



**THE 21ST ANNUAL EBONY FASHION FAIR:
"BACK TO GLAMOR"**

Sunday March 25th at 7:00 p.m. at the Alladin Hotel in the Imperial Ballroom: This famed traveling Fashion Show is produced by *Ebony Magazine* in Chicago and is sponsored here by Gamma Phi Delta Sorority, Alpha Rho Chapter. The show here will benefit the local chapter NAACP. Mrs. Eunice W. Johnson, Producer and Director of the show, personally selected fashions from the exciting American and European collections of such famed designers as Halston, Anne Klein, Koos Van Den Akker, Mary McFadden, Richard Assatly, James Daugherty, Stephen Burrows, Jeffrey Banks, Cernuti, Castlebajac, Givency, Enzo Ruso, Antionelli and Lanvin. Mrs. Verlia Grice Davis, General Cahirman of the benefit performance indicates ticket sales are going exceptionally well and expects an even larger attendance than last year.

\$15.00 per person. For tickets call 648-2880, 648-8530 or 648-4444 or any member.

Good News Dept.

The Benefits Of Drink

"Here's to your health" as a drinking toast may be more than just good cheer now that various studies show benefit in moderate drinking.

Three drinks or fewer per day may reduce the risk of heart attacks and seem to lessen symptoms of exhaustion and discomfort.

This was one of the findings that were part of a comprehensive overview recently published by Dr. William J. Darby, professor of bio-chemistry at Vanderbilt University where he established the Division of Nutrition in the Vanderbilt University School of Medicine.

For purposes of comparison, a drink is shown to be the amount of any beverage that contains approximately 12 milliliters of alcohol: a one-ounce jigger of 80-proof spirits, a 3 1/2-ounce glass of table wine, a 12-ounce glass of light beer or a 10-ounce glass of ordinary American beer.

A recent study of the Kaiser-Permanente Medical Center in Oakland, Calif., observed that 464 patients who had been hospitalized with a first heart attack included an unusually large proportion of teetotalers. Going on to evaluate the



Beneficial effects associated with drinking in moderation are increasingly being established through scientific research.

medical histories of 120,000 patients, researchers found that moderate alcohol users were 30 percent less likely to have heart attacks than nondrinking patients or high-risk people who suffer from diabetes, hypertension, obesity or high serum cholesterol.

Another analysis of 84,000 men and women showed those taking two or fewer drinks per day had similar or slightly lower blood pressure, than teetotalers or persons who take more than three drinks a day.

Although the dangers of too much drink are well known to almost everyone, it seems that for those who can handle it, a relaxed moment with a pre-dinner drink might have a beneficial effect.



**PHI DELTA KAPPA SORORITY, INC.
HOSTS REGIONAL AWARDS LUNCHEON**

The National Sorority of Phi Delta Kappa, Gamma Sigma Chapter is all set to host the Fourteenth Far Western Regional Conference. The theme of the conference is "Strengthening Today's Youth For Tomorrow's Challenge."

The public luncheon will be held on Saturday, March 24, 1979 at 12:00 noon in the Sapphire Room. Speaker and Regional Citation winner is Dr. Claude Perkins, Superintendent of Clark County School District. Local Award recipient will be Mrs. Mabel Hoggard Honorary Member of Gamma Sigma Chapter.

During the luncheon their will be a fashion show, musical entertainment, and many other surprises. The public is invited and tickets may be purchased from any member or at the door.

Pictured above is Mrs. Shirley Barber-Basileus of Gamma Sigma Chapter. Not pictured are Mrs. Grace McGlothen-Regional Chairperson, and Mrs. Jessica Perkins-Luncheon Chairperson.

YOUR LIFE INSURANCE

Prepared by the American Society of Chartered Life Underwriters, the national society of life insurance professionals who have earned the CLU designation by meeting high educational, ethical and experience requirements.

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SARANN TO BE FETED MARCH 29

Sarann Knight, front running candidate for City Commission, District 3, shown here as she gives an appreciative ear and an appreciative eye to the goings on at Sunday's fund-raiser for her, is especially pleased at the enthusiasm of supporters who plan a rousing rally to celebrate the filing of Sarann's candidacy March 29.

The Campaign Committee extends a cordial welcome to the public to join Sarann at the Moulin Rouge's "Cafe Rouge" Thursday evening (March 29) at 5:00 P.M. There will be great entertainment, music and all the goodies that should mark such a special occasion.

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