

Superwoman!!!

By Mary Myers

Are you a Superwoman? The melody “I’m A Woman” goes through my mind as I reflect on this topic. *I can fry up the bacon, bring it home in a pan.....*

The Superwoman wears the badge proudly as she does it all. You name it and she can do it. There is nothing she can’t do or won’t try to do. The superwoman takes care of everyone! This is a short list in the day of one superwoman. Her day begins at 4:00 A.M when she rises to exercise for one hour, daily. She prepares breakfast for her family, which includes favorites for every member of the family most days. She prepares lunches and school clothes for the children. Her husband’s clothes are nicely laid out. Superwoman wakes and supervises her family as they prepare for their day. Superwoman monitors the preparation time of each family member ensuring that the girls’ hair is done and everyone is dressed and eating breakfast within twenty minutes or less. Superwoman makes sure the dog has been walked and fed. (The dog is her daily walking partner.)

Superwoman has prepped dinner by marinating chicken overnight in the refrigerator; the greens have been washed three times, stemmed, chopped and ready to be cooked upon arrival from work. The brown rice will be easy to add as a side to the dinner along with a side salad. Dessert will be simple, healthy and quick, sliced strawberries with a dollop of cool whip. The superwoman is planning for the next thing. She is always five steps ahead. Everyone is off

to school and work. Superwoman walks with her children as well as the neighbors' children to school. Superwoman returns home to tidy the house, wash and dry a load of clothes, pay some bills and do a little gardening before she prepares herself for work.

This superwoman is going to weekend night school, taking care of the needs of her parents who live across town, and she is the organizer of the monthly neighborhood community socials and meetings. She is a recognized top performer at work. This superwoman is the go-to-person on the job. She makes herself available to everyone. She operates on four hours of sleep five out of seven days a week. She attends every PTA meeting for each of her children. She runs errands for her elderly neighbors.

Most days she looks good and feels great! Then there are those days when she is feeling under the weather and needs some TLC. Nevertheless, this superwoman can't allow anyone to take over a task. With all she has, she perseveres.

Seriously, there are all types of Superwomen! How super is she when she forgets to fully include taking good care of herself?

Are you a Superwoman? Why not let others share in the daily load? It is alright...*to let others share the load.*