

# FOR THE LADIES

## HOW SOON THEY FORGET

By Bonita Armstrong

I'm just like any other mother. When I'm in a good mood I do special little things for my kids, even though sometimes I really can't afford it or am pressed for time due to a hectic lifestyle. Well, one particular day I was in exceptionally good spirits and decided to spend some "quality time" with my four children.

We started out with a trip to the library where they spent a couple of hours in the children's reading room complete with games, toys and their favorite books. They checked out several books each and we were off to the next destination.

We made a visit to a friend's house who has children about the same age as some of my kids. They had a great time playing in her backyard on the swing set and playing a quick game of catch. The babies played in a sandbox nearby.

Lunch was an hour stay at a popular restaurant with hamburgers, fries, a soft drink and an ice cream cone and cookies for dessert.

Our next stop was at the bank of a local river where they threw rocks into the water. They watched the riverboats sail up and down the river collecting passengers along the way. We



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even watched the sunset.

My children love the grocery store so we were off and running to the market to pick up a few things for a spaghetti dinner which is one of their favorite meals.

With dinner finished, baths taken, pajamas on and prayers said, I thought we'd had a pretty good day. I really felt that I'd done a good job as a mother.

Then my daughter asked me "Mom, can we have more cookies before we go to bed?" I thought about it for a minute and told her I didn't think that was a good idea since it was so late and they had cookies and ice cream earlier in the day. To which she replied, "Mama, you never let us have anything we want!"

Kids. How soon they forget.

### 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.

## WINNING WAYS WITH HAIR COULD MAKE YOU A CONTEST WINNER

(NAPS) - The search is on! If you consider yourself model material and feel your relaxed or texturized hair contributes to your exceptional style, you may have a good chance of winning an exciting trip to New York, a \$10,000 scholarship and a chance to see yourself on the cover of YSB magazine.

Contestants in The Fabulaxer/YSB Style Search, sponsored by Revlon Fabulaxer, must

write a 100-word essay on "My Personal Style and How My Hair Plays a Role." The grand prize winner and runner-up will each receive a trip to New York and Washington, D.C., a make-over by a professional stylist and will appear on the Black Entertainment Television network's Teen Summit show. The grand prize winner will also be awarded a \$10,000 scholarship and will appear on the cover of YSB



Your winning ways with relaxed or texturized hair could make you a contest winner. magazine while the runner-up will be featured in a YSB fashion spread.

Contestants should be

women, 16 - 24 years old, and must provide two 3 by 5-inch photos of themselves with a hairstyle created using relaxed/texturized hair-no waves or ex-

tensions will be eligible. All entrants will receive a gift from Revlon and a current issue of YSB.

Official entry blanks and rules

can be obtained at major drug and beauty supply stores, in the August and September issues of YSB magazine and by calling 1-800-321-5100.



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## WOMEN'S HEALTH TRENDS

### Your Health and Well-Being

(NAPS)—Approximately forty percent of menopausal and postmenopausal women in the United States suffer from inadequate vaginal lubrication. In total, it is estimated that more than 28 million women suffer from vaginal dryness, not only as a result of menopause, the major cause of the condition, but also as a result of chemotherapy; medications, including birth control pills; hysterectomy; childbirth; stress; rigorous regular exercise; or tampon use.

Although an increasing number of women discuss vaginal dryness with their physicians, many others remain reluctant to bring up the problem because they are emotionally sensitive about the subject. Consequently, many healthcare professionals have begun asking their patients about the condition as a matter of routine. However, if the physician does not bring up the subject, it is important for patients to realize that vaginal dryness is a common occurrence, and if the problem is identified, it can usually be easily alleviated.

#### Menopause and Dryness

During menopause, estrogen levels drop and, as a result of this hormonal change, a number of symptoms may be experienced. One common consequence of lowered estrogen levels in the body is vaginal dryness.

For women not taking hormone replacement therapy, the solution to vaginal dryness is often found in personal lubricants. The key to the effectiveness of this approach is in choosing a lubricating product carefully. Vaseline®, often misused in the past for lubrication, is actually not recommended because it is not water soluble and can mask the development of infections. Vaseline® also is not advised because it deteriorates the latex in diaphragms and condoms with the potential unfortunate consequence of exposing the user to sexually transmitted diseases.

Personal lubricants come as gels, creams, and inserts. Gels are



Your doctor may be able to offer a solution to vaginal dryness, an important concern for many women.

usually messy, inconvenient, and awkward to use. Determining the proper amount of gel to use is also problematic. Some lubricants need to be measured; others require the use of cumbersome applicators. There is, however, one brand of lubricant that is available as an easy-to-use, pre-measured insert. Consumer studies have found that this brand, LUBRIN® personal lubricating inserts, is preferred over the messy alternatives by those who have tried both. LUBRIN® simulates the body's natural lubrication; is water soluble and lasts for hours; contains no irritating dyes, perfumes, or preservatives; is colorless, odorless, and nonstaining; and can be purchased at most pharmacies. It is also economical to use.

#### Free Brochure

If you would like to receive a free educational brochure entitled "Important Answers About Vaginal Dryness," send a self-addressed, stamped envelope to Free Brochure, The Institute for Medical Information, One Gothic Plaza, Hollywood Avenue, Route 46 West, Fairfield, NJ 07004-2402. This brochure offers answers to typical questions asked by women about vaginal dryness and explains in clear terms the causes of that condition. Of course, you can also find out more about LUBRIN® and other lubricants by asking your doctor or pharmacist.

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