## 's book teaches self-help

Continued From 1B

does have an interesting work that can help you better focus your energies. Bego's book, which is self-published, is available at numerous bookstores in the Charlotte area including The Baptist Bookstore on South Boulevard, Byrums, on the Plaza, Logo's on Park Road,

The Lamb in Carolina Place and The Living Word on Pecan

"Reaching Your Highest Potential" is well worth the

## Sounds: Black/Note debuts

Continued From 1B

puts you in the smokey jazz mood. Indemnity" bops along on James Mahone's fluid alto saxophone.

There are musical references to many great artists -Mingus, Coleman and Gordon. But the most obvious is John Coltrane, who inspired "Get Your Trane On."

This is a wonderful recording that should satisfy purists and even those who may occasionally listen to Kenny G, but won't admit it.

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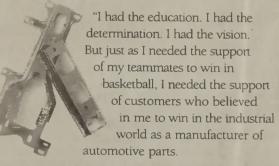
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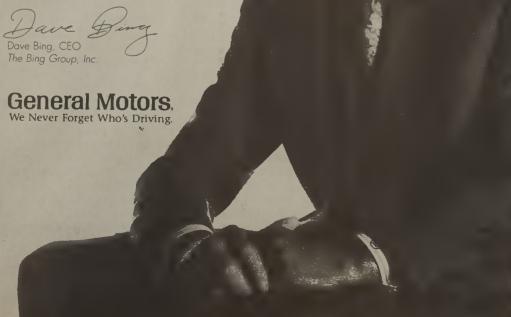
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To win in the industrial world, you need customers who believe in you."

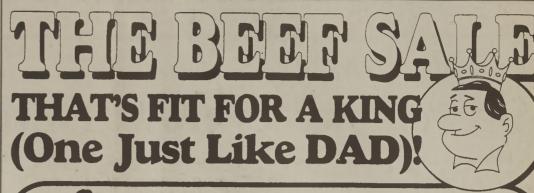


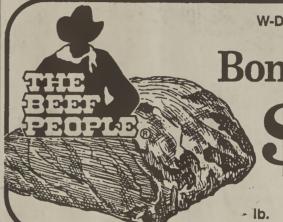
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