

FOR THE LADIES

THE RIGHT IDEA ABOUT LOVE

By Bonita Armstrong

Older people and babies have the right idea about love. I like to call those types of love winter love and springtime love.

Babies love unconditionally. You've seen a baby's face light up when he looks up and sees his mother. A big, broad, toothless, smile covers his face. He gets excited and starts kicking and fanning his arms and gurgling happily.

I can remember getting up early in the morning in a foul mood when my daughter was an infant. I would walk through the house grumbling and complaining, until I walked into my daughter's room. She would be lying there in her crib, looking up and quietly playing. When she saw me looking down on her, she would begin smiling and giggling. Her apparent joy at seeing me made me feel 100 percent better. I hadn't done anything special to deserve this warm welcome, except be her mother and the object of her unconditional love. I didn't have to buy her any \$100 sneakers or make a fancy breakfast. I didn't have to do any favors for her or invite her to the right party. I didn't even have to drive the right kind of car or live in the right zip code. She loved me and for no other reason except I was her mother. I've observed people who are older and wiser, and they too have learned what love is all about. Take for example, a couple that has been married for 50 years. By this time they are probably in their 70's and no longer the spry youngsters they were when they first met. They are worn with age and covered with wrinkles. Physical attraction is no longer on the top of their list. They love each other's spirit and mind. They respect each other and each gives the other space and individuality. They appreciate each other for the hardships and disappointments they've encountered over the years. They understand that being together is the most im-

portant thing...not the mortgage, or money, or sex. They love each other unconditionally.

As human beings, this is the kind of love we crave. Unconditional love. We want to be loved not because of but in spite of. We want to be cherished, treasured and valued by other human beings.

Unfortunately, somewhere between infancy and old age, we often forget what unconditional love is all about. We may need to take some lessons from



BONITA ARMSTRONG

our babies and our elders. They've got the right idea about love.

TOP LADIES CONVENE IN ATLANTA, GEORGIA

The Atlanta-Decatur/DeKalb Chapters of Top Ladies of Distinction, Incorporated will host the 28th Syn-Lod Celebration (National Convention), June 28-July 3rd, 1993 at the Westin Peachtree Plaza Hotel in Atlanta, Georgia.

National President, Dr. Marie Stellos of St. Louis, Missouri has extended the official invitation to the membership. She is expecting more than one thousand members, (Ladies, Lords, and Teens) to gather in Atlanta. The city that is too bust to hate, the birthplace of Dr. Martin Luther King, Jr., the Dogwood capital, Home of the 1992 National League Champion Atlanta

Braves, Home of the 1996 Olympics. National President Stellos will be joined by First Vice President Dorothy Allen Chimney, of Lufkin, Texas and Second Vice President Vivien Coe Richard of Austin, Texas. Chimney chairs the Chapter Establishment and Program Committees and coordinates the Program of Work for the organization. Richard chairs Projects, Public Relations, and coordinates Awards. Director of Operations, Ina Boone, of St. Louis, Missouri is serving as the National Convention Coordinator. "Programming Our Thrusts for Effective Empowerment in Century 21," the national theme, will be developed throughout the

THE 1993 MISS BLACK TEENAGE NEVADA SCHOLARSHIP PROGRAM

High School sophomores and juniors can obtain applications for the 1993 MISS BLACK TEENAGE NEVADA SCHOLARSHIP PROGRAM at the West Las Vegas Library or by calling 658-1946 for additional information.

All participants will be required to complete personal, educational, and cultural enhancement classes taught by area professionals, and to submit an essay addressing teen concerns.

Contestants must be Nevada residents for a minimum of one year; single and never married; non-mothers with a 2.30 minimum grade point average.

Judging is based on scholastic achievement, community involvement, essay, talent, personal interview, contestant activity participation, poise and projection.

Awards will include cash scholarships payable directly to the college of the recipients' choice, savings bonds and gifts.

Women: Have Your Blood Pressure Checked!

(NAPS)—Everyone has blood pressure. Blood pressure is the force of blood as it flows through the circulatory system. High blood pressure or hypertension occurs when the heart has to pump harder than it should to get blood to all parts of your body. While high blood pressure often has no symptoms, it can significantly increase the risk of stroke, heart attack and kidney disease.

Unfortunately, many women believe that high blood pressure is primarily a problem for men. In fact, 27 percent of women aged 18-74 have high blood pressure and more than half of all women over 55 suffer from the condition. Postmenopausal women are even more likely to develop high blood pressure than men.

The good news is that there are a number of ways to reduce your chances of getting high blood pressure:

- Keep your weight in a healthy range.
 - Exercise regularly.
 - Avoid excess sodium and limit your alcohol intake.
 - Have your blood pressure checked by a doctor or qualified health professional at least once every two years.
- If you already have high blood pressure, remember the condition can be controlled.
- Follow your doctor's advice about diet and exercise.
 - Take your medication as directed.



Read *The Healthy Heart Handbook For Women*. This new booklet could help you save your life.

- Have your blood pressure checked at least once per year.

You can learn more about managing high blood pressure and preventing other cardiovascular diseases from a new booklet called, *The Healthy Heart Handbook for Women* by the National Heart, Lung, and Blood Institute.

To order, send a check for \$4.75 per copy to: New Orders, Superintendent of Documents, P.O. Box 371954, Pittsburgh, PA 15250-7954. Be sure to indicate the number of copies you need as well as the stock number: 017-043-00122-2.

convention in a career fair, workshops, public events, forums, and business sessions. The workshops and forums will focus on the four major thrusts of the organization, which are: developing Top Teens of America, enhancing the status of women, enriching the lives of senior citizens, and community beautification.

Workshop topics are: Women's Impact on the Political System; Knowledge and Interest in One's Culture; Health Concerns for All Americans; Women In the Financial Arena; Family Responsibility, Budget, and Community Involvement; and TLOD and TTA History in Miniature.

A career fair will be held on the first day of the convention. The fair is being held at the Georgia World Congress Center. This event promises to have something for everyone, teenagers as well as adults. Citizens of the Atlanta Community as well

as convention participants will be involved. During the convention, Top Ladies will be reporting on events and accomplishments of the past two years. More than \$17,000.00 in scholarships will be awarded to deserving graduating seniors.

The National Projects Committee reports that over \$12,000.00 has been presented to NAACP, NCNW, UNCF, and Africare. The funds given to Africare were used to purchase

ten (10) water wells in the densely populated country of Malawi.

Other highlights of the 28th Syn-Lod celebration will be: a memorial service, prayer breakfast, president's reception, Top Teen Speak Out, public banquet, awards luncheon, Top Teen Speakers Tournament, presentation ball, display of Chapter scrapbooks (documentation of programic thrusts involvement), exhibits.

NEWS OF WOMEN

Women Demand Feminine Fashion, Affordable Prices

Some 54 million American women are members of today's workforce—and for many, work doesn't stop when the office closes: they have young children and elderly relatives to care for as well.

Despite the pressures, women of all ages and ethnic backgrounds share a common desire: to be feminine, and on a shoestring budget if possible. At least that's what one major manufacturer, The Lovable

Company, believes. That's why the 62-year-old brassiere manufacturer launched its "I'm Lovable" ad campaign, featuring all feminine age groups and backgrounds. Segments include a mature woman, a fresh faced woman, a fresh faced young teen just approaching the discovery of femininity and it's demands, a Spanish-speaking woman, an African American woman and an Asian woman. This diverse group of females exemplify the woman of the 90's and her desire for comfort, fashion, fit and femininity at an affordable price—qualities that Lovable's lingerie products offer in abundance. You'll find them at many local stores.

GET FREAKY WITH ME!

The Magic Mann will take it off for all occasions

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