

Women get their greatest satisfaction from being moms

By **DR. VERN BENGSTON**
Thomson News Service

When women are asked what makes them most satisfied with their lives, they are most likely to say it's their children. I think that's important to remember with Mother's Day just around the corner.

We've come a long way from the days when children were supposed to be a woman's only satisfaction. But sometimes I wonder if we've come too far.

Don't get me wrong. I don't think that women should quit working in hospitals, factories or offices and stay at home where some people think they belong. I just worry that a lot of women are getting worn out trying to do everything at once — not only good mothers, good daughters and good wives but also good employees and contributing members of the community.

A California State University study found

that almost 40 percent of the women surveyed pointed to their relationship with their children and their children's accomplishments as the main satisfaction in their lives. Only 10 percent said their greatest satisfaction was work.

Work might not be very satisfying because so many women still toil in low-paying, repetitive, high stress pink-collar jobs. But its low rating could also reflect the high costs of trying to balance the needs of a family with the demands of a full-time job.

As women grow older, the satisfaction gap between children and jobs gets larger. While 17 percent of young women say work is their greatest satisfaction, only 8 percent of middle-aged women say it is and just six percent of older women.

Of course, many older women are retired, but most middle-aged women are in the paid workforce.

In contrast, the number of young, middle-

aged and older women who say their relationship with their children is their greatest satisfaction increases steadily with age. From 11 percent of the young to 33 percent of the middle-aged and 35 percent of older women.

My own mother always worked, back in the days when most moms stayed home. I know it filled a void in her life and that she enjoyed getting dressed and going out into the world, not to mention the money. But she never gave me the feeling that work could hold a candle to her greatest joy and satisfaction — being my mother.

Happy Mother's Day!

Bengston is professor of gerontology and sociology at the University of Southern California. The opinions expressed are the writer's and do not necessarily represent those of The Spectrum. You can write to Bengston in care of Swanbrook at 2315 Willow Road, Milan, MI 48160.

Treatment for depression frees woman from years of sadness

Dear Abby:
I'm responding to the letter from "Anonymous, U.S.A.," the depressed 14-year-old girl.

I have been depressed most of my life. When I was her age, I suffered from feelings of overwhelming sadness, worthlessness and loneliness.

Unfortunately, depression was not recognized as a disease when I was young, so I didn't get proper treatment.

I retreated into drugs — mostly marijuana. It seemed to help me feel better. I realize now that it didn't really help, and it wasn't long before I lost interest in academic and career goals. The most important thing to me was getting high so I could feel "good."

I married a man who told me constantly that I was worthless (I already believed that anyway), and it was seven years before I summoned enough courage to get a divorce. Then my mother died, and I fell even deeper into depression.

Luckily, I realized that I couldn't be a good mother to my children without help, and I sought counseling.

Two years ago, my doctor and counselor diagnosed my problem as clinical depression and prescribed medication. It changed my life. My feelings of worthlessness have been replaced with confidence. I don't cry at the drop of a hat, and I'm finally growing up.

I urge anyone who suffers from persistent sadness or worthlessness to seek help immediately. Relief is available!

— **Been There in Concord**

Dear Ben There:
Thank you for sharing your story, which will, I'm sure, inspire many to seek help in coping with depression. Treatment is available for emotional illness; no one should suffer needlessly. Therapy and medication have changed many lives for the better.

Dear Abby:
The letter in your column from "Angry Neighbor," about the kids who broke a window while playing baseball, reminded me of the time years ago when our boys played baseball in our back yard. One of the children smashed the ball through a picture window belonging to the neighborhood grouch, who refused to

return it until the window was paid for.

There was no way these kids could come up with that kind of money. So they decided to have a bake sale. The mothers baked, the fathers set up tables and stands, the boys sold, and the delighted neighbors bought.

Needless to say, they made more than enough money. They paid for the window, retrieved the baseball and went off to play ball in the field — where they should have been playing in the first place.

— **One of the Mothers**

Dear Mother:
What a wonderful solution. Whoever conceived the idea for a neighborhood bake sale was batting 1,000.

Dear Readers:
Some valuable advice from Letitia Baldrige in her latest book, "A Complete Guide to the New Manners for the '90s":

"Don't put your gift in a box from a fancy store like Tiffany's, hoping the recipient will think it came from there. (The recipient may try to exchange it and discover the deception.)"

Abigail Van Buren is a syndicated columnist. The opinions expressed are the writer's and do not necessarily represent those of The Spectrum.



Abigail Van Buren
Dear Abby

Children need to drink lots of cold beverages during exercise

By The Associated Press

Children participating in exercise should drink plenty of fluids, especially during the warmer months, to prevent dehydration. Because they have more surface area per body mass than adults, children can lose more fluid and increase body temperatures faster than adults.

Drinking before, during and after exercise can help prevent dehydration. It can also maintain electrolyte balance by replacing salts critical to the body's metabolic functions that are lost through sweating.

Not only do exercising children need more fluids, they also need to drink them before they become aware that they are thirsty.

By the time young athletes have become thirsty, they may have lost about 1 percent to 2 percent, or 1 pint of total body fluid, which can result in dehydration. To reduce the risk of this condition, children should drink a cup of chilled water before exercise and 1/2 cup of fluid every 20 minutes during exercise.

Cold beverages are easily absorbed and tend to stimulate

more drinking, rather than quenching thirst.

Contrary to popular belief, there is no documented adverse effect of drinking cold liquids before, during or after exercise.

In most cases, water is sufficient to replenish fluid loss. But children may prefer the taste of sports beverages, and having these beverages available may encourage them to drink more fluids. These drinks often include sodium, potassium and low concentrations of carbohydrates, that the body uses for energy.

In a small percentages of cases, providing extra carboly-

drates decreases the fatigue that occurs when body stores of carbohydrates run low.

Lower concentrations of carbohydrates are believed to be faster and easier for the body to absorb without causing stomach distress during exercise.

Sports beverages do not have monopolies on these benefits. Any chilled fruit juice, diluted one-to-one with water, can provide carbohydrates at concentrations that are low enough to prevent stomach upset.

Sodas are generally not the best choice for fluid replenishment because the carbonation can result in a feeling of fullness that discourages drinking more fluids.

COMMUNITY CALENDAR

To enter items into this calendar, call (801) 674-6254 for information on deadlines and the format.

SATURDAY

CEDAR CITY

■ Alcoholics Anonymous, New Freedom Group, open, 7 p.m., Valley View Medical Center, conference room, 595 S. 75 E., (801) 673-3838.
■ Swim and slide special, 1-4 p.m., Cedar Swimming Pool, 401 W. Harding Ave., (801) 586-2969.

HURRICANE, Utah

■ Buenas Amigas Club bake sale, scholarship fundraiser, 8 a.m., Hurst Ace Hardware (Ben Franklin), parking lot, 489 W. State.

KANAB, Utah

■ Alcoholics Anonymous, Altered Attitudes, open, 8 p.m., Lion's Club, vicinity of race track, (801) 673-3936.

ST. GEORGE

■ Alcoholics Anonymous, High Noon Group, open, noon, and Saturday Night Speakers Group, open, 8 p.m., Alamo Club, 559 N. 1060 East, (801) 673-3936.

■ Alcoholics Anonymous, The Last Resort Group, open, 6:30 p.m., Brightway, 115 W. 1470 South, (801) 673-3936.

■ Dog's Day Out, by Southern Utah Dog Sports (SUDS), games and contests, fund raiser, well behaved dogs on leashes only, 11 a.m., St. George City Park, end of 900 South, \$25 per game, (801) 574-3712 or (801) 622-4854.

■ Narcotics anonymous, 6 p.m., Ende Homes, downtown, 216 W. St. George Blvd.
■ Storytime, by Bret Sevy, 3-4 p.m., Washington County Library, St. George Branch, 50 S. Main, (801) 634-5737.

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Il Duce's Alfa

AP photo

Simon Kidston of Coys Auctioneers inspects the 1935 Alfa Romeo 6C 2300 sports car which originally belonged to Italian dictator Benito Mussolini, at Chiswick House in London. The auction estimate for the vehicle, which went on sale Thursday, is between 120,000 to 150,000 pounds (\$190,000 to \$240,000).

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Il Duce's Alfa



AP photo

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