

# FOR THE LADIES

## WHY WE DO IT

By Bonita Armstrong

Have you ever heard this story about a woman who always cut exactly two inches from a beef roast before she put it in the roasting pan and baked it? One day someone asked her why she did this and she said it was because her mother always did it. Then the woman asked her mother why she always cut two inches from a roast before cooking it and her mother said because her mother did it. The two women went to the grandmother and asked her why she always cut two inches from a roast before cooking it and the grandmother said "Because the roasting pan I had was too small to hold the whole roast."



BONITA ARMSTRONG

How many of us today are like the woman in this story? We do certain things a certain way and don't really know why. Traditions, family or social techniques have been passed

down through the generations and we've accepted them, and incorporated them into our daily lives without question.

There are pros and cons to this concept. One of the pros of carrying on traditions would definitely be the passing down of family values. Our African forefathers taught us respect for our elders, family bonding, good work practices, honesty, and a fear of God, just to name a few.

Some of the cons would be the passing on of domestic violence, poor health habits, chauvinism, racism, hopelessness, drug and alcohol abuse, lack of education, and sexual promiscuity.

Traditions can be a blessing or a curse. It's up to us to decide which. At some point in our adult lives, we have to decide whether a certain tradition is a benefit to us, a problem for us, or just an empty gesture.

We have to learn to release those traditions that hinder us and keep us from growing as an individual and as a race of people. We need to keep those strong family traditions that unite us, nurture us and keep us pressing on.

We need to think about what we do as a people, why we do it, how it makes us grow, and how it will affect the next generation.



### Lowering Cholesterol Less Help To Women - Study

CHICAGO - Lowering total cholesterol levels in otherwise healthy women may not reduce heart disease deaths as it does in men, researchers said on Tuesday.

The finding, from the University of California at San Francisco, was based on data from nine studies involving 86,000 women.

The report, published in this week's Journal of the American Medical Association, said most of what science knows about the effects of lower cholesterol levels comes from studies of men, not women.

The study said the onset of heart disease in women generally lags about 10 years behind that in men.

"There is no evidence from primary prevention trials that cholesterol lowering affects total mortality or coronary heart disease mortality in healthy women, although the available

data are limited," the report said. But for women with high cholesterol levels, it said, there

is evidence that heart disease death rates can drop with decreases in cholesterol levels.

### TRAILBLAZER AWARD!



Mark V. Monteverdi, Public Programs, Philip Morris Companies, Inc., center, accepts the Trailblazer Award from the National Association of Negro Business and Professional Women's Clubs, Inc., during the Club's 60th Annual Convention recently in Detroit. Doris F. Johnson, left, chairperson of the Club's economic development corporation presents the award while Catherine Sykes, retiring Club president, looks on. Monteverdi was chosen for the Trail Blazer award because of his work on behalf of constituent groups, including the production of the popular Philip Morris "Guide to Black Organizations," 1992-'94 and 1995-'97 editions, and for his commitment to the empowerment of African American women.

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