

FOR THE LADIES

MOTHERS OF HANDICAPPED CHILDREN ARE EXCEPTIONALLY SPECIAL PEOPLE

By Bonita Armstrong

Mothers of handicapped people are very special people. I believe God gives them these children for specific reasons.

First, for the good of the child. A handicapped child needs lots of love, affection, and attention. He needs constant care, supervision, and protection. He needs a mother who is unselfish, giving and patient. He needs a mother who doesn't mind sacrificing her time and money for his care.

But, this child gives back to the mother the ultimate devotion, admiration and unyielding love. He knows that every one of

his concerns is her concern. He may not be able to cook for her on Mother's day or help with the housework on Saturday's, but he rewards her with large, loving smiles and whispered words of "I love you, Mom."

God does not choose every mother to be the mother of a handicapped child. Those that are chosen are special. It's as though God looks at these women and says "This woman is special. She's sensitive, loving, understanding and patient. She knows when to give to a child and when to save some for herself. She can divide her time



BONITA ARMSTRONG wisely. She's attentive without being smothering. She sacrifices without being the sacrificial lamb. She has what it takes to care for a special child. I'll give her a special gift. I'll give her a handicapped child."

COVER GIRL SPONSORS BEAUTY PAVILION AT 1993 BLACK FAMILY REUNION CELEBRATION

Cover Girl Cosmetics will help celebrate the strength and beauty of the black family as a major sponsor of the National Council of Negro Women's (NCNW) Black Family Reunion Celebration (BFRC) this summer.

The weekend celebration offers themed tents or "pavilions" which provide forums to discuss issues facing the black family. This year the reunion will be held in Chicago, Philadelphia, Atlanta, Cincinnati, Los Angeles, Washington, D.C., and Memphis.

"We recognize the vitality of the black family and are pleased to join NCNW in this important celebration," says Candace Sheffield, Cover Girl Associate Advertising Manager.

Cover Girl will sponsor the BFRC Beauty Pavilion in all seven cities. Highlights of the pavilion activities include professional make-overs for women who have registered before the event, distribution of free

samples of Cover Girl's foundations for women of color, and a celebration appearance by Cover Girl model Lana Ogilvie in Atlanta and Washington, D.C. Hair and nail demonstrations, fashion shows and motivational talks from diet and nutrition experts will also be scheduled.

Studies on consumer habits, particularly in the area of cosmetics, identify black women as an important group. The 1990 U.S. Census reported that there were 58.4 million white women aged 12-49 and 9.3 million African-American women in this country in 1990. The Census Bureau estimates that by the year 2000 there will be 59.9 million white women and 10.6 million black women.

The U.S. Bureau of Labor Statistics estimates that the growth of black women working outside their homes will outpace that of other groups. According to this governmental agency, there will be 6.9 million black women, ages 16-49, in the work



COVER GIRL, LANA OGILVIE place in the year 2000 — up 23 percent from 1990.

The Black Family reunion Celebration follows Cover Girl's recent unveiling of 72 new shades of foundations, lipsticks, blushes, eye shadows, and nail color for women with darker tones. "Historically, there have not been enough foundation shades or a sufficient variety of color products to satisfy the black women's needs," says Ms. Sheffield. "Cover Girl's new colors — and those being developed — will help fill that gap.

A leader in the cosmetics industry, Cover Girl offers a wide range of shades for women of all colors. Based in Hunt Valley, Maryland, Cover Girl is part of Procter & Gamble Company Cosmetic & Fragrance Products.

AHA JOURNAL REPORT

Study shows a link between two diseases older women fear: stroke, osteoporosis

DALLAS — A new study by California researchers shows an association between stroke and osteoporosis, the bone disease that often leads to decreases in height, the "dowager's hump" and broken hips in older women.

"We found that women who have osteoporosis are more likely to have strokes," says Warren S. Browner, M.D., the study's co-author. In addition to cancer, the diseases older women fear most are stroke and osteoporosis, he says. "Now there's evidence linking two of them."

Stroke and osteoporosis are two "extremely common" diseases in older women, says Browner, associate professor of medicine and of epidemiology and biostatistics at the University of California and the Veterans Affairs Medical Center, San Francisco. He adds: "We don't think osteoporosis causes strokes."

Some other process or condition probably results in both osteoporosis and stroke, Browner and his colleagues conclude in their report in the July issue of Stroke, an American Heart Association scientific journal. Possible shared conditions, the scientists say, may be estrogen levels or problems in calcium metabolism.

Stroke, the third cause of death in the United States, killed 144,088 Americans in 1990, according to the AHA. Of that number, 87,391 (61 percent) were women.

Browner and Steven R. Cummings, MD., another author of the new study, previously had done research on the relationship between osteoporosis and mortality "because we thought that strong bones might be a marker for healthy practices such as exercise, not smoking and use of estrogens," explains Browner. They found low bone density was associated with

increased mortality among elderly women, and that the association was especially strong among women who died of stroke.

To confirm the results of the previous study and to determine whether low bone density associated with both fatal and non-fatal strokes, Browners and Cummings studied data collected in clinical centers at the University of Maryland in Baltimore and the University of Pittsburgh. More than 4,000 women were followed for an average of about two years by the Study of Osteoporosis Fractures Research group.

All women who volunteered to be in the study at least 65 years old, and most were white. "Osteoporosis is one of the few diseases black women don't get nearly as often as white women," says Browner.

Bone density was measured using a technique called single photon absorptionmetry. "We can measure bone density even more accurately than we can measure blood pressure," he says. The women also underwent mental testing and tests to measure physical strength and how quickly they could walk and get out of a chair.

During the two-year follow-up, 8 women suffered first

strokes, and five were fatal, the researchers report. Browner says they were surprised to find that the association between stroke and osteoporosis was at least as strong as the relationship between stroke and high blood pressure, which is a well-established risk factor. Each unit decrease in bone density was associated with 1.31-fold increase in stroke, adjusted for blood pressure, age and several other factors including estrogen pills that some women take after menopause.

When the women entered the study, blood samples were taken and put in freezers. "What we want to do next," Browner says, "is thaw the blood and try to find a biochemical marker for both osteoporosis and stroke," in an effort to determine which of the various possible factors, such as estrogen or calcium-regulating hormones, might be involved.

At this point, many questions are left to be answered and there are no clinical applications for his research findings, Browner emphasizes. "I don't want women to run out to get their bone density measured to figure out whether they are going to be at risk of stroke," he says.

Stroke is one of six scientific journals published by the Dallas-based AHA.

HAIRDRESSERS & MAKE-UP ARTISTS LOOKING FOR MODELS - INEXPERIENCED ONLY APPLY!

Professional hairdressers and makeup artists are looking for non-professional models for modeling assignments at the National Cosmetology Association's Annual Convention, Las Vegas Riviera Hotel, July 17-19, 1993. The event is a three-day fashion, entertainment, trade and education show.

Men and women of any size, any age and any shape are wanted for hairstyles & cuts - permanent waves - haircoloring - makeovers. Those interested should come to:

Riviera Hotel, 2901 Las Vegas Blvd. South, Las Vegas, Nevada 89109. Wednesday-July 14, 5:00 PM - 7:00 PM Convention Center C.

If selected, models receive \$40.00 per day. Parking costs are not provided. Please do not call the hotel.

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