Opportunity Rews

'Our Ninth Year" Established 1991

of Choice" Paper

September 15-30, 2000 Volume 9, Number 18

Today, Vicky Arnold is a walking testimony of breast cancer victim turned

Breast Cancer Survivor

Cover Story



Normal Duct



Intraductal Hyperplasia



Intraductal Hyperplasia with Atypia



Intraductal Carcinoma in Situ



Invasive Ductal Cancer



Strategy:

YWCA's Welfare-to-Work Program

Features:

Plano Community Forum

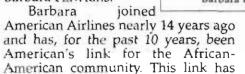




American Airlines manager inducted into corporate hall of fame

During the 65th Annual created a chain of partnerships, sup-

National Association of Negro Business and Professional Women's Clubs, Inc., seven African-American women were inducted into the Twelfth Annual Corporate Hall of Fame. Amongst those was American Airlines' community relations managextraordinaire, Barbara Hawkins.





port and sponsorships for hundreds of African-American organizations

and associations with American Airlines in the DFW Metroplex and nationally. She spends her each day ensuring that American embraces the community and that the community returns that embrace back to American.

She currently oversees the administration of the American Airlines

Center Foundation and builds and maintains corporate relationships with communities throughout the country.

Health educator leads prostate screening initiative

Methodist Hospitals of Dallas (MHD) is launching a three-year early detection initiative that will help minority men, primarily African-American and Hispanic, to learn whether they to learn whether they have prostate cancer while the disease is in an early and therefore more confained and treatable

Directing PSAP (Prostate Screening Program) Awareness effort is Jamal Rasheed, 46, a health

educator and community activist who is also a prostate cancer survivor. According to Mr. Rasheed, prostate cancer is the most commonly diag-

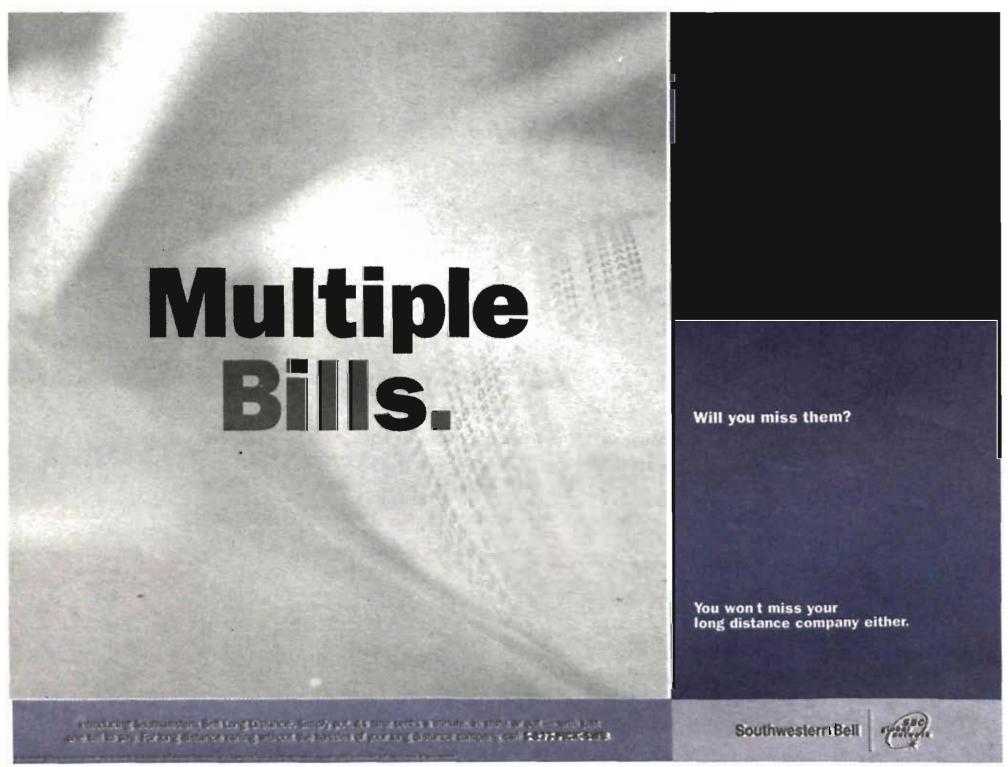


nosed non-skin cancer among men in America, especially African-American men. Nationally, more than 180,000 men will learn they have the disease in the year 2000, and over 3 1,000 men will lose their lives to it.

In Texas, it is estimated that 11,300 men will be diagnosed this year, and 2,000 will die from prostate cancer. long-term objective for

MHD's PSAP is to decrease the mortality rates in minority men, with emphasis on African-American men, through early identification and earlier inter-

... continued on page 19



Next Edition Features

Correction:

Due to a printing problem, the "5 Golden Rules of Genealogy" chart contained several errors. In an effort to rectify the problem, the chart has been reprinted this edition on page 4 for your convenience.

Thank You, MON Staff

September Milestone Moments Four girls are killed in the bombing of the 16th Street Baptist Church in Birmingham, Ala. 17. Vanessa Williams, Miss New York, became the first black Miss America in the Atlantic City pageant. 18 Cosmonaut Arnold Tamayo, a Cuban, became the first black sent on a 18 1851 The first issue of the New York Daily, currently The New York Times, was published by Henry J. Raymond. Booker T. Washington opened Tuskegee Institute in Alabama.21 1989 Hurricane Hugo, the worst storm of the decade hit the eastern seaboard, devastating Georgia and South Carolina. Lewis and Clark reached St. Louis, ending their expedition. 23 Name students integrated Central High School in Little Rock, Ark. Barbara W. Hancock became the first black woman to be named White 25 House Fellow. 1912 W.C. Handy's "Memphis Blues" was published. Congress approved the creation of the Department of Education as the 13th cabinet-level agency. 1942 The Booker T. Washington, first U.S. merchant ship with a black captain (Hugh Mulzac), was launched. The eight-hour day and five-day week were introduced by Henry Ford to

Don't miss your opportunity to reach over 70,000 readers! Call the Marketing Department at 972-606-7351

cope with declining sales.

Table of Contents

Cover Story: Breast Cancer
Editorials: Minorities and Early Detection
Columns:
You & Your Money: Basics of Investing, Part 2
Inspiration: "How to Excel at Your Job"
Arts & Entertainment:
Features: Plano Community Forum5
Celebrate:11
Movie Review: "The Exorcist"9
Departments:
Capitol Watch
Wellness
On the Move
Strategy
Southwestern Bell Calendar of Events
Education

Minority Opportunity News



MON Sales Department

Phone: (972) 606-7351

Fax: 214-905-5198

E-Mail: mon-mrkt@swbell.net

Ollivette Cooper, VP Total Quality Management 214-905-0946

Patricia Savidge

214-905-3260

Audited by



Community Papers Verification Service

Early breast cancer detection key for minorities

October is National Breast Cancer Awareness Month. A major emphasis for Minority Opportunity News (MON) will be to insure that women, their families and loved ones are aware of the prevalence of breast cancer and the options for prevention and treatment that are available. This information is critical because of the disproportionate impact of this disease on our community. Consider these breast cancer facts for African-American

• Although the incidence of breast cancer is lower among African-American women, we have a higher rate of breast cancer deaths.

• For African-American women with breast cancer, the overall five-year survival rate is 71percent. For white women the survival rate is 87 percent.

• For African-American women whose breast cancers are diagnosed early, five-year survival reaches 89 percent.

At time of diagnosis, 44 percent of breast cancers found in African-American women have spread to areas beyond the breast versus 35 percent for white women.

In light of these facts, one conclusion should be shared with everyone: Early diagnosis in African-American women can reduce breast cancer deaths. All women are at risk for developing breast cancer. Yet, evidence suggests that African-American women develop breast cancer at an earlier age. While breast cancer risk factors have been identified, it is important to know that 70 percent of women with breast

cancer have none of the risk factors. This is why it is especially important for all African-American women to do the following:

 Practice monthly breast selfexam.

 Have a health care provider perform a yearly breast examination.
 Have a regularly scheduled mam-

mogram.

 Have a breast cancer risk assessment performed and

explore options for reducing the risk of breast cancer.
In addition, general breast cancer screening guidelines, developed by the University of Pittsburgh Cancer Institute, suggest the following:
Beginning at age 18

Perform monthly breast self-exam (BSE). Age 20-35 Monthly BSE. Have a health care professional check your

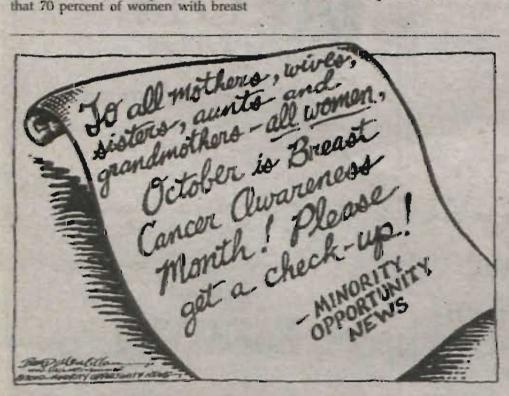
breast every year.
Age 35-40
Monthly BSE. Breast
exam by your health
care provider yearly.

Have your first mammogram.

Age 40-50 Monthly BSE. Breast exam by your health care provider yearly + Have a mammogram every

Age 50+ Monthly BSE. Breast exam by your health care provider. Have a yearly mammogram.

The earlier breast cancer is detected, the easier it is to treat. The size of the cancer cells often can give an indication of cure rate. The benefits of breast cancer screening and early detection practices are clear – they save lives.



5 Golden Rules of Genealogy

Take Notes

- · Write everything down.
- · Do not use home-spun abbreviations
- · Record your sources
- · Record each person's full name (and the woman's maiden name)
- Be careful with dates. Set a specific way to write it, and stay with it throughout your research
- · Copy infonnation exactly how you find it
- Take notes in a way you will be able to understand them in the future.
- · Write clearly

Stay Organized

- Use binders or filing folders (they are transportable)
- · Decide on a filing system (alphabetical, etc.)
- Include documents such as wills, photos, or certificates

Prepare for Outside Research

- Call before you go to the library to make sure they are open to the general public and information on any fees necessary
- Pack a briefease complete with pens/pencils' paper, and file folders
- . Bring a roll of quarters for any copies you may need to make
- . Set aside a day to do your research. It will take a lot of time to research

Determine the Accuracy of Your Information

- When you receive new information, check for inconsistencies with the information you have already received
- When you suspect problems, try to verify with other documents available to your
- Think about when the record was created. Records that were created at the time of the event are more likely to be correct

Track Your Correspondences

- Sct up a correspondence table by using a spreadsheet or software
- · Keep a copy of all letters you send and receive and to whom you send them to
- · Make sure to include dates you send and receive information

Minority Opportunity News

2730 Stemmons, 1202 Tower West Dallas, Texas 75207

Editorial Department: 214-905-0944 Fax: 214-905-0949 Email: mon-edit@swbell.net

Chairman Emeritus

Jim Bochum

Publisher

Thurman R. Jones

Minority Opportunity News was founded July, 1991, by Jim Bochum and Thurman R. Jones

Assistant Editor: Janel Burrell

Contributing Writers:

Glenda Goodson Lakeesha Joe Delmetria Millener Rufus Coleman LaTrina George Angela Janes

Charles West

Interns Brandy Jones

Columnists:

John Dudley Ron Shaw Ché Hill Stephanie Ward Staff Photographers: Wallace Faggett

Maggie Ybarra Graphics Designer:

James Luke



Minority Opportunity News assumes no responsibility for unsolicited material and reserves the right to edit and make appropriate revisions.



Local company helps couples plan the wedding of their dreams

By Lakeesha Joe

average wedding costs \$17,000. This amount includes a diamond engagement ring and wedding band at \$3,000, the bride's dress, which costs anywhere from \$300 to \$1,000, and then there is the reception hall

catering, rental. photographer and videographer.

Valder Beebe, owner and CEO of Productions (Partners Productivity), the parent company of Photography James, has created, along with her hus-band James Beebe, African-The American Wedding Lifestyle Directory to help couples spend that \$17,000 on the wedding of their dreams and provide wedding. The directory is semi-annual, published in January and July of each year.

PIP Productions creates photographic imagery, utilizing digital and traditional photographic technologies to create products for corporations. companies, and consumers. In 1999, Mrs. Beebe wanted to advertise the photography focus of her company "Photography by James" in local Dallas magazines. After extensive research, she found that publications of interest for her company were charging as much as \$6,000 or more for advertisements. Because the cost of advertising her company's photography in other publication was expensive, Mrs. Beebe decided to create a cheaper avenue in

which to advertise her company's photography.

The directory is designed with traditional and digital photographs that showcase the photographic focus of her company. The directory also lists

other businesses that provide to wedding & lifestyle services in Dallas. All companies are African-American owned, operated and/or diverse in their business focus. As our African-American Wedding Lifestyle Directory grows, we will expand in listings, yet we will remain committed to bringing stellar photo graphics and diverse companies and services into the view of the con-sumers," says Mrs.

Mrs. Beebe has plans to expand the directory to other major Texas cities such as Houston, Austin and San

The Directory is free to consumers and at a nominal fee to the companies listed. The only requirement for companies to be listed in the directory according to Beebe is "to know that you are the best of the best."

The African-American Wedding & Lifestyle Directory is available at Stephanie's Collection, The Art of Dentistry, Fan TC' Limousine and other Metroplex locations, or visit http://sites.netscape.net/gallery-

Plano Community Forum gears up for 18th awards banquet

The Plano Community Forum will celebrate its 18th annual awards banquet September 16, at the Plano Centre. Established in December 1981, the Forum provides scholarship opportunatics for graduating African-American students in Plane and promotes cultural enrichment within the community. For 18 years the organization has awarded scholarships at an annual reception in May. During its tenure, the Forum has awarded 96 scholarships, named for civil rights leader Martin Luther King, Jr., totaling over \$80,000.

The upcoming event, the awards banquet, is the major fundraiser for the Forum. Awards are presented for community service, business, youth and civic achievements

In addition to the awards banquet, the Forum is very active in community affairs. The organization was instru-

mental in creating an affirmative action plan, were instruments in electing Plano's first black member of the Plano City Council (David Perry in 1990) and have co-sponsored the Martin Luther King, Jr. parade for over 10 years. The Forum also partners with the Piano ISD and helped form the school district's multi-ethnic committee.

They have also sponsored youth events to the Universoul Circus and the Dallas Black Dance Theatre, as well as two one-act

plays. Led by organization President Earl M. Simpkins, Chairman Emeritus Fred Moses and Treasurer Arthur Young, the Forum itself consists of residents committed to African-American students. The Forum's next goals are to increase membership and community involvement and obtain more corporate sponsors.

Local artist driven by grade school challenge

By Jamila Thomas

Artists use various mediums to create beauty through writing, singing, drawing and painting. Dallas artist Arthello Beck creates a tranquil form beauty with oil, pencil, watercolor and



Dallas artist Arthello Beck began his "art career" in 5th grade.

Beck's interest in art began in the 5th grade. 'I would draw stick people and I thought I was tough. This kid that was drawing next to me drew a horse, and I thought that was magnificent," says Beck. He attempted to draw the horse but unfortunately it need some

He got that practice at Lincoln High School in an art class. One assignment consisted of Beck having to make something out of clay. He made an ashtray and another student did much better. "He made a humming bird and that messed with my mind. Not only did that irritate me, but I was still trying to draw that horse," says Beck.

Unlike many artists, Beck did not have a certain artist that influenced him. "I always wanted to draw and paint. I could not dance, play football or sing so this was my way to express my true feelings," says Beck. No particular artist motivated him at the time because he knew none. "My teachers took inter-est in what I was doing," said Beck. Everyone did not agree with the work Beck classified as work. "My father, who worked in a hospital asked me what I wanted to be. I told him an artist and his reply was 'an artist not in this house.' His father would bring home anatomy books, in hopes of persuading him to be a doctor. However, his interest in the books were for the structure and design of the bodies to better represent them on canvas

When Beck was 21 he began painting in order to put his drawings on something permanent and to make a strong medium for his images, which included images of the volatile 1960s and the civil rights movement.

As Beck's talent increased, so did his reputation. In 1969, Beck and fellow artist Nathan Jones shared a house to display their paintings. Later he moved to Oak Cliff and converted the top level of his home into a gallery. He eventually moved to his current location in southern Dallas has been there for more than 25 years.

An artist, in Beck's opinion must be able to move around, to see and go to other parts of the world to paint those



"We Too Proudly Played" depicts No League baseball and its players.

places. Beck believes that art is a shared process and stimulated by life experi-ences. "Art goes through you and into the next person," says Beck. "I'm still trying to draw that horse.



LOOK NO FURTHER! Hobby Lobby

Store Management Opportunities

Hobby Lobby is a leader in the Arts & Crafts industry with over 225 stores located in 24 states.

Candidates must have previous retail store management experience in supermarket cham, craft chain, mass merchant, drug chain, building supply chain

Hobby Lobby

7707 S. W. 44th Street Okla. City, OK 73179 Attn: Bill Owens or apply Online@ www.hobbylobby.com

Oallas, Texas 75297



Breast Cancer:

The Disease, its Victims and its Survivors

By Angela D. Jones

June 7, 1996

te about 2_ pieces of plain toast for breakfast. Debbie (nurse) called and said to take only liquids until the diarrhea was over. Had red Jell-O and grape juice and went to chemo center for fluids to be put into IV. Threw up Jell-O and juice. Nurse put HAB into IV. At about 4:30 p.m. ate four plain crackers and didn't eat for rest of day. Didn't feel very well all day, but around 8 p.m. started feeling almost normal...

August 15, 1996
Took pills and temperature. Washed out mouth with lidocaine and will try to eat something for breakfast. Will try to drink

some Boost. Still feeling very, very tired and drained. Sure don't like feeling this way.

September 4, 1996

Took pills and got a shot. Had headache all day. Went to see the doctor. Will pick out frames on Friday. Was at doctor's for two hours. Wasn't feeling too well feeling too well.

Anne Syler (right), mother of Channel 11 anchor René Syler, will speak to participants at "Race for the Cure 2000"

In April 1996, Vicky Arnold was diagnosed with race in 1983, the event



breast cancer. While paralyzing fear and disbelief was her first reaction, her second reaction was prayer. Arnold, who was 39 at the time, underwent a lumpectomy to remove the malignant lump from her breast. For the next five months, she endured aggressive chemotherapy in an effort to increase her chances of survival. The excerpts above were taken from her journal, where she documented her daily experiences and emotions. Today, Arnold is a walking testimony of a breast cancer victim turned survivor, as she has been in remission for nearly four years.

Next month marks the start of Breast Cancer Awareness Month. Breast cancer is the leading cause of cancer deaths among women ages 40-59. National statistics estimate that more than 180,000 women will be diagnosed with the deadly disease this year alone, which equates to one woman every three minutes. Sadly, estimates

in 1982 by Nancy Brinker, in honor of her sister, Susan G. Komen, who died from breast cancer at age 36, the foundation's mission is to eradicate breast cancer as a life-threatening disease. Since its inception, the foundation has raised more than \$200 million for research, education, screening and treatment. As one of the nation's most progressive grass roots organizations fighting breast cancer Komen the today, the Komen Foundation has more than 40,000 volunteers world-wide. The "Race for the Cure is the largest series of 5K runs/fitness walks in the world. This year's national Sponsor

show that more than 40,000 of these women will die, meaning that one woman dies of the disease every 13 minutes. Ironically, this year's esti-mates show that about 1,400 men will develop breast cancer and approxi-mately 400 will die from it.

As one of the nation's leading con-tenders in the fight against breast can-cer, the Dallas-based Susan G. Komen Breast Cancer Foundation will host its 18th annual "Race for the Cure" on Saturday, October 21 at NorthPark Center. The event, which will be broadcast live on Channel 11 is expected to cast live on Channel 11, is expected to draw a record crowd of more than 30,000 women and men of all ages and athletic abilities. Since the first Komen

mamographies should be

Vicki Arnold was diagnosed with breast cancer in 1996 and has been in remission for almost four years.

attracts recreational runners, fitness walkbreast ers, cancer survivors and individuals whose loved ones were affected by the disease. Established JCPenney and local sponsors include Subway, Texas Ford dealers, Foley's, Pepsi, Frito-Lay, and the Dallas Morning News.

Of the race proceeds being generated from the Dallas Komen Race for the Cure 2000, 75 percent will fund local Dallas area education, screening and treatment projects for medically under-served women in Dallas County. The rest will support the foundation's international grant program.

Studies show that early detection is key to increasing survival and experts stress the need for monthly breast selfexaminations starting at age 20 and examinations every three years starting at age 20 and annually after 40. Annual

> done beginning at age 40. 'Although there is nothing to prevent women from getting breast cancer, I truly believe that early detection is most important," says Arnold. "You should definitely check yourself monthly and get regular checkups from your doctor. check At first, the examination is difficult, but it will make you notice when something doesn't feel right."

> "Don't leave everything to your doctor. Take charge of your own health by exploring your options and read as much information as possible; the Internet is an excel-

For Arnold, although the pain and trauma are long gone, the memories of the disease and chemotherapy are not forgotten. She sees Breast Cancer Awareness Month as a special time for all women to share the fear of the disease

"Cancer survivors can see this as a month of honor for what they have gone through," says Arnold, "and they can also share their stories with other women and provide information that will help them through their ordeals. After all, survivors are a great example that there is life after breast cancer."

Among the breast cancer survivors slated to speak at the race are national honorary chair Francie Larrieu Smith, a five-time Olympian and Dallas native; chairperson Ann McCurdy, Imelda Laurel, mother of Channel 11 anchor Karen Borta. In representation of the minority population, Anne Syler, mother Channel 11 anchor René Syler, is slat-

ed to speak.

While all women are at risk for developing breast cancer, evidence suggests that African-American women develop breast cancer at an earlier age. Although the incidence of breast cancer is lower among African-American women, they have a higher rate of breast cancer deaths. In fact, breast cancer continues to be the leading cause of cancer deaths among African-American women. Since 1987, the third week in April has been set aside as National Minority Cancer Awareness Week, when researchers and health care professionals focus on educating minority populations about cancer and learning why some minorities are more likely to develop and die from certain types of cancers. Statistics show that for African-American women with breast cancer, the overall five-year survival rate is 71 percent. For white women, the survival rate is 87 percent. For African-American women whose breast cancers are diagnosed early, five-year survival rates reach 89 percent. In honor of Breast Cancer Awareness Month, MON's next edition Wellness section will feature two groups called Survivors, Outreach and Volunteers, whose goal is to increase awareness and education on breast cancer for minorities and the Celebrating Life Foundation, a non-profit organization devoted to educating all women of color about breast cancer.

For more information on the "Race for the Cure 2000" and other upcoming events, call (214) 750-RACE, ext. 58, or visit www.komen-dallas.org.

TEAM DIMAS RUNNING FOR GRANDMA"

The Dimas family (above) and The New Life Community Fellowship Church (left) support

loved ones and breast cancer survivors.

Capitol Watch

Nissan donates to Congressional **Black Caucus Foundation**

WASHINGTON (PRNewswire) --Nissan North America, Inc. (NNA) announced it will donate \$25,000 to the Congressional Black Caucus Foundation (CBCF) during its 30th Annual Legislative Conference event in Washington, D.C.

The donation is earmarked for the Congressional Black Caucus Spouses Education Scholarship Fund, which provides tuition assistance to students

provides tuition assistance to students in the Congressional district of every African-American member in Congress. Since the program was established in 1988, over \$4 million in scholarships have been awarded.

"Nissan's generous donation will assist the CBCF's efforts in educating hundreds of African-Americans who will be our community's future leaders," said U.S. Representative Eva Clayton (D-NC), chairperson of the CBCF. "The donation will provide much needed funding to allow our children to fulfill their dreams."

The donation is part of Nissan's Corporate Diversity Initiative, which includes outreach to the African-American community through the company's Quest for Safety Child Seat Restraint Program, its sponsorship of Historically Black Colleges and Universities Summer Institute program, and specific objectives to gram, and specific objectives to improve the diversity of its dealer body

and supplier base.

"Nissan North America recognizes how much the African-American community has supported our products munity has supported our products and services and looks forward to giving back to the community," said Debra Sanchez-Fair, vice president of corporate communications at Nissan. "Giving support to African-American institutions is an integral part of Nissan North America's community outreach efforts." efforts.

Further demonstrating Nissan's outreach to the African-American community, NNA is also sponsoring a panel discussion about diversity in the automotive industry as part of the CBCF Legislative Conference. today, in conjunction with the National Association of Minority Automobile Dealers (NAMAD), the forum will focus on issues such as minority dealfocus on issues such as minority dealership programs and community outreach. Representatives from automakers such as Ford, GM and Volvo are also confirmed to attend. U.S. Representative Carolyn Kilpatrick (D-MI) will host the event.

"Nissan North America is very committed to achieving full diversity with our minority-owned dealerships. Our objective is to increase our number.

Our objective is to increase our number of African-American-owned dealer-ships by 100 percent by 2002," added

Barnes & Noble and Anti-Defamation League announce their unprecedented campaign

ATLANTA, (PRNewswire) -Barnes & Noble, Inc. the nation's
largest bookseller, and the AntiDefamation League (ADL), the premier
organization in the fight against
racism, anti-Semitism and bigotry, will announce this morning in Atlanta an unprecedented and highly ambitious joint campaign entitled, Close the Book on Hate. The purpose of this nation-wide effort is to provide children and their parents, caregivers, teachers and civic leaders with the tools, resources and programs they need to better understand and help eliminate prejudice and discrimination in their communities. While the goal of Close the Book on Hate is to gain respect for all types of differences, the campaign emphasizes fighting racism, anti-Semitism and Constant Bill Bradley of Constant Bil

Former Senator Bill Bradley, a longtime advocate of racial unity, is serving as the honorary chairman for Close the Book on Hate. He will make an appearance on behalf of the cam-

paign in Atlanta.

Senator Bradley kicked off the campaign in New York City at the Union Square Barnes & Noble.

"Despite the growth of the U.S. economy, advances in technology and our leadership of the free world, hate, racism and bigotry still invade our schools, homes and places of business," commented Senator Bill Bradley. "Now is the time for us to re-commit ourselves to embracing diversity and celebrating our differences. Language the brating our differences. I applaud the work of Barnes & Noble and the Anti-Defamation League to give children and adults the tools they need to make this happen in their own communities and schools."

At the heart of the campaign is ADL's innovative new book, Hate Hurts, co-authored by Caryl Stern-LaRosa and Ellen Hofheimer LaRosa and Ellen Hofheimer Bettmann, and published by Scholastic Inc., the leading publisher of children's books. Hate Hurts explores how to answer difficult questions frequently asked by young people, helps caregivers comfort children who are the victims of hate, and offers assistance when working with those who are the perpetrators of intolerance.

Hate Hurts will be available for

Hate Hurts will be available for sale at Barnes & Noble stores and on its Web site, http://www.bn.com, as well as other retail and online bookstores.

Another campaign element is a special brochure that Barnes & Noble

and ADL have produced, which features a recommended reading list of all the books included in the Close the Book on Hate campaign. The brochure, entitled "Close the Book on Hate: 101 Ways to Combat Prejudice," is available for free at all Barnes & Noble stores.

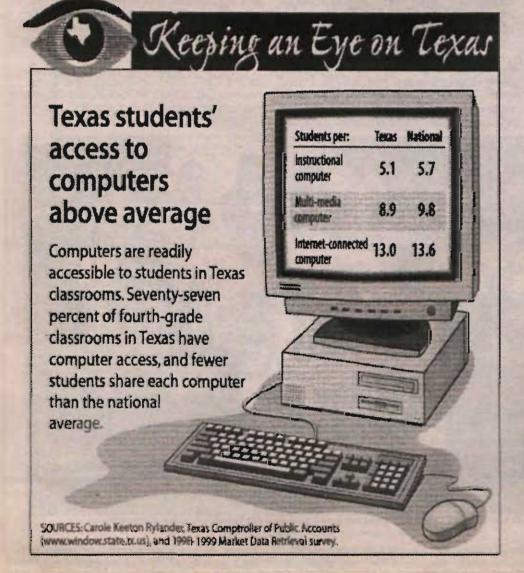
To help make a difference in com-

munities and neighborhoods across the country, Barnes & Noble is teaming up with ADL's 30 local offices to hold special in-store educational programs and events with community leaders and local schools in September and October. During this time, each Barnes & Noble store will dedicate a special display table for works of fiction, nondisplay table for works of fiction, non-fiction, photography and poetry that emphasize the importance of valuing diversity for both children and adults. As part of its continuing commitment to the program, all Barnes & Noble stores will have a permanent Close the Book on Hate shelf in the "Parenting" section starting in November section, starting in November.

For its part, Barnes & Noble.com has launched a Close the Book on Hate has launched a Close the Book on Hate boutique, which can be found in "Kids!" and the "Parenting" subject areas. The "Home" and "Bookstore" pages also link to the boutique. The site will Feature an interview with Caryl Stern-LaRosa, co-author of Hate Hurts, in "Parenting & Family," which will run from September 12 through 18. In addition, a Barnes & Noble University course, "Hate Hurts: How Children Learn and Unlearn Children Learn and Unlearn Prejudice," developed by the ADL, will start enrolling online students on

"Prejudice is a vicious poison that affects all of us, particularly our children," said Leonard Riggio, chairman and chief executive officer of Barnes & Noble, Inc., and Abraham H. Foxman, ADL national director. "The only cure is to replace ignorance with knowl-edge. If bigots can teach people to hate, Barnes & Noble and the Anti-Defamation League can teach them not to hate. That is what this campaign is

Mr. Riggio and Mr. Foxman added that, "through exposure to good books and discussion, children and their parents will better understand the richness and beauty of our multicultural society. "Close the Book on Hate" will raise awareness of the profoundly personal and social consequences of prejudice, while promoting respect at home, in schools, and in our communities."



MON is searching for reporters and writers in the Collin County area Call: 214-905-0946

Tidbits



Bob Cunningham, Nationwide Insurance marketing executive presents Pallas Urban League vice president Donna Woods with a \$20,000 donatoto.

Photo by Patricia Savidge

Cunningham, is joined by Dallas Urban League president Dr. Beverly Mitchell-Brooks and William Barefield, Sales & Service Manager at Nationwide Insurance.

Plante by Patricia Savulge



Barri Pearson performs at the Affer Work Escape held at the Adams Mark Hotel. Photo by Lott's Photography





"Ms. Community" Diane Gibson, blows out candles at her recent birthday party.

Photo by Lott's Photography

Movie Review

Re-engineered film returns to theaters for another scream...or two

the same and the s

In a quiet neighborhood, in a house with all the modern conveniences, an innocent young girl becomes afflicted. Her mother can't help her. Doctors evil has come into their home, into her body. And the more he doubts, the more powerful it becomes. There is only one cause, and only one hope for

a cure. "It's an excellent day

for an exercism."
In 1973, 'The Exercist' opened the door to our deepest fears and forever etched itself into the fabric of the world' consciousness. This year, the film that gamered Academy Awards,

Academy Awards, broke box office records and has been called the scariest film ever made is back with neverbefore-seen footage and in six-track digital sur-

by William Peter Blatty, the events are based on an actual exorcism in the Washington, D.C. area.

round sound.

the spiritual - her mother calls a During the first release, the film priest. But even he has doubts that was the subject of controversy.



Max Von Sydow and Jason Miller battle evil forces in 'The Exorcist.

Evangelist Billy Graham aligned the film with evil itself while the Catholic Church embraced the film's religious overtones.

overtones.

"The Exorcist" saw remarkable performances by Linda Blair as Regan MacNeil and Pulitzer Prize-winning playwright Jason Miller, who mad his leature film debut as Father Darras, the priest who questions his own faith in the midst of the greatest test of his life. Ellen Burstyn played Regan's

mother Chris and Max von Sydow starred as Father Merrin, the exorcist. Mercedes McCambridge gave the film its unforgettable vocal track, which delivered some of the most memorable lines in film history.

rable lines in film history.

The new cut of "The Exorcist" includes eleven minutes of additional footage and redesigned sound and opens in theaters Friday, September 22

In desperation - fearing her illness reaches beyond the physical and into the spiritual - her mother calls a

uselessly test and attempt to treat her.

Linela Blue played the young girl possessed in the Warner Bros.
Pictures' classic, "The Exorcist."

Arts & Entertainment

Eyeing the Arts

By Stephanie Ward

can always tell an art perpetrator the moment I see one. They swagger into my gallery with what looks like confidence but if you look closer, underneath their mask you will find a face of insecurity. Boldly they will announce in a high-brow nasal tone, "I'm looking for original art work."

This is always my cue to take a deep breath and stand back. "Oh," I say, "which one?"

"Oh, no particular one, just original artworks, show me what you have," they say in a "go fetch" tone.

"Well, let me ask you a few questions to see what I have that best suits your need," I'll say sporting a nervous smile.

Then I start to question them. I'll ask what artists they are currently collecting, what is their goal for this art purchase, what price range are they most comfortable with and what style do they like most.

These questions usually stand to unmask the perpetrator. "Oh, Oh, I don't know," they stammer in confusion and shame, like someone has pulled the sheet that hides their nakedness.

It is at this point that a real relationship and art buying experience starts to develop.

I first tell him that artwork is subjec-





The "Muse" by Soukaa Wright is an original, while the "Gift" is a limited edition by Charles Bibbs.

tive. What's most important is the image, and whether they like it or not.

Then I give them a few definitions that will help him to understand what they are looking for.

Sometimes people with limited art experience ask for originals when what they really want is artwork on canvas. With the advent of computers, in some instances, it is hard to tell the difference between original artwork and canvas transfers. Original artwork is the actual

piece of canvas on which the artist painted. The colors in these are usually vibrant and you can feel the paint. A canvas transfer is a computer reproduction printed onto a canvas. They have no more value than a print, but they cost twice as much. Original artwork by local artists can cost about the same as a canvas transfer, but the original has the potential for value in the future, while the canvas transfer will never increase in value.

I then take my new friend over to the print bins, I pull out three pieces of anwork, one a hand-pulled serigraph, the other a limited edition and the other an open edition reproduction.

Lask him to step close. I hold the serigraph sideways pointing out that it is not flat like a reproduction. Lask him to notice the thickness of the paper, and the richness of the colors. He let's out a smooth, "Oh!" Now, we are getting somewhere, I think to myself.

Then, I show him the fraction in the corner of a limited edition print. The top number, I explain, is the number of that print and the bottom number is the number of prints in the edition. When an artist limits an edition, he commits to

making a certain number of prints. Supply and demand is what creates the value with limited editions. When the artist has sold all of the prints in the edition then the price doubles for those left in galleries or being sold on the secondary market.

The last things I show him are the open edition prints. These are usually the cheapest. They are great for decorating and for those who are not collecting, but just love art for its value.

Often, framing costs more than the picture. I caution my visitor not to be put off by that. The frame is what's going to make this print look like a masterpiece. But keep in mind that framing is not an investment.

Armed with this information, my new friend in no longer an art perpetrator, he has now joined the ranks of the fledgling art enthusiasts. With a few more lessons, he will be on his way to putting together a wonderful collection. Remember information is power and if you don't know, ask and you will find that people will be glad to help you.

Stephanic Ward is the owner of Stephanic's Collection in Deep Ellum and has been selling art for ten years



"he "Pastor's Corner" recently The Pastor's Control Income through for a two-night engagement at the Mcfarlin Theater located at Southern Methodist University. The event was sponsored by the American Heart Association helping to Inform African-American communities about the dangers of heart disease, as well as to encourage regular testing for early detection of heart problems. This gospel musical opened up with an act rarely seen in the Dallas area: Mimes. Yes, the Whispering Mimes made quite an impact, getting thunderous applause from the audience throughout their performance. The play itself featured music from a live band and gifted singers. The message was typical of gospel plays: a young man named Anthony turns away from drug abuse to become a pastor. From the outset the audience is left in the dark as to what is really happening in the play. Characters emerge onstage in different scenes without being introduced and viewers are left wondering their purpose. The dialogue is sporadic and very predictable and tended not to flow. The

character layout was typical for a gospel musical. Robin, the pastor's mother plays a pivotal role, encouraging Anthony to continue in his pastoral responsibilities, while holding the family together in true "Big Momma" fashion. Comedian Glenn Washington adds to the scene with his witty portrayal of the pastor's uncle. Overall, the musical follows in the footsteps of other gospel plays with characters that seem as if they can't wait to sing, as if that is all they ever do. Other than Momma, Anthony and Jonica, the pastor's wife, we never really get a clear understanding of the characters and their contribution to the scene and dialogue. The show was entirely too long being a whole three hours with all the music and singing. Another problem was a malfunctioning sound system resulting in static and feedback from the microphones. In spite of a positive message, the production is not ready for the stage. It would seem they need more time to perfect the script, blocking and acting, before attempting to perform this one live

What's Happening in the Hood

First Friday" held recently in Irving proved to be less entertaining than the one normally held at Reunion Station. DJ TDK played Anita Baker instrumentals while local singer Coco, flexed her lungs in a vain attempt to mimic the legendary songstress. She failed miserably. Coco did nothing for the crowd and received little applause. The movie "Rush Hour" played on various TV screens and proved more entertaining than anything else. Patrons like

Kevin Foster, expressed how much more he enjoyed the "variety" at the Reunion Station location. In spite of itself, the event did prove to be star-studded. Former Dallas Cowboy football player, Michael Irvin passed through, dressed to impress, in a pale yellow suit. R&B heartthrobs Silk were in the house as well, though they didn't perform. All in all it would have been a cool night out if you had nothing else to do, but definitely not the first choice.

CELEBRATE

NOW PLAYING

AT A THEATER NEAR YOU

Jaime Foxx plays a small time thief who serves as fresh bait to catch a criminal mastermind.

Backstage

The movie includes live footage of performances by Jay-Z, DMX, Method Man and Redman and others on Jay-Z's Roc-A-Fella music label, along with behind-the-scenes looks at the organizing of the tour.

Nurse Betty

Renee Zellweger plays a waitress in a small Kansas town who lives vicariously through TV until her husband brings an illegal business deal into their home. She takes on her imagined persona to block out her husband's criminal activity.

The Way of the Gun

Two inept criminals kidnap a wealthy pregnant woman and have to deal with her parents sending an aging mercenary to deliver the ransom.

Bring it On

Two teams vie for the national cheerleading championship title. The film stars Kirsten Dunst and Gabrielle Union.



Dr. Laura debuts TV show

Talk-show host Dr. Laura Schlessinger made her syndicated television debut at Paramount Studios. The show focused on teenage drug addicts. About 200 gay activists processed the show in a reference of Schlessinger's past references to homosexuals as "deviants" and "biological errors."

This arrestore has assured over 25 controls. This pressure has caused over 25 corpora-tions to withdraw advertising from either her radio or television show.

O.J. Simpson loses request to stop

A judge refused a request by O.J. Simpson to block a TV miniseries about his murder trial that Simpson said would expose privileged and confidential information. The Los Angeles judge said Simpson did not prove that he would be harmed by the minimulae. Simpson are acquitted of the 1904 series. Simpson was acquitted of the 1994 murders of his ex-wife, Nicole Brown Simpson, and her friend Ron Goldman.

U2 star presents petition to U.N.

Irish pop star Bono of U2 delivered a Irish pop star Bono of U2 delivered a petition of over 20 million signatures to the U.N. Millennium Summit calling on the world's wealthiest countries to forgive the debts of poor nations. Leaders of the wealthy industrialized countries, but not the United States, have said they are willing to erase the \$100 billion in Third World debt, leaving about \$250 billion still owed by poor nations.

Family Day at the African **American Museum**

to participate in a day of hands-on activities that will explore the history and culture of African-Americans in Dallas at the

turn of the cenduring tury Family Day at African the American Museum in Fair Park, Dallas, September 23.

The day is in conjunction with the Facing the Rising Sun: Freedman's Cemetery exhibit featuring the assembled works that defines the fragmentary history of a once promi-nent African-American community, first

known as Freedmantown and later as North Dallas. Different thematic areas are

Children and their families are invited Business, with interactive video kiosks for better audience understanding. Vintage

> photography, newspapers, 8mm film footage business directories and maps supplement video presentations and offer a broad look at the day-to-day life in this community.

Family Day for the exhibit is September 23 from noon to p.m. 4:00 Facing the Rising Sun: Freedman's Cemetery premier September 15 and runs through September 2,



Worn photographs, broken headstones, pottery and old newspapers are used to tell the story of Freedmantown in the new African American Museum exhibit.

For more information call 214-565presented, including Slavery, Religion and 9026, ext. 328.

Blacken Blues Theater presents hip-hop gospel play

The work of contemporary

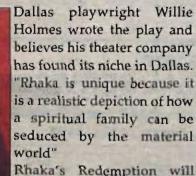
gospel artist Kirk Franklin is

featured in Willie Holmes

Blacken Blues Theater premier's be joining them soon.

Dallas' first hip-hop gospel play with Rhaka's Redemption. The play is a unique cultural experience that challenges the mind and moral foundation. "Rhaka" is a mythical story about an urban teenager caught up in a battle between the physical and spiritual world. It is a classic tale of good versus evil complete with angels and

whether to chase his dream at The Trinity River An Center. The play opens September of being a rapper or chase the dead pres- 16 and runs through September 24. idents on the streets, but one thing is certain, if he stays on his current path, he'll 752-8490.



Rhaka's Redemption will open at The Trinity River Art Center in the Kim Dawson Theater, 2600 Stemmons devils. Rhaka doesn't know "Rhaka's Redemption," playing Freeway off Motor Street.

For tickets and information call 214-

September 15-October 1

Dallas Theater Center pre-sents Crumbs from the Table of Joy at the Kalita Humphreys Theater. For show times and tickets call 214-522-8499.

NM Productions presents A Midsummer Night's Dream at The Corner Theater in the DeSoto Town Center. For reservations call 972-680-4466 or 817-784-

September 15-October 14

Dallas Children's Theater & Dr Pepper/7UP present The Boxcar Children at El Centro College Theater, Dallas. For reservations or information call 214-978-0110.

September 21-October 14

FWT Hispanic Series presents two one-act plays "The Wonderful Ice Cream Suit" and "Real Women Have Curves" at the Fort Worth Theatre, 4401 Trail Lake Drive, Ft. Worth. For show times and tickets call 817-921-

September 22-October 21

Andrew Lloyd Webber's "The Phantom of the Opera" will be presented by Dallas Summer Musicals at the Music Hall in Fair Park. For more information call 214-691-7386.

September 26

The first recital of the 2000-2001 season of organ recitals will feature German Ullrich Böhme at the Morton H. Meyerson Symphony Center in Dallas. For more information or tickets call 214-692-0203.

September 26-October 1

SFX Theatrical Group presents the Roundabout Theatre Company production of Cabaret presented by Casa Mañana at the Bass Performance Hall, For show times and tickets call 817-467-ARTS or 214-631-ARTS.

September 29-October 11

Eric Coble's "Sound-Biting" will premier at Pegasus Theatre, 3916 Main Street, Dallas. For performance schedule and tickets call 214-821-6005.

You & Your Money



John Dudley

Basics of Investing: Part 2 The Answers to Some of Your Toughest Questions

Defetter you're managing money for a manefold of you're maintained, or position, you want that money to give you has best possible return. The armole will continue describing a safety if may anotherwise to think about when planning portfolios and making special investmental process.

RESk and Reward Bonds

limits in acid securities and the bondtasteler, is a creature of the bearing corporation or community. The world acknowledges that you have make a acre is the face value to the same rule offerentiative states a agreement to pursue successful tail or involved over a peculical period factor of the second base will be resent to your

Whereas stocks are infimarily chosen for their growth pidential, brinds are ordinarily altosen for the fixed current income and capital preservation they after However, this doesn't mean that bonds are willfoul risk. When considering bond are estimate, think about each of the following types of risks:

- 4. point risks quality. If the assuer is unable to pay interest and principal when due, the bond is in default. The smaller the chance that the assuer will go into default, the higher the bond's safets, or quality. Thus a bond rated AAA others a high degree of safety but it is also likely to yield lower interest than a bond rated A.
- Maturity risk. Some bonds have call provisions. This means the issuer ran call (repurchase) the bond from you at face value after a specified time. If the issuer chooses to call the bonds, it a usually pecause prevailing interest rates have follow stay the bond was issued. The call provision means the issuer can pay you off and to borrow the face value at a lower interest rate-leaving contact the lower rate or trying to trad a before rate elsewhere. To compensate investors to this risk, bonds with call provisions ordinarily ofter logher interest rates than bonds without them.
- Liquidity risk. This is the risk that, should you want to sell your bonds before maturity, you won't be able to find a buyer. For example, a bond of a tairly obscure issuer will not be as liquid-as easy to self-as a 1. 5. Treasury bond; a bond with complex features will not be as liquid as a simpler bond. Other things being equal, less liquid bonds ofter higher yields to compensate the investor.
- Interest rate risk. If you invest long-term and interest rates risk, you've missed the chance to invest the money at the new higher rates and it you try to self your bond before maturity in

Indict receptoral on the more constitution in the Loral springipal value manufaling in the Loral springipal value manufaling in the Loral springipal value manufaling in Smith and a myest short-form and interest time with a value of missed the change of myest the money and are the old higher than a manufaling in the loral higher than a manufaling in the performance of the loral party forms from a confinence of the short-form forms are the short-form forms.

Reinvestment ask. The validational mineral calculation resumes convestigant of semi-arminolitization of the stated of compact that a rencomposition food is exerted from removement at the state of rate or remin. More on recomposition conduction. On the other hand, a conventional bond with a bugb rate invoices greater convestigate on real risk-where can you make the trebinely small interest payments in that same high rate of

For entitiary accounts, managed bonds issued by coveriment entities offer interest the of federal income fax land onen fixe of income tay in the state where they are issued). However, those yields are correspondingly lower. For tax-advantaged accounts such as pension funds and IRAs, corporate bonds (interest on which is tax-able in ordinary accounts) pay significantly higher yields with no commensurate loss of safety.

In dealing with bonds, keep time axioms clearly in mind:

- As yields rise, dollar prices (market values of bonds sold before maturity) decline, as yields talk dollar prices rise.
- For equal changes in yields, prices on longer-term bonds change more than prices on shorter-term bonds.
- For equal changes in yields discounted bonds though purchased at less than face value; undergo a larger percentage change in dollar price than particular bonds bought at face value; or premium bonds (bonds bought at more than face value).

Zeros coupon bonds or zeros represent L.S. Treasury obligations. They work much like L.S. Savings Bonds, they are sold at a steep discount and compound at a stated rate until they mature at full face value. Since they do not pay current meome, their market value fluctuates with interest rates even mute widely than the market value of conventional recupout bonds. Thus a drop at interest rates may produce a quick rise in the market value of a long-term zero offering the prespect of a quick capital gain, ellowever, every upside has a downside if you take the quick gain, the interest rates of which you can refereest are

Investigation of the state of t

Risk and Reward: Mutual Funds

Minus the product of continues of many involves and investigation of periods to do more the resestant from the forest and massimizer of periods to do more the resestant massimizer of the object to do more than the country of the object of the forest and except to the first present of the first than the additional less than the object of the first periods of the first tensions and compare the object of the first tensions of the same type if the first manager tensions of the same type if the first manager tensions of the same type if the first manager tensions of the same type if the first manager tensions of the same type if the first manager tensions of the same type if the first manager tensions of the same type if the first manager tensions of the same type if the first manager tensions of the same type if the first manager tensions of the same type if the first manager tensions of the same type if the first manager tensions of the same type if the first manager tensions of the same type if the first manager tensions of the same type if the first manager tensions of the same type if the first manager tensions of the same type in the first manager tensions of the same type in the first manager tensions of the first manager tension

Making Interest-Rate Fluctuations Work for You

Changes in inflation and interest rates have major effects on both stack and bond praces, and predictions about their movements are not rollable. However, you can make change in interest rates and prices work for you till again time all or sification.

For stocks, time diversification takes the form of dollar-cost averaging. This simply means investing the same number of dollars in the chosen security at regular intervals, without regard to current prices. The result is that you have more shares when prices are loss, fewer shares when prices are loss, fewer shares when prices are high. Over time, the average purchase price of your shares is lower than it you had bought the same number or shares at each interval. You re-protected against the risk of bowing time entire investment at the top of the stocks price range. Of course, you also give up the (slimi chance of buying the entire investment at the bottom of the price range. But your average price should be pearer the bottom than the toy.

As long as you're ultimately able to sell the investment at more than your average purchase price, dollar-cost averaging means, tolability works for you the more volatile the stock, the farther below the stock saverage price ifor the period) your average purchase price will be. But, whether volatile or not, the stock chosen should be one you expect to rise significantly over the period of your investment.

Far bonds, time diversification usually takes the form of a bond ladder. If new money becomes available each year, this works much like dollarcost averaging in stocks, as you can invest roughthe some number of dollars in new bonds at current interest rates.

But even without now money you can diversity over time by staggering the maturities of cour bonds. As a portion of your portfolio matures excit your the tace various is reinvested in new bonds, a current interest rates.

It is recover ladder for example, the portectio is at case eventy among bonds maturing in the next tive years. As each years bonds mature, the proceeds are invested in new five-year bonds. Abarcover, if the bonds are conventional coupon words and the intenst payments received each year ore flot needed for current expenses, these payments two an be oversied in new two-year bonds, for a compounding offers.

All these forms or lime observitiontion can help you smooth our interest-rate fluctuations and use them to get a better roturn on investment.

For more information, or for assistance in managing your company's money, talk with your financial advisor.

Provided by courtesy wholes Fuelley a Linaucial Advisor with the since discrit firm First Union Securities in Pallas, TX, For more information, please and John Paulies in 213 746-3253, First Union Securities, Inc. Monder New York Stock Fachange and SHPC and a separate non-bank arithmet of First Union Corporation is 1969 Cost Union Securities SECURITIES NOT FINCANSURED/NOT

SECURITIES NOT EDIC-INSURED/NOT BANK GUARANTEED MAY LOSE VALUE

First Union Securities does not procede logal or tax advisor. Be sure to consult with nour own tax and logal advisors to rote taking any action that would have tax consequences.

ICDs are IDIC insured and offer a fixed rate of return. Alternatics may be longer-term investments and their yield and value will fluctuate.

2Zero coupen treasuries sold prior to maturity may be worth more or less than their original price, and their prices will vary more with interest-rate movements than with coupon bonds of similar maturities. Interest income is subject to original tax, although the investor does not receive it until maturity. The relationship with zero-coupon treasuries and interest-bearing treasuries will fluctuate with market conditions.

31he prospectus contains complete information, including charges and expenses. Please read it carefully before investing.

Contact us at:

METRO FINANCIAL SERVICES



8144 Walnut Hill Lane. Suite 900 Dallas, Texas 75231-4316

P.O. Box 38604 Dallas, Texas 75238-0604

214.987.7350 800.305.5350 214.346.1082 Fax metro@metrofinancial.com www.metrofinancial.com

BEST RATES

Usually less than 3% of factored sales (Our overall average is approximately 2%)

BEST SERVICES

Convert invoices to cash in 24 hours
Credit facilities of \$10,000 to \$5,000,000
Commercial & Government invoices accepted
Credit analysis of your customers
Computerized reports - online, real-time, 24/7
Collection of invoices done professionally
Consultation on various business issues
Convenient access to ownership/management

Inspiration



Ron Shaw

How to Excel At Your Job

1 Kings 3:5-10

"How's the job going?" That's the question that I overheard one young man ask another. After a short pause, the reply came. "I know I can do the job but I feel so overwhelmed by it." As he walked away, I approached him and told him that I overheard his comment. The day and age in which we live has left so many feeling inade-quate, overwhelmed, impotent and helpless. I talked to a young man going off to college who was paralyzed with fear because he sensed he was about to step into a different world with greater responsibilities than he had ever experienced. For some, it comes after we are out from under the shadows of those whose skirts we've hidden behind for so long. Perhaps it's been a parent who has shielded their child all their lives. Maybe it's a woman who finds herself having to cope with the challenges of an evolving workplace when she's been a housewife and mother most of her adult life. Perhaps it's an employee who has been covered by their supervisor and now must find a way to succeed apart from that person. However the situation arises, the truth is that we all will come to a place in our lives when we have that sense of "what in the world am I doing in this situation or in this posi-tion". The awesome responsibility of where we are and what we are called on to do, and to those that count on us to succeed can be overwhelming.

Nevertheless, now that you in the

Nevertheless, now that you in the situation, what are you going to do? Better still, the question might be, how are you going to do? In our text we have a very familiar story of such a young man. God promised David that his son Solomon would fill his shoes as king. Solomon found himself in a position that was overwhelming. God appeared to him in a dream and gave him the opportunity to ask anything he desired. As the passage goes, Solomon asked for wisdom to perform the duties of his job as king to the degree that God would be pleased. In this short but far-reaching request, are several keys to being successful in any job.

First, Solomon acknowledged the success of his predecessor. Even though that was his father, he acknowledged that David had a good relationship with God and pleased God and because of it, God had helped him success?

Isn't it interesting that in our minds, the person before us was always a jerk and the person who comes after us is ignorant? What is it about us that makes it difficult to acknowledge the good things about the person we are succeeding? It's as if we are the only ones ever right and those before us knew absolutely nothing. It is no wonder why our young people don't grow up with an appreciation for grandparents, teachers and church youth workers who have left a

legacy. We must demonstrate a healthy appreciation for those who have been this way before. If not for David, Solomon would not have been king. Even though David made some mistakes, God was pleased with Solomon's attitude towards him because he recognized that he was still God's selection

God's selection.

Second, Solomon acknowledged that he was king not because of his own intelligence or skill but because of the promise of God. It's arrogant to think that the only reason we are in the position we're in is because of our skill. Skill may play a part in our being there, but there are other skilled people who can do your job, some maybe even better than you. We are where we are by the grace and promise of God.

Third, Solomon acknowledged how overwhelming the job really was

how overwhelming the job really was and how inadequate he felt in it. His humility touched God. Even though he had grown up in the house of a king and had observed his ways, he still realized that if he was to please the one who elevated him to that position, he would need more than just natural knowledge. This is the key to job security and success. Learning to depend on the one who is really responsible for promoting us is the ultimate act of humility for a professional.

rity and success. Learning to depend on the one who is really responsible for promoting us is the ultimate act of humility for a professional.

Solomon's request was that God would give him wisdom to do his job not to the satisfaction of the people, but to God's satisfaction. That's job security. When we seek to please God in our careers, then we will take heed to the little things like being on time for work, taking undue breaks, respecting our supervisors, giving a honest days work and using all that He has given us.

Your goal shouldn't be to make the most money on your job but rather to please God who has the deepest pockets of all. To excel at whatever you've chosen to do, the wisdom of God must be invoked. His wisdom opens up avenues of excellence in our performance that we will never accomplish ourselves. The training and education we receive is not to be despised. Solomon was educated and trained. But when David consulted with him about being a successful king, he didn't mention who to watch out for or what technical things he needed to do. He told Solomon to stay close to God and always seek to honor and please Him. What Solomon was called upon to accomplish, David wasn't. Therefore, what Solomon needed from God was slightly different that what David Because of his request, God gave him wisdom to perform his job. He did it so well, that the Queen of Sheba fainted just beholding the products of his wisdom, and other kings came from far away to find out what he knew. What Solomon knew, he got from God!

Light Church

Teaching . Training . Equipping

Helping <u>YOU</u> Discover and Develop Your Gifts and Talents!

SUNDAY WORSHIP SERVICES FIRST SERVICE, 9:00 A.M.

SECOND SERVICE, 11:00 A.M.
(CASUAL ATTIRE)
SUNDAY DISCOVERY SESSIONS

6:30 P.M.

L.I.F.T. BIBLE STUDY
(LIVING INSTRUCTIONS FOR TODAY)
EVERY TUESDAY, 7:30 P.M.



RON SHAW PASTOR

LightChurch

2840 North Buckner Boulevard
Dallas, Texas 75228-4312
(214) 320-5744 - Office
(214) 327-0172 - Facsimile
www.LightChurch.com - Website
www.LightAd@aol.com - E-Mail

NOTICE TO CONTRACTORS OF PROPOSED TEXAS HIGHWAY IMPROVEMENT CONTRACTS

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.

District: Dallas

Contract 0353-04-076 for GRADING BASE AND CONC PAV FOR FRONT ROAD CON-STRUC in DALLAS County will be opened on October 04, 2000 at 1:00 pm at the State Office.

Contract 0918-45-520 for LANDSCAPE ESTABLISHMENT in DALLAS County will be opened on October 05, 2000 at 1:00 pm at the State Office.

Contract 2374-04-052 for INCIDENT DETECTION AND RESPONSE SYSTEM in DAL-LAS County will be opened on October 05, 2000 at 1;00 pm at the State Office.

Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Prequalified Contractor's list, at the applicable State and/or District Offices listed below. Bidders must submit prequalification information 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 at reproduction companies in Austin, Texas at the expense of the contractor.

NPO: 1361

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 hidders will not be discriminated against on the grounds of race, color, sex, or national origin.



HIGH temps are still here
Drink plenty of water if you
are going to be doing outside
ACTIVITIES!!



OF
PLANO, TEXAS
For Information on
Job Opportunities

24 HOUR CAREER INFORMATION HOTLINE (\$72) 941-7116 Home Page: www.ci.plano.bi.org FAX (\$72) 941-7229

POLICE HOTLINE (972) 941-7299 FIRE HOTLINE (972) 941-7402

AA / EOE /ADA



BET to broadcast CBA games for 2000-2001 season

PHOENIX - Through it's licensing and marketing agent, Stone America Marketing, the Continental Basketball Association and Black Entertainment Television (BET) have reached an agreement that grants BET exclusive telecast rights for designated CBA games for the upcoming 2000-01 season. Under the agreement, BET will broadcast up to 18 games, including 10 to 12 regular season games, the CBA All-Star Game, the playoff tournament and the finals. The official broadcast

schedule for the regular season will be announced at a later date.
"We are thrilled to have BET broadcast CBA games this
upcoming season," said CBA President Don Welsh. "Our agreement is another example of the steps we have taken to show how

serious the CBA is about presenting quali-ty basketball to the world. This partnership with BET is our latest strategic partnership of many which further illustrates our talent level and how committed we are to bringing our fans quality enter-tainment."



BET will broadcast the games on all BET networks and its affiliates (2,949 nationwide). In addition, BET will be allowed to rebroadcast games throughout the remainder of the calendar year at their discretion.

We are looking forward to our business relationship with

the CBA" said Louis Carr, BET Executive Vice President of Broadcast Media Sales. "Our viewers will be getting a complete package with the announcement of this broadcast agreement. They will have the opportunity to tune in to a surging and exciting brand of basketball with the CBA, and at the same time, the broadcast quality they have come to expect from BET."

Stone America Marketing researched and negotiated the agreement with Black Entertainment Television on behalf of the Continental Basketball Association.

Get a Mammogram. Tell A Friend.

11,300 Texas women will be diagnosed with breast cancer this year. That's 11,300 Texas women this year alone. But you could save a life. Simply call five women this month-your mom, sister, friend, colleague- and encourage them to get a mammogram. Because we know that breast cancer, detected early, is almost 100% curable.

For more information, call 1-800-ACS-2345. Help us stop the spread of breast cancer by spreading the word to your friends and family.



Tell+A+Friend

Hope. Progress. Answers. www.acs-tx.org 1-800-ACS-2345

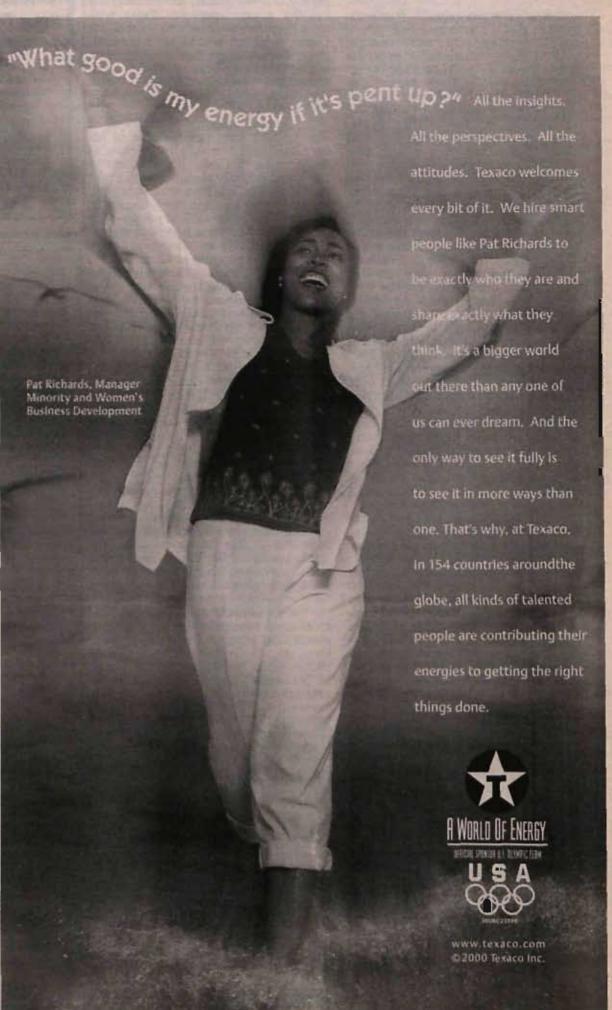
Vincent A. Hobson

· Accounting · Business Plans · Software Implementation Investment Counseling -Free Consultation-

(214) 403-7016

(972) 394-7312

vincent hobson@msn.com



Around the lawying

Onegnois

Recarates of North Texas are seeking four busilanding professionars to visit in. Gen keepes of ingua in January 2001 as nor of the Group Study Exenange program of the Roury Foreign of Those interested most live of be employed in Rotary District 5810. North fexas Escantial Sandlin at 972-414-0078. Deadline is Sent. 30, 2000.

Non-profit environmental groups are encouraged to apply nor a Community Outdoor Outcome Program (CO-OP) gram from Texas Paris and Windits Orani application dead and Ottobe Co-OP for St. St.

the first derivation of the second of the se

September 16

The Celebrating Life Foundation is holding a Sister to Sister Fitness Festival Run/Walk and Fitness event to educate the community about Breast Cancer at Kiest Park, Dallas. For more information call Giselle Fisher at 972-279-9211.

September 18

Methodist Hospitals of Dallas offers free screening for people suffering from leg pain and maybe PVD from 9:00 a.m. to 5:00 p.m. at Methodist Medical Center, Hitt Auditorium. The screenings will be offered at Charlton Methodist Hospital Auditorium Saturday, Sept. 23 during the same hours. For more information call 214-947-4600.

September 19

Senior Citizens of Greater Dallas' AGE Council is holding its next meeting at the Center for Community Cooperation, 2900 Live Oak Street, Dallas, 10:00 a.m.-12:00 p.m. For more information and to register call Lynda Ender at 214-823-5700.

The Southern Dallas Development Corporation is hosting a Business Friends of Southern Dallas Lunction at the Salesmanship Club of Daltas at 12:00 p.m. Guest speaker: Henry Cisneros, For more information call Michelle Metzger at 214-523-5544.

The Southwester Medical Foundation is nolding a tree Public Forum at 7:00 n.m. in the Tom and Lula Gooch Auditorium on the UT Southwestern South Campus. For more intomation, call 214-251-6143. For reservations call 214-648-8836.

The Southwest HIGH TECH Career Fair and Dotcom Job Expo will be held Sept. 19-20 at the Hyatt Regency Dalfas at Reunion. 11:00 a.m. 200 p.m. and 4:00-7:00 p.m. Admission is free, For more information call 800 593-0401 or visit www. Jobs.com.

September 20

Bremain, TX is notating the Olders County Fair in Texas, Sept. 20-23. For words, thap and entertainment schedule call the Washington County Chamber of Commerce at 888-BRE SHAM.

The Greater Dallas Asian American Chamber of Commerce's small business seminar series will be at the Chamber's office, 1171 Harry Hines Blvd, Suite 115, Dallas from 11:30 a.m. to 1:15 p.m. For more information call 972-241-8250.

The Greater Dallas Chamber is holding a Procurement Lunch for women and minority-owned businesses at Acuity Training Systems, 6370 LBJ Freeway, Suite 179, noon-1: 30 p.m. For more information call 214-746-6648.

September 21

The YWCA Widner Branch will host its first annual Women of Oak Cliff Luncheon honoring women in the Oak Cliff area at the Holiday Inn-Duncanville, 711 E. Camp Wisdom from 11:30 a.m.-1:00 p.m. For more information call Shaunce Hasting at 214-339-8376.

The Texas State Independent Living Council is holding a Dullas area Town Hall Meeting 6:30-8:30 p.m. at Bachman Therapeutic Recreation Center, 2750 Bachman Drive, Dallas. For more information call 1-888-681-9036.

Brookbaven College is sponsoring a community Career Fair from 10:00 a.m. to 2:00 p.m. in the Student Services Center Lobby. For more information call the Career

Development Center at 972-860-4894

Charlton Methodist Hospital is offering a free support group for survivors of stroke from 4:00-5:00 p.m. in Conference Room #5. For more information call 214-947-0579

September 22

NAACE Garland Chapter is holding its 10th annual Freedom Forum Banquet 7:00 p.m. at First Baptist Church, McDonald Banquet Hall, 425-9th Street @ Avenue D. Garland, For more information or nekets call 972-381-5044

September 23

The Dallas Black Chamber of Commerce Longenbar & Thurson Department will have not 2000 416 spiration limited by Science & Longenbar Commerce & Longenbar & Longenb

Senior Cinzens of Greater Dalla ofteranother Women's Financial Management Seminar at 10:00 a.m. at the Center for Community Cooperation, 2900 Erve Oak Street, For more information or to register call Kim Watson at 214-823-5700.

Rita's Culture Collection, Inc. is holding the 3rd annual Fashion Show, Gala and Awards Dinner at ch Renaissance Hotel, Grand Ballroom, 2222 Stemmons Freeway, Dallas. For more information or tickets call Rita or Coy Morgan at 972-709-9696.

The American Cancer Society will present a volunteer training to participate in the Tell-A-Friend Campaign to fight breast cancer. The training is open to the public and will be held at the American Cancer Society offices, 8900 Carpenter Freeway, Dallas, 9:30-11:00 a.m. For more information or to RSVP call Lakeyé Willis at 214-819-1217.

The City of Dallas Senior Affairs Commission is holding a Job Fair for Older Workers, age 50 and over, at the Dallas Radisson Hotel, 1893 W. Mockingbird Lane, 9:00 a.m.-2:00 p.m. For more information call 214-670-4894

September 24

The Ester Davis Catalog is holding the 9th annual DOTY (Designer of the Year) Awards at Marriott Suites Hotel Ballroom, 2493 N.

Stemmons & Motor Street, Dallas at 12:00 p.m. For more information e.dl Ester Davis at 214-176-9000.

September 26

Daltas celebrates Dominical Week with a luncheon and business presentation at the luncheon and business presentation at the luncheon entirens from the Dominican Reputation of a fisting of other activities call Shanna Boals at 234-860-2578.

September 28

Manadist Hospitals of Fallas will hest the Congregational Nurse Controllation of Manadist Medical Centre - Har auditorials p. November 1910, 1917 p. 1921 and produce of Laboratory and the South Controllation of the post form of the South Controllation of the post form of the South Controllation

September 29

The Origin Dalli
Husanes Actae venters As an inclination of the
Hotel Intercontinental Dallas in the Malachia.
Showroom with keynole speaker Knight
Kiplinger For more information or tickets call
Jennifer King at 214-712-1935.

The Women's Museum officially opens to the public at 10:00 a.m. with free admission and a 5:00 p.m. ribbon cutting ceremony. For more information about opening week activities call Ashlie Griswold at 214-915-0867 or visit www.thewomensmuseum.org.

Prairie View A&M University Alumni is holding its annual Athletic Scholarship Gala 6:30 p.m.-1:00 a.m. For more information, including location call 972-613-6404.

September 30

Immaculate Heart of Mary School is holding a meeting to plan for the 2001 school-church reunion at Holy Cross Catholic Church, 4910 Bonnic View Road, For more information call Effen Larkor at 214-946-1098 or Millie Ferguson at 214-943-1885.

African Peoples Improvement Association & The Nation of Christ are holding their first Town Hall meeting at the Howard Johnson Hotel, 120 West Airport Freeway, Irving, in the Grapevine Ballroom from 4:00-6:39 p.m. For more information call 817-685-9116

Community Calendar Sponsored by Southwestern Bell Telephone

Your friendly neighborhood global communications company.^{sм}



Welfare-to-work program provides bridge to self-sufficiency

By Trina S. George

There's an old biblical proverb that says, "Help thy brother's boat across and lo! thine own boat has crossed and is ashore as well." Current recipients of Temporary Assistance for Needy Families (TANF), formerly Aid for Families With Dependent Children, know the value of a helping hand and the meaning of helping thy brother's boat across.

Personal Responsibility and Work Opportunity nciliation Act stringent includes requirements, a bonus to states moving welfare recipients into jobs; state comprehensive child support enforcement; and support for families transitioning from wel-

With the signing of this act by President Clinton, 43 states, including Texas, moved forward with 78 welfare reform experiments. Federal and state legislatures have fashioned welfare to work programs. The program commissioned by the YWCA of Metropolitan Dallas Women's Resource Center empowers individuals to move toward self-sufficiency. The Department of Labor issues grants to help individuals and families to become self-sufficient.

The avenues set forth by the Women's Resource Center include educational assistance and vocational training, job search and career counseling.

Clients may qualify for support services, such as legal assistance, counseling, childcare, transportation, automobile repair and rental assistance. Services include individual and family counseling for as long as the client participates in the program, for stress, depression, abuse, employment, anger management and family issues.

To qualify for this program, indi-viduals must be an active TANF recipient, have received 30 months of assistance or be within one year of being ineligi-ble for benefits. Lack of a high school diploma or GED, involvement with drugs or alcohol and a poor work history do not preclude anyone from acceptance into the pro-

gram. Participants must be employed for a minimum of 10 hours per week, and are required to be active in the program's services for 30 hours per week to receive any support ser-

Participants in the Women's

Resource Center practice their

computer skills in the facility's

lab.

To prove that this program works, take a look at Rayshanda Griffin, mother of five and once a welfare recipient. She is now a Secretary at El Centro College, a certified mediator and is working on an associate's degree in

Sounds like a typical young woman with goals, doesn't it? But the difference is that Griffin spent years on and off welfare and began participating in the welfare to work program while liv-

I know that it must have been God who guided me to my case manager. I was recently divorced and living in a shelter, but wanting to do better for my children and myself. I met my case manager on a bus. And that's when all opportunities began presenting them-selves to me," says Griffin.

Griffin said she never would have gotten the chance to return to school, pay childcare and rent, had it not been

way to

Shantay Mallard,

for the program. wanted to do better, and anyone considering par-ticipating in this program should do it. It's free and change your life become selfsufficient, says Griffin. Another participant,

Rayshanda Griffin is a wel-She is now employed at El Centro College.

program, too. This program gives you the resources needed to do better and provides continuous support. The welfare-to-work program helps me find agencies that will assist me when they cannot." Ms. Mallard is a receptionist in the marketing division at the Dallas Morning News.

An endeavor of this size, with the potential to reach and affect the lives of so many people, does not work alone. Volunteers play a vital role in a lot of the activities and programs provided by the YWCA," says Melanie Gill, director of career development at the YWCA. Carol Lyons, a volunteer for the Women's Resource Center agrees.

Volunteers are key in just about any level. Many people fail to realize that any effort, no matter how small, can have a great impact on the success of any program.

Lyons says that this mentoring pro-gram reaches into the community, draws from a cross-section of women and empowers those who formerly had a bleak future.

Program participants receive job development services and career coun-seling. Gill states that up to 3,000 job leads are posted monthly are available for clients seeking employment. Workshops are held on resume writing, dressing for success and interviewing and many companies provide their job postings and recruit from the YWCA.

Women's health services are provided for those women with minimal or no health insurance. The service provides mammograms and cervical screening with mobile units sent to south Dallas. Funding is provided through various sources, including the United Way, Texas Department of Human Services and Avon.

The franchise enterprise: Investigate before you invest

By Tonya Parker, Esq.1 Special to MON



According the to International Franchise Association, Americans spend one out of every three dollars for goods and services from a franchised business. should come as no surprise when you

consider that a franchise opens every 6 1/2 minutes each business day and there are more than a half million of these businesses in the U.S. As our economy thrives, people will continue to invest their life savings, take out loans and withdraw from their 401(k) s to take all an age of this potentially lucrative business opportunity.

Unfortunately, many of these people will mest in a franchise without

Moreover the concept or the chain.

Moreover the will invest anywhere from \$20,000 to \$750,000, but will not hire processor to belp them "size up the franchise." Accordingly, this article provides an overview of the franchising concept and the FIC's role in regulat-

ing this industry. This is information on organizations and Web sites you can investigate on franchisers before investing money, time and energy. While this article does not purport to take the place of seeking the advice of professionals, it provides a good starting What Is Franchising?

For most people the word "fran-chise" brings to mind fast-food restaurants, hotels and auto repair shops, however, franchises touch our lives in almost every other aspect as well, from carpet cleaning to hair salons and have emerged as an integral part of our

There are two primary participants: franchisee (the investor) and the franchiser (the company in which the investment is made). Franchising enables the purchaser to operate a business by paying a franchise fee (\$20,000-\$250,000) and a weekly or monthly royalty (usually three to six percent of gross weekly or monthly sales). In exchange for the fee and royalties, the franchiser receives training, the right to use the franchiser's established format, and limited use of the trade name. For example, a typical franchise agreement states that the franchiser provides training and an operating investment is made).

manual, gives regular advice on man-agement and marketing issues and helps the franchisee find a location for the business. A relationship exists between the franchiser and the franchisee where the franchisee is responsible for managing and operating the business, and the franchiser provides support and assistance. Both parties have an incentive to keep up their part of the deal because the more training and guidance franchisees neceive, the more likely they are to earn money for themselves and the franchiser.

This relationship is often attractive to entrepreneurs because it enables them to be in business for themselves, but not alone. The franchisee can associate with an established company with an established marketing plan instead of facing the challenges of building both clientele and name recognition. both clientels and name recognition. While there are numerous positive aspects of tranchising, purchasing and operating such a business is a costly investment. In addition to the fees and royalties, the franchises is often expected to make monthly payments for advertising and marketing, as well as for the monthly lease and insurance.

The question of whether franchising is the right business opportunity goes beyond costs. Prospective fran-

chisees should also consider the lack of autonomy and control over the operation and management. Franchisers exercise certain controls over the franchisee to promote uniformity, which include design and appearance standards, restrictions on the hours of operation, advertisements, territorial limitations, goods, services and suppliers used by the franchisee. While being in the franchise business involves a significant investment and being willing to operate within an established system, franchisers are quick to point out that the risk associated with buying a well-researched franchise is significantly less than starting a business from scratch. Regulating Franchisers

When franchising first became popular, it attracted con artists who took the initial franchise fee and provided little or no support to the franchisee. In response to rampant franchise scams, the FFC has imposed an obligation on franchisers to supply franchisees with a pre-sale prospectus called the Uniform Franchise Offering Circular (UFOC). Here the franchiser must give the prospective franchisee its UFOC, at least 10 business days before being asked to sign any contract or pay any

... continued on page 19



The Wellness Dia

frican-American Health Directory

Minority Opportunity News encourages our readers to abreast of matters relating to their health and the health of their families. The following are sources of health information for African-Americans.

AFRICAN-AMERICAN BREAST CANCER ALLIANCE

P.O. Box 8981

Minneapolis, MN 55408

612-825-3675

AFRICAN-AMERICAN FAMILY SER-VICES

2616 Nicolet Avenue South

Minneapolis, MN 55408

612-871-7878

AGENCY FOR HEALTH CARE POLICY

AND RESEARCH

AHCPR Publications Clearinghouse

P.O. Box 8547

Silver Spring, MD 20907

800-358-9295

AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP)

Minority Affairs

601 E. Street, NW Washington, DC 20049

800-424-3410

202-434-2460

AMERICAN CANCER SOCIETY

National Headquarters

1599 Clifton Road, NE

Atlanta, GA 30329 404-320-3333

AMERICAN DIABETES ASSOCIATION

Diabetes Information Center

1660 Duke Street

Alexandria, VA 22314 800-232-3472

AMERICAN HEART ASSOCIATION

National Center

7272 Greenville Avenue

Dallas, TX 75231-4596

800-242-8721

AMERICAN LUNG ASSOCIATION

1840 York Road

Timonium, MD 21093

800-LUNG-USA

AMERICAN SICKE CELL ANEMIA ASSO-

CIATION

P.O. Box 1971

Cleveland, OH 44106

216-229-8600

CANCER CARE, INC.

1180 Avenue of the Americas

New York, NY 10036

800-813-HOPE

212-302-2400

CENTERS FOR DISEASE CONTROL AND

PREVENTION (CDC)

National AIDS Clearinghouse

P.O. Box 6003

Rockville, MD 20849-6003

1-800-458-5231

CENTER FOR SCIENCE IN THE PUBLIC

INTEREST 1875 Connecticut Avenue, NW Suite 300

Washington, DC 20009-5728

202-332-9110

CHILDREN'S DEFENSE FUND

28 E Street, NW

Washington, DC 20001

202-628-8787

FOOD AND DRUG ADMINISTRATION (FDA)

Office of Consumer Affairs

Parklawn Building, Room 15A-19

5600 Fishers Lane

HEALTHY MOTHERS, HEALTHY BABIES

Rockville, MD 20857

301-443-3220

COALITION

121 North Washington Street, Suite 300

Alexandria, VA 22314

703-836-6110

THE LUPUS FOUNDATION OF AMERI-

CA. INC.

1300 Piccard Drive, Suite 200

Rockville, MD 20850-4303

800-558-0121

301-670-9292

MARCH OF DIMES BIRTH DEFECTS FOUNDATION RESOURCE CENTER

1275 Mamaroneck Avenue

White Plains, NY 10605

888-663-4637

MINORITY AIDS PROJECT

5149 West Jefferson Boulevard

Los Angeles, CA 90016

213-936-4949

MULTICULTURAL AIDS COALITION

United South End Settlement

801 "B' Tremont Street

Boston, MA 02118

617-442-1622

NATIONAL BLACK CHILD DEVELOP-

MENT INSTITUTE 1023 15th Street, NW, Suite 600

Washington, DC 20005

800-556-2234

202-387-1281

NATIONAL CANCER INSTITUTE

International Cancer Information Center

9030 Old Georgetown Road

Bethesda, MD 20814-1519

800-624-7890

NATIONAL CAUCUS AND CENTER ON BLACK AGED, INC. (NCBA)

1424 K Street, NW Suite 500 Washington, DC 20005

202-637-8400 NATIONAL CLEARINGHOUSE FOR ALCOHOL AND DRUG INFORMATION

P.O. Box 2345

Rockville, MD 20847-2345

800-729-6686

301-468-2600

NATIONAL DIABETES INFORMATION CLEARINGHOUSE (NDIC)

1 Information Way

Bethesda, MD 20892-3560

301-654-3327

NATIONAL HEART, LUNG, AND BLOOD

INSTITUTE (NHLBI)

Information Center

P.O. Box 30105

Bethesda, MD 20824-0105

301-251-1222

NATIONAL HIGH BLOOD PRESSURE EDUCATION PROGRAM

Information Center

P.O. Box 30105

Bethesda, MD 20824-0105 301-251-1222

NATIONAL ARTHRITIS AND MUSCU-LOSKELETAL AND SKIN DISEASES

National Institute of Health

1 AMS Circle

Bethesda, MD 20892-3675

301-496-8188 NATIONAL INSTITUTE OF MENTAL

HEALTH (NIMHO)

5600 Fishers Lane, Room 7C-02

Rockville, MD 20857

301-443-4513

301-443-4279 (FAX) NATIONAL KIDNEY FOUNDATION

30 East 33rd Street, Suite 1100

New York, NY 10016

DEPRESSED AGAIN?

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

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

· Difficulty concentrating If you have experienced these symptoms more than once in your life, are drug free and not currently in psychiatric treatment, please call the Psychosocial Research and Depression Clinic at



800-622-9010 Let Deedra Walker Help Build Your Retirement Fund On The Bock .

Choose tax-deferred annuities, life insurance and mutual funds* that I keep on working hard for you even after the day you stop. Talk to me about at



Deedra Walker

Representative

Mid-Cities North Dallas 15301 Dallas Pkwy 2000 E. Lamar Suite 780 Ste 850 Arlington, TX 76006 Dallas,TX 75248

Metro (972) 445-5355 ext.6163

The Prudential

LLC, a subsidiary of the Prudential Insurance Company of America, both located is 751 Broad Street, Newark, NJ 07102-3777 1999 IFS 19990322-A000260

Get Kids Up With Dawn's Early Light

GAITHERSBURG, Md., (PRNewswire) — "Parents know it. Teachers are zombies in the morning." This statement by Michael Smolensky, Ph.D., and Lynne Lamberg, authors of the book, The Body Clock Guide to Better Health, summarizes the battle faced by parents and teachers of adolescents every day.

Now that school has started, the problem of waking kids in time for classes, which generally begin between 7 and 8 a.m., is drawing battle lines between parents and their kids around the country. Delayed daily body rhythms, which normally start to occur around the beginning of adolescence, are to blame.

Michael Norden, M.D., a researcher from Seattle, gives a good description of why waking up in the morning is such an ordeal: "Most of us wake to a blaring alarm, and then ... abruptly and harshly transform the darkness with the flip of a switch." Since our eyes are very sensitive to changes in light levels during the dark, early morning hours, however, dawn simulation provides an effective, novel way to get kids up.

Electronic devices called dawn simulators, which gradually increase light levels over a 30 to 90 minute period before wake-up time, can adjust kids' biological clocks to an earlier time so they awaken more easily. Dawn simulation is a new form of light therapy, which has been used for years to treat a problem called Seasonal Affective Disorder (SAD) caused by diminished daylight in the winter.

"Subtle variations in daylight intensity throughout each day and through the year provide cues about when to awaken, be active, eat, and sleep," according to Norden. "Dawn simulators can prompt spontaneous awakening in the morning. The eyes appear to respond to light transmitted through a sleeper's closed eyelids. Light promotes beneficial changes in mood-related brain chemistry."

"Parents have been buying dawn simulators as fast as we get them in," says Neal Owens, president of The SunBox Company in Maryland. "Although the devices sell for \$100 to \$200, most parents say that it was the best investment they have made to get their kids up and going in the morning."

Further information is available by calling: Winter Blues Information Network, 1-888-SAD-AWAY (723-2929)...

Back to School Safety:

Are your kids prepared for a home emergency?

NORTHFIELD, Ill., (PRNewswire)

— Each day when school ends, four million young teens aged 13 and 14 are left to fend for themselves while their parents are at work. They may be old enough to stay at home for a few hours, but do they know what to do in an emergency?

"Accidents can happen at any time," said James M. Small, MD, PhD, FCAP, a pathologist from Denver. "We all need to take first aid training. And kids can be trained on how to stop bleeding, on how to help somebody breath, just as well as an adult."

Unintended injuries are the leading cause of death and disability for children in the United States, causing more deaths among children than all of the childhood diseases put together. To prevent your child from becoming a statistic, the College of American Pathologists (CAP) urges all parents to learn basic first aid and to teach it to

their children. First aid can save a life.

"If children take first aid classes, it think they're less likely to get injured because they are thinking about the possibility of injuries," said Dr. Small. "First aid-trained teens are able to take care of injuries better."

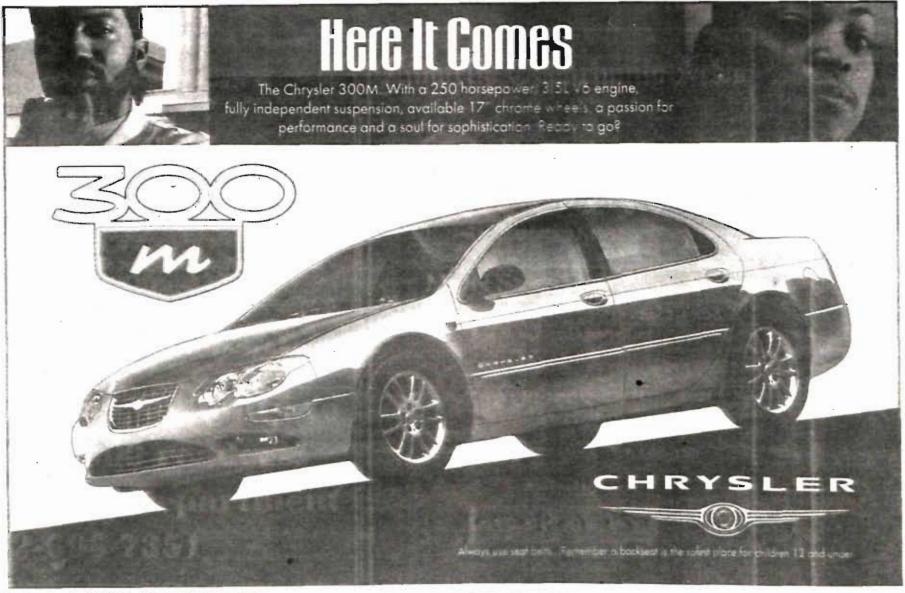
In addition to taking a first aid class, another emergency preparedness "must" is to have a well-stocked first aid kit, with a manual, stored in an accessible location. Although materials can vary, the basic ingredients of a home first aid kit include: antibiotic cream, bandages, syrup of ipecac, chemical ice packs, and tweezers.

chemical ice packs, and tweezers.

"The items in a first aid kit should be individualized. The best way to determine what is needed is to take a first aid class," Dr. Small said. Emergency numbers like 911 and poison control should be taped to each telephone for easy access.

Sickle Cell Gala

Has been postponed
Call Wanda Mackifeld for details
214-942-1262



Page 18 · September 15-30, 2000 · Minority Opportunity Piems - ·

...continued from page 2

vention," said Rasheed. "The first year, our objective is to develop the program and process with initial education and screening focused within the MHD primary service area, with special emphasis on the African-American community, while developing links with appropriate Hispanic groups and leaders." Mr. Rasheed and representatives from MHD will participate in the 'Moving in the Right Direction' health fair scheduled Sept. 9, from 9 a.m. to 3:00 p.m., at Paul Quinn College, 3837 Simpson Stuart Road, Dallas, and at the Positively Oak Cliff Celebration at Redbird Airport from 8:00 am to 4:00 p.m. Airport from 8:00 am to 4:00 p.m.

MHD will offer free prostate cancer screenings, including digital-rectal examinations (DR.E) and the PSA blood test to African-American and Hispanic men who are at least 40 years old and who have no previous history of prostate problems or cancer and any men 40 or older who have a family history of prostate cancer. Caucasian males with no previous prostate problems or cancer and who are between the ages of 50 and 75 are urged to get screened for prostate cancer yearly. Physicians believe the combination of a physical examination and the PSA test are the most effective way to detect prostate cancer in its early stages. Statistics show that African-American and Hispanic men are

twice as likely to die from prostate cancer than Caucasian men. The reason behind the statistic is not entirely known; however, physicians and health educators note that fewer minority men have access to or take advantage of early detection/screening opportunities. And in general, males put off going to the doctor for routine check-ups - a factor that can cost them their lives

Robert Ladd, a Dallas businessman who credits the PSA blood test with finding his prostate cancer in its early and treatable stage, provided the funding that is making MHD's three-year PSA.P pro-

gram possible.

gram possible.

In addition to participating in the Paul Quinn health fair on Sept. 9, Methodist Hospitals of Dallas is providing free prostate cancer screenings – including the DRE and PSA tests at Methodist Medical Center and at Charlton Methodist Hospital during September to men who meet the testing criteria. The schedule is:

Monday, Sept. 18, 5:30 p.m. to 8:30 p.m., Chariton Methodist

...continued from page 16

money to the franchiser.

The UFOC identifies the executives, their backgrounds and experience in this type of business. Additionally, the UFOC discloses prior litigation, settlement agreements, felony convictions and the names, addresses and phone numbers of prior and exist-ing franchisees. This information is critical, because it provides another way for prospective franchisees to thoroughly investigate the franchiser. The UFOC provides an opportunity to question existing and former franchisees on whether the support and training of its salespeople occurs as promised, management is accessible and its relationships with its vendors. More importantly, an interested investor can freely inquire as to whether the franchisee would buy another franchise or the reason why the relationship with the franchise ended.

While it is important to seek professional advice when reviewing the UFOC, interviewing former and existing franchisees is a crucial part of the investigation that provides insights that the franchise agreement. UFOC and sales projections simply cannot.

'Ms. Parker is an attorney with Dallas law firm White Sims & Wiggins, LLP. Questions and comments about this article can be forwarded to Ms. Parker at (214) 665-4152 or (parker@lawofficewhster.com

Investigate Before You Invest By Visiting or Contacting The Following Web sites and Organizations:

- < International Franchise Association: www.franchise.org, 800-543-1038
- < FRANDATA: way itis are
- < American Association of Franchisees and Dealers: 800-733-9858
- < Federal Trade Commission: www.flc.gov; 1-202-326-2180

Hospital's Family Practice and Sports Medicine Center.
Tuesday, Sept. 19, 5:30 p.m. to 8:30 p.m. in The Clinic at Methodist Medical Center.
Wednesday, Sept. 20, 5:30 p.m. to 8:30 p.m. in Chariton Methodist Hospital's Family Practice and Sports Medicine Center.

Saturday, Sept. 23, 8 a.m. to 12 p.m. in The Clinic at Methodist Medical Center.

African-American or Hispanic males who are at least 40 years old and who have no previous prostate problems or cancer can participate in the screenings. Other males, between the ages of 50 and 75 with no previous prostate problems or cancer are urged to take advantage of the free screening opportunity.

To get information or make an appointment at one of the screenings, call Methodist Referral Service at (214) 947-0000. If your organization would like to host an education and screening program, please contact Jamal Rasheed at (214) 947-4646

Rates as low as

We're offering great rates on home equity loans with no closing costs or points. Now, what will you do with your next wish?

Your wish is our command. And now, you'll have the miney you need to pay your time many name ingressments or pay for education. And the interest may be tax deductible too. Are a rest, graditions representative poball aid down with your and help you find the forthe source from that a right for all the conapply, just stop by year regiment Hamil Civie On better until diging give unanamork by you send those energy of an incontemplate your next wash

Get a home equity from with no closing costs of points from now until september 300



1800 800-LOAN www.fichEcollan.com

*Consult your tax advisor regarding interest deductibility. All loam an esobject to sain lactory appraisal, bile, and insurance. This offer is valid for owner occupies family residences, townhouses, and condominiums only. Co-ops and mobile harnes are excluded from this offer. No closing cost offer for upplications regarding and available on loans of \$5,000.—\$250.000 for owner-occupied homes algorithm Bank. One banking centers. Property and food insurance may be taken are subject to charge at any loans without voltar and may be higher than the rate currently offered countries in optional automatic payment from a checking or savings account. Kates and the obserpoiding ANNIAL PERCENTAGE RATE (ARR) depend on the actual term of the loan amount, the loan to value ratio of your home, your credit history, Bank One's internal credit policies, and the state where your loan originated. Home equity loan rates as of 870y/our may range from 9,30% to 14,48% APR in Texas for loans with a loan-to value ratio of 80% or less. Please contact us for more information regarding these lates. Coope 8 and One Corporation.



ONLY AMERICAN GIVES YOU

MORE ROOM

THROUGHOUT COACH.

At American, we're removing rows of seats from every one of our planes, to give you more room throughout the Coach cabin. That's over 700 aircraft offering more room. Row, after row, after row. In fact, almost all of our domestic fleet will be complete in October. We'll soon have more room for more Coach passengers than any other airline. So make plans to fly with us. We'll have plenty of room.

www.aa.com/moreroom

American Airlines

ON AMERICAN, COACH HAS MORE CLASS.