

# SUGAR PUDDY

BY ZELDA FURBER-WILLIAMS



## 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 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 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.



BONITA ARMSTRONG

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 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.

## DRUG MAY HELP BLOCK RISK OF BREAST CANCER TREATMENT

WASHINGTON - Preliminary experiments in rats have shown that a drug being developed by Eli Lilly and Co helped prevent uterine cancer in women being treated with tamoxifen for breast cancer, researchers said on Wednesday.

The scientists at Lilly Research Laboratories found that raloxifene blocks the effects of tamoxifen in the uterus without interfering with its ability to battle breast cancer.

Studies have found that women being treated with tamoxifen do have a higher risk of developing uterine cancer. However, the risk of a spread of the breast cancer is more serious.

There is greater debate in the medical community of whether tamoxifen can prevent breast cancer in high risk women, and less agreement on whether that protective effect would be worth the uterine cancer risk.

Lilly scientists Robin Fuchs-Young and Henry Bryant presented their research at the Endocrine Society's annual meeting in Washington.

Later in an interview, they

explained that raloxifene acts against oestrogen and blocks the effect tamoxifen has on stimulating tissue growth in the

uterus. Much more research must be done before scientists know whether it will have the desired effect in humans.

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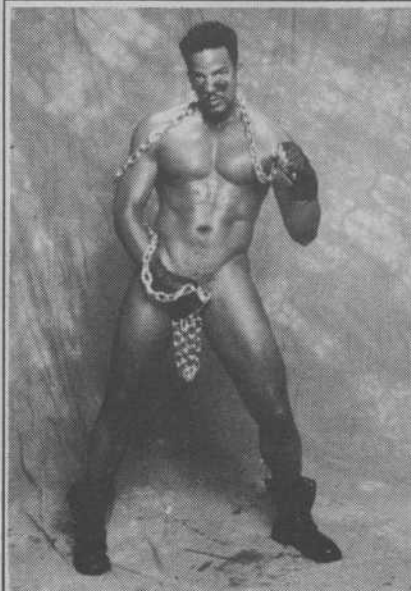
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I take care of myself.

My doctor never told me to go.

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