

FOR THE LADIES

WHY WE DO IT

By Bonita Armstrong

Have you ever heard this story about a woman who always cut exactly two inches from a beef roast before she put it in the roasting pan and baked it?

One day someone asked her why she did this and she said it was because her mother always did it.

Then the woman asked her mother why she always cut two inches from a roast before cooking it and her mother said because her mother did it.

The two women went to the grandmother and asked her why she always cut two inches from a roast before cooking it and the grandmother said "Because the roasting pan I had was too small to hold the whole roast."

How many of us today are like the woman in this story?

We do certain things a certain way and don't really know why. Traditions, family or social techniques have been passed down through the generations and we've accepted them, and incorporated them into our daily lives without question.

There are pros and cons to this concept.

One of the pros of carrying on traditions would definitely be the passing down of family values.

Our African forefathers taught us respect for our elders, family bonding, good work practices, honesty, and a fear of God, just to name a few.

Some of the cons would be the passing on of domestic violence, poor health habits, chauvinism, racism, hopelessness, drug and alcohol abuse, lack of



BONITA ARMSTRONG
education, and sexual promiscuity.

Traditions can be a blessing or a curse. It's up to us to decide which. At some point in our adult lives, we have to decide whether a certain tradition is a benefit to us, a problem for us, or just an empty gesture.

We have to learn to release those traditions that hinder us and keep us from growing as an individual and as a race of people.

We need to keep those strong family traditions that unite us, nurture us and keep us pressing on.

We need to think about what we do as a people, why we do it, how it makes us grow, and how it will affect the next generation.

GET FREAKY WITH ME!
The Magic Mann will take it off for all occasions
• Bridal Showers • Birthday Parties • Bachelorette Parties • Private One-On-One •
Stick this Coupon in my G-String and receive 20% OFF your initial fee (Coupon not valid with any other specials)
389-6979



If You're Dabbling In Drugs... You Could Be Dabbling With Your Life.



Skin popping, on occasion, seems a lot safer than mainlining. Right? You ask yourself: What can happen? Well, a lot can happen. That's because there's a new game in town. It's called AIDS. So far there are no winners. If you share needles, you're at risk. All it takes is one exposure to the AIDS virus and you've just dabbled your life away.

For more information about AIDS, call 1-800-842-AIDS. Nevada AIDS Hotline



This is a message from the U.S. Centers for Disease Control.

AKA PROMOTES BLACK WOMEN'S HERITAGE

Alpha Kappa Alpha (AKA) will continue its role as a conservator of black women's heritage when it releases two new publications in its heritage series and promotes a black women's encyclopedia July 23 in Atlanta.

Black women in the judiciary and black women in medicine are the foci for the latest entries in the series which began 25 years ago as a means of making resource materials on Black women available and accessible to the general public.

Among the jurists featured are judges Amalya L. Kearse, United States Court of Appeals for the Second Circuit; Bemice B. Donald, the first Black U.S. Bankruptcy judge; and Leah Sears-Collins, the first black to serve on the Georgia Supreme Court. Physicians include Drs. Vivian W. Pinn, the first permanent director of the Office of Research on Women's Health at the National Institutes of Health; Deborah Hyde-Jackson, one of only two black female brain surgeons in the U.S.; and Theresa Greene Reid, the first Black female infectious disease epidemiologist in the nation.

AKA international president Dr. Mary Shy Scott of Atlanta said the publications are designed "to document black women's history, while simultaneously exposing the falsity of the negative stereotypical images most prominently portrayed in print."

SPOTLIGHT ON HEALTH WOMEN- KEEP YOUR HEARTS HEALTHY

(NAPS) - Surprising to many women is the fact that heart disease and other cardiovascular diseases are truly a problem for them - not just their husbands, fathers, brothers or sons. Overall, about ten million women of all ages suffer from heart disease. One in ten women aged 45 to 64 has some form of heart disease, and this increases to one in four women over age 65. Over 50,000 women suffer heart attacks each year.

One of the best presents you can give your wife, mother, sister, or daughter is to encourage her to get a complete medical checkup to find out whether she has any cardiovascular disease

risk factors. Risk factors are traits or habits that can make a person more likely to develop a disease. While any one risk factor will raise your chances of developing heart-related problems, the more concerned she should be about prevention.

One way to help reduce your risk factors is by reading a newly published book that identifies the risk factors that women can control. The book, *Healthy Heart Handbook for Women*, is published by the National Heart, Lung, and Blood Institute. The book shows how, by taking an active role in heart health, a woman can lessen her chances of developing cardiovascular

disease.

If a woman has high blood cholesterol, high blood pressure, is overweight or smokes, now is the time for her to get started on a personal program for a healthy heart. If a woman does not have any risk factors, she can plan a personal prevention strategy that can lessen her chances of getting them in the future.

To order a copy of the *Healthy Heart Handbook for Women*, 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 # 017-043-00122-2.

DIABETICS CAN HAVE HEALTHY PREGNANCIES

HOUSTON — Diabetic women who want children need to be sure of their own health and in good control of their sugar levels prior to pregnancy.

If the woman's sugar is too high or fluctuates too much, her baby could be harmed even before she knows she is pregnant, said Dr. Karolina Adam, an

obstetrician and gynecologist at Baylor College of Medicine in Houston. Prior to conception, a diabetic should be certain her kidney function is good and that she does not have high blood pressure or heart disease.

She should also be checked for diabetic proliferative retinopathy, an eye condition that can

cause blindness.

Pregnancy could increase that risk. Some diabetics would be advised not to attempt pregnancy, but many can have healthy pregnancies and healthy babies if they care for themselves properly, Adam said.

'SEPIA FASHION REVUE SEEKING MODELS'

Auditions will be held in Chicago, Illinois, July 24, 1993 to select models, male and female, to travel for three months this fall with the traveling fashion revue, *Females* should be 5'8" or taller, attractive and shapely. Male models should be 6' or taller, and a well built. Interested models should send photos, and a brief resume to: 'Sepia Fashion Revue', 8030 So. Cottage Grove Ave., Chicago, IL 60619.

Spirit
HAIR STUDIO
JANELLE FOSTER
3305 W. SPRING MTN. SUITE 9
LAS VEGAS, NV 89102
(702) 871-2511

\$20.00
Full Set of Nails
WITH THIS COUPON