

FOR THE LADIES

NEW SPORTS COMFORT

More women may now enjoy the health and relaxation benefits of exercise, thanks to major strides made by sports support designers.

Fitness experts agree that larger-breasted women need sports bras that not only fit but that provide the right amount of support for the particular activity.

Proper fit and support will result in more comfortable exercise and help prevent the tissue damage that can result from "breast bounce" during work-outs or sports.

"Nearly half of active women 25-49 years old are now in that larger-breasted category, taking at least a full C-cup," according to Hinda Miller who, with Lisa Lindahl, invented the world's first sports bra in 1978 and founded their company, Jogbra Sports Bras. "These women just have not been able to find functional, comfortable sports bras in their size, if in fact they can find any sports bra at all."

"The solution was not just to make larger bras," said Lisa Lindahl. "We needed to engineer bras that would truly control breast motion and feel comfortable. All our bras are biomechanically tested to accurately measure breast bounce control, rated for specific sports and they're consumer tested to ensure the right fit and comfort."

Now the two pioneers in sports bra design have announced a new breakthrough for larger-breasted



Larger-breasted women need extra breast support during exercise. This "Sportshape sport top" is new from Jogbra Sports Bras.

active women, a line of specially engineered bras called the Sportshape™ Collection. These bras feature the Sportshape™ sport top, a unique, innerwear/outerwear sport top that has a fully constructed inner sports bra, and some special features like quick-adjust velcro straps and adjustable covered back closure. But most important, it is available in eight sizes to fit a 32 Full C to a 44 DD.

Other styles include the molded Sportshape II, worn under clothing for a smooth, seamless appearance and the Sportshape Classic with "baseball cup" stitching for maximum support.

Jogbra Sports Bras, including the new Sportshape Collection, are found at sporting goods stores everywhere.

BERTHA MAXWELL-RODDEY ELECTED DELTA SIGMA THETA PRESIDENT AT NATIONAL CONVENTION

Washington, D.C.—During the 41st national convention of Delta Sigma Theta Sorority held in July in Baltimore, Bertha Maxwell-Roddey, Ph.D. was elected as the Sorority's 20th

national president. The election of Dr. Maxwell-Roddey marks the first time in the history of the 79 year-old public service organization that a delta member residing in the Sorority's South Atlantic Region (North Carolina, South Carolina and Virginia) has been elected as a national president. Dr. Maxwell-Roddey maintains dual residency in Charlotte, N.C. and Catawba, S.C.

Upon her installation as national president of Delta Sigma Theta, a 175,000 member So-

rority of college educated women with over 850 chapters in the United States and abroad, Dr. Maxwell-Roddey stated: "Delta has been, is now, and will continue to be a major factor in the spiritual, intellectual and cultural life of African-American women throughout the Diaspora....I offer my service to provide leadership and management skills which will allow Delta to continue as one of the leading volunteer organizations in this nation."

Dr. Maxwell-Roddey succeeds Alabama legislator Yvonne Kennedy who served as Delta president from 1988-1992. Prior to being elected as Delta's chief executive officer, Dr. Maxwell-Roddey served on the Sorority's executive board as national first vice president from 1988-1992. Her executive board experience with Delta also included serving two terms as director of the South Atlantic Region (1982-86) and as a chair

of the national heritage and archives committee (1979-82).

Dr. Maxwell-Roddey is presently employed as an adjunct professor at the University of South Carolina (Lancaster) where she teaches a course in Afro-American Studies and a second course entitled "The School and the Community." She is also an adjunct professor at Queens College in Charlotte, N.C. where she teaches Afro-

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Say Yes To Cheesecake

Everyone loves cheesecake. It's easy to make and delicious. By making just a few ingredient substitutions, cheesecake also can be part of a lower fat way of cooking.

Cream cheese and whole eggs are the primary contributors of fat, cholesterol and calories. *Lemon Poppy Seed Cheesecake* does away with both the regular cream cheese and whole eggs, replacing them with a combination of plain nonfat yogurt and



neufchatel cheese and egg whites. Using low-fat and nonfat dairy products is one of the easiest ways to trim fat and calories from dessert recipes.

The crust needs a makeover, too. In place of the traditional graham cracker crust made with butter, wheat germ is combined with just enough melted margarine to hold it together. Crisp-textured and delicious, it adds an appealing nutty flavor to the cheesecake.

Other dessert recipes can benefit from the addition of wheat germ, too. You can substitute Kretschmer wheat germ for one-half cup of the flour in favorite cake, cookie and brownie recipes. Both flavors — original toasted and honey crunch — contain eight essential vitamins and minerals in addition to dietary fiber. So go ahead and indulge — and feel good about it!

Lemon Poppy Seed Cheesecake

- | | |
|---|---|
| 1 cup Kretschmer wheat germ, any flavor | One (8 oz.) pkg. neufchatel cheese (light cream cheese) |
| 2 tablespoons sugar | 3/4 cup sugar |
| 2 tablespoons margarine, melted | 2 egg whites |
| 1 tablespoon grated lemon peel | 2 tablespoons poppy seeds |
| One (16 oz.) carton plain nonfat yogurt | 1 tablespoon grated lemon peel |
| | 1 tablespoon cornstarch |

Heat oven to 350°F. Combine first 4 ingredients; press onto bottom of 9-inch springform pan. Bake about 15 minutes.

Increase oven temperature to 400°F. Combine remaining ingredients; mix on medium speed of electric mixer until well-blended. Pour over crust and bake 10 minutes. Lower heat to 350°F and bake 40 minutes or until set; cool. Chill before serving. Store in refrigerator. **8 SERVINGS**

NUTRITION INFORMATION: (per serving)

Calories 290; Protein 12g; Carbohydrate 35g; Fat 12g; Cholesterol 20mg; Dietary Fiber 2g; Sodium 200 mg. Percent of calories from fat: 37.

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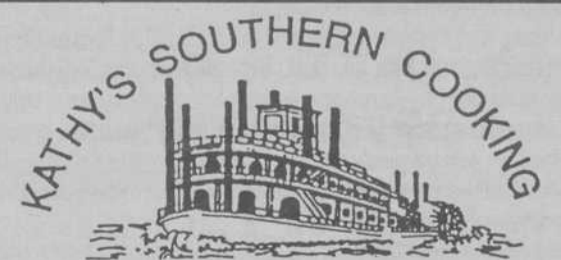
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