925 Martin Luther King Ste. 217, No. LV, Hidden Canyon Plaza. General Membership Meetings, 2nd Saturday of each month, 12 pm. Any Ouestions Please Call 657-0599..... Retired Public Employees of Nevada Meetings, 2 pm, the second Monday of every month, American Legion Hall, 733 Veterans Memorial Drive. Call 878-0182 or 649-3827 for information..... Champions of Organ Sharing Meetings, 7 pm, every third Wednesday of the month, Sunset Hospital Auditorium. Purpose of organization: To act as a support group for organ transplant recipients and candidates awaiting organ transplantation and to provide information on related matters. For more info. call Doris Doss at 894-9729 or Joe Novak at 365-8138.

# Have a laugh today and get stress re

Andy Evans Special to Sentinel-Voice

Stress is a funny thing. It comes in all shapes, sizes and proportions. Whether dodging a dog or avoiding a kick, both can cause you to hyperventilate. Take a deep breath, and don't let the stress get to you.

### KICKING BUTT Dear Comedy Counselor,

My wife is a wonderful

woman. She is a quiet lady who would not hurt a flea. Unfortunately, she has

turned into a kicking, punching machine. She is wild about Tae Bo. I survived yoga, jazzercise and step aerobics. But, this Tae Bo stuff is a bit much. Every time she hears that music, she gets to jumping and pumping. Nobody can get near her. Bad enough she knocked me silly, but the mailman and two Jehovah Witnesses have gotten popped too. I had to put a "Do not ring" sign on the doorbell.

Billy Banks with his Tae Bo video has created a menace in my house. I just want my nice, quiet wife back. After all, I am the man. Aren't I supposed to be the protector of the house?

### - Out Boxed Dear Out Boxed,

I don't know if it's the Tae Bo or the red tights that Billy Banks wears, that gets women so excited. But, I do know that any man wearing red

## **Ownership**

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few token Black characters. We will be pacified and go home to watch television until the next crisis comes along. The media moguls will continue to make their billions from us and we will continue to laugh, sing, and dance. What a trade-off!

I do hope we will consider other options to deal with this latest crisis. We don't need them to pay us off. We don't need their condescending tokenism. And we certainly can do without those shows and films they offer us. The bottom line is this: It's not about arguing with others about their stuff. It's about obtaining, supporting, and controlling our own.

James Clingman is the author of the book, "Economic Empowerment or Economic Enslavement-We a choice." (www.enterzone.com/ power). Contact him at P.O. Box 6722, Cincinnati, Ohio 45206; (513) 489-4132 or j cling@fuse.net.

tights had better know Tae Bo. Look on the bright side, if a fight breaks out or a bear shows up at your door, you can send your wife to do the fighting while you call 911.

### The Comedy Counselor **MAFIA MUTTS** Hey Counselor,

What's up with all those dangerous dogs-like pit bulls that people walk around with in public, chasing everybody off the sidewalks. The owners always claim that their dogs don't bite yet the last guy I talked to had three fingers missing. People say they get them for protection, but I think they get them for intimidation.

### Dog Dodging To: Dog Dodging

Take a deep breath, Dog. You don't have to tell me. I used to deliver the mail. Personally, I believe people train their dogs on the mailman. The post office knew it was a dangerous job; so they gave us a can of pepper spray, in case a dog attacked. But that stuff didn't work on big dogs, like pit bulls or Rottweilers. It only worked on those little noisy terriers or Taco Bell Chihuahuas.

dogs for protection. Unfortunately, they don't always work out. Look at what happened in the OJ murder case. I know you're thinking, "Don't go there." Nevertheless, I am talking about the dog. An Akita, a big, pretty, \$5000, Japanese dog, bred to track bears. Those dogs are badd. They don't even bark. They just stand there, looking at you like they're still mad about that H-bomb we dropped on

Some people buy those big Japan 50 years ago. OJ's dog was supposed to be on dutyprotecting the house. However, after all that mayhem, where did they find the dog? Running through the neighborhood, looking for help! At least one of those little yapping dogs would have woken up the neighborhood.

The Comedy Counselor Andy Evans is a comedian and counselor who believes that laughter is the best medicine for stress.

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Martin ably makes Bowfinger so pathetic and lovable that even though he's a con man you really want him to succeed. Heather Graham shines as the bed-hopping starlet who can exude wide-eyed innocence and cunning manipulation all at the same time. Christine Baranski is superb as a faded, "Norma Desmondesque" actress, whose melodramatic behavior and lines were incredibly funny. Adam Alexi-Malle is endearingly funny as an "everyman" character, except he has eight brothers and sisters, and gives up a regular job to make it in the movies. Both Robert Downey, Jr., as a major studio boss, and Terence Stamp, as the MindHead guru, were wonderful in their understated, straight men performances. Unfortunately, Jamie Kennedy, who was the life of the party in the Scream movies, isn't given much in the character of Dave. Kohl Sudduth is pretty much just there as the studly, but stupid Slater. Bowfinger is good fun. Go see it!

