

# 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.



BONITA ARMSTRONG

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 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, overtired, experience a loss of appetite, and just hate facing the day... then I know it's 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.

## WOMEN'S HISTORY MONTH EVENTS SCHEDULED AT UNLV

A reception celebrating the creation of the Nevada Women's Archives in Southern Nevada and a panel discussion focusing on women's public leadership in Nevada are set for March 2 at UNLV. Both events, which are open to the public free of charge, are in commemoration of Women's History Month.

The Nevada Women's Archives reception is scheduled for 5 p.m. until 6:15 p.m. in the special collections selection on the fourth floor of UNLV's James R. Dickinson Library. Following a brief presentation about the archives, refreshments will be served.

The newly established archives will preserve materials on women's contributions to Southern Nevada. The archives already have obtained a number of collections — which include such items as photos, scrapbooks, diaries, letters, greeting cards, and minutes of meetings — but additional donations of material are being sought. Some of the items currently housed in the archives will be on display during the reception.

Immediately following the reception, a panel discussion focusing on "Legacies and Prospects: Celebrating Seventy-Five Years of Women's Public Leadership in Nevada" will take place at the Richard Tam Alumni Center.

Set to begin at 6:30 p.m., the panel discussion will celebrate both the 75th anniversary of the founding of the League of

Women Voters. The event is scheduled to end at 8 p.m.

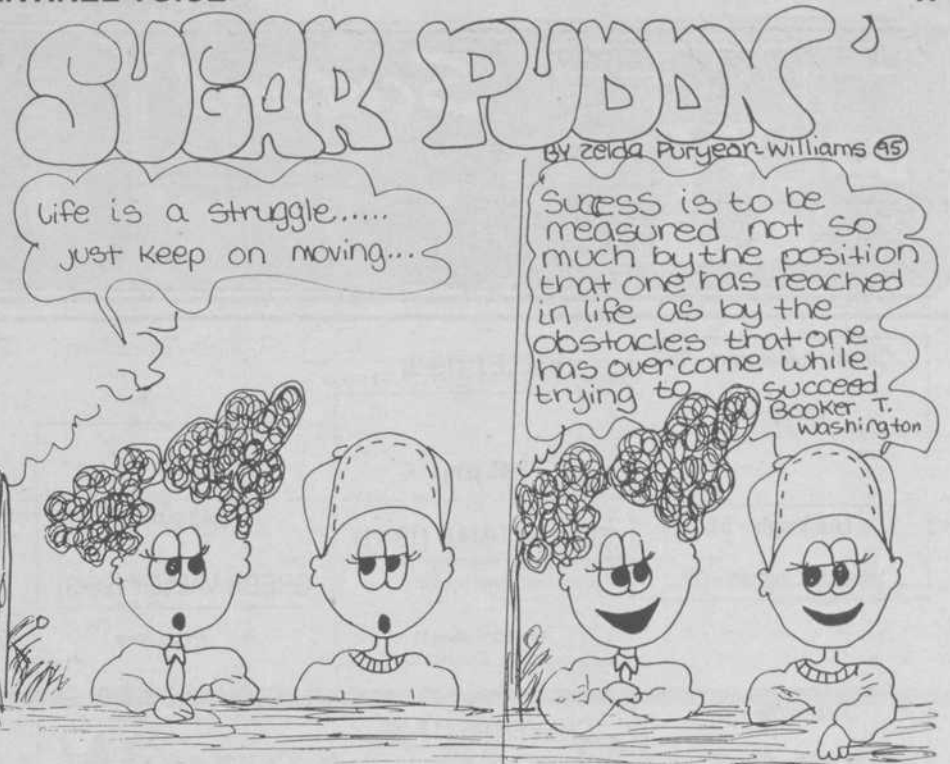
Panelists will include state Attorney General Frankie Sue Del Papa, Rosita Lee of the Asian Chamber of Commerce, and Dorothy Eisenberg, Lavonne Lewis, and Sandra Metcalf of the League of Women Voters.

Former state Senator Jean Ford, who now is acting head of the women's studies program at the University of Nevada Reno, and is a consultant for the

Nevada Women's Archives, will serve as moderator.

The events are sponsored by the League of Women Voters, the Nevada Women's Archives, and the UNLV women's studies program.

For additional information on the reception at the library or on the panel discussion, call the women's studies program at 895-0837 or the Nevada Women's Archives project at 895-3954.



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 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.

### CHEERLEADING WORKSHOP

The Mirabelli Community Center, 6200 Elton Avenue, presents a cheerleading workshop on Saturday, March 11.

The two-hour seminar begins at 10 a.m., and includes instruction in stretching techniques, pyramids, partner stunts, tumbling skills, and developing cheers.

The course, designed for those 12-18 years old, will cost \$6, with registration continuing through the day of the event; however, early enrollment is suggested as space is limited.

The City of Las Vegas is sponsoring this program. Call 229-6359 for details.

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