



A template for all reasons

Need to send a quick thank-you note but don't have time to run to the store? Want to create a fitness log or food diary? Don't start from scratch. Microsoft has free templates for all kinds of projects, such as the birth announcement above, on its Web site, www.office.microsoft.com/en-us/templates/default.aspx. There are examples for writing complaint letters, cover letters and resignations. You can download legal forms, stationery, recipe cards, even garage sale signs. If you need to get organized, there are templates for meal planning, household budgets and more. And if you don't see what you're looking for, there's even a place to suggest templates you'd like to see on the site.

Jennifer Chamberlain

INSIDE

Spending too much on her?

He wines them, he dines them, he sends flowers the next day. So how come he can't get past the second date? **Advice Goddess, 2E**

FUNNY OF THE DAY

What's in a name? Cathy finds another factor in deciding what her last name will be. **5E**

THINK YOU HAVE PROBLEMS?

Career path bump Therapist discovers she doesn't really like her clients. **Dear Abby, 4E**

COMING UP

WEDNESDAY
Stories in the night sky: Learn to find the constellations in the sky above you and the stories behind them. **Texas Living: Kids Day**

FRIDAY
What's hot in housewares: See what was new at the 2005 International Home & Housewares Show. **Texas Living: House & Garden**



COMING TUESDAY

A suite workout
Several major hotel chains offer ways to work out in the privacy of your room — even if you forgot to bring the right gear. **Healthy Living**

INDEX

Bridge	4E
Comics	5-7E
Crossword puzzles	5E, 7E
Dear Abby	4E
Dear Prudence	4E
Horoscope	4E
TV listings	6E



ARTSDAY

Celebrity 'Invasion'

William Shatner's reality spoof, *Invasion Iowa*, is a drop in TV's reality-star bucket. **8E**



TOM FOX/Staff Photographer

Tarrant County Junior College student Crystal Ronquillo visits a job site with her mentor, Winston Services owner Cherryl J. Peterman, to inspect a building being refurbished in northeast Fort Worth.

VOICES OF EXPERIENCE

Mentors can help younger workers handle career rough spots

By JENNIFER CHAMBERLAIN
Staff Writer

When you hit a stumbling block in your career, sometimes a fresh perspective is all you need to get back on track.

That's where a mentor comes in, says Lisa McNew, founder and chief executive of the Alliance of Technology and Women, a Dallas firm that supports women in technology fields through programs including mentoring.

SOLUTIONS

Whether climbing the corporate ladder or just trying to find a way to balance work and life, many women have found mentoring provides a way to overcome challenges and take their careers to the next level.

"Some of the strongest mentoring relationships I've seen come from an individual meeting someone whom they really click with and discovering someone they're very comfortable in letting down their guard with," says Ms. McNew.

This can happen through a company program or informally.

Taking the initial step can be difficult, she says, because it requires being open to guidance and self-examination.

You have to have the courage to reach out to someone and admit you need help.

But the rewards can be worth it. A

mentor can guide you to greater personal strength and confidence, and a new outlook on how you handle problems in the future, Ms. McNew says.

"You get the most when you give the most, and part of the giving is being very introspective and able to measure yourself," she says.

On Pages 2E and 3E, find stories about three mentoring relationships that worked, from a high schooler finding her career path, a woman setting up a small business and an IBM employee navigating corporate life, plus resources.

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JOHN DAVID EMMETT/Special Contributor

Demetria L. Wise jokes with mentor John R. Wallace during a meeting to refine her business plan. Ms. Wise, president and CEO of Wise Business Services, has been working with Mr. Wallace, an official at EDS, for two years.

Keep friend with abusive husband safe

Question: I have a friend who is white. She was living with her Hispanic boyfriend for 18 months but moved out about four months ago. He wasn't physically abusive, but he would make fun of her in front of his family and friends, not come home at night and not call, and constantly accuse her of cheating on him.

The only thing my friend was guilty of was going to work, trying to help her boyfriend start his own business. The last straw came when he confessed that he was in this country illegally. (He had told her that he was here on a work visa.)

Early in their relationship, he was a loving and caring person, which helps explain why my friend secretly married him. At the time,

CONSEJOS



Consejos is a bilingual advice column featuring Liliana Gundlach, Catherine Jagers and Daniel Ramirez

consejos@dallasnews.com

they decided it was best not to tell anyone. Now that she has moved out, she doesn't know what to do. He harasses her at work and even

talks to her co-workers about how much he loves her.

Is my friend's marriage legal? If so, what can she do to get a divorce, since he is here illegally? Please help her. All she wants is her peace and sanity back.

Lily: As long as she has a certified marriage license, your friend's marriage is legal. So, yes, she could consult a lawyer about arranging a divorce.

If her relationship has taken a turn toward the ugly, she also should consider taking more drastic measures.

Above all, she needs to be safe. Maybe she can block his number at work.

She should not attempt to approach him on her own — based on his previous behavior, the po-

READERS RESPOND

Not into the "extended family" thing? Then maybe the gentleman who wrote last week should break off the relationship with his Latina girlfriend. Find this and other opinions on our online message board at DallasNews.com/consejos.

tential for him to get physical exists.

Your friend has made the first move by leaving him and moving out. Does she have a family support system that she can count on?

Even if she does, you should walk her through the divorce process and help her seek professional help for any emotional scarring

this may have caused.

Danny: Peace and sanity can wait, but for now involve as many friends and family as possible. Her safety is in numbers, so take proactive steps to keep your friend out of escalating abuse.

The boyfriend, as you describe him, follows a familiar pattern of escalating abuse.

It's all a game involving manipulation, false fronts and projections of guilt and insecurity meant to make her feel worthless and dependent and him to feel macho and in control.

Although the marriage might be legal, a loophole may exist because of the circumstances. Contact an immigration and divorce

See **FRIEND** Page 2E

Dear Bab: If all goes well on the first date, the message you should be sending is "I'd like to get to know you better," not "I'll soon be contacting your father to see if he'd take a herd of goats and a couple of camels for your hand in marriage."

Just because a lot of men go out wining and dining a woman on the first date doesn't mean it's a good idea. Are you normally in the habit of rewarding near strangers with free dinner? You may as well yell to some random person you

Be a rock, not a mudslide. Surely, you have a few opinions: Capital punishment, for or against? Bir-

At the supermarket, they entice you to buy by offering you a morsel

"Saying it with flowers" isn't wrong — provided you're doing it because you feel sparks flying, not because you're desperate to feel sparks flying. Any gift you give should tell a woman "I get you!" not "Stick around for your free Juiceman on date three!" You want her to be with you because she goes for The Serious Guy, not because you're the next best thing to a knock on the door from Publishers Clearing House.

E-mail adviceamy@aol.com

A support network, as Lily suggested, is a great idea. Keep your friend mobile from place to place and on a buddy system until the situation is resolved.

The first step is to ask for help.

Everyone's situation is different, but know that there are organizations and people specially trained to help.

Thank you for sharing your friend's situation. Recognizing abuse is the first step toward safety and healing.

[illegible]

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