

“Men are incredible. But that doesn’t mean I have to act like one. Because if we act like men, the best we’ll ever be is an impostor. I love being a woman. I think it’s our No. 1 competency.”



**Sandra Yancey**, CEO of Dallas-based eWomen Network Inc., a national women’s business organization

INSIDE

ADVICE

**Cheater comes clean:** Her husband confesses to cheating on her seven years ago. Should she forgive him or file for divorce?

Consejos, 3E

**Hands tied:** A mother wonders what to make of her houseguest’s handcuffs.

Prudence, 4E

PETS

**Could your dog be dangerous?** Learn how to prevent dog bites. 3E

COMING UP

WEDNESDAY

**L.A. stars:** See how Bedford natives Cayden, 10, and Jenna Boyd, 12, hit the big time.

Texas Living: Kids Day

THURSDAY

**A different stripe:** Seer-sucker used to be just for Southern dandies and Colonel Sanders. Not this summer.

Texas Living: Fashion!Dallas



COMING TUESDAY

Keeping it off

Losing weight and keeping it off are two different things. And here’s the bad news: Losing it is probably the easy part. But researchers are finding clues that will help make a weight loss permanent.

Healthy Living

INDEX

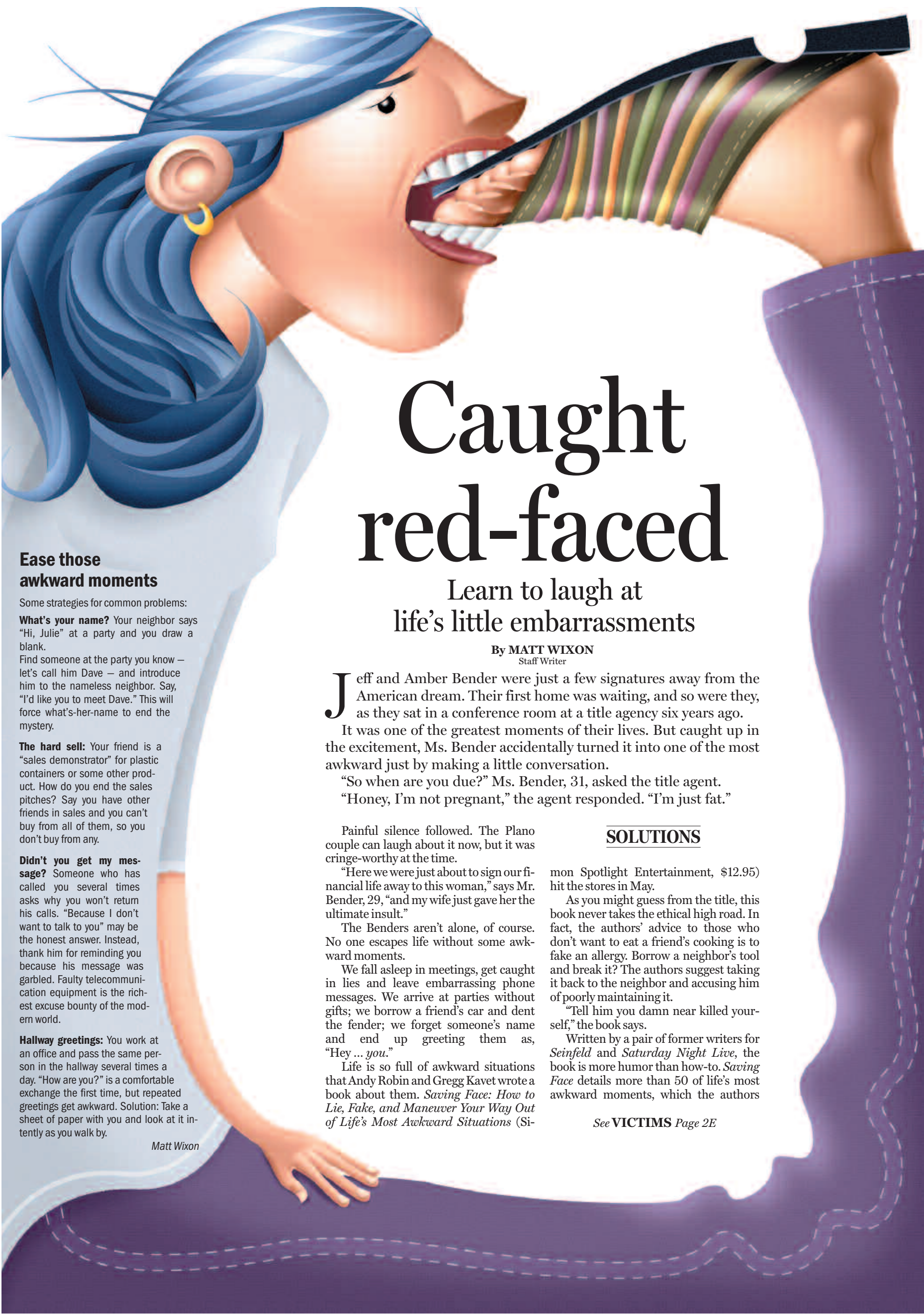
Bridge .....	4E
Comics .....	6-8E
Crossword puzzles .....	6E, 7E
Dear Abby .....	4E
Horoscope .....	4E
Miss Manners .....	9E
TV listings .....	8E



ARTSDAY

Tale of the beans

A doomed Texan expedition into Mexico lures novelist Rick Bass back to fiction. 10E



DEAN HOLLINGSWORTH/Staff Illustration

Ease those awkward moments

Some strategies for common problems:

**What’s your name?** Your neighbor says “Hi, Julie” at a party and you draw a blank. Find someone at the party you know — let’s call him Dave — and introduce him to the nameless neighbor. Say, “I’d like you to meet Dave.” This will force what’s-her-name to end the mystery.

**The hard sell:** Your friend is a “sales demonstrator” for plastic containers or some other product. How do you end the sales pitches? Say you have other friends in sales and you can’t buy from all of them, so you don’t buy from any.

**Didn’t you get my message?** Someone who has called you several times asks why you won’t return his calls. “Because I don’t want to talk to you” may be the honest answer. Instead, thank him for reminding you because his message was garbled. Faulty telecommunication equipment is the richest excuse bounty of the modern world.

**Hallway greetings:** You work at an office and pass the same person in the hallway several times a day. “How are you?” is a comfortable exchange the first time, but repeated greetings get awkward. Solution: Take a sheet of paper with you and look at it intently as you walk by.

Matt Wixon

Caught red-faced

Learn to laugh at life’s little embarrassments

By MATT WIXON  
Staff Writer

Jeff and Amber Bender were just a few signatures away from the American dream. Their first home was waiting, and so were they, as they sat in a conference room at a title agency six years ago.

It was one of the greatest moments of their lives. But caught up in the excitement, Ms. Bender accidentally turned it into one of the most awkward just by making a little conversation.

“So when are you due?” Ms. Bender, 31, asked the title agent.

“Honey, I’m not pregnant,” the agent responded. “I’m just fat.”

Painful silence followed. The Plano couple can laugh about it now, but it was cringe-worthy at the time.

“Here we were just about to sign our financial life away to this woman,” says Mr. Bender, 29, “and my wife just gave her the ultimate insult.”

The Benders aren’t alone, of course. No one escapes life without some awkward moments.

We fall asleep in meetings, get caught in lies and leave embarrassing phone messages. We arrive at parties without gifts; we borrow a friend’s car and dent the fender; we forget someone’s name and end up greeting them as, “Hey ... you.”

Life is so full of awkward situations that Andy Robin and Gregg Kavet wrote a book about them. *Saving Face: How to Lie, Fake, and Maneuver Your Way Out of Life’s Most Awkward Situations* (Si-

mon Spotlight Entertainment, \$12.95) hit the stores in May.

As you might guess from the title, this book never takes the ethical high road. In fact, the authors’ advice to those who don’t want to eat a friend’s cooking is to fake an allergy. Borrow a neighbor’s tool and break it? The authors suggest taking it back to the neighbor and accusing him of poorly maintaining it.

“Tell him you damn near killed yourself,” the book says.

Written by a pair of former writers for *Seinfeld* and *Saturday Night Live*, the book is more humor than how-to. *Saving Face* details more than 50 of life’s most awkward moments, which the authors

See VICTIMS Page 2E

It ain’t easy being the cream

Even the ‘model minority’ faces barriers in the workplace

By JENNIFER CHAMBERLAIN  
Staff Writer

Asians are the fastest growing group in the U.S. labor force, and yet in diversity programs, they are often underrepresented — or not represented at all, says author Jane Hyun.

In her book, *Breaking the Bamboo Ceiling: Career Strategies for Asians* (HarperBusiness, \$24.95), Ms. Hyun sheds light on the challenges Asians face in the workplace, drawing on her experiences both in corporate America and, currently, as an executive coach and diversity strategist for Fortune 500 companies.

“The title of the book gives a

nod to the glass ceiling, and I chose this title because it evoked the same image of a barrier that has to be broken but relating specifically to the Asian population,” she says.

Contributing to that barrier, Ms. Hyun says, are some common stereotypes and misperceptions about Asians, which she details in her book.

For example, Asians who speak fluent English and whose families have lived in the U.S. for many generations are often still perceived as foreigners in what Ms. Hyun terms “perpetual foreigner syndrome.”

Asians are so often viewed as the “model minority,” she says, that people assume that they have not experienced the kind of discrimination as other minority groups.

“If you look at workplace statistics and graduation rates from col-

leges, Asians have the highest graduation rate from undergraduate institutions,” Ms. Hyun says. “I think that can be very misleading. People assume that Asians graduate from college, enter the workplace and do very well.”

Yet that is not always the case, she says. Ms. Hyun cites a 2004 study released by The Committee of 100 showing that Asians make up only 1 percent of corporate board seats. A separate report issued by the business research organization Catalyst in 2003 showed Asian women make up less than half of 1 percent of corporate officers at Fortune 500 companies.

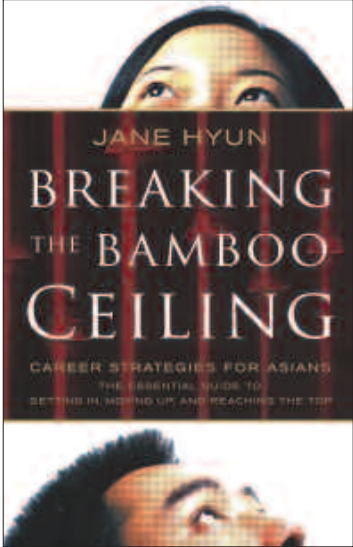
The problem is twofold, Ms. Hyun says: “I think it’s a combination of managers not knowing how to tap the potential of their Asian employees, and employees needing to learn new skills and to become culturally fluent.”

Part of the challenge for both sides, Ms. Hyun says, is to recognize that certain Asian cultural values can lead to misunderstood behaviors in the workplace.

“For example, the Asian value of respect for authority, which is actually quite admirable, can be perceived as not being willing to question the boss’ decision or being a ‘yes’ man,” she says. “Often it’s the little things that contribute to misunderstandings.”

Ms. Hyun demonstrates how the same behaviors and values that are often perceived as liabilities can actually be strengths. For example, the Asian value of emotional restraint can be perceived as a lack of enthusiasm, but “on the positive side, that person has the internal strength to tolerate a crisis situation and not lose it,” she says.

In addition to exposing these common perceptions and misun-



derstandings, Ms. Hyun offers strategies to help Asians succeed. “One of the things I think is really important to developing your career ... is having a wonderful personal marketing pitch,” she says.

See CAREER Page 3E



PETS

# ‘Almost human’ isn’t the same

Regarding your pet as a person can lead to dangerous interactions, especially with children

By DANA COFFIELD  
The Denver Post

Your dog is a disaster waiting to happen. Fido isn't exactly plotting revenge for too few kibbles in the food bowl or an abbreviated walk. But at their core, dogs are predators and pack animals, and experts say canines' powerful instinctive responses to things as innocent as a hug around the neck can create dangerous situations for human companions, especially unsupervised kids.

Some of the 4.7 million dog bites logged each year in the U.S. might be avoided if humans would admit that dogs are not four-legged people, animal behaviorists say.

Dogs don't have an innate code of conduct. They can be conditioned to behave, but they must be told what to do, firmly and consistently, says Karen Peak, a Virginia dog trainer and head of the Safe Kids/Safe Dogs Project.

"Confused dogs are more likely to be behavior problems," she says.

### Protect kids from bites

The American Veterinary Medical Association estimates about 800,000 dog-bite victims — more than half children — require medical care annually.

Children are especially vulnerable because they are too small to fight back and too inexperienced to read a dog's warning signals. Worse, they may not understand that a tug on the neck or the type of hug their parents love to get can be perceived by a dog as a threat.

"There is absolutely no excuse for any dog to be left alone for any reason, for any length of time with a child or an infant," says Robin Downing, a veterinarian from Windsor, Colo.

Denver mom Chrissy Krumholz was concerned enough about bringing her newborn daughter home to a then-9-year-old black Lab that she had the dog stay with friends for a week. Even now, she won't leave her 18-month-old toddler alone with the dog.

Ms. Peak says she won't bring another canine into her multilog household until her daughter is at least preschool age.

"My 6-year-old son is just now able to understand empathy," Ms. Peak says.

"My 14-month-old has no idea that hitting hurts. She's just learning. She can't understand dog body language and doesn't understand if a dog is warning her."

Ms. Peak says all kinds of dogs — even the tiniest terriers — can

be trouble, not just the large breeds perceived to be dangerous. "The most dangerous dogs I've worked with were a beagle and a golden retriever," says Ms. Peak, who has trained dogs for 22 years.

A new canine companion can fit into a household with kids as long as adoptive families are clear about what they expect from their pet, pay attention to problems and get to a trainer quickly if trouble starts to arise.

### Choose dogs wisely

Most animal shelters use screening programs to help figure out which dogs belong in what type of home.

Some, including the Boulder, Colo., Humane Society, use the ASPCA-approved SAFER screening method, which grades dogs' responses to various types of touching and other stimulation.

Toes, ears and tails are squeezed, the back is kneaded from stem to stern. Screeners engage the dog in play, reaching around to touch the animal's behind. The animals also are tested for food aggression and other behaviors.

But even straight-A scores on the test doesn't guarantee a dog will fit into a family, says Connie Howard, the Boulder shelter's operations manager and a trained SAFER screener.

When she observes a meeting between a dog and family, she likes to see the dog greeting children first. The dog should be playful, she says, but not jumping up and grabbing at clothing.

The dog's body should be soft and relaxed, and it should not be walking on its tiptoes, with its body stiff or its tail tucked under. If the dog hides behind adult legs, it probably won't fit in with children, Ms. Howard says.

Emily Weiss, the Kansas certified applied animal behaviorist who developed the SAFER method, says dogs give off clear signals of anxiety, besides a growl or snarl.

If you're meeting a dog for the



HELEN H. RICHARDSON/Denver Post

The Boulder, Colo., Humane Society helped Tae Darnell of Lafayette (left) find a playmate for his basset hound Molly (with ball). He found a successful match in Yanni, another basset.

*"My 14-month-old has no idea that hitting hurts. She's just learning. She can't understand dog body language and doesn't understand if a dog is warning her."*

**Karen Peak**, dog trainer and head of the Safe Kids/Safe Dogs Project

make her a more polite dog in general, but admits that "it's also kid training."

Sara, 10, and Mark, 13, have learned to walk the dog properly and give her consistent commands. They've learned to make Misty drop the ball she's fetched and not play tug-of-war because that signals a struggle for dominance.

The training has helped Misty understand the kids aren't her peers.

"It was important to get her to recognize the kids not as another dog to play with, but as a human to obey," he says.

### Read body language

Sometimes people don't acknowledge the signals a dog is giving. Marty Traynor-Spencer, a volunteer at the Longmont, Colo., Humane Society, had firm hold of

her snarling, 50-pound dog when she opened a screen door to accept a pamphlet from a saleswoman.

As the door opened, the woman reached in to pet Rufus. "She put her hand right by his face and he bit her. She was bleeding," Ms. Traynor-Spencer said. "I was horrified and frightened."

A trainer helped Ms. Traynor-Spencer determine Rufus' aggression is fear-based and offered techniques for managing him.

"He's amazingly charming and has a wonderful personality. But when he would get stressed, he would be Mr. Hyde," she says.

The training was successful, and Ms. Traynor-Spencer no longer cringes when children approach her on walks with Rufus. "If they want to pet him, they can."

But she still will never leave the dog alone with a child. "Especially not with a little kid."

### Biggest mistakes dog owners make

**Failure to research the source of the dog:** Dogs should come from a reputable breeder or a good rescue group. Pet stores and friends' back yards are the worst places to find an animal. Some dogs might be bred to be hunters or work dogs and will need plenty of stimulation. Others might be bred for companionship. Ask about the dog's temperament.

**Failure to train and socialize:** It is vital to train and socialize a pet as soon as it comes into the home, even if it's an adult dog.

**Failure to be consistent** (owner is always changing the rules): This is true for both training and daily life. When rules change, the dog becomes confused. This leads to stress and possibly acting out.

**Failure to spend time with the animal:** Dogs are nearly as much work as children. Dogs left alone much of the time are at higher risk for behavioral issues.

SOURCE: Karen Peak, The Safe Kids/Safe Dogs Project

### Dogs are more likely to bite if they are:

**Poorly trained, socialized and maintained:** Dogs that do not know how to coexist with humans, that do not get to experience and become comfortable with things in our world, dogs confused or allowed to be in positions where they may feel the need to bite are more likely to bite. This includes dogs left unattended in yards, as well as those that are expected to behave and act just like humans.

**Scared:** Dogs react to things by either running or trying to stop it.

**Skittish:** Owners should teach their dogs to tolerate noises, to become accustomed to being handled (tails grabbed, ears touched, mouths opened, etc.).

### Feeling ill or hurt

**Overly excited:** If roughhousing is allowed, the dog learns that biting and roughhousing are acceptable. Overexcitement and "hyper" behavior can occur when a dog is not getting enough exercise, both physical and mental.

**New mothers:** Like all species, mother dogs are protective of babies and may not want humans handling pups.

**Sleeping:** Let them lie.

SOURCE: Karen Peak, The Safe Kids/Safe Dogs Project

# Should I follow through on my threat to leave him?

**Question:** My husband cheated on me seven years ago. At the time I had a feeling he did, but he never told me. (He was going to topless bars with his friends, and you know how that goes.)

Whenever I would confront him with my suspicions, he'd deny it. I always told him that if I found out it was true, no matter how much time had passed, that I would divorce or separate from him. I was pregnant when he was cheating on me, so I was feeling very hurt.

He finally admitted to it after all these years, and I have asked him to leave. Am I doing the right thing? I am not sure that I am, since I have two kids with him, but I don't want to stay with him because of the kids or because I need his money. He has asked for forgiveness so many times, but I know the right thing is separation or divorce. My kids do not deserve this pain. I really need your help and advice.

**Catherine:** The first step is to figure out what your husband's apology means.

You said he has asked you for forgiveness several times. Does this mean he wants to continue cheating but still wants you to remain faithful? Or does his apology mean that he has realized the error of his ways, been completely honest in his confessions to you and wants to work hard at healing the pain he has caused?

If this is the case, then no, divorce or separation is not the right move. Marriage counseling can help uncover his true intentions and help you work through your own pain, hurt, mistrust and anger.

You are right to recognize that your

### CONSEJOS



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

consejos@dallasnews.com

kids are a priority. They are learning how to live and view life by watching your marriage: How do people work through differences? How do people handle pain? How should they love their future spouse?

Having responsive parents who love and respect each other will help your children become responsible and caring adults.

**Danny:** Divorce doesn't have to be your first and only reaction. You should at least consider a separation while you both seek counseling. Ultimately, whatever choice you make will require some level of forgiveness — on both your parts.

For you, forgiveness will require a strong will to reunite with your husband at a physical, emotional and spiritual level. Your husband, if he is truly a changed man, will have to learn to forgive himself as well. Seven years of suspicion, resentment and lack of trust will make this very challenging.

Seek help toward understanding whether your relationship has ever been

### SUGGESTED READING

The topic of marital unfaithfulness could fill enormous libraries, but I would like to recommend a few books that might help you start to process this entire situation.

■ *Patterns of Infidelity and Their Treatment* by Emily M. Brown (Brunner-Routledge, \$38.95)

■ *Private Lies: Infidelity and Betrayal of Intimacy* by Frank Pittman (W.W. Norton & Co., \$14.95 paperback)

■ *Tom Asunder: Recovering from Extramarital Affairs* by Dave Carder (Moody Publishers, \$14.99 paperback)

■ *Not "Just Friends": Protect Your Relationship from Infidelity and Heal the Trauma of Betrayal* by Shirley P. Glass and Jean Coppock Staeheli (Free Press, \$15.99 paperback)

Catherine Jagers

or can continue to be a positive force. And while your kids' needs are certainly a priority, they may not be enough to carry you through a life of emptiness and resentment.

Remember that "happily ever after" exists mostly in fairy tales where our humanness and individual dynamics don't exist. Relationships in marriage require so much more than love, a home and kids. If moving on becomes the best choice for you, then refuse to see it as a

failure. Accept your new challenging role as mother, father and primary caregiver and make certain you take the proper steps from counselor to counsel.

**Lily:** You warned him that if he ever cheated you would ask him to leave. He did and you have. And you say you believe the right thing is separation or divorce. You sound like you know what you want and what you need to do.

Still, I can understand your confusion. Even the best of us need a little help dealing with the curveballs that life throws our way.

Catherine's right about making your kids a priority; they will still need a loving parent to be there for them. And Danny's got a good point about forgiveness.

But don't forget to set some time apart for yourself. Maybe your church has support groups for families seeking divorce. Friends can also be a good support system. Do what my mom has always told me to do: Hear everyone's advice and listen only to that which benefits you and your family.

### QUESTIONS, COMMENTS?

Let us know what you think about today's column and view feedback about recent questions and answers at [DallasNews.com/consejos](http://DallasNews.com/consejos).

### ON WFAA-TV (CH. 8)

Watch a Consejos segment featuring Lily, Catherine and Danny every Saturday morning at 8:30 on La Vida, hosted by Ch. 8's Henry Guerrero.

# Career strategies also break through

*Continued from Page 1E*

She encourages Asians to seek out role models and mentors, who can provide advice and valuable external feedback, stressing the importance of networking — something that can present a particular challenge for Asians, she says.

"Because the Asian population is so diverse — we're talking dozens of languages, dozens of ethnicities — trying to get them to really come together and provide that core group has been a challenge for some companies," she says.

While Ms. Hyun's book focuses on Asians, parallels can be drawn to the challenges women have historically faced in the workplace. And many of the career strategies she offers could be useful for anyone trying to get ahead in the corporate world.

"I remember reading an article written by Carol Hymowitz where she talked about how a lot of the traits that made women good students in school ... tend to not be the skills that it takes to be ahead of the game in corporate America," she says. "Some of the qualities that have held women back sort of echo themselves in Asians as well."

For employers, fostering understanding and promoting career development is a strategic advantage, and a key to retaining talent, she says.

"If a company wants to be ahead of the curve, they're going to have to look for unique programs to train and develop and help women and professionals of color reach their full potential."

E-mail [jchamberlain@dallasnews.com](mailto:jchamberlain@dallasnews.com)



5 25 50 75 95