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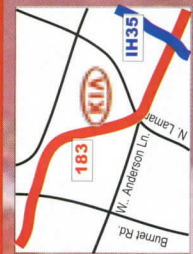
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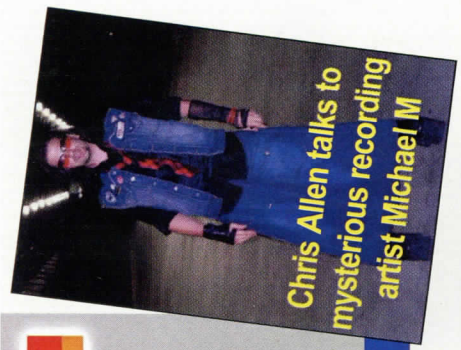
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Chris Allen talks to mysterious recording artist Michael M



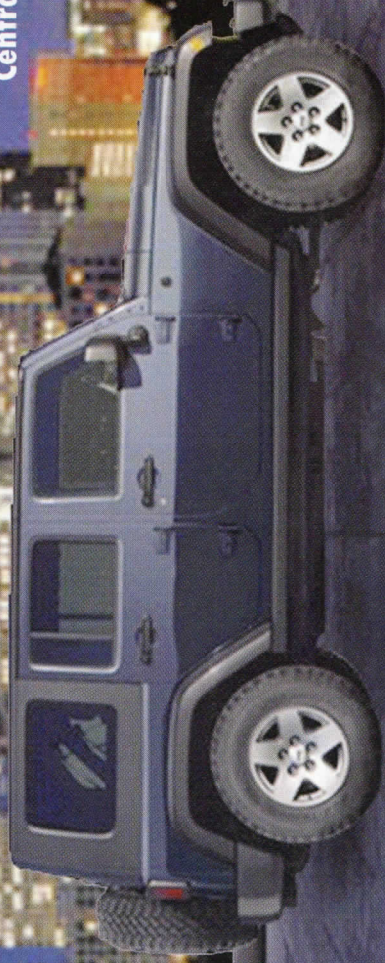
**Is Best-Selling Author
and Dallas Native
Dr. Fran Harris**

“The Next Oprah”?

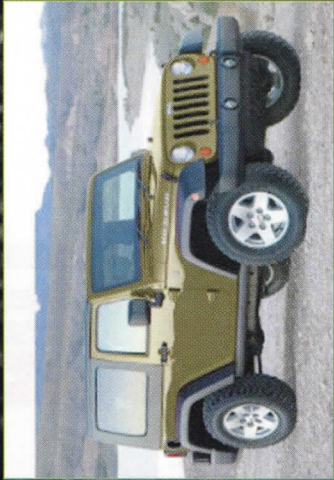
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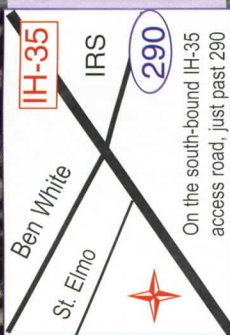
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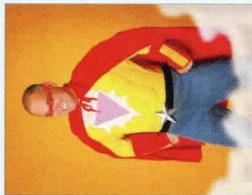
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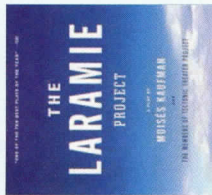
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Is Dr. Fran "The Next Oprah?"

By Timothy Niehay

Reaching for the stars - yet remaining grounded - fellow Texan Dr. Fran Harris is a woman who has propelled herself into the international spotlight through her messages of possibility and spiritual enrichment. Born in Dallas and a graduate of The University of Texas at Austin with a B.A. and M.A. in Journalism, Dr. Harris has devoted her life to helping individuals find the power within themselves to pursue their life's work and dreams.

Formerly a member of the WNBA championship basketball team the Houston Comets, Harris has morphed into a television personality, inspirational speaker, life coach and best-selling author. She has just launched her latest book, *Will The Real You Please Stand Up?* and is being touted by the mainstream media as "the next Oprah" Winfrey.

In a recent interview, we spoke about her new book, her life and her mission.

Timothy Niehay: Let's talk about your book, "Will The Real You Please Stand Up?"

Dr. Fran Harris: (laughing)

Yes, I will!

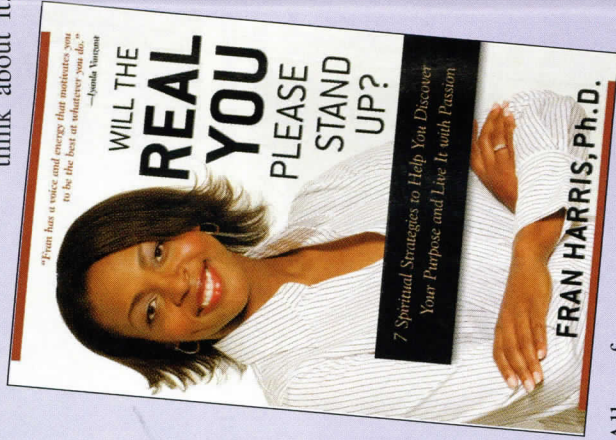
TN: Many in the gay and lesbian community have a longing to be just as accepted and welcome as straight couples are in society. What we are dealing with is a problem that I'll wager that's been around since the dawn of humankind.

Of course in this day and age, the GLBT community - in at least America - is beginning to see some real significant change. But this change comes slow - and during it, many in the GLBT community still suffer through

various means whether it is imposed or self-imposed.

What is the message the GLBT community can take from your book? How do your Seven Spiritual Strategies that you mention in the book apply to them?

Dr. Fran: The central message of *Will The Real You Please Stand Up* is very simple - it is be who you are, all of who you are, and forget what people think about it.



All of us, regardless of our sexual orientation or whom we love, have been prisoners to what people thought about us - what they wanted us to be. Every single person - if they're honest - has at least once done something that somebody else wanted them to do.

Stop living your life for other people! Things are never going to be as bad as you think they are!

Some people would argue that things are never as good as you think they are, but the point is - people are always going to have their opinions about you. They are always going to approve or disapprove, and you've only got one life to live - as far as we

know - and you may as well live it for yourself.
TN: Tell it, Dr. Fran! Tell me about the "Booming Woman" tour? What dates are your tours and where will you stop in Texas?

Dr. Fran: "Booming Women" is a tour that I developed along with my sister, who is a Boomer - although I'm not a Boomer. It's really about celebrating the power of Boomer women; Boomer women are people who were born between 1946 and 1964.

This came about because I started a millionaire coaching program for business women, and I noticed that half of my clients were Boomers. I thought to myself that there is something happening with this generation of women, that they are this powerful.

My sister called and said "I'm turning 50 next year; we need to do something." Women in her age group are just completely transforming their lives and changing the world.

I started to think about all the most powerful women in the world, and of course, they were Boomers! Oprah, Katie Couric, Condoleezza Rice, Hillary Clinton - these are Boomers. They are literally changing from a political and social standpoint; this is the most powerful generation that we have today.

So, to celebrate them and empower others, I decided I need to do something. My "Booming Women" conference will be in Dallas on September 14th through the 16th.

TN: Tell us about the Mom Entrepreneur Contest.

Dr. Fran: I started my own business when I was nine years old. I started that business at the urging of my mother, who was basically tired of footing the bill for everything I was doing. It was like ballet one week, soccer one week, and that week I wanted to be in the choir at my church. She told me enough was enough. If I wanted to sing in the choir, I'd need a robe - and she told me I had to find the money myself.

So, I started a snow cone stand in Dallas with my mom's help. I began to see her role modeling - the notions of standing up for yourself and self-reliance. She passed away when I was 16, but her lessons inspired me to be an entrepreneur.

I've always felt I was born to help others. To honor my mother - as well as all the wonderful stay at home moms and even working moms - this February is the Mom Entrepreneur contest.

Dr. Fran will be making earlier appearances in Texas for book signings. On March 8th, she will be in Houston at the Barnes & Noble located at 12850 Memorial Drive at 7 p.m. On March 9th, she will appear in Austin at the Arboretum Barnes & Noble at 10000 Research Blvd at 7 p.m. Dr. Fran comes back home to Dallas on March 10th at 1 p.m. inside

(Continued on Page 22)

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That Sound: Michael M

By Chris Allen

The often-mysterious - yet always magnificent - Michael M is a Miami-based dance artist with a rich and colorful history. A marvelous muse for many a producer and remixer - including myself - "M" has been an active participant in this country's electronic dance scene for more than a decade.



With a string of mainstream and underground hits following him along his journey, Michael M has a voice that is as distinct as it is familiar. As we approach the end of the first decade of this new century, Michael M is quickly becoming a household name.

That depends on the house, of course. With the release of a hot new album, M is ready to take the international club scene by storm. Mysterious no more, Michael M let it all hang out for our readers, and it was magical.

Chris Allen: Ok, I'm dying to know. What's the "M" stand for?

Michael M: All the good things in life - music, money, Madonna, Mary Jane, and MORE OF IT!

CA: So, where and when did your career in dance music kick off?

M: Well, I started when I was 14, but as far as an official release, I was 19 - so it was like back in '94.

CA: When you were doing freestyle back in the day and opening up for acts such as George Lamond and Joey Kidd, how did you bill yourself?

M: Michael Anthony - don't ask.

CA: Did you team up with your pal Giuseppe D on any of those tracks, or did you and he meet later on down the road?

M: I met him during the period through a mutual friend. I recorded three freestyle songs at the time. He did the last one, called "Heart Turned Cold."

CA: Were you relieved to run into him after you left Miami for New York at Dancetaria?

M: It was great to see a familiar face - not too mention, it was great to work with someone I was familiar with.

CA: What was it like, being a part of the New York club kid scene? True to the movie "Party Monster?"

M: It was the best experience that happened to me. In some ways, it ruined me, because I saw it all at an early age. Actually, I knew Angel, the guy that was killed. The movie was as close to the real thing as they can get without going overboard.

And that's what that era was about - going overboard.

CA: Did the drugs destroy the club kid scene?

M: That's tricky - I think it gave it life, and killed it as well. Some people just can't hang.

CA: Let's talk about your killer new album on Hot Head Recordings, "Dear Diary." It seems to have a consistent theme throughout, both musically and lyrically. How would you describe it, and what inspired it?

M: It's campy, catchy and fun. I would say my nightlife life inspired it. It's all I know about, so I thought I'd write about it. It's a fun album. Some people have ripped me for it, but I wasn't planning on changing the world with it.



Maybe make you forgot about the world, but certainly not change it.

CA: What exactly inspired the lyrics for the album's first massive club hit - the title track "Dear Diary?"

M: I wrote and recorded the entire album in about four days - at least my part. The rest Giuseppe worked on and took another week. I felt I needed a song that helped tie in all the songs and subject matters that I touched on in the album. Not to mention, I was a little delirious from being up and writing, and I think it helped me write something brutally honest and funny. Some people got it; others got their panties in a bunch.

CA: The video for "Dear Diary" is pretty damn cool. How did that come about and where can folks see it?

M: Well, I originally wanted to do a video that used photos. Mike and Albert at the label thought of this treatment. They had never done this sorta thing before, but just threw themselves into it, and a month later, viola! Oh, and it's nominated for two Pill Awards in New York: "Best Video" and "Best Animation." The link is www.TheMichaelM.com/video.

CA: Your latest single, "The Beat," is currently tearing up dance floors all over. Those new mixes are the total pooh. What's next?

M: I have a single I'm featured on by Corrugated Tunnel called "Rockstars." That comes out (Continued on Page 22)



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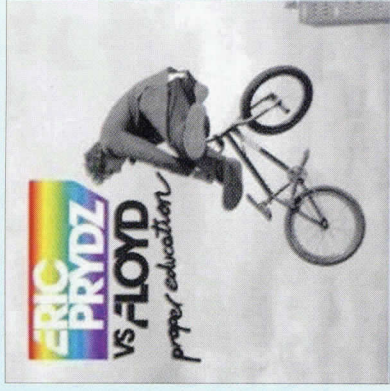


GROOVE LINES

BY DJ CHRIS ALLEN

There have been some awesome offerings at the iTunes music store lately. One of my fave newbies from Johnny Crockett is "E for Electro" on Ultra Records. This is a fun track - it's bouncy, energetic, and has flow. There's a radio edit, two mixes from Hi-tack, and a mix from Delano & Crockett - all for a buck-99. Check it out.

One now finally available on iTunes - that's been getting a great deal of air play in the clubs, on BPM and XM, and on mix shows across the country - is the hit "Proper Education" from Eric Prydz vs. Pink Floyd. This electro masterpiece flawlessly fuses



the classic riffs of Pink Floyd's hit "Another Brick in the Wall" with Prydz' synth and drum machine delights. You've probably heard it on Austin's own 101X FM.

Another one worthy of a mention is the awesome new

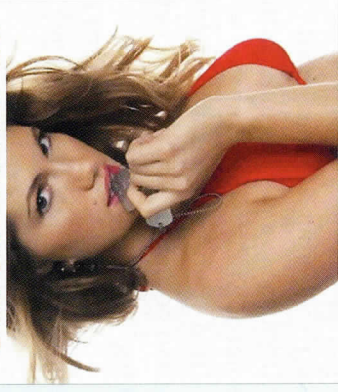
track from the leaders of the trance movement - Above and Beyond. The song is called "Cant Sleep," and this remix EP features six versions - including the original and a couple of killer electro mixes from Ian Carey.

I am hooked on the original myself. It is a pulsating, dreamy epic journey as only Above and Beyond can produce. Remember, these are the guys that kicked butt on The Cure's hit "The Forest" and let us have it on the classic Pet Shop Boys anthem "Home and Dry." And don't forget how they saved Madonna's massive hit "What It Feels Like for a Girl." Damn good stuff from Above and Beyond - always!

Need a good party disc? Then I suggest you take a listen to *Ultra Dance 2008*. This one lets you have it with hits from Eric Prydz, Kim Sozzi, Tom Novy, Bodyrox, and Tiesto - to name a few. Twenty tracks in all, and most



Ultra.Dance08



them are full-on dance mixes - not just radio edits. *Ultra Dance 2008* is the perfect CD to experience on a Friday night. When Hypersonic on 101X is not on the air (*Editor's note: Shameless Plug Number Two, for those keeping track at home....*).

Congrats go out to SHOUT's good buddy Francis Preve for hitting the Number One spot on the Billboard Dance Chart with his amazing remix of the G & D hit "Dangerous Power." Further proof that Texas has got it going on. Check out all this and more online at the iTunes music store. Once you go Mac, you'll never go back.

Deep in the heart of Texas, that's the Groovelines for now. Remember - life may not always be the party we had hoped for, but while we're here, we might as well dance.

Chris Allen is the resident DJ at the club Halo in Bryan/College Station. Visit Myspace.com/DJChrisAllen or www.HaloBCS.com to learn more.

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BY AMY FORD, CTC

Laissez Les Bons Temps Rouler!

Carnaval is underway in the Big Easy, and there is still time to take part in the 151st celebration of Mardi Gras in New Orleans. The New Orleans Convention and Visitor's Bureau reports the city's hotels are at 90% capacity, so it is still possible to find a place to stay during the festivities.

Make this the year that you experience Mardi Gras in person. The city of New Orleans has risen from the ashes of Katrina, and she is ready to be experienced again for the first time.

The City of New Orleans is a grand banquet table filled with great food, fabulous music, and characters of all kind - and Mardi Gras is the centerpiece. Mardi Gras is a time when the rich come together with the ridiculous to throw the city a party like none other.



Mardi Gras float revelers; photo by Jeff Strout courtesy New Orleans CVB

From the grand to the gaudy, all are welcome for this festival of opulence that began in 1857.

Mardi Gras may seem confusing to anyone who didn't grow up in the Deep South, and it can be overwhelming to the most seasoned party-goer - because this party comes complete with its own vocabulary, music, food, and customs. This party is rich in history, and to truly understand how it works, you must first know why it exists.

The greatest party in all the world exists to celebrate "the farewell to flesh" prior to the beginning of Lent, a season of self denial. Epiphany - or the day the Wise Men reached the Christ Child - kicks off the season of Mardi Gras annually on January 6th.

The party culminates on Fat Tuesday ("Mardi Gras" in French), which is the day before Ash Wednesday. For the 12 days prior to Mardi Gras, the city plays hosts to dozens of parades that only grow larger and more elaborate as Fat Tuesday draws near.

The parades are distinct in that parade participants throw trinkets to the parade watchers. The battle cry of the millions of people who will line the streets of New Orleans is, "Throw Me Something Mister!" The interactive parade tradition makes Mardi Gras unlike any other in the world.

Twenty-nine parades are scheduled for Mardi Gras 2007, with the largest taking place on Fat Tuesday, February 20th. Fat Tuesday is an official holiday in the City of New Orleans, and everyone is encouraged to take part in the festivities.

Since it is illegal for there to be any corporate or commercial funding of the parades, non-profit clubs - called the krewe - foot the entire bill by collecting dues from members. The krewe, or clubs, are usually named after mythical figures, and each krewe has a captain, who is the permanent leader of the group.

Each year, the krewe selects a king and queen to reign over the parade. Typically, the king and queen are celebrities or heroes within the community. Each krewe is completely autonomous and cloaked in mystery - some krewe have been around since the 19th

century!

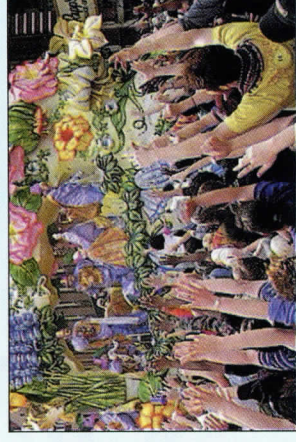
Growing up in Mississippi, I don't remember a time without the "Season of Excess." I distinctly remember being a small child in the car with my mother when she realized the street was about to be closed in order for the parade to begin. I remember her speeding away to beat the traffic and find the perfect place to watch the festivities.

In my home, Easter grass was always mixed with Mardi Gras beads, and King Cakes were the last sweets my taste buds would experience before opening my Easter basket.

For updates and information on everything Mardi Gras, visit the New Orleans Convention and Visitors Bureau online at www.NewOrleansCVB.com.

Given all the City of New Orleans has been through, I think Mardi Gras marks the perfect occasion for each us to go back. She is ready, and she is waiting.

Amy Ford, CTC is the owner of *Signature Journeys* travel agency in Austin. Email her at amy@signature-journeys.com



Mardi Gras crowd and float; photo by Romney Caruso courtesy New Orleans CVB



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FOREVER NEW ORLEANS



BY JENNIFER PARELLO

Bird Brain

When I bought a cottage a couple years ago, I decided to take up bird watching.

I have no particular interest in birds. In fact, every bird I've ever met in captivity seems to have some long-standing beef with me. As soon as I enter their captor's home, they engage in an aggressive series of squat thrusts that suggest they'd like to peck my eyes out.

As if it's my fault that some idiot clipped their wings and forced them to stand on a perch all day, squawking what I'm sure are songs of revolution.

But when I moved into the cottage, I found an old copy of *Sibley's Bird Guide* on a bookshelf, and I started bringing it with me when I took my dogs for long walks in the woods.

At first, it was a fun hobby. While my dogs rolled in dead things and wallowed in swamp water, I'd madly flip through the pages of the bird guide trying to identify the creatures nested in the treetops. I believed that the birds appreciated my efforts and smiled down at me fondly as I struggled to come up with their names and read up on their odd digestive routines. (The word "regurgitation" appears with shocking regularity in bird guides.)

But then I started to forget to wear my glasses on these excursions. Suddenly, all of nature became a foggy brown stew and every bird looked like a finch. I could be staring at an owl or an eagle or an indigo bunting, and I'd

confidently flip to the middle of the book and loudly identify it as a finch. This made me no friends in the bird world, and soon I developed the uneasy feeling that my dogs and I were no longer welcome in the woods.

What the birds didn't understand (because, let's face it - they're not known for their empathy and are prone to nurse grudges) is that I'm practically help-



less without my glasses. I wasn't trying to insult them. I just couldn't see them.

I almost never remember to wear my glasses. Part of this is by design. When I don't wear my glasses, the entire world appears as a pleasant blur of soft colors and engaging blobs. It's like living inside an impressionistic painting. It's only when life comes into focus that it becomes ugly and harsh.

The other night, for example, I attended a swanky lesbian affair. I left my glasses at home intentionally because - as is often the case when I venture into the dark, treacherous waters of the lesbian social scene - I wasn't in the mood to recognize people.

I spent the evening standing among a group of friends, happily sipping a cocktail and gazing out at a surprisingly attractive crowd. People always look better when I don't wear my glasses. They look softer, younger, and less threatening.

Suddenly, through the pleasant murk of unidentifiable woman-flesh, I noticed an approaching figure. The person stood just outside of my field of sharp focus, looking rather like a mound of mauve Jello. I smiled because I like Jello.

"So, is this how it's going to be, now?" the Jello snapped. Her hostile tone suggested that we may have been romantically involved at some point.

"We're not going to even say 'hello' when we see each other?" Before I could answer, the Jello melted back into the hazy background.

"What was that?" my friend Greta asked.

I took a thoughtful sip of my drink and squinted hard at the Jello's retreating form.

"I'm fairly certain it was a finch," I said.

You got somethin' to say to me?

Go to my web site: www.JenniferParello.com.



BY JON SPEAKMAN

It's Just a Phase

As a personal trainer, I'm often asked what I do to look so fit and healthy all the time. As much as I hate to give free advice, I often find myself revealing one of the major secrets to successful weight training: the introduction of different phases.

I know that some gym rats prefer to do the same workout routine, the same way every single day, because it works for them - and that's great. However, if you really want to make true gains in your workout, then try working through the four key phases.

Best of all, you can use the same set of full body exercises for all four phases; the change in phase is enough stimulus to keep you body from hitting a plateau. Each phase should last between two to six weeks. Here's a breakdown of each of the four basic phases:

1. Endurance: Everyone from the most experienced muscle head to the out-of-shape novice needs to start with endurance training. This phase builds a foundation that will be necessary when you start to build bigger and stronger muscles. This phase works on increasing stamina so that your muscles will not fatigue as quickly as you enter the more intense Growth and Strength Phases. Load: Light to moderate, Repetition Range: 16-20, Rest period: What rest period?

2. Growth: The Growth phase is, by far, the most popular and abused phase in weight training. I can appreciate a set of massive guns, but some gym rats that have been stuck in this phase for more than five years now. This phase is all about working the muscles harder and pushing them to total breakdown so that they come back bigger. Unfortunately, the body will adapt to this type of training after six to eight

weeks, so you should move on to another phase or risk stagnation and a plateau. Load: Moderate, Repetition Range: 8-12, Rest period: one minute between exercises.

3. Strength: This is the first really high intensity phase and should be approached with caution. This phase is about lifting heavy weight just a handful of times to near failure. You must be mentally in the game to handle this phase, so if you're more interested in what the guy next to you is doing, then avoid this phase (and go back to endurance training). Training for strength will allow you to push more weight up the next time you enter the Growth stage. Load: Heavy, Repetition Range: 4-6, Rest period: 2 minutes between exercises.

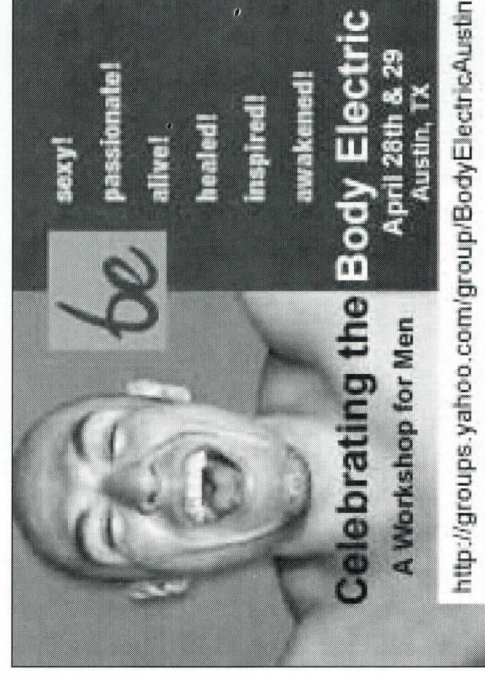
4. Power: Power is the pinnacle of weight training, because it is the most intense type of training. Power training is all about moving the weight with speed. Some of the best examples of power training are plyometrics and Olympic lifting. Since most gyms frown on Olympic lifts - such as the clean and snatch - plyometric exercises offer a safe alternative. Some of the best exercises are clap push-ups, Russian Twists, squat jumps, and explosive medicine ball throws. Load: Moderate, Repetition Range: 4-6, Rest period: two minutes between exercises.



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Play Trilogy Explores One Gay Man's Journey Through Live

Sometimes being gay in Texas seems like living in an alien world. That's why the Starlex Theatre Company titled its upcoming trilogy of plays, *Learning to Fly My Own Spaceship*. Written and performed by Alex Garza, the collection of autobiographical solo pieces use both comedy and drama to depict one gay man's search and struggle to find some sense of identity in the world.

In *Pulse* (February 22nd, 25th and March 3rd, 9th), personal stories and character sketches re-create one man's journey through himself - coming out to his friends and his family, the challenges of finding and keeping love, and various characters he met along the way.



Alex Garza in "Learning to Fly": photo by Kenneth Gall

Misfit (February 23rd and March 1st, 4th, 10th) depicts the life of the social outcast - from the basketball coach who wouldn't let him tryout for the team, to the childhood embarrassment of taking off his shirt in public, to dealing with traumatic experiences of going to confession. And his obsessed with Olivia Newton-John.

Hardcore (February 24th and March 2nd, 8th, 11th) - the newest piece of the trilogy - takes a more raw look at what Garza describes as his "Alex-centric universe." This most recent solo venture takes an in-depth look at his life in his 30's, expressing his joys, heartbreak, anger, and overall frustrations with the world in general.

The month-long series will be performed in repertory at play! Theatre, located at 1204 Cedar Avenue in Austin. For tickets and information, call (512) 619-5327, email starlextheatre@yahoo.com, or visit www.PlayTheatre.org.

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Musical Juggernaut "The Lion King" Pounces on Austin

The Disney-produced Broadway musical behemoth *The Lion King* roars into Austin for a six week stand at the University of Texas Performing Arts Center (UTPAC). Playing February 15th through March 25th, the touring show is one of the most-anticipated theatrical productions in Austin history, and UTPAC expects to break the sales record established by *The Phantom of the Opera*'s five-week stand a few seasons ago.

Now in its tenth sold-out year on Broadway, *The Lion King* is the winner of six Tony Awards including Best Musical, eight Drama Desk Awards, six Outer Critics Circle Awards, the New York Drama Critics award for Best Musical, and many other accolades. This Austin engagement is currently one of seven productions running worldwide, along with the Broadway production in New York, a second United States National Tour, and standing shows in London, Hamburg, Tokyo, and Seoul.

The *Hamlet*-esque story is familiar to anyone who has seen the animated motion picture, on which the stage play is base. But the real magic of the stage production is the stage magic created by director Julie Taymor.

Taymor became the first woman in Broadway history to win the Tony Award for Best Director of a Musical. Taymor - along with designer Michael Curry - created



hundreds of masks and puppets for *The Lion King*, creating the signature look of the musical that has become its hallmark.

Spectacle is also abundant in the staging, from the opening parade of animals to Pride Rock - a procession of life-size African animal puppets that fills the theater aisles - to the wildebeest stampede that sets in motion the hero Simba's ascent to power and adulthood. The technical aspects of the production are so immense that it takes full week to load all the mechanical, pneumatics, costumes and lighting into the theatre.

Ticket prices for the Austin engagement range from \$21.50 to \$69.50. There are also Premium Ticket Packages available, which include prime seating, a souvenir program, and the commemorative VIP show merchandise item.

Tickets are available at the UT Performing Arts Center Box Office and all Texas Box Office outlets, via the Internet at www.BroadwayAcrossAmerica.com, or by calling (512) 477-6060.

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United Court Events to Benefit Local Charities

The United Court of Austin (UCA) is showing their love for the Austin community this Valentine's month with fund-raising events benefiting local charities. On February 17th, Empress Emeritus Mona LittleMore and Empress Gigi LaRouge present "Unchained Hearts," a night of leather romance at the Chain Drive, 504 Willow, to benefit the Wright House Wellness Center. The evening includes a show at 10 p.m., Jello shots and a large raffle.



On February 24th, Queen Mother Diane Benjamin will host the "Martini Masquerade" - in honor of Princess Saffire Tiffany-Barin's birthday - at Charlie's Austin, located at 1301 Lavaca. The evening begins at 8:30 p.m. and includes a special show featuring regional entertainers. Proceeds will benefit OutYouth and their upcoming annual Alternative Prom.

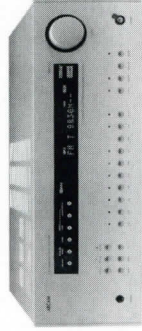
The United Court of Austin's mission as a 501(c)3

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BY ROB FAUBION

non-profit organization is to raise as much financial support and supply services for agencies that provide either free or affordable care to those with HIV, AIDS, breast cancer and many other life threatening illnesses. During its 13 year existence in Austin, UCA has raised more than a half million dollars - "one dollar at a time." Visit online at www.UnitedCourtOfAustin.org for more information.

Kings N Things Hop Into Spring with Special Show

Austin's gender-bending Kings N Things - still buzzing from their success with helping to create and perform at the 8th International Drag King Community Extravaganza (IDKE 8) - come out of winter hibernation on March 2nd with "Spring Into Kings!" The two-hour special of drag and gender performance will be presented at Elysium Nightclub, 705 Red River in Austin.

The event includes an Easter egg hunt before and during the show - with prizes small and large - and the photo booth for a picture with the egg-laying bunny himself. The lineup for this show is not yet finalized, but past Kings N Things shows have included drag queen performers from the United Court of Austin and drag kings from New Orleans, Houston, and San Antonio.

Doors for the event open at 9 p.m., and the show starts at 10 p.m. Cover is \$10, and the show is for those 21 years of age and older. For more information about the troupe or the show, visit www.KingsNThings.org.

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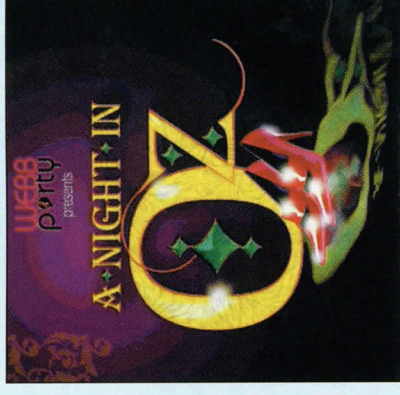
WEBB Party's Theme and Special Guest Announced

This year's San Antonio AIDS Foundation's (SAAF) WEBB Party theme - "A Night In Oz" - has served as a source of inspiration for the Texas artist who designed the event's souvenir medals and the official Web site. And Dorothy's ruby slippers never looked so good!

The San Antonio AIDS Foundation recently unveiled the design for the WEBB Party 2007 souvenir medals. For the second year, Eric Fonseca - a San Antonio illustrator, graphic artist, set designer and film maker - has been selected as the designer of the medals and party graphics.

Fonseca has designed two WEBB Party medals - one exclusively for "Host Sponsors" and one "Official 2007 Medal" - that will be sold to the public at the WEBB Party and beginning March 5th at On Main/Off Main and The Fiesta Store.

The San Antonio AIDS Foundation provides medical



Tickets are \$60 presale and \$65 at the door and can be purchased in advance beginning March 1st at www.TXSAAF.org/Webb.

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BY TIMOTHY J. NIEHAY

The Cowtown Marathon Races Through Fort Worth

On February 24th, more than 13,000 runners and nearly 20,000 spectators will meet in Fort Worth for the 28th Annual Cowtown Marathon. The Cowtown is a multi-race event that consists of a marathon, a half-marathon, a 10k, an Adult 5K and a Saturn Kids' 5K - all of which benefit and promote community health.

"We urge everyone to come out, run and participate - just to improve their physical fitness," said Heidi Swartz, Executive Director of The Cowtown. "This event will be the best ever, with a special emphasis on kids."

The races start and finish in downtown Fort Worth. Registration is being accepted and closes on race day at 7 a.m. Organizers say the earlier one registers, the less hectic it will be for the racer.

Most races will begin at 7:30 a.m. with the exceptions of the Adult 5K - which begins at 8:15 a.m. - and the Saturn Kids 5K, sprinting off at 9 a.m. Health tents and relief spots where runners can hydrate will be strategically placed along the routes.

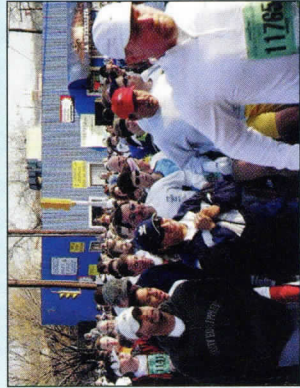
One of the nation's largest kids' 5K races, last year's event included 3,500 children participants - more than 25 percent of all race runners.

"We've got a program for our youth, to train them young so that they know the importance of physical fitness and they carry it throughout their lives," said Swartz.

Already this year, The Cowtown has awarded grants to 484 school children to help defray their entry fees.

"If we have students who aren't able to pay their full entry fee of \$14, once a grant has been filled out by either a P.E. teacher or guardian, we will pay for half of their entry fee," she said. "We want them to pay a little bit, because we want them to have ownership to it. We don't want them to wake up on race day and see that it is raining or cold and roll over and go back to sleep."

For more information about The Cowtown, including spectacular viewing spots, visit online at www.CowtownMarathon.org.



Runners in the Cowtown Marathon (picture courtesy Cowtown Marathon)

Lone Star Ride Kicks Off Fund-Raising

Riders, volunteers and first-time participants have much to look forward to at this year's upcoming Lone Star Ride fighting AIDS fundraiser. On February 22nd, the organization will host a kick-off party from 6 p.m. to 8 p.m. with their new sponsor, Cork, which is located in Uptown's West Village on 3636 McKinney Avenue.

The celebration is geared to promote the September 29th through 30th riding event, which gives 100% of its pledges directly back to the event's beneficiaries.

"One of the things we're really excited about with this year's Ride is that we already have over 100 participants registered, and that puts us over six months ahead - this has never happened before August," said Michael Bailey, Lone Star Ride Community Relations Manager. "We're very excited, because - to me - that really shows the strength and character of the event in preceding years."

The Lone Star Ride is going to create a bigger presence for the ride itself throughout the Metroplex area, organizers said. This includes a team of riders and



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team of crew members who will participate in a number of other rides around the city as a team. For example, Lone Star riders will be in such cycling events as Tour Dallas and the Collin Classic.

"Some people say that we're the best kept cycling secret in Dallas," said Bailey, "and we want to let that secret out."

"When many people hear about the ride, there are two big fears that they face," admitted Bailey. "The first is about the length of the ride, so we've created a ride that's for everyone."

"New this year is Lone Star Lite," he said. "You'll ride a shorter distance or different segments of the main ride. With 10 to 15 miles between pit stops, each route will have difficulty markers similar to those found at a ski resort. We will have a designated route for those who can't make the entire ride."

"What this means is an individual would have a plan," he continued. "For instance, maybe they would plan to ride segments one, three and seven, but get lifted on the

(Continued on the Next Page)



Fort Worth, Texas

Show Schedule
February 16 - March 4

Feb. 22nd - TGRA Rodeo
Kick-Off Show at 9 p.m.

Feb. 25th - Imperial
Court Show at 9 p.m.

March 4th - Imperial
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SUNDAYS - Organizational Cook-Outs - 4 to 7 p.m.

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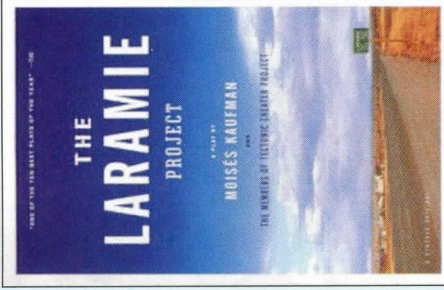
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BY TIMOTHY J. NIEHAY

“The Laramie Project” Plays SMU

Nearly ten years after the incident that shook the town of Laramie, Wyoming, Southern Methodist University's (SMU) theatre department will present *The Laramie Project* by Moisés Kaufman and the Tectonic Theater Project. Performances will be February 21st through the 25th in the Margo Jones Theatre in the Owen Arts Center, located on 6101 Bishop Boulevard.

The young actors and writers of the New York-based Tectonic Theater Project spent a year in Laramie interviewing townspeople - from theatre professors to bartenders to friends of both the victim and the killers - all of whose lives were changed by the case. A small cast of SMU students portray more than 60 different town residents and dispel primitive stereotypes while exploring extremes of humanity - including intense hatred and overwhelming compassion - in a town searching for answers and a pathway to healing.



“It’s a marvelous play,” said Chair, Division and Professor of Theatre, Cecil O’Neal. “It’s particularly good for our students, because it has a large amount of roles that are in their age range. It’s a wonderful piece that comes out of the process of collective creation that deals with the tragic but important issue in our culture.”

O’Neal admits that some school productions with controversial overtones have caused a few select audience members to protest. But by presenting material that is considered controversial, O’Neal believes it diffuses its very nature.

“I have always believed - and still do - that closed-mindedness breeds hate,” said Elizabeth Lovelady, Meadows Senior Theatre major and director of *The Laramie Project*. “I now realize I can’t do anything to change that unless I come with an open mind, offering love. Otherwise, I’m just as bad as the people I’m working against.”

Show times for the production are Wednesday through Friday at 8 p.m., and Saturday and Sunday at 2 p.m.. Tickets for the production are \$12 for adults, \$9 for seniors, \$6 for students/SMU faculty and staff, and may be purchased at the theatre or by calling (214) 768-2787.

Lone Star Ride (Continued from Page 19)

segments two and four. We don’t want anyone to feel bad about being lifted - the intent of this is to raise money and have a hell of a lot of fun. If you get out there and just get on a bike or join the crew, you’ve already made a big difference.”

The second fear people face, according to Bailey, is raising money.

“Since the Ride began in 2001, the pledge minimum has been \$1,000,” he said. “For first time riders only, the pledge minimum has been dropped to \$500.”

“There may be a lot of people out there who have been fearful that they couldn’t raise the money but wanted to participate in the ride,” he said. “We want to show them that they can get to \$500. Our belief and our faith is - especially if we listen to our past riders - they’ll get to \$500 fairly easy.”

Cork, one of this year’s Ride sponsors and host of the upcoming event, is a premiere full-service retail store featuring eclectic beers and wines from across the globe. Admission to the February 22nd event is free. For more information, visit online at www.LoneStarRide.org.

SUNSIGNS

SHOUT Magazine

BY TRAVIS ROGERS

Pisces (February 19- March 19)

Friendships will mean more to you these next few weeks. These feelings will be beyond the regular socializing that you have experienced the prior few months. Instead, friendships will take on a more spiritual and therapeutic nature. You will realize just who are your real friends - the ones who love and except you for who you are.

Aries (March 20 - April 19)

Hard work has paid off for you. “Higher ups” have noticed your good work and now they are sending kudos your way. Also, it is a good time to sign contracts or anything that deals with financial or legal issues. You are more mentally aware than usual, and the phone will never stop ringing.

Taurus (April 20- May 20)

You will find that communication will be hard for you this week. This problem can express itself physically with problems with cell phones, missed connections, or just misunderstandings with others. This will influence both your work and your home life; if you are a student, it will also affect your ability to finish school projects and assignments.

Gemini (May 21 - June 20)

Saturn provides a planetary transit that will be affecting you for the next few months, solidifying your home life and relationships with family and friends. You will notice that family members and friends are more important to you, and they will take on a larger meaning for your life. Likewise, any friends you make in the next few months will be long living and stable.

Cancer (June 21 - July 22)

Your relationship with your significant other will the focal point in your life for the next month. This provides an opportunity to understand the revolutionary nature of love and how it can be a spiritually renewing force in your life. Keep in mind that love should enhance your reality - and not become a distraction.

Leo (July 23 - August 22)

Opposition from others is a hard lesson to learn, especially when it concerns your love life. Remember that this opposition is not malicious - they have other ideas and other concerns that may not be the same as your own. This is why communication and compromise is so important right now.

Virgo (August 23 - September 22)

Service to others will be a key issue for you this week. You may find situations to help and aide others, or your work environment may seem more like a plantation than an office. Either way, you will experience a work relationship that will be less cooperative and more dictatorial. On the flip side, you will feel more mentally alert than usual and health will be at the forefront of your mind.

Libra (September 23 - October 22)

“Laissez les bons temps roulet,” Libra. People are coming your way, and they see you as a fun and lively person. Your telephone will ring with invitations of nights out, dinners, and parties. Also, people will see you as sexier and more charming than usual. So enjoy the good times!

Scorpio (October 23 - November 21)

Your home life will take on greater significance for you, both emotionally and physically. Do you have to finally fix that stuck doorknob, clean the trash cans, etc.? You will find you want more and more to spend time around the house. This is because - on a deeper level - you need to communicate with others around the house.

Sagittarius (November 22 - December 21)

You may have to take a small trip during the next few weeks, which may have something to do with property or money. Both property and money will be an issue for you the next few weeks. You may simply go on a shopping spree, or you may have to sell some of that unused stuff in your garage or attic.

Capricorn (December 22 - January 19)

With Venus on your side, this is a really good time for you. Venus - the maiden of love, art, and romance - is giving you a new sense of the romantic. This can express itself either in a new relationship and love affair, or it can express itself in a renewed appreciation in the arts.

Aquarius (January 20- February 18)

This month, you will sense a new mental energy and a liveliness that you have not felt in a while. You are probably thinking of all the things that you want to do this year - finally buy a new car, start that new hobby, etc. You will find yourself reflecting on where and what you would like to do during the next year, so start making a list.

Travis is a bilingual teacher of early childhood with a Masters in Education. He likes to study Astrology and writes children's story in his free time.

CLASSIFIEDS

Dr. Fran Harris (Continued from Page 5)

the Barnes & Noble located on 770 West Northwest Highway.

Dr. Fran's energy and drive is captivating. She has accomplished a great deal in her life - not only for herself, but also for thousands of others.

To enroll in the contest or if you're looking to meet the woman that some people are already calling "the next Oprah," visit www.FranHarris.com for more information on times, location and ticket prices for her conference in Dallas.

Michael M (Continued from Page 7)

out overseas in March. And I'm going into the studio in a few weeks to re-record vocals to my next single "Downtown" on Hothead Recordings.

CA: Any producers or remixers that you haven't worked with yet that you would like to?

M: I've always wanted to work with the Pet Shop Boys. I would say just about anyone that knows how to handle a male vocal. Cuz trust me, not many know how to use a male vocal.

CA: So when you're just chillin' at your casa, what kind of music does Michael M dig?

M: EVERYTHING! I love disco, 60's, 70's, 80's, house, classic rock, and I have a big soft spot for Olivia Newton John.

CA: Anything you wish to add Michael?

M: I wanna shout out to all my sexy fans in Texas. I hope to rock your city soon. In the meantime, support my ass and buy my music at Beatport, iTunes, Napster, Rhapsody, AmplitudeRecordings.com, or just Google me if you can't find it. Oh, and all you guys better keep your hands off Chris Allen - he's mine. HA!

And don't ya'll forget it. You can also find Michael M on the web at MySpace.com/TheRealMichaelM. Stop by, check out his music, add him as a friend, then be sure to leave him a great big Texas howdy comment!

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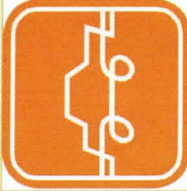
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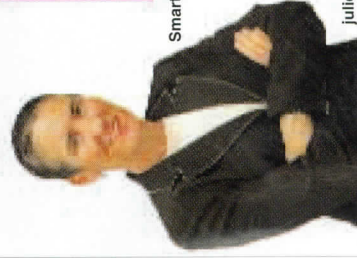
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