

FOR THE LADIES

ESSENCE COMM., INC., CELEBRATES WOMEN IN NATIONAL POLITICS

New York, NY— On Wednesday, July 15, Essence Communications, Inc., hosted a luncheon to celebrate Women in National Politics. Carol Moseley Braun, Cook County Recorder of Deeds and candidate for the U.S. Senate from the state of Illinois, provided the keynote speech, "Perserving Our Families," to the luncheon's guests.

The event, hosted by The Honorable Sharon Pratt Kelly, Mayor of Washington, D.C., and chaired by The Honorable Clarence Norman, Jr., Chairman of the Brooklyn Democratic Organization, was held at the New York Hilton Hotel.

Among the guests who attended the luncheon were The Honorable David N. Dinkins, Mayor of New York City; Con-



(L to R) Susan L. Taylor, Editor-in-Chief, Essence Magazine; Clarence Norman, Jr., Chairman of the Brooklyn Democratic Organization; Carol Moseley Braun, Candidate for the U.S. Senate, Illinois; Elaine Williams, Vice President and Director of Human Resources, Essence Communications, Inc.

gresswoman Eleanor Holmes Norton; Barbara Boxer, senatorial candidate from California; Diane Watson, Senator from California; and Ms. Gloria Steinem.

Susan L. Taylor, Editor-in-Chief of ESSENCE Magazine,

said, "Essence Communications, Inc., was honored to host this special luncheon, which celebrates women in national politics for their concern for basic human rights and their strong dedication to the welfare of American families."

NANCY REAGAN FOUNDATION AWARDS DRUG ABUSE GRANT TO ZETA PHI BETA SORORITY

Washington, D.C.- Zeta Phi Beta Sorority, Inc. has been awarded a \$34,000 grant from the Nancy Reagan Foundation to expand the sorority's program to prevent drugs and alcohol abuse in the college-age adult population.

According to Dr. Eunice S.

Thomas, National President of Zeta Phi Beta Sorority, "The grant from the Nancy Reagan Foundation will allow our collegiate chapters to expand their direct work and educational outreach to help college students make the right choice in staying away from drug and alcohol abuse.

We are so pleased that the Nancy Reagan Foundation found our nationwide drug and alcohol abuse project worthy of its support." The ongoing Zeta project includes a series of campus workshops for students on how they can avoid the dangers and social and health repercussions of drug and alcohol abuse.

Former First Lady Nancy Reagan created the Nancy Reagan Foundation after leaving the White House in January of 1989 to continue her decade-long campaign against youth alcohol and other drug use. She has remained active in the fight, speaking to school groups, visiting programs, corresponding with children and, through the Foundation, awarding grants.

To date, the Foundation has awarded over \$3.2 million to drug education, prevention and treatment programs nationwide. Mrs. Reagan continues to serve as the National Honorary Chairwoman of "Just Say No" International. In 1991, Zeta Phi Beta received a \$191,000 grant from the U.S. Department of Education for a national program aimed at preventing drug and alcohol abuse in the college-age adult population. Zeta Phi Beta is a public service organization with a membership of more than 90,000 college-trained African American women with chapters in cities throughout 39 states, the District of Columbia, the Virgin and Bahama Islands, Germany and West Africa.

Celebrate Summer

With Grape And Spinach Salad

Picnics, barbecues, softball games and beaches — summer means the fun and the food go out of doors.

Busy summer days leave little time to make dishes for cookouts and team picnics. Salads are a sure-bet, easy to prepare for and around summer activities.

Grape and Spinach Salad is a quick entree or side dish for outdoor meals. Grapes, spinach, apples, peanuts and sesame seeds with just a dash of hot pepper sauce combine to make a zesty satisfying salad.

Grapes are the perfect portable food for summer. Pack them as is, or freeze them for two hours or more, and enjoy clusters of frozen California table grapes for a tempting, low-calorie dessert sure to beat the summer heat — anywhere you go!

Grape and Spinach Salad

- 1 pound spinach
- 1 cup California seedless grapes
- 1 apple, cored and diced
- 1/3 cup dry roasted peanuts
- 2 tablespoons chopped green onions
- 1 tablespoon toasted sesame seeds
- Chutney Dressing*



Tear spinach into bite-sized pieces. Toss with grapes, apples, peanuts, green onions and sesame seeds. Toss with Chutney Dressing to coat well. Makes 6 servings.

Chutney Dressing: Combine 2 tablespoons vegetable oil, 2 tablespoons white wine vinegar, 1 tablespoon chopped chutney, 1/4 teaspoon each curry powder, salt, ground mustard and dash bottled hot pepper sauce; mix well. Makes about 1/3 cup.

*Favorite oil and vinegar dressing may be used.

For more salad ideas with grapes, send a self-addressed, stamped, business-sized envelope to the California Table Grape Commission, Dept. M—Salads, P.O. Box 5498, Fresno, CA 93755.

SUMMER FUN WITH ANIMATED FISH MUGS & COOL ITALIAN SODA

(DM)—The trend today is towards casual entertaining that focuses on the family. After the recent recession, Americans are reluctant to spend money and time away from home. Part of this trend includes non-alcoholic beverages compatible with family and good health. Everyone, from kids to grandparents will enjoy mixing their own Italian sodas from a beverage bar featuring pure fruit and nut syrups.

Build your basic Italian soda bar with a selection of bottled syrups at most specialty or gourmet food stores, sparkling water and a bucket of ice. Supply a pitcher of an exotic fruit juice or two. Have milk or ice cream handy for guests who prefer cream sodas.

Serve these refreshing Italian fruit sodas in Lechters floating fish tumblers. The colorful fish "swim" around the tumbler in a sparkling swirl of glitter.

In addition to being fanciful, the animated floating-fish party set is practical because it's made of durable plastic, able to go anywhere, from patio to pool-side, from the kitchen to the beach.

So reel in the summer fun with Lechters Housewares affordable "catch" of frolicking fish party ware and plenty of cool Italian soda.

Basic Italian Soda
Pour sparkling water over crushed ice. Add Italian syrup flavoring of your choice: 1/2 ounce of syrup flavor for an 8-ounce tumbler; OR: 1 1/2 ounces of syrup flavor for a 22-ounce glass. Stir gently.

Italian Cream Soda
Pour sparkling water over ice until glass is 2/3 full. Add 1/2 ounce of Italian syrup flavor for an 8-ounce tumbler; OR: 1 1/2 ounces of Italian syrup flavor for a 22-ounce glass. Drizzle milk or half and half over top to taste. Do not stir.



Italian Fruit Soda
Fill glass half full with ice. Pour in choice of a natural, exotic fruit juice such as papaya, pineapple, or passion fruit. Add sparkling water to taste. Drizzle between 1/2 to 1 ounce grenadine or raspberry Italian syrup over top.

Frappe
Fill blender half full with cracked ice. You may add fresh fruit slices such as peach or half a banana. Pour an exotic fruit juice such as papaya, pineapple, mango or passion fruit over the ice until blender is 2/3 full. Add 3 ounces syrup such as raspberry, kiwi, mango or passion fruit. Blend until smooth. You may blend in half and half or a scoop of vanilla ice cream to taste.

Peach Melba Float
Place a scoop or two of vanilla ice cream or frozen yogurt in the bottom of a glass. Pour over top 3/4 ounce Italian peach syrup and 1/4 ounce Italian raspberry syrup. Slowly pour in sparkling water or milk to fill the glass.

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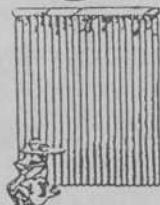
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SELF-DEFENSE CLASS FOR WOMEN

A self-defense class for women will be offered this fall at the Stewart/Mojave Sports Center, 275 N. Mojave Rd. The six-week course begins September 14 and continues each Monday and Wednesday thereafter at 6:30 pm. The cost is \$36, with registration continuing through the first day of class.

The course is designed for women age 13 and older, and sponsored by the City of Las Vegas. Call 229-6563.