

SUGAR RIDDY



FOR THE LADIES

NO MORE EXCUSES

By Bonita Armstrong

There was a time when I was a chronic excuse maker. Whenever something would happen in my life that I was ashamed of, or when I felt I had

SELF-DEFENSE CLASSES

A pair of self-defense classes are available Saturdays at the Chuck Minker Sports Complex, 275 N. Mojave Rd. Women's self-defense is instructed 1-3 PM, while martial arts follows from 3-5 PM. Each class will cost \$36 to register, and both classes are designed for ages 13 older. The women's self-defense class covers techniques of striking, blocking, and take-downs. Pressure points of the body will also be discussed. Martial Arts demonstrates how to increase your knowledge and awareness of your surroundings, coordination, discipline, and self-confidence. It is also excellent stress reliever. These classes are offered through the City of Las Vegas. Call 229-6563

FUNKY AEROBICS

A six week course in funky aerobics begins Mon. Jan. 9, at the Doolittle Community Center, 1901 North "J" Street.

Four sessions of the women's exercise program will be available; Mondays and Wednesdays at 6:30 p.m., and 7:30 p.m.; or Tuesdays and Thursdays at 7:30 p.m., and 8:30 p.m. Registration continues through Dec. 30, at a cost of \$15. The course is designed for those 15 and older, and sponsored by the City of Las Vegas. Call 229-6374.



BONITA ARMSTRONG

failed, or even when I thought others would think less of me...I had an excuse for myself.

If I was not producing at work, I would say that my boss was giving me too much work. If I got a "B" on a test instead of an "A", it was because the test was too hard. If I was unhappy in a relationship, it was the other person's fault. If I was physically out of shape, it was because I didn't have time to exercise. If my general life was a mess, I

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HEALTH QUIZ

News For Women

(NAPS)—Recent studies have shown that by consuming appropriate amounts of a specific vitamin, women can dramatically reduce some risks associated with pregnancy. Test your knowledge of this simple vitamin.

Q. What is folic acid, and why is it important?

A. Folic acid, a B vitamin, has been found to significantly reduce the rate of neural tube defects, a disorder in which the tissues fail to close the tube containing the spinal cord, which is continuous with the brain. Common neural tube defects include spina bifida, in which part of the spinal cord remains outside the body at birth, and anencephaly, in which the baby is born without a brain.

Q. Do I need to take folic acid if I'm not pregnant?

A. Yes. The Public Health Service recommends that all women capable of becoming pregnant should consume 0.4 milligrams of folic acid every day. Neural tube defects occur in the first few weeks after conception, as the fetus is forming, generally before a woman even knows she's pregnant.

Q. How can I make sure I get enough folic acid?

A. Most daily multivitamin tablets contain the recommended amount of 0.4 milligrams of folic acid, so taking a multivitamin supplement every day should pro-

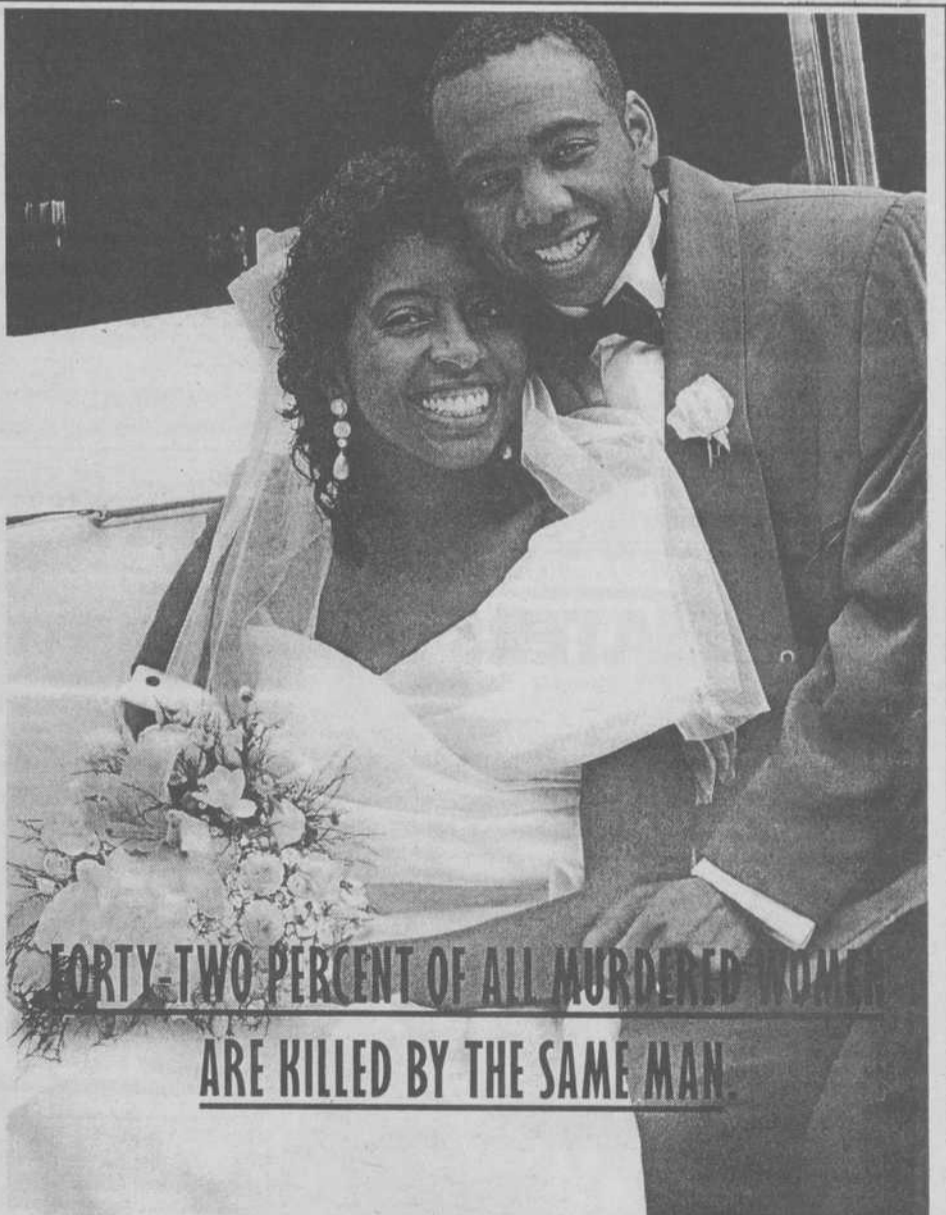


Learn more about preventing serious birth defects from a poster and pamphlet available from Shriners Hospitals for Crippled Children.

vide a woman with the correct amount of folic acid. This B vitamin is also found naturally in foods in a form called folate. Good sources of folate are fresh green vegetables, some fresh fruits and liver.

Q. How can I learn more?

A. Get a free copy of *A Simple Vitamin Can Help Avoid A Serious Problem*. Send a self-addressed, stamped envelope to: Shriners Hospitals for Crippled Children, P.O. Box 25855, Tampa, FL 33622.



FORTY-TWO PERCENT OF ALL MURDERED WOMEN ARE KILLED BY THE SAME MAN.

Each day women are beaten to death by their husbands or boyfriends. Just as frightening, each day neighbors just like us make excuses for not getting involved. For information about how you can help stop domestic violence, call 1-800-777-1960.

THERE'S NO EXCUSE

for Domestic Violence.



Family Violence Prevention Fund