

FOR THE LADIES

GENERAL COLIN L. POWELL RECEIVES PRESTIGIOUS AWARD FROM SAN FERNANDO VALLEY LINKS

LOS ANGELES, CA - The San Fernando Valley Chapter of The Links, Inc., one of the leading African American women's organizations in the State of California and the nation, recently presented its **Don Newcombe Humanitarian Award** to General Colin L. Powell, Chairman of the Joint Chiefs of Staff, at the Universal City Hilton and Towers in University City, California.

A throng of well wishers, including Congressman Julian Dixon, gathered to give recognition to the tremendous contributions of General Powell for his exemplary efforts and accomplishments which have been of great value to our country. It was a particularly proud moment as Vivian Arterbery, president of the SFV Links, eloquently spoke of General Powell's impact as a role model for the community at large, and his concern for others. Arterbery stated, "We are honored to pay tribute to General Powell because his stature and achievements which are a positive end result of hard work, patience and self-sacrifice."

General Powell was born in New York City where he graduated from the City College of New York in 1958, and was commissioned a Second Lieu-

tenant in the regular Army through the Reserve Officer Training Corps Program. In 1971, he earned a Master of Business Administration degree from George Washington University. In 1972, General Powell was selected to be a White House Fellow, and served his fellowship year as Special Assistant to the Deputy Director of the Office of the President.

As he continued to serve his country, he received military awards and decorations, some of which include the Defense Distinguished Service Medal

with two Oak Leaf Clusters, the Distinguished Service Medal, the Bronze Star Medal and the Purple Heart.

President George Bush appointed General Powell the twelfth Chairman of the Joint Chiefs of Staff, Department of Defense, on October 1, 1989. In this capacity, he serves as the principal military advisory to the President, the Secretary of Defense, and the National Security Council.

General Powell is married to the former Alma Vivian Johnson, and they have three children.



(LOS ANGELES, CA) - Honoree General Colin L. Powell is flanked by Marian Sutherland, national president of the Links organization, (left), and Vivian Arterbery, president of the San Fernando Valley Links (right), during the Top Hat Award gala.

Kabobs with a Tropical Flair



Juicy pineapple and moist fish are delicious in the Oriental-style marinade for Island Fish Kabobs.

ISLAND FISH KABOBS

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| 1 can (20 oz.) Dole Pineapple Chunks | 1 tablespoon sesame oil |
| 1 lb. sea bass, halibut or swordfish steaks, cut in 24 cubes | 1 tablespoon honey |
| 1 Dole Red Bell Pepper, seeded, cut in 24 cubes | 1 tablespoon grated fresh ginger |
| 8 (10-in.) skewers | 2 medium cloves garlic, pressed |
| 2 tablespoons soy sauce | ¼ teaspoon Chinese five spice |
| | 2 tablespoons water |
| | 2 tablespoons cornstarch |

• Drain pineapple, reserve juice. Alternately thread pineapple, fish and red pepper on skewers. Place in 13 x 9-inch glass dish.

• For marinade, combine reserved pineapple juice, soy sauce, sesame oil, honey, ginger, garlic and five spice. Pour marinade over skewers. Cover, marinate in refrigerator 4 hours or overnight.

• Remove skewers from dish; place on broiler. Broil 4 to 6 inches from heat 8 to 10 minutes, turning once.

• To make sauce, pour marinade into saucepan. Blend water and cornstarch; add to marinade. Cook over medium heat, stirring, until thickened. Serve sauce over kabobs. Serve with rice, if desired.

• Serves 4.

Per serving: 296 calories, 28 g protein, 7 g fat (1 g sat.), 32 g carbohydrate, 615 mg sodium, 60 mg cholesterol.

Prep time: 15 minutes Marinate: 4 hrs. Cook time: 10 minutes

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593-4839 FOR INFORMATION
OR APPOINTMENT

LV WOMEN ARE INVITED TO JOIN "GIRLS DAY"

Las Vegas women will have a unique opportunity to make a young girl happy during the Boys & Girls Clubs of Las Vegas annual "Girls Day," set for Saturday, May 16, from 11 a.m. to 2 p.m. at the Lied Memorial Boys & Girls Club.

Girls Day provides an afternoon of fun, games, prizes and special role models for about 150 young girl club members from single-parent or disadvantaged homes. The girls will team up with women from the community who, with their young counterparts, play games like "balloon bust," and enjoy lunch and special entertainment.

The cost for individual women to participate is \$30, and more are needed. The Lied Memorial Boys & Girls Club is located at 2850 S. Lindell Road (off West Sahara.) All proceeds from Girls Day go directly to Boys & Girls Clubs of Las Vegas youth programs, serving 7,000 Las Vegas youngsters yearly. For more information or to register, call 367-2582.

TECHNIQUES FOR APPLYING MAKE-UP, BASIC SKIN CARE, AND COLOR ANALYSIS

Laurie Clemens, local beauty consultant, demonstrates techniques for applying make-up, basic skin care, and color analysis, during a two hour workshop, 10 a.m. Saturday, May 9 at the Baker Park Community School, 1100 E. St. Louis Ave. Clemens also presents a workshop on pedicures at 10 a.m., Saturday, May 16 at the Community School. Both seminars are designed for those 16 and older. The cost is \$9 per workshop, plus a \$5 supply fee. Pre-registration is required for both workshops. These programs are sponsored by the City of Las Vegas. Call 733-6599.