A workshop for women who are dreaming of going into business or who are dreaming of making their businesses grow.

Senator Ann O'Connell will be the keynote speaker. Not only a prominent community leader, Senator O'Connell has started and grown three successful small businesses.

The workshop will include round table discussions on topics of developing a business plan, marketing, legal aspects of business, taxes, health plan, stress management and financing.

It will be held at UNLV, Saturday, November 13th in the Student Union, second floor, from 9:30 IOR CHALLENGES POPULAR NOTION O

An article in a major newspa-

per recently declared that 40%

of all black women will never get

married in their lifetime. Victoria

Fuller, author of newly released

"How to Find and Marry the

Person God Has For You" has a

different prediction. According

to Fuller, "There are plenty of

men available for the black

woman who is willing to put her

quest for marriage in God's

hands," Fuller believes the Bible

provides practical, proven and

timely advice that will help any

man or woman find the right

women want desperately to be

married and have their own

families. Many use the trial and

error, hit and miss method, com-

Millions of black single

mate.

J 70X J J 4

NEO.

their lifetime partner. Others

have gone the route of 900

numbers, dating clubs, and In

Search of ads. Despite the pro-

liferation of these mating aids,

most still have not found their

spouse. To the contrary, "The

Bible offers clear and specific

direction to follow when pursu-

cally directed activity to find your

spouse," says Fuller. "I recom-

mend that singles seek a hus-

band or a wife as they would any

"You must engage in Bibli-

ing marriage," Fuller says.

a.m. to 1:30 p.m. Child care will be provided with lunch for \$10.00 per child. The \$25 fee will include a buffet lunch for each registrant. Exhibitors or products and services of value to

women owners may reserve a display table for \$50.00

For registration or more information call SCORE at 388-6104.

Co-sponsored by SCORE, Service Corps of Retired Executives, Small Business Administration, Small Business Development Center and National Association of Women Business Owners

to marriage.

it comes.

identified and challenges com-

mon assumptions and rationali-

zations that become roadblocks

advice, strengthened by deeply

biblical insights, which will guide

you in setting goals, working and

praying for their fulfillment, then

recognizing God's answer when

bookstores. To order copies of

"How to Find and Marry the

Person God Has For You", send

The book is not available in

the book offers experienced

By Bonita Armstrong Maya Angelou visited Las Vegas this past weekend and a fortunate few of us got a chance to be in her presence and hear her speak. Those who are familiar with her work know that she is a modern-day prophetess who writes and speaks about life from

a spiritual perspective. Those who are familiar with her work will also know that she came from a childhood that was sprinkled with a loving grand-

mother who supported her dreams and believed in her intelligence; sexual abuse that left her speechless for quite some time; and the kind of racism that anyone growing up in the South during that time can relate to.

But even with adversity before her throughout her life, Maya survived. She strived not only for herself and as a testament to

Maya survived. But how many unknown "Maya Angelous" are falling by the wayside each day right in our own community for lack of support or lack of hope? How many "Michael Jordans" do you know personally, that may need to funnel that electricity they have to the right channels in order to be like Mike?

Do you know someone who is a would-be "Kwesi Mfume," a potential leader of a nation, but is instead the leader of a gang? How many class clowns do you know that are just as funny as Eddie Murphy but just do not have the direction to turn that keen, cutting wit into liquid capi-

Sadly enough, everyday in our community, talented and intelligent young men and women fall through the cracks of society and they never get to realize their true potential. What can be done? How can we be sure this doesn't happen?

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VISIT FROM M

There may be no basic answers that fit every scenario. The answers will have to be tailormade to fit the individual. But what will help is encouragement from parents and teachers and churches.

If your child says he's interested in the piano, buy him lessons, even at a sacrifice. It he's a rebel who can gain a great following of his peers, encourage him to run for school office and channel those leadership abilities to a positive avenue.

Hopefully, with some guidance, good examples, and a lot of prayer and sacrifice, our children can be saved. Just imagine if Maya Angelou had not had the encouragement and support she did. She, too, could have been another great mind lost in the dust of despair.



17

other major goal in life, such as a check or money order for getting a college education, find-\$19.95 plus \$4.00 for shipping others. ing of a job, starting a business to Ada Publishers, P.O. Box or buying a new car." Fuller's 1928, Dept. K211, Wheaton, book contains specific action Maryland 20915-1928. Maryland steps, personalized worksheets residents should add 5% sales and stories of both Bible and tax. ISBN 0-9636891-6-9/ LCCCN 93-71770

modem day singles. She also monly known as "dating" to find older than 35, oral contraceptives are now a popu-

HOUSTON - Recent improvements in contraceptive technology have given today's 35-plus woman birth control options she did not have before. A woman's choice of contraception should be based on which method offers the least risk for her health, said Dr. Alfred N. Poindexter III, a reproductive endocrinologist at Baylor College of Medicine in Houston.

Although not previously prescribed for women

lar choice. Today's low-estrogen pill has reduced the risk for blood clots and heart attacks associated with the high-estrogen pill introduced in the 1960's. Also suggested as contraceptive methods are

sterilization; Norplant, the implanted contraceptive; barrier contraceptives; and intrauterine devices

AONE THERAPY FO

HOUSTON - Menopausal women are at increased risk for cardiovascular disease can should be evaluated for hormone therapy

They key to this therapy is in the replacement of the estrogen hormone that the body no longer produces after menopause, since it seems to protect a woman from heart disease, said Dr. Roxann Rokey, a cardiologist at Baylor College of Medicine's DeBakey Heart Center in Houston.

Women have two options for hormone replacement: estrogen alone or estrogen combined with progestin. Women receiving estrogen are able to maintain the lower levels of "bad" cholesterol (LDL) and higher levels of "good" cholesterol (HDL) that they had before their ovaries



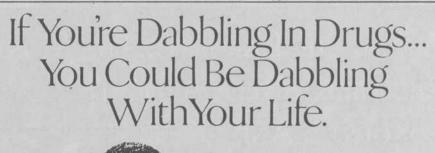
stopped producing the hormone. pausal woman lacks reduces the Research indicates that replacing the estrogen a meno-

598-5069

risk of heart disease by 40 to 50 percent, Rokey said.

KEITH E. STARR







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

BONITA ARMSTRONG



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 IDS. 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

