



Charley Dannelly  
.....Third vice president



Ron Leeper  
.....Past president

## Black Elected Officials Elect Officers, Directors

Winston-Salem Alderman Larry W. Womble has been elected President of the North Carolina Black Elected Municipal Officials.

Election of officers and directors took place November 11 in Raleigh when the North Carolina Black Elected Municipal Officials met during the 1988 Annual Convention of the North Carolina League of Municipalities.

The organization deals with issues of interest to local black elected officials.

Other 1988-89 officers of the North Carolina Black Elected Municipal Officials are as follows: First Vice President, Councilwoman Helen P. Gay, Rocky Mount; Second Vice President, Councilman Nathaniel

Sanders, Clayton; Third Vice President, Councilman Charles Dannelly, Charlotte; and Past President, Councilman Ron Leeper, Charlotte.

Directors of the organization include the following: Commissioner Fletcher Lassiter, Winston; Commissioner W. C. Horton, Morehead City; Mayor Edith Greene, Bolton; Alderman W. C. Dortch, Kinston; Commissioner Theodore Bynum, Pinetops; Councilmember William "Bill" Thorpe, Chapel Hill; Councilman Emanuel Douglass, Southern Pines; Councilman James Watkins, Rockingham; Councilman Earl H. Jones, Greensboro; Councilman Larkin Horton, Lenoir; Alderman George Reid Jr., Newton; and Commissioner Sam Mills, Hendersonville.

## PO Accepting Applications

The United States Postal Service in Charlotte, announces that applications will be accepted December 2-6, and examinations will be given later to establish a register of eligibles from which future Distribution Clerk, Machine positions will be filled. The starting salary is \$9.84 per hour.

No experience is required. All applicants will be required to take a written examination designed to test the abilities required to perform the duties of the position, and must pass a vision and manual dexterity test, plus a physical examination, before appointment. Applicants must have reached their 18th birthday on the date of filing, or be age 18 and a high school graduate. Applicants will receive consideration for employment without regard to race, religion, color, national origin, sex, political affiliations, or any other nonmerit factor.

Individuals in this position are required to operate a machine which sorts and distributes letters. They must read address ZIP Codes and key codes using a special purpose keyboard, at a maximum rate of 80 addresses per minute and maintain an average keying accuracy of 98 percent, plus perform other allied duties.

Applications will be accepted from 8 a.m., December 2, through 5 p.m., December 6, at the General Mail Facility, 2901 I-85 South, Charlotte, NC 28226 (Mulberry Church Rd. - Billy Graham Pkwy. Exit).

# Wendy Syndrome Defined As "Learned Behavior"

By Loretta Manno  
Post Managing Editor

One perfume commercial airing on television spotlights a young, attractive woman who proudly sings, "I can bring home the bacon, fry it up in the pan and never, never let him forget he's a man."

Perhaps this woman does do all of that. But does she also try to be "everything" to those people she loves most to the point of neglecting her own needs and desires.

If she does, that woman could very well be a victim of the Wendy Syndrome. Quite simply the Wendy Syndrome is defined as learned behavior in which women take care of other people to the extent of doing their thinking for them or to the point of telling them how to feel and what to do. That definition came from Carole Ricks, a family and marriage therapist. Adding to her definition, Fran Saxon of WomanReach remarked, "The woman who suffers from the Wendy Dilemma, takes charge of other people's well being to the extent of denying herself."

This behavior, according to both professionals, is imbedded in women as far back as their girlhood. "Women have long been taught that if you take care of others then you're responsible, good and caring," stressed Mrs. Ricks.

Neither Mrs. Ricks nor Mrs. Saxon were denouncing any feelings of nurturing. On the contrary, they stressed that there is an appropriateness of having the Wendy Syndrome. Mrs. Saxon cited this example: "When a child is in his or her earliest stages of development, the tendency to nurture and to take care of this infant is definitely in order." Mrs. Ricks agreed, commenting, "It's only when that type of behavior is excessive or inappropriate that it becomes dysfunctional. When the woman finds herself doing things for those she loves that they could very well do for themselves, then she has a problem."

More devastating than the Wendy dilemma itself is the general consensus between Mrs. Saxon and Mrs. Ricks that the black woman has been more affected by the Wendy Dilemma throughout history than white women.

"The black woman has been taught to take care of her children, other people's children, her household and other households. For the black culture to survive the effects of slavery the black woman has had to be the one to do the



Mrs. Carole B. Ricks  
.....Social worker

In Mrs. Ricks and Mrs. Saxon's opinion, once a woman has reached this stage she then has to wrestle with her fear of changing. "If her fear of changing is greater than her fear of not changing, she may well be content to put up with the discomfort of the Wendy Dilemma."

For the woman who decides it's best to put up with being a Wendy, much has been lost, not just for her, but also for those whom she has selected to be everything to. "On one hand she has denied her own human potential, while on the other hand she has robbed the people in her life the chance to grow and make their own mistakes and successes."

What can the woman do who decides she no longer wants to be a victim of this "learned behavior?" Perhaps her first step would be to

seek out other women who have experienced the Wendy Dilemma as well. Mrs. Ricks suggests that it is a good idea that women take a look at men and learn from them. She said that men have always known how to take care of themselves and to delegate responsibility.

In an age of human rights, the Wendy Dilemma has been thrust into the forefront of the American society. However, according to Mrs. Ricks and Mrs. Saxon, the messages that are being transmitted from the media to the general public only seek to reinforce the Wendy Dilemma. "The commercials are the main culprits for this. They make the woman feel like it's her fault that the man has ring around the collar," surmised Mrs. Ricks. Messages like those keep the Wendy Dilemma alive and well.

healing," reminded Mrs. Saxon. Once again interjecting the appropriateness of the Wendy dilemma, Mrs. Ricks stated that in that period of history, the type of caring and nurturing displayed was necessary, while in the present it may be viewed as excessive.

Recognizing what the Wendy dilemma is one step, but realizing that those traits of excessive caring lie within a woman is a major milestone. Mrs. Saxon, who freely admitted that she was a victim of the Wendy Dilemma, stated that it took her having a nervous breakdown before she realized she needed help. "I was the mother of eight children and for a long time I felt that I had to be everything to everybody." For some women, realizing that they may be the victims of the Wendy Syndrome may mean simply acknowledging that the way things have been operating are not working anymore.

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