

# "DARE TO DREAM"

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

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.

## "AUTHOR CHALLENGES POPULAR NOTION OF BLEAK MARRIAGE PROSPECTS FOR BLACK SINGLE WOMEN"

An article in a major newspaper 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 mate.

Millions of black single women want desperately to be married and have their own families. Many use the trial and error, hit and miss method, commonly known as "dating" to find

their lifetime partner. Others have gone the route of 900 numbers, dating clubs, and In Search of ads. Despite the proliferation of these mating aids, most still have not found their spouse. To the contrary, "The Bible offers clear and specific direction to follow when pursuing marriage," Fuller says.

"You must engage in Biblically directed activity to find your spouse," says Fuller. "I recommend that singles seek a husband or a wife as they would any other major goal in life, such as getting a college education, finding a job, starting a business or buying a new car." Fuller's book contains specific action steps, personalized worksheets and stories of both Bible and modern day singles. She also

identified and challenges common assumptions and rationalizations that become roadblocks to marriage.

the book offers experienced 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 it comes.

The book is not available in bookstores. To order copies of "How to Find and Marry the Person God Has For You", send a check or money order for \$19.95 plus \$4.00 for shipping to Ada Publishers, P.O. Box 1928, Dept. K211, Wheaton, Maryland 20915-1928. Maryland residents should add 5% sales tax. ISBN 0-9636891-6-9/ LCCCN 93-71770.

## CONTRACEPTIVE METHODS FOR THE 35-PLUS WOMAN

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

older than 35, oral contraceptives are now a popular 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.

## HORMONE THERAPY FOR MENOPAUSAL WOMEN

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 DeBaakey 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.

Research indicates that replacing the estrogen a meno-

pausal woman lacks reduces the risk of heart disease by 40 to 50 percent, Rokey said.

# FOR THE LADIES

## A VISIT FROM MAYA

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 grandmother 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 others.

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-

tal?

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?

There may be no basic answers that fit every scenario. The answers will have to be tailor-made 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.



BONITA ARMSTRONG

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.

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