

FOR THE LADIES

THE DEMANDS OF A 21ST CENTURY BLACK WOMAN

By Bonita Armstrong

Have you ever felt that you just couldn't go on? Like the world was moving too fast for you and you just couldn't keep up? The job... the kids... the community involvement... the church activities... spouse... just about everything and everyone you know was making more demands than you are mentally able to deliver?

I have felt that way many times before. And, I have to admit that I have not always handled this time of stress well. There was a time when my life was spinning out of control at a rapid rate. Instead of taking control, I broke down. My health began to deteriorate, my hair fell out, my stomach was in knots all the time, my work suffered and so did my house and family.

After I regrouped from that chaotic period in my life, I vowed I would never again let my life get that far out of control. I sat down and had a little talk with myself and God. I asked God if



BONITA ARMSTRONG

He would give me the wisdom to recognize when my world was spinning out of control. And then I asked Him if he would give me the courage to take control of situations in my life.

Over a period of time, I did learn to spot danger signs of impending exhaustion and unhealthy stress. Now, when I see myself becoming excessively irritable, overly tired, experience a loss of appetite, and just hate facing the day... then I know it's

QUESTIONS AND ANSWERS ABOUT THE NEED FOR A WOMAN-CONTROLLED METHOD OF HIV AND STD PREVENTION

What Do Women Need To Protect Themselves From HIV/STDs?

Women need a method of protecting themselves that is under their control. It should be a "stealth" method that women can use without negotiation and without the cooperation of a partner. One very promising possibility is a microbicide — a substance which kills "microbes" or infectious agents such as bacteria, parasites and viruses that cause STDs, including AIDS. The term microbicide is used to describe any compound capable of preventing the transmission of sexually transmitted pathogens when applied intravaginally.

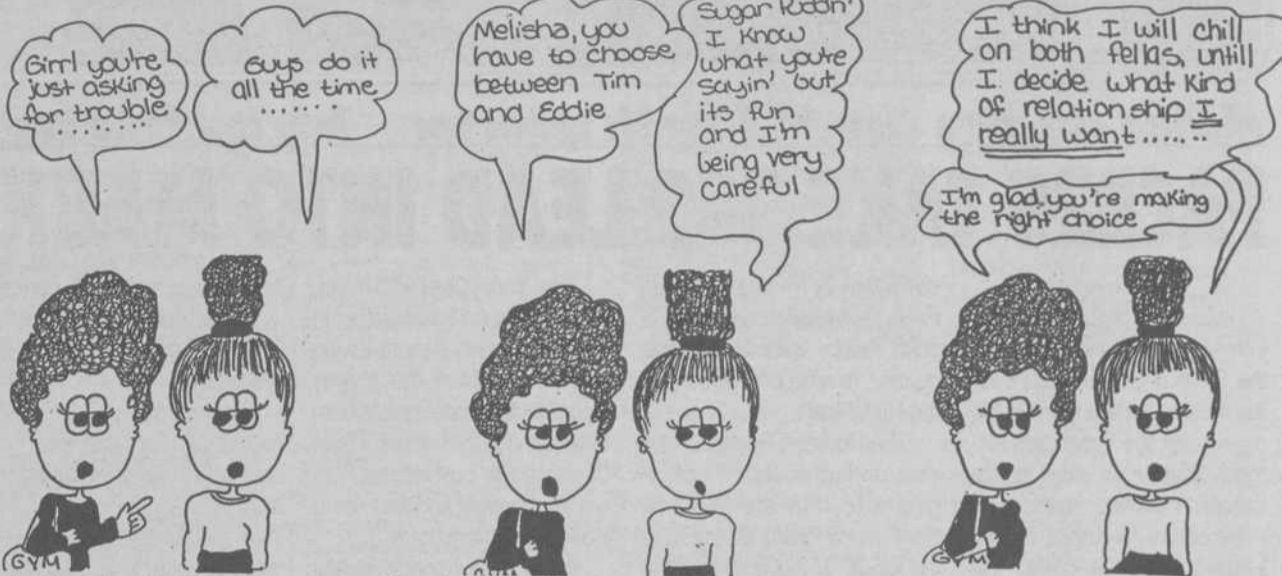
A microbicide could be used clandestinely if it were scentless and tasteless. It could be available in a foam, as a suppository,

a foaming tablet and in a film version, like the Vaginal Contraceptive Film that has become popular for its clandestine and non-messy qualities. It is even possible that there could be a contraceptive and a non-contraceptive formulation of a microbicide, allowing women who want to bear children to protect themselves against disease and still conceive.

Microbicides could be far more effective disease prevention tools than condoms. Studies of pregnancy prevention methods comparing condoms with woman-controlled methods have shown that despite the theoretical efficacy of condoms, the most effective methods in the real world are those that women control because they are so much more likely to be used consistently and correctly.



BY ZELDA PURYEAR



Girl, you're just asking for trouble... Guys do it all the time... time to stop... call a time out... and just chill.

That's when I ask for a few extra days from work, cancel any meetings or outside commitments, get a baby-sitter for a couple of days, forget about the housework, and concentrate on reviving and rejuvenating ME. I turn off the phone, I rest my mind and my body, take lots of long baths, eat healthy food, drink lots of water and pray a lot. I think about why I feel overwhelmed and try to come up with

reasonable solutions to these problems.

Do I have too many assignments at work? Maybe I need to turn a few down and just say no. Am I doing too much of the housework at home? Then I need to make sure everyone around the house pitches in and not try to do everything myself. Why do I feel depressed? Maybe I should count my blessings.

I try not to think out my problems and talk them out with my husband or a close friend or

relative. Usually, I can come up with some viable answers and much needed rest.

After two or three days, I emerge refreshed, replenished and spiritually revived. Now, I have more to give to myself and those around me who need me and love me.

As Black women, we cannot

I think I will chill on both fellas, until I decide what kind of relationship I really want.....

I'm glad you're making the right choice

continue to give of ourselves until we are burned out. We have to learn that it's OK to look after ourselves, cherish ourselves and love ourselves. At some point, we have to put ourselves first. It's the only way we will be able to conquer all the demands and reap all the rewards of being Black women in the 21 century.

NEVADA COMMISSION FOR WOMEN TO MEET

The Nevada Commission for Women will meet at the Airport Plaza Hotel in Reno on June 11, at 10:00 a.m. The emphasis of the past two meetings of the Commission has been to bring together a larger representation of women to join in the deliberations, decisions and activities of the Commission. As a result, over 50 women statewide, representing business, government, educational, social service, and political organizations, have volunteered to work with the Commission. Commission Chair Charles Springer said that bringing in women from all walks of life as members of Commission Committees will give greater breadth and effectiveness to the Women's Commission as an instrument for the advancement of women's interests.

Women who are interest in serving on one of the Committees — Legislative, Judicial, Finance, Education, Domestic Crisis, Child Care and Economic Parity — should get in contact with Chairman Springer or should attend the June 11 meeting. For more information call Jeannette Miller at 687-5190.

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DEPRESSION



My roommate was depressed. More than the blues. I mean seriously depressed.

She always looked sad. Cried a lot. She couldn't sleep, eat, or do any of her work.

Treat it! Defeat it!

Most of the time she wouldn't talk to me. I just couldn't reach her.

I figured she needed to get professional help, before her pain got worse. So I checked it out.

I was amazed. Once her depression was diagnosed, treatment was effective and began to work within a few weeks.

Got a friend or loved one who you think is depressed? For free materials, call **1-800-421-4211.**



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