

FOR THE LADIES...

"SEPIA FASHION REVUE" PRESENTS "GOING FOR THE GLITZ"

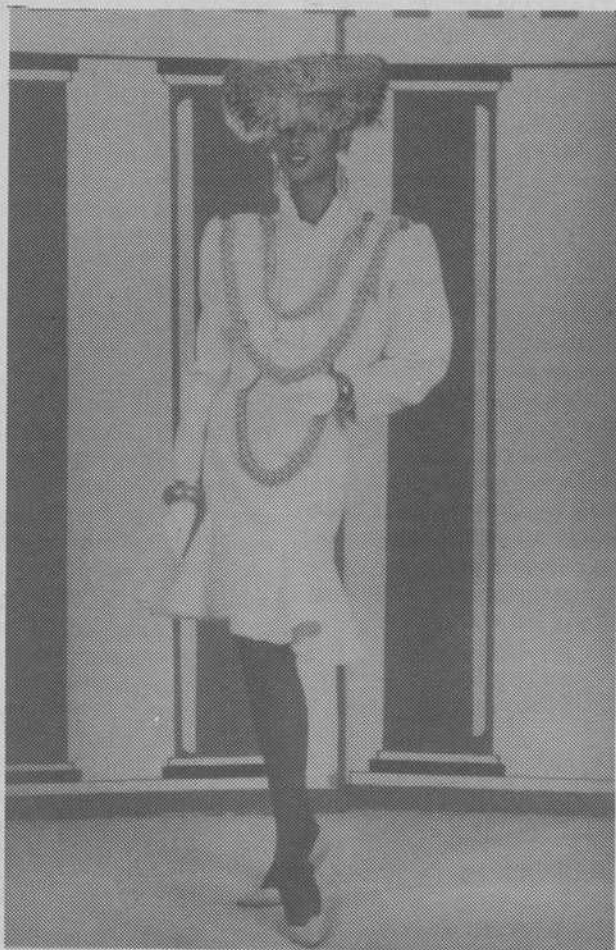
"Sepia Fashion Revue," featuring the Vogue-Esquire Models of Chicago, will be presented Sat., December 3, 1988 at the Sands Hotel. Delta Sigma Theta Sorority, Inc. is sponsoring this fashion show for the benefit of Delta scholars.

During this, the 30th anniversary Celebration of the Sepia Fashion Revue, they will be saluting groups and sponsors whom they have served over 10, 20, and 30 years. "Sepia Fashion Revue" will be saluting Alpha Kappa Alpha Sorority of Little Rock, Arkansas, who was the first sponsor nearly 30 years ago.

"Sepia Fashion Revue" is an exciting traveling fashion show, featuring elegant fashions by leading American and European designers, as well as young aspiring Black designers.

The Vogue-Esquire Models of Chicago will celebrate 30 years this Fall in the fashion arena, and have assisted many worthy sponsoring organizations in raising many thousands of dollars for local favorite charities. Their 1988 Fall tour will take them to some 70-odd cities and they are going for the "Glitz" this year with the most exciting and outstanding fashions ever assembled for a show.

The 1988 presentation of "Sepia Fashion Revue" will reflect the current mood of American and European designers. Short looks continue to hold the spotlight, with



A TWO-PIECE WOOL AND SILK ottoman short crop jacket suit. The jacket is layered over a high waisted fluted-bottom skirt. Suite is accented in gold silk braiding. Matching silk blouse and lynx fur hat make this ensemble a standout.

From the private collection of Fannie's

more legs than ever being shown. Sophisticated suits in wools, silk and suede will be featured. Rich earth tones and many beautiful hues will be the order of showing in this year's production. Body clingers in

cashmere, along with glitter, gold and sequins will be featured for late day and evening.

Don't miss the 1988 "Sepia Fashion Revue."

For tickets and further information call 646-7575.

Women In Communications Sponsor Benefit Auction

Orel Hershiser, Dodger and Rebel fans can bid Dec. 2 and perhaps own autographed memorabilia during a benefit auction.

Sports items from the Dodgers, Raiders, Stars and Rebels will be included in the live and silent auctions, sponsored by Las Vegas Women in Communications.

Along with other Dodger collectables, Hershiser, the 1988 Cy Young Award winner, has autographed and donated for auction a jersey, hat, baseball and photograph. Tark's towel — autographed — and a signed UNLV basketball will also be up for bid.

Also to be auctioned are airfare and game tickets for two to the Dec. 18 Phoenix Cardinals/Green Bay Packers game in Phoenix; a package of golf lessons, games and balls; PGA golfer signed poster; Ski Lee lift tickets, overnight at Mt. Charleston

Inn and a ski boot warmer; a Centel Cellular phone; other trips and gifts.

The event begins at 5:30 p.m. at Celebrations, Karen at Maryland Parkway. Advance tickets are available for \$15 or at the door for \$15. Auction proceeds benefit Community Action Against Rape.



CELEBRATE THE HOLIDAYS WITH GOODWILL!

At the Goodwill Store stands a very bare and lonely Christmas tree, just waiting for friends and customers to trim. You can give it life and help Goodwill Industries of Southern Nevada celebrate the holidays by placing an ornament on our tree and signing our holiday book. Come to the store and see our Christmas tree fill up with memories for years to come. This is Goodwill Industries' second holiday at its new location and Goodwill wants to share it with you.

Our tree is in our store at 3060 East Fremont, located between Oakey and Mohave, and you are welcome to come from 8 a.m. to 9 p.m. Monday through Saturday; and 9:30 a.m. to 6:00 p.m. on Sundays. For free pick-up of donations or for further information, call 641-7225.

Trim a tree and be a part of Goodwill Industries' holiday season.

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Help Your Heart

American Heart Association

Healthy Eating for Happy Holidays

To many Americans, the holiday season means family feasts and celebrating with good friends. But overindulgence at Thanksgiving, Hanukkah and Christmas often leads to a New Year's resolution to lose weight.



This year, resolve to maintain a healthy lifestyle and still enjoy the festivities. It's easier than it sounds.

For example, the traditional centerpiece of most holiday tables is a plump, roasted turkey — an excellent low-calorie, low-fat main course. There are only 163 calories in a three-ounce serving of white meat without the skin. But use good judgement

when buying the bird. Some self-basting turkeys are injected with oil high in saturated fat and sodium. Choose a plain frozen turkey instead, or check the labels for a self-basting brand that uses unsaturated vegetable oils.

Turkey isn't the only admissible entrée. For those who prefer something a little different, Cornish hens might be the answer. Wild duck and pheasant are acceptably lean, as are partridge, quail and other small birds. Venison is very lean, and rabbit, with a flavor somewhat like chicken, has only a fraction of chicken's fat. But avoid commercially-raised game animals which have a higher fat content than their cousins from forest and field. The American Heart Association Cookbook has several tasty game recipes.

Try not to offset the heart-healthiness of the main course by going overboard on the trimmings. Learn to make a low-fat gravy, and reject that extra helping of dressing. Vegetables are practically fat-free and low in calories, so don't be bashful about asking for seconds. But the

calorie-conscious should know that butter and cream sauces add unnecessary fat and cholesterol. Flavor with garlic, onion, lemon juice, herbs or spices instead.

The meal ends with good news: there's no reason to skip dessert. Simply use a few tricks to make cookies, cakes and pies that taste great, but have less fat and cholesterol. For example, substitute evaporated skim milk for evaporated milk, use two egg whites instead of one whole egg (2 egg whites + 1 tsp. vegetable oil = 1 whole egg), and choose low-fat toppings over whipped cream. And don't forget that a simple bowl of mixed fruit is a natural way to satisfy the sweet tooth.

Even if major holiday meals are under control, there is great temptation to nibble at office parties, neighborhood gatherings and family reunions. A smart snacker avoids baked goods and highly salted nuts and chips in favor of raw vegetables or fruit treats. Party-goers who just can't resist should get involved in a stimulating conversation as far from the food as possible.