

SUGAR PUDDIN'



Women Worldwide Having Fewer Children, Study Finds

NEW YORK - Women around the world are having fewer children and are ending more than a quarter of all pregnancies in abortion, according to a study by a reproductive research group released Wednesday.

"Individuals want fewer children and birthrates are declining," said Jeannie Rosoff, president of the New York-based Alan Guttmacher Institute, which released the study.

"But women still have difficulty achieving the number of children they want and having children

when they want them," the report said.

Forty to 60 percent of recent births were poorly timed or unwanted, according to the report "Hopes and Realities: Closing the Gap Between Women's Aspirations and Their Reproductive Experiences."

More than 25 percent of the world's 190 million annual pregnancies end in abortion, the study said.

Worldwide, one in six women of child-bearing age does not have access to effective birth control,

(See Women, Page 23)

FOR THE LADIES

Long-Range Planning For Our Children

By Bonita Armstrong

Long-range planning was never something I used to think about. When I was a small child, planning for the next day was a tremendous task. My mother used to tell me pick out clothes for school the night before. I would, but by the time morning came around I didn't want to wear those clothes anymore. I'd select a different outfit and take quite a bit more time choosing it, much to my mother's dismay.

After I became an adult I'd hear people talking about saving for their retirement, planning vacations a year or more in advance, planning when they would have children, how many they would have and how much space would be between each child.

No, long-range planning was definitely not my strong suit. It was all I could do to keep up with what was going on in my life for the next couple of months, or weeks or sometimes even days.

But then, something spectacular happened. I became a mother and my ideas about



BONITA ARMSTRONG

long-range planning changed.

I still don't have a hearty retirement to fall back on in my golden years. Planning a vacation for me consists of taking a few days off work to rest at home. And anyone who knows me knows that my children came along quickly and plentifully.

But I did change one idea about long-range planning. I decided to be a good parent, I had to set some long-term goals for my children.

If I want them to become well-rounded, worthwhile, quality people, I had to commit to some work and some responsibility.

Which, as you all know, is not an easy task.

I want my children to know how to do certain things when they get to be teenagers. So I must start preparing them now. I have to wrestle with them learning to do chores around the house. They gripe and fuss, which is sometimes frustrating to me, but if we all stick with it long enough, they will be able to do these chores without any prodding and nagging from me.

I also want them to have good study habits. Therefore I am constantly on their backs about doing homework at a certain time of the day, reading quality books in their spare time, and not watching too much television. Right now, they think I'm mean, and they tell me so, but later it will be a tool they can not replace.

If I want them to grow up to be honest, civic-minded, strong black men and women, who reverence God and adore their people ... then I must present that image to them. It's a lot of work for me sometimes to burn

(See For the Ladies, Page 23)

9 KUN 5.1 FM

**Community Radio from
University of Nevada Las Vegas**

CONCERTS • 702-895-FM91

REQUESTS • 702-895-3976

OFFICES • 702-895-3877

A lot of reasons why you haven't had a mammogram.

I'm embarrassed.

I'm nervous.

I'm not getting undressed for anyone.

There's no history of breast cancer in my family.

I take care of myself.

My doctor never told me to go.

The only reason why you should.

It may save your life.

Even though your doctor may not have told you to go for a yearly mammogram, that's no reason not to. A yearly mammogram takes less than fifteen minutes and can detect lumps too small to find even by frequent self-examination. And finding breast cancer early may just save your life.

GET A MAMMOGRAM. EARLY DETECTION IS THE BEST PROTECTION.
CALL 1-800-ACS-2345