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The Gazette

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Volume X, Number XVI

"The Paper of Choice"

October 11 - October 18, 2001

Annie Dickson Makes Garland a Better Place for Minorities to Live, Work



On the Homefront:

"Aging Well in Collin County," a countywide symposium on issues concerning senior citizens, will be held October 11th at the Plano Centre at 9 a.m. For more information, call 972-335-9522.

"The Rimers of Eldritch and 'Songs For a New World'" will be presented by Quad C Theatre of Collin County Community College in the Black Box Theatre, 2800 E. Spring Creek Parkway, in Plano. October 11th-14th. For tickets and show times, please call 972-881-5809. Matinees and group rates are available.

Plano Repertory Theatre (PRT) presents the world premiere of a new adaptation of Homer's epic story of a great hero and his journey home from the Trojan War to his family, "The Odyssey," October 11-21, 2001. Local playwright Tim Hatcher and PRT's artistic director, Mark Fleisher, have collaborated for over two years to bring the magic and poetry of this age-old tale to modern audiences. For more information, call 972-422-7460.

The Plano Chamber of Commerce will host its annual Mini Golf Tournament at Putt-Putt Golf and Games on Coit Rd. October 12, 2001. The event will begin with a BB gun start at 1 p.m. For more information or to register for the tournament, call 972-424-7547.

The Plano Chamber of Commerce education and workforce development committee has planned a Job Links Forum on October 16th from 10 a.m. to 3 p.m. at the Plano Centre in the Collinwood Room. For more information, please call 972-424-7547.

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The A and the D in her name could easily stand for Absolute Dedication instead of Annie Dickson. Because that's what it's all about in the world of the former Garland city councilwoman. Absolute dedication to what she believes in and that's community service on any level. Just ask her.

The two-term city councilwoman from district two in Garland loves her city and loves working and serving its citizens. But council members are limited to two consecutive terms. So after serving two terms Ms. Dickson reluctantly left the council feeling that there was so much work left to be done.

The tireless Ms. Dickson decided to run for mayor in the last mayoral election but was defeated by the incumbent, Jim Spence. The race did not leave a good taste in her mouth at all and she believes there were tactics used that undermined her campaign. "Some businesses were threatened for having my campaign signs in

their windows. They were told that they would not be patronized," Ms. Dickson says.

Unfazed by the campaign, Ms. Dickson resumed her exhausting schedule of volunteering and serving on boards. Currently, Ms. Dickson volunteers to teach English to adults whose primary language is not English. "What we found was that parents used their kids to translate for them and that made the kids grow up too fast. If the kids were devious enough, they could translate anything they wanted," Ms. Dickson explained.

"The kids are learning English at school and the parents need to be able to speak English as well. We teach them life skills and how to fill out documents," she said. Ms. Dickson also tutors kids for the TAAS test throughout the school year.

When Ms. Dickson served

her two terms on the city council

council. "The first time I ran, the

experts said I would get very few votes and I ended up in a runoff that was eventually won by my opponent. But the second time, I won."

Ms. Dickson said she studied very hard before each council meeting so that "I would be prepared on all issues." One thing Ms. Dickson was not prepared for was the threats she got on the issue of landlord accountability. "A

Garland police officer offered to escort me home after a city council meeting where I had been threatened," Ms.

Dickson said.

The councilwoman had sought to do something "other members said could not be done, regulate landlords." That included registering rental houses and inspections to make sure the houses were in adequate condition. Ms. Dickson referred to some of them as "slumlords."

Another issue important to the councilwoman when she served was the City Development Block Grant (CDBG). This is federal money intended to fund low income neighborhoods to prevent slum and blight. She made sure that the funds were distributed based on the guidelines they were intended.

Ms. Dickson has lived in Garland 33 years and has been married to Frank Dickson 34 years. They have 2 daughters and 2 granddaughters. And as for another run for city council, Ms. Dickson has not ruled that out. After all, she is eligible to run again.



she was the only woman and the only black. She is only the second black to serve on Garland's city

Growing Minority Businesses in a Tightening Economy

NEW YORK, Oct. 4 (PRNewswire) --

Corporate executives representing some of the world's largest purchasing organizations and thousands of the best-minority businesses in America will seek -- and hopefully find -- opportunities to do business at the NMSDC Conference in Atlanta at the Georgia World Congress Center from October 28-31. The Conference theme is "Minority Suppliers and Corporate America: Meeting the Challenges of the New Economy."

This year, America's biggest corporations will spend more than \$50 billion to buy goods and services from minority business enterprises (MBEs). Minorities represent 28% of the population in the U.S. but minority-owned businesses represent only 15% of total businesses and 4% of total corporate purchases. However, minority businesses are one of the fastest growing business segments and will play an increasingly important role in job creation and economic growth.

"Corporations are encouraging and supporting a host of growth tools (alliances, joint ventures, other partnership forms and mergers) to assure that minority suppliers can compete for larger contracts. Leaders in a variety of industries see supply chain management initiatives as crucial," says Harriet R. Michel, NMSDC president.

With estimates that B2B e-commerce sales will reach \$2.7 trillion by 2004, corporate executives are eager to integrate e-commerce solutions into overall

operations. "Corporations and suppliers understand the need to leverage the ripple effect of e-business and the connected procurement world," Ms. Michel adds.

The 571-booth Business Opportunity Fair that takes place on Monday, October 29th, is once again a sell-out. An equal mix of corporations and MBE exhibitors, anxiously await the opportunity to meet the 5,000 walk-through participants expected to do business in the largest national procurement event of its kind.

The participation of thousands of certified Asian, Black, Hispanic and Native American businesses in NMSDC activities makes it one of the most inclusive organizations of its kind.

All program sessions, including the Business Opportunity Fair, will be held in the Georgia World Congress Center. The Plenary sessions and featured speakers at breakfasts and luncheons are a key part of each full day of activities.

The Tuesday Plenary session, "Joint Ventures: Get Bigger. Get Bigger Contracts" will be moderated by Stephen G. Welch, president of SBC Procurement/Real Estate.

Wednesday's Plenary session, "The View from the Top: The Future of Minority Business Development" will be moderated by George David, chairman and CEO of United Technologies Corporation, and chairman of NMSDC's Board.

Donna M. Christian-Christensen, a member of the U.S. House of Representatives serving her third term, is the Monday Power Breakfast speaker.

As the first woman to represent an offshore Territory, the first woman delegate from the U.S. Virgin Islands and the first female physician in the history of the U.S. Congress, she has won many accolades and distinctions as both a medical doctor and member of Congress. She serves on the House Committee on Small Business.

Andrew Young, chairman of GoodWorks International, LLC, a specialty consulting group based in Atlanta, Georgia, that provides strategic services to corporations and governments operating in the global economy, is the Monday Luncheon speaker. Mr. Young is an ordained minister, international businessman, sports enthusiast, human rights activist, published author and former public servant. He served three terms in the U.S. House of Representatives, two terms as mayor of Atlanta and was named by President Jimmy Carter as Ambassador to the United Nations.

George M. Ong, national president, Organization of Chinese Americans (OCA), is the Tuesday Luncheon speaker. Headquartered in Washington, D.C., the organization has over 80 chapters and affiliates throughout the United States, and provides financial assistance programs, information and resources, direct community services and advocacy at the national level for Chinese Americans and Asian Americans.

Andy Unanue, chief operating officer of Goya Foods, Inc., the largest Hispanic-owned food company in the country, is the Wednesday Power Breakfast

speaker. His responsibilities include overseeing the daily operations of Goya's U.S. business. One of his main goals is to expand Goya's recognition not only in Hispanic households, but also in every household in the United States. Hector V. Barreto, administrator, U.S. Small Business Administration, will be the Wednesday Luncheon speaker. He directs the delivery of financial and business development programs to America's entrepreneurs. With a portfolio of direct and guaranteed business loans and disaster loans worth more than \$45 billion, SBA is the nation's largest single financial backer of small businesses.

There are 20 workshops scheduled with more than 40 panelists, and a seminar for minority business owners, "The Winning Combination" which will explore the potential of joint ventures, strategic alliances and business partnerships to keep MBEs competitive. Finding capital, technology, facilities, customers, distribution channels or what ever is needed to close the deal, are among the topics for review.

Tuesday workshops include: Minority Supplier Development 101: Learn from the Experts; Purchasing Trends and Issues; Developing Trust in Strategic Alliances; Building a Global Network of Historically Excluded Suppliers; Measuring Corporate Success: Are We There Yet?; Including Supplier Diversity Goals; Strategic Financing: It's Part of Success; Growing the Business; Second Tier Purchasing: The Big Multiplier

Effect; Outsourcing: More Opportunities for MBEs and Government; Another Purchasing Giant.

Wednesday workshops include The Mature Program: Maintaining High Velocity; Economic Impact: New Demographics on Minority Americans; Electronic Commerce: Where We Are Today; Influencing Buying Decisions: The Power of Persuasion; Strategic Sourcing; Mega Deals: They Happen Every Day!; Merged or Acquired? Keeping the Faith and the Momentum; Making an Effective Business Case for Minority Supplier Development; The NMSDC Network: Relationship Building; and Using Training to Build Enthusiasm and Commitment for Minority Supplier Development.

The Conference is co-hosted by the Georgia Minority Supplier Development Council, one of 39 NMSDC-affiliated councils around the country. For additional information on the Conference or minority business development, contact the National Minority Supplier Development Council at 212-944-2430 or <http://www.nmsdcus.org>.

Providing a direct link between corporate America and minority-owned businesses is the primary objective of the National Minority Supplier Development Council, one of the country's leading business membership organizations. It was chartered in 1972 to provide increased procurement and business opportunities for minority businesses of all sizes.

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Careers: Volunteers Help a Startup

By CHARLES D. BRUNT
Albuquerque Journal
ALBUQUERQUE (AP) — Yolanda Chavez would like to forget the year 1986. Her mother, her only parent since her father's death when she was 16, died unexpectedly, the victim of a brain tumor.

Chavez was also struggling with the realization that her son and daughter would soon be talking about college — a prospect she knew would sorely test the family's income.

Partly to occupy her time, and partly to make a few extra dollars, Chavez started sewing handbags. It would prove to be a fortuitous decision.

John M. Romisher, on the other hand, loved 1986. He was living on a gorgeous island in the West Pacific, teaching adult education and business classes at Northern Marianas College.

He was teaching eager students the things he had learned during a career that took him from managing the parts department at a car dealership in Pennsylvania to working for a Fortune 500 company in Saipan in the Northern Marianas.

Romisher has been a school teacher, college professor, energy efficiency consultant, small-businessman and director of training and development for the multimillion-dollar international Duty Free Shoppers corporation. He also helped establish a small-business development center for the U.S. Small Business Administration in Saipan.

During all that, he managed to help his wife, Lydia, through law school at the University of New Mexico while they raised three daughters.

Now that he has retired, he

spends several hours a week helping people like Chavez. The link Romisher and Chavez now share, one neither could have envisioned in 1986, is called SCORE, an apt acronym for the Service Corps of Retired Executives.

Sponsored by the U.S. Small Business Administration, SCORE is a nonprofit group that matches volunteer business and management counselors with existing and potential small-business owners in need of expert advice and guidance.

Because it's tax-supported, most of SCORE's services are free. It has 389 chapters nationwide and more than 12,000 volunteers. Besides one-on-one counseling, the organization offers low-cost workshops on business.

SCORE volunteers go to great lengths to determine the client's exact needs in order to match him or her with a volunteer who has expertise in those particular areas, said Cynthia W. Mottle, chairman of the Albuquerque SCORE board.

Chavez, for one, is proof the combination works. She started selling her hand-sewn purses to merchants in Old Town about 15 years ago, practically on a whim.

"I went down there and started peddling them on a Sunday, and a shop took them," Chavez said in a recent chat at her cozy shop two blocks south of her alma mater, Albuquerque High School. "By Wednesday, they had sold out of them and needed some more. I didn't have any more, so I worked night and day to get another batch done."

She made the deadline and a life-changing decision. By 1988, Chavez decided that going into the handbag business full time might be a good way to pay for her children's college

education. She went to the Small Business Administration for help, and they steered her to SCORE, which, over the years, provided several volunteers, including Romisher.

"They first helped us work out an accounting system that works for this particular business," Chavez said, adding that she still uses that system, though the steady growth of her business persuaded her to hire an accountant.

She also attended a number of SCORE's training classes over the years. "They even directed me to some other resources, like the Taxation and Revenue Department's classes and the IRS classes," she said.

"I really rely on people who have been in business for advice. There's no substitute for that kind of experience," she said.

SCORE's biggest asset is its volunteers. "They are very, very patient," she said. "They take their time with you. That one-on-one interaction is invaluable." Just recently, Chavez had a question about adding a new line of handbags to her inventory. She called SCORE. Romisher got the call, he said, and the two had a fruitful conversation. They had spoken many times on the phone, but, until recently, the two had never met face to face.

"How can you not take advantage of that kind of knowledge?" Chavez said of the SCORE volunteers. "They taught me well. They gave me lots of good advice." One counselor taught her to concentrate on the fundamentals, to be frugal, and to be disciplined in her business habits, from daily books and inventory control to religiously stashing away part of the profits for the future.

"If you're not keeping up with the books, you're not really in business," Chavez said. Today, her company produces about 70,000 handbags a year for clients worldwide. She has a retail shop in Old Town and recently moved her manufacturing to a larger building. She still does the daily books, designs handbags and even sews some of them.

Both of her children have graduated from the University of New Mexico. Her son now is an electrical engineer in Austin, Texas, and her daughter just opened a cafe.

And if she ever tires of running her handbag business — a prospect that seems unlikely for the red-haired dynamo — Chavez said she would like to be a SCORE volunteer. "Yes, that's something I'd like to do," she said. "I like giving something back."

Professor says Americans must change attitudes about world

By Carl Manning
Associated Press Writer
(AP) — As terrorists have become more terrifying, Americans need to adjust their world-view and become more imaginative in combating the problem, says a professor who has taught about terrorism for 25 years.

"We have to change our way of thinking, understand how the world functions and why some people hate us," said Felix Moos, a University of Kansas anthropology professor who teaches Violence, Aggression and Terrorism in the Modern World.

"As a country, we would have been better prepared if we had paid better attention to terrorism," he added.

In the past, he said, many Americans have been more concerned about what's happening in their neighborhood than on the other side of the world.

"We are vast country and people aren't as concerned about the world," he said. "It's hard for people living in this great country to think about those living in Afghanistan or the West Bank. But that doesn't work anymore because the world has shrunk."

But the terrorists attacks Sept. 11 on the World Trade Center in New York and the Pentagon in Washington changed a lot of thinking.

"We have come through modern conflicts relatively unscathed," Moos said. "Young Americans haven't seen the destruction of cities. We had a feeling that we were somehow exempt, that it happens else-

where in the world, but not here."

Moos added, "I hope that will change."

He said Americans shouldn't expect September to be the last time the nation faces terrorist attacks.

"Certainly, this won't be the last incident. The time between terrorist acts have become shorter, and people haven't paid attention," he said.

But, he added, "To think they will use the same tactics next time is very short sighted."

Moos said terrorism has evolved over the years, becoming more violent and deadly.

"We need all the imagination we can muster. There's an evolution in terrorism. It has become more sophisticated," Moos said.

He said there has to be some fundamental rethinking in all quarters — the public, education and the media.

"You need more sophistication by the public that this is serious business," he said. "This isn't going to go away in a week."

Students, especially, need to learn more about what and who lie beyond the U.S. borders and their hometowns.

"They have no idea of the world outside. If I say there are people who hate you, they just look at me," Moos said.

Many colleges and universities haven't spent enough time on the international community and what's going on around the world, he said.

"We have spent more on beautifying the campus than

strengthening international dimensions and thinking," Moos said.

Some have blamed the attacks on the failure of U.S. intelligence, in part because of increased reliance on technology over people gathering information.

"In general, Americans don't like intelligence. They think it's dirty," the professor said. "If there was an intelligence failure, it's a reflection of our society as a whole."

"We don't have enough imagination in our intelligence gathering and analysis because we haven't been sophisticated in our thinking of terrorism," he added.

He said there's nothing new about terrorism, which he calls "warfare on the cheap" — just the way it's carried out.

"It means a weaker force commits havoc on a much stronger entity and psychologically tries to bring about results you can't bring by military means," Moos said.

While the United States is better armed and better equipped than terrorists, it doesn't mean all-out force should be used in retaliation, Moos said.

"The response should be measured, smart and imaginative," he said. "I think President Bush is doing a credible job."

Asked whether terrorists will win out, Moos said, "I hope not, I pray not. They haven't toppled a modern government but they have given these governments a hell of a run on the cheap."

Wellness

Exercise reverses aging researchers report

Six months of exercise can reverse the decline in physical conditioning associated with aging, researchers at UT Southwestern Medical Center at Dallas reported in a 30-year follow-up to the 1966 landmark Dallas Bed Rest and Training Study.

The researchers also report that three weeks of bed-rest deconditioning has a more profound impact on physical work capacity than 30 years of aging.

Their findings are based on test results of five healthy men,

ages 50 to 51, who were originally studied in 1966 and volunteered to participate in the 30-year follow-up, which began in 1996. The study represents one of the longest longitudinal evaluations of a group's response to exercise and provides novel findings regarding the effects of two endurance-training programs separated by a 30-year period.

The 1966 study, considered one of the most pivotal studies in exercise science, evaluated the response to endurance exercise training after a 20-day period of bed rest. The two-part, follow-up study, which is reported in today's issue of *Circulation: Journal of the American Heart Association*, evaluates the effect of age on cardiovascular response to exercise training.

"This pair of studies together underscore the relationship between physical activity and cardiovascular fitness, or aerobic power," said Dr. Darren McGuire, assistant professor of internal medicine and lead author of the study.

"First, 20 years of bed rest, which is the ultimate 'sedentary' state in these subjects when they were 30 years old had a more profound negative impact on their cardiovascular fitness than did 30 years of aging," McGuire said.

"Second, an endurance training program using a relatively modest intensity of training was able to reverse 100 percent of the loss of cardiovascular capacity, returning the group to their 1966 baseline levels of aerobic power."

The five study volunteers completed a six-month, individualized endurance-training program. Two study participants took part in walking exercises, two jogged and the fifth trained on a stationary bicycle. The endurance training was increased weekly.

"By the end of the study, the subjects were exercising weekly about 4.5 hours divided into four to five exercise sessions," McGuire said.

Notable changes in the five participants from 1966 to 1996 included weight gain, and a more than doubling in body fat. Only two of the five volunteers were following a regular exercise regimen prior to the follow-up study. The remaining three had not performed regular exercise in six months to 20 years before the present study.

"This study clearly provides evidence that even an older person who has failed to maintain fitness over time can benefit from an exercise program," said Dr. Benjamin Levine, associate professor of internal medicine and director of the Institute for Exercise and Environmental Medicine, a joint venture between UT Southwestern and Presbyterian Hospital of Dallas.

Starting an exercise program when you are older is still useful and can combat the effects of aging," said Levine, who is also a study co-investigator.

"Moreover, if you stop exercise you can lose what you have gained relatively quickly. Therefore, exercise must be a life-long health habit-like brushing your teeth or taking a shower that can and should be sustained throughout life."

The researchers also found that age plays a factor in the mechanisms involved in age-related decline in aerobic power. The investigators report that in middle-aged adults the mechanisms responsible for decline in cardiovascular capacity are directly related to peripheral oxygen extraction, the body's ability to receive, take up and use oxygen.

In the 1966 study, the then 20-year-old volunteers improved their maximal ability to perform exercise by increasing the amount of blood that the heart could pump, and by increasing the amount of oxygen that could be extracted. In the present study the

See AGING page 5



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Be wary of work-at-home offers

By John Cornyn,
Attorney General of Texas

Q:

I answered an ad that promised a great income doing medical billing for doctor's offices. I had to pay for training and some very expensive computer software. I received a mailing list of potential clients, but I haven't been able to sign anyone. All of the doctors I contact say they do their own billing. I contacted the company about a refund, but I can't get an answer. Can you help?

A:

The Consumer Protection Division of my office receives a lot of complaints about various work-at-home opportunities that turn out to be not as advertised. Many of the complaints are about medical billing opportunities. In fact, my office recently

won a jury verdict against a medical billing company promoter.

My office had filed suit against Ruth Steiber and her business - Doctor's Advantage and R&S Consulting Services - for allegedly enticing work-at-home clients into thinking they could earn a substantial income by operating billing services for doctors. A Harris County jury found Steiber guilty of engaging in false, misleading and deceptive acts under both the Deceptive Trade Practices Act and the Business Opportunities Act. The jury ordered \$170,000 in civil penalties and attorneys' fees. My office is also seeking \$400,000 in restitution for injured consumers.

During the trial, more than 30 victims testified that they had purchased Steiber's program, which included software and

mailing lists. What Steiber didn't tell customers was that they had received the same mass-mailing list and brochures as many other customers in the Houston area. The victims also testified that Steiber did not return calls requesting assistance and failed to provide the support and marketing expertise that she promised.

This type of scheme is just one of many we hear about. Some others include:

* Sew-at-home offers: This Oregon-based scheme promised customers high income and guaranteed work and training. The offer required clients to buy an expensive sewing machine. Some clients never received the machine, while others never received the promised training

See WORK on page 6

Capitol Watch

Democrats Rally for Aid to Displaced Airline Workers

WASHINGTON

Hoping to build bipartisan support for assistance to laid-off employees of the airlines and directly affected industries, U.S. Rep. Martin Frost joined a Capitol Hill rally today to promote the Displaced Workers Assistance Act, which has also been introduced in the U.S. Senate.

"Already, 100,000 Americans are expected to lose their jobs in the airline industry as a result of September 11th, and North Texas could be hit particularly hard by lay offs," said Frost, the Chairman of the Democratic Caucus. "It's crucial that Congress and the President - Democrats and Republicans - work together to provide these hardworking Americans with the help they need to get back on their feet, just like we did for the airlines themselves. This bill would assist thousands of North Texans who could lose their jobs as a result of the September 11th attack on America."

The Displaced Workers Assistance Act would provide financial assistance, training and health care coverage to employees of airlines (or other directly affected industries) who lose their jobs as a result of the September 11th attack on America. It is identical to the Senate bill S. 1454.

The bill would provide - for all employees of airlines, commercial airline manufacturers, suppliers to airlines and airports who lose their jobs as a direct result (as determined by the Secretary of Labor) of the attacks of September 11th or of security measures taken in response to the attacks - the following:

* Income Support:

Individuals who exhaust their 26-week eligibility for state unemployment insurance would be eligible for an additional 52 weeks of cash payments funded entirely by the federal government. Individuals who do not meet their states' requirements for unemployment insurance would receive 26 weeks of federally financed unemployment insurance.

* Worker Training:

Individuals not expected to return to their jobs within the airline industry would be eligible for retraining benefits. Individuals not expected to return to their jobs, but who may find some alternative job within the airline industry, would be eligible for upgrade training. Participation in training is not a requirement for participation in the assistance

package.

* Health Care Benefits:

The federal government would fully reimburse eligible individuals for their premiums for COBRA, the program that allows them to purchase health insurance under the plan of their

last employer. Individuals who do not qualify for COBRA and are otherwise uninsured would be eligible for Medicaid with the federal government covering 100 percent of the premiums. These health care benefits would last for a maximum of 18 months.

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Ethnic Notes

Looking back at Josh Gibson PART 1

Even in a day without television, so many people saw him hit a baseball. Their descriptions do not vary much, only the details: the number of home runs, or the length of the drives, which fence each one cleared. The years have sweetened the memories, no doubt, the mixture of legend and myth growing stronger every day. Only the vision of how he did it, how he stood in the batter's box, gripped the bat, and connected with a fastball seems to have been etched in the minds of the witnesses.

Born in Buena Vista, Georgia, Josh Gibson grew up to stand 6'1" and weighed 205 pounds. A right-handed catcher, he is fondly remembered by those who played with him for his turned cap bill and rolled up right sleeve.

Gibson played 17 years in the Negro Leagues, amassing career statistics that truly boggle the mind. Gibson hit .391 lifetime, including .483 in the Negro Leagues East/West All-Star games in which he participated. He also hit .412 against major league pitching in exhibition games. Due to sporadic statistical

accounting in the Negro Leagues, reports vary with regards to the number of home runs he hit, with some estimates as high as 962.

One of the common criticisms of Negro baseball in the days of the color barrier was that it lacked technique. Not style, mind you, but textbook form for hitting, pitching, and fielding. It was true, perhaps, but laughably appropriate to how well the black ballplayers performed. So many of them were never taught the game by a competent coach. They learned it in a sandlot or by watching the older players, and they picked up bad habits and kept them until someone took the time to show them differently.

Oddly enough, Josh, as a hitter was a model of textbook form. Nobody had ever taught it to him, and nobody ever tampered with it. His only defect was his stance: an upright, flat-footed posture, somewhat rigid, especially because he didn't stride much or bend his back and knees. Yet it didn't matter when he played for the Crawford Giants or during his first years with the Grays because he had such a tremendous eye, lightning reflexes,

and an ability to get the bat on the ball.

It wasn't long, however, before he had perfected his batting style to the point where it became flawless. Josh's power came almost completely from strength above his waist: arms, shoulders, and back muscles so awesome that he didn't need the coiled power of his legs or the whiplike action of his wrists. With his upper-body power, he could thrash a ball with a motion much like that of beating a rug. He stood flat-footed, his heavy bat gripped down to the end and held high above his right shoulder, his feet spread fairly wide apart, and

with the pitch he strode only slightly — some say about four inches, some say not at all, but simply raised his foot and put it down in the same spot when the pitch came.

Josh patterned his style after Lou Gehrig of the Yankees, a player Josh felt was more polished in more techniques than any player at the time. When the Grays were in the vicinity of the Yankees during Gehrig's day,

Josh made every effort to see him, something made more possible after 1930 when the Grays had some free afternoons before playing night games. He also greatly admired Jimmie Foxx, not only because Foxx was right-handed as Josh was, but also because the slugger was so friendly to blacks during the off-season. Foxx also

was built much like Josh — Foxx weighed 195 and stood six feet tall — and was the premier home-run hitter in the majors in the 1930s when Ruth slowed down and finally retired. Almost from the beginning of Josh's pro career, he rolled up the short sleeves of his uniform, a move which showed off his massive biceps and which mimicked Foxx.

Josh's overwhelming strength at the plate came from his batting eye and his bat control. Throughout his career he was always an "average" hitter, meaning that he hit for a high average as well as for home runs. Part of that success was due to his speed, but most of it was due to the fact that he hit the ball where it was pitched, and hit it hard. Most who played with Josh claim nobody hit

the ball as hard as he did — liners that tore the gloves off infielders, line drives that cracked against fences. His small stride made him a good curveball and change-up hitter. Josh quickly learned, according to teammate Buck Leonard, to bend his back when he went after curves, a technique essential to hitting the pitch, and had little trouble with them or other off-speed pitches. But he also hit pitches thrown all over the strike zone, a necessity in Negro leagues because umpires tended to call strikes on pitches ranging anywhere between the top of the shoulders and the knees. Major-league umpires through the years have restricted the strike zone to an area between the armpits and the top of the kneecaps.



AGING from page 3

volunteers were only able to increase the amount of oxygen the muscles extracted.

"This difference may reflect a reduced plasticity of heart muscle as compared to the skeletal muscle due to aging. Though it is not clear if an even longer period of training might have had different effects," Levine said.

Other research team members include three of the original investigators, Drs. Gunnar Blomqvist, professor of internal medicine and physiology and director and director of the National Aeronautics and Space Administrator's Specialized Center of Research Training in Physiology at UT Southwestern; Jere Mitchell, clinical professor of internal medicine and physiology; and Bengt Saltin, director of the Copenhagen Muscle Research Centre in Denmark.

Other co-investigators of the 1996 study include Dr. Peter Snell, associate professor of internal medicine, and Dr. Jon Williamson, associate professor of physical therapy.

Technicians at the Institute performed the endurance tests for Exercise and Environmental Medicine at Presbyterian.

The researchers dedicated the paper to Dr. Carleton Chapman, who initiated the origi-

nal study 35 years ago. He died last December. Chapman was

chief of cardiology at UT Southwestern and later became

dean of Dartmouth Medical School.

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KWRD/KSKY PROMOTION DIRECTOR

The Promotions Director for KWRD-FM and KSKY-AM reports to the General Manager and works hand in hand with the operations and Sales departments in developing and implementing marketing and promotional campaigns for the radio station. This position involves interaction with local church and community leaders, listeners, advertisers and vendors. A solid understanding of christian radio, familiarity with the church, strong writing, telephone and interpersonal relations skills are important to success in this capacity. Duties include but are not limited to:

- Interfacing with/promotion KWRD/KSKY to local church leaders and congregations
- Working with Operations and Sales department in developing marketing and promotional materials for the radio station.
- Maximize station's exposure to national and local media.
- Writing and servicing press releases about promotional events at the radio station.
- Establishing a station presence at key local events.
- Grow awareness of the radio station in order to increase cumec of station.
- Educate listeners as to the mission of KWRD-KSKY
- Develop revenue-generating promotions in conjunction with Sales and Programming departments
- Coordinate and facilitate all station events.

Fax or Mail resumes to:

Pete Thompson • General Manager

KWRD/KSKY

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Advertisements for Bids/Proposals

Dallas Area Rapid Transit is requesting sealed bids or proposals for the items listed below. Copies of the documents may be obtained at 1401 Pacific Ave., Dallas, TX 75202, by calling 214-749-2701, or by faxing a request to 214-749-3604. Request should reference the appropriate solicitation number as provided.

Bid #P-1002985 - Interactive Voice Response (IVR) system; issued 9-27-01; due 10-18-01, 2:00 p.m.

Bid #B-1003345 - Supply and deliver (F.O.B. destination) new 2002 (or current) model year non-revenue vehicle as shown in the schedule; issued 10-12-01; due 10-23-01, 2:00 p.m.

Bid #P-1003560 - Purchase or lease of police motorcycles and maintenance agreement for a period of four (4) years; issued 10-02-01; due 10-23-01, 2:00 p.m.

Bid #B-1003354 - SOC - 1 landscaping and irrigation; issued 9-28-01; due 10-31-01, 2:00 p.m.

Bid #P-1003913 - Washington DC representation services; issued 10-02-01; due 10-31-01, 2:00 p.m.

Bid #B-1003344 - Delivery of 40' diesel and liquid natural gas (LNG) buses; issued 10-05-01; due 10-30-01, 2:00 p.m.

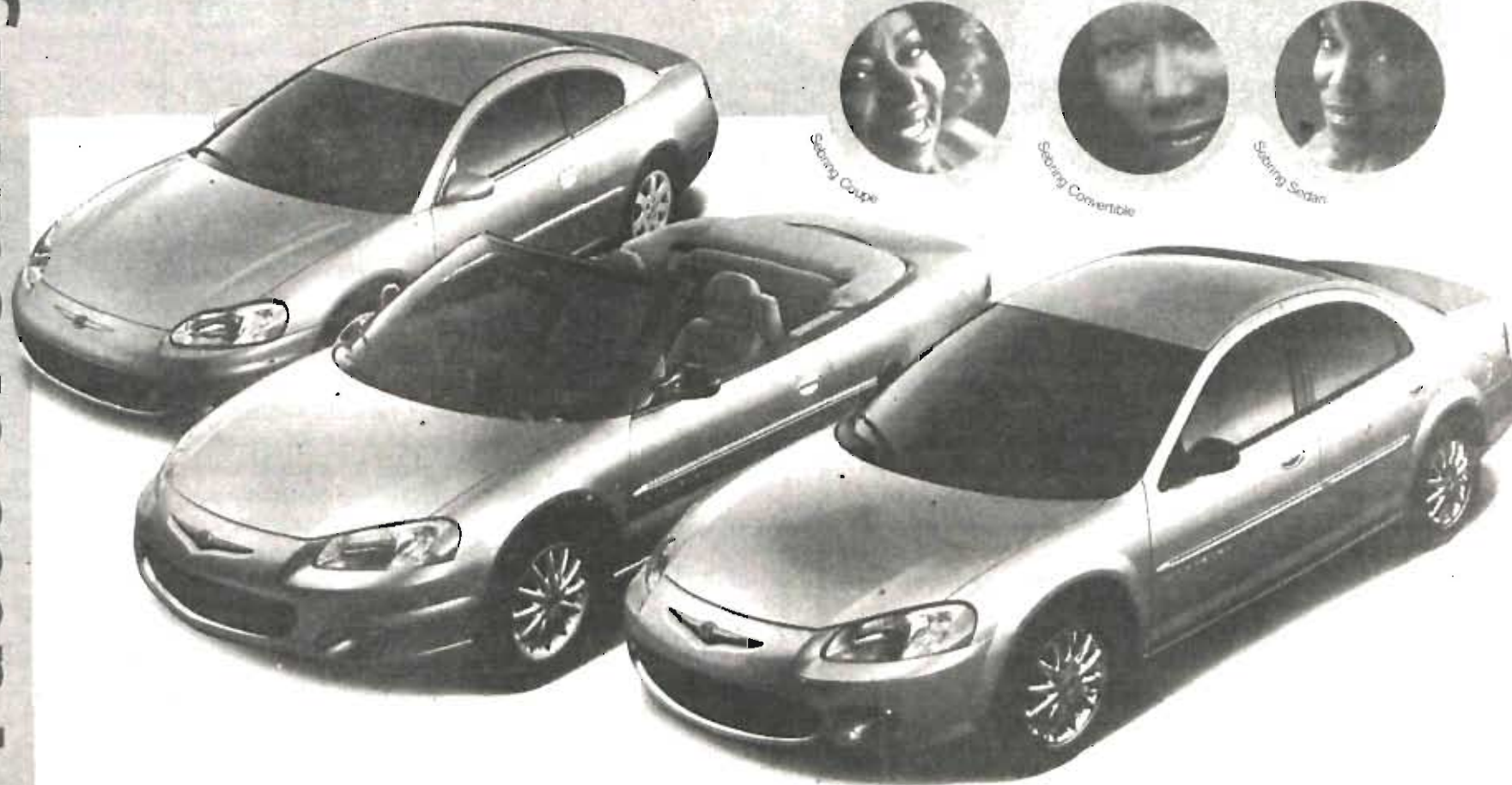
Bid #B-1003699 - Printing of DART Day Passes; issued 10-04-01; due 10-25-01, 2:00 p.m.

Bid #B-1003634 - Temporary SVC for information technology audit personnel; issued 10-05-01; due 11-01-01, 2:00 p.m.

Bid #B-1003635 - Mockingbird escalator/elevator maintenance services; issued 10-05-01; due 10-31-01, 2:00 p.m.



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October is Domestic Violence Awareness Month

By Attorney General John Cornyn

The most important thing to remember is that no one deserves to be hit, threatened, or live in fear in his or her home. If you are living in an abusive or threatening situation, please take steps to protect yourself and your children. If you know someone living in a violent situation, help that person take steps to protect him or herself. Remember, help is available at the National Domestic Violence Hotline (800) 787-SAFE (7233); TTY for the deaf (800) 787-3224.

Leaving an abusive situation is potentially a very dangerous time. However, there are things you can do to reduce the risk of harm. Of course, if you are in immediate danger, you should leave right away.

If you are considering leaving an abusive home, you should make arrangements for a safe place for you and your children to stay. This might be a relative or a friend's home or a shelter for victims of family violence. You should also keep a supply of clothing and extra medication where you can access it in an emergency.

If possible, set up your own checking account or make arrangements to have money available to you. Find someone who is willing to lend you money should you need to leave at moment's notice.

When preparing to leave, make sure that you keep enough change for pay phones or carry a calling card with you. You should also take the phone number of the place you are intending to go.

Decide on a safe place to keep copies of important documents such as insurance information, birth and marriage certificates, health records, social security cards and financial records. Remember it may not be possible for you to retrieve these items after you leave.

Many victims are hesitant to leave because they feel they can't afford the cost. The Crime Victims' Compensation Program, which is administered by my office, may be able to help with the expenses incurred as a result of leaving an abusive home. Victims of acts of family violence that occurred on or after June 19, 1999 may qualify for up to \$3,800 in financial assistance from the Program. This one-time assistance includes up to \$2,000 for moving expenses and up to \$1,800 for assistance with rent associated with moving away from the abuser.

In addition to money for relocation, survivors of family violence who have dependent children can receive loss of support payments on behalf of their dependent children. These funds can, on a temporary basis, help make up for their income lost by leaving a partner or spouse. Victims can also receive help with expenses such as crime-related medical and counseling bills. For more information on the compensation program, visit the Office of the Attorney General Website at www.oag.state.tx.us. Applications for compensation are available online and by calling my office at (800) 983-9933.

Once you have left an abusive situation, there are other steps you should take to protect yourself and your children. When you are at home, make sure that all of your doors and windows are locked. Inform your neighbors and landlord that the abuser no longer lives with you and that they should call the police if they see him or her near your home.

Request an unlisted/unpublished phone number, and never call the abuser from that number. Sign up for Caller ID services to screen your calls, and keep a log of any calls that the abuser makes to your home.

To help protect your children, devise a safety plan for when you are not with them. Provide their schools and/or daycare facilities with a list of people who are allowed to pick them up.

At work, inform your security office or managers about your situation. If possible, have someone screen your incoming calls and escort you to or from your car or the bus or subway.

You can access more information, assistance, and referrals for survivors of family violence by contacting:

Texas Council on Family Violence - (800) 525-1978

Women's Advocacy Project Emergency Hotline - (800) 325-SAFE (7233)

Women's Advocacy Project Family Violence Legal Line - (800) 374-HOPE (4673)

Remember, no one should have to live in fear.

BB King's Favorite Charity, Receives Donation

And America's favorite musical "living Legend" is...the King of Blues, BB King. Burger King Corporation recently announced the selection by its customers of the 11-time Grammy winning blues great as "Living Legend."

The nationwide musical celebratory event which hon-

Brown, R. Kelly, Tina Turner, Stevie Wonder, Michael Jackson, Kirk Franklin and many more.

Commenting from the BB King Blues Festival tour, the 75-year-old musician said, "This is wonderful. I'm grateful to the public in nominating me. A special thank you to

disease continues to affect more than 70,000 men, women and children in this country with an estimated 2.5 million Americans carrying the trait.

"BB King is a true legend and well deserving of this honor," says Chris Clouser, executive vice president & chief global marketing officer, Burger King Corporation. "His contribution to our culture is tremendous and Burger King is thrilled to have been part of recognizing this American icon. We are also very proud that this donation comes at such a significant time for those involved in promoting the finding of a cure for sickle disease."

Burger King Corporation created the American icon, the HOME OF THE WHOPPER. The company and its franchisees operate more than 11,330 restaurants in all 50 states and 58 countries and international territories around the world, with more than 92% of Burger King restaurants owned and operated by independent franchisees. Since the company's founding in Miami in 1954, the Burger King brand has become recognized for great flame broiled taste and "have it your way" food customization. In fiscal year 2000, the Burger King system had system-wide sales of \$11.4 billion. Burger King Corporation is a part of Diageo (NYSE: DEO), the international food and drinks company. To learn more about the Burger King system, please visit the company's website at www.burgerking.com.



(L to R) Harry Cronwell, Burger King franchisee; BB King; Gary Coleman, executive director, Sickle Cell Disease Association of America, Inc. Hartford Chapter.

ored the accomplishments of African-American musicians, was the largest music program undertaken by Burger King Corporation with participation from more than 2,700 BURGER KING restaurants in forty-nine markets. The in-store sweepstakes invited Burger King customers to cast their numerous industry and public achievements include Grammy awards, platinum and gold records, honorariums, Lifetime Achievement Awards and induction into Rock & Roll Hall of Fame and Blues Foundation Hall of Fame, was unanimously selected by Burger King customers as their favorite musical Living Legend. Mr. King was nominated amongst a prized list that included such music phenoms as Aretha Franklin, James

Burger King for the donation which will assist in continued advocacy and research in helping to find a cure for the sickle cell disease."

As part of the program, the "Living Legend" was awarded a \$10,000 donation to their favorite charity. BB King selected the Sickle Cell Disease Association of America, Inc., a 29-year-old organization whose mission is to empower individuals and families affected by the sickle cell disease through education and advocacy. According to the Association President/COO Lynda Anderson, this genetic

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WORK from page 4

or weren't paid for work completed.

*** Make-at-home necklaces:** A Florida company offered to pay clients \$60 each for necklaces assembled at home. Each client paid a \$3,000 deposit and received supplies for 30 necklaces. They were promised \$1,800 plus a refund of their deposit and told they would receive a commission for recruiting new clients. The company claimed the profit would come from the sale of necklaces. In fact, the company used the deposits paid by new clients to pay off old clients, making it a pyramid scheme.

*** Envelope stuffing:** In this Iowa-based scheme, consumers were told they could earn \$5,000 per week for a one-time fee of \$139. They were also promised a money-back guarantee and a full refund after the third paycheck. Consumers who mailed in the fee received nothing in return. In a common variation on this scheme, consumers who respond to the offer are told to run an ad in the newspaper offering, for a fee, to tell others how they can make money by stuffing envelopes.

If you believe you have been the victim of a work-at-home scam, you can file a complaint through my office. You can request a complaint form by calling 1-800-621-0508. Forms are also available through www.oag.state.tx.us. Remember, the best way to avoid being scammed is to remember this rule: If it sounds too good to be true, it probably is.

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Sealed proposals for highway improvement contracts will be received by the Texas Department of Transportation (TxDOT) until the date(s) shown below, and then publicly read.

CONSTRUCTION / MAINTENANCE CONTRACT(S)

District: Dallas
Contract: 6099-50-001 for POTHOLE REPAIR in DALLAS County will be opened on NOVEMBER 13, 2001 at 10:30 am at the District Office for an estimate of \$188,800.00.
Contract: 6074-08-001 for STORM SEWER AND INLET CLEANING in DALLAS County will be opened on NOVEMBER 13, 2001 at 10:30 am at the District Office for an estimate of \$288,800.00.

Plans and specifications are available for inspection, along with bidding proposals, and application to the TxDOT Prequalified Contractor's list, at the applicable State and/or District Office listed below. Bidding must be submitted prequalified contractor to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Prequalification materials may be requested from the State Office listed below. Plans for the above contract(s) are available from TxDOT's website at www.txdot.state.tx.us and from a reproducing company at the expense of the contractor.
NPD-4-658

State Office

Construction Division
200 E. Riverside Dr.
Austin, Texas 78704
Phone: 512-416-2540

District Office(s)

Dallas District
District Engineer
4777 E. Hwy 80
Mesquite, Texas, 75150
Phone: 214-320-6100

Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TxDOT ensures that bidders will not be discriminated against on grounds of race, color, sex, or national origin.

Around The Town

October 11-November 11

The debut of Dallas Blooms Autumn will spotlight the city's ethnic diversity with a wide array of multicultural music, dance and artisan performances. Visitors will see the 66-acre botanical garden's transformation into a showplace of autumn colors highlighted by more than 20,000 chrysanthemums complementing fall-blooming annuals and perennials. Dallas Arboretum will be open daily from 10 a.m. to 5:30 p.m. located at 8525 Garland Rd. on the eastern shore of White Rock Lake. For more information, call 972-398-1378.

October 11

Frisco Chamber of Commerce is hosting a Get on Track at 8 Networking Session at the Chamber Office located on 6843 Main Street. For more information, please call 972-335-9522.

"Aging Well in Collin County," a countywide symposium on issues concerning senior citizens, will be held at the Plano Centre at 9 a.m. For more information, call 972-335-9522.

The State Fair of Texas will be hosting senior citizens day, Tex-Mex Contest and the Tabasco Recipe Challenge. The Brangus & Charolais is also scheduled for the day.

Methodist Hospitals of Dallas Prostate Screening and Awareness Program (MHD PSAP), will be on hand to provide free prostate cancer screenings for all men aged 50 and over, but particularly for African-American men as young as 40. The free screening will be at 2828 N. Haskell in Dallas at the

American Cancer Society Health Fair October 11-12, 2001 from 11 a.m. to 2 p.m. For more information, call 214-947-8181.

October 12-November 4

Three terrifying tales of horror and suspense-Poe's The Tell-Tale Heart, Bierce's An Occurrence at Owl Creek Bridge, Jacob's The Monkey's Paw congregate to haunt audiences not once, not twice, but three times. These performances are full of thrills and chills for audience members 10 years and older. Performances will be held at the Crescent Theater, 2215 Cedar Springs Rd., across from the Crescent Court Hotel. Call the Box Office at 214-978-0110 for reservations and ticket information.

The Plano Chamber of Commerce will host its annual Mini Golf Tournament at Putt-Putt Golf and Games on Coit Rd. The event will begin with a BB gun start at 1 p.m. For more information or to register for the tournament, call 972-424-7547.

The State Fair of Texas will be hosting a cookie contest. Also

scheduled for the days events are Angus & Goat Shows, State Jersey Show and the Charlie Wilson Concert.

October 13-14

The first annual Dallas Whole Bead Show will be held at the Radisson Hotel Central Dallas, 6060 North Central Expressway, Four Seasons Ballroom. This show hosts bead makers, merchants and traders from all over the world exhibiting beads made of glass, stone, metal, etc. and trade beads, findings, buttons, charms, tools, books and beaded jewelry. Admission is \$5 and the show is from 10 a.m. to 6 p.m. on Saturday and from noon to 5 p.m. on Sunday. For more information, call 1-800-292-2577.

October 13

Chick-fil-A restaurants, Platinum Sponsor of the 2001 Komen Dallas Race for the Cure, is pleased to donate one percent of their sales garnered on Saturday, October 13 from each of their 52 Chick-fil-A restaurants throughout the metroplex to the Komen Dallas

Race. Visit the closet Chick-fil-A restaurant to support a tremendous cause.

The State Fair of Texas will be hosting a cheese contest and dairy cattle and poultry shows. Also scheduled for the days events are AMGA 1st National Mear Goat Show and the LeAnn Rimes concert.

October 14

The State Fair of Texas will be hosting a scrap booking contest, dairy cattle & goat shows and the Kumbia Kings concert.

October 15

ZTA THINK Pink/NFL Event and Komen Dallas Race for the Cure are teaming up at the Monday night game of the Cowboys vs. the Washington Redskins to hand out pink ribbon stickers and Race entry forms. Komen Dallas Affiliate Volunteers and Donation Boxes will be at gates 1, 3, 5, 8.

The State Fair of Texas will be hosting a fashion-sewing contest.

October 16

The Plano Chamber of

Commerce education and workforce development committee has planned a Job Links Forum on October 16 from 10 a.m. to 3 p.m. at the Plano Centre in the Collinwood Room. For more information, please call 972-424-7547.

The State Fair of Texas will be hosting an All About Eggs Contest.

October is Women's Health Month in conjunction with the National Breast Cancer Awareness Month and the Dallas County Employee Health Services Center is providing a noon lecture October 16 in the Records Building located at 500 Elm Street, room 634. For more information, call 214-653-6200.

October 17

Macy's Dallas Galleria and Stonebriar Centre celebrate giving to Dallas-area Non-Profit Organizations. You can benefit the Komen Dallas Affiliate by purchasing your ticket for \$10 from the office at NorthPark Center for a shopping pass to Macy's first Dallas Community Friends Day! You can use your shopping pass all day and save 10%-20% off almost

everything at BOTH Macy's Dallas-area stores. You will also have the chance to register to win a \$1,000 bonus! Call 214-750-RACE for more information.

Are you ready for Bosses' Day? The guest speaker at the October 17th luncheon will be Ronnie Worsham with Worsham Strategic Resources. He will highlight relationships in the workplace. All bosses and coworkers are invited. Remember to RSVP at 972-424-7547.

The State Fair of Texas will be hosting an International Cuisine Contest and the National Brahman Female Show.

October 19-21

Collin Creek Mall is hosting a fair Friday, October 19 through Sunday, October 21 during the mall's hours of operation. The Junior League of Plano runs the event for the seniors including merchandising, registration, mall logistics, rentals, volunteers, special events and selling the merchandise. For more information, please call 972-424-7547.

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