

FOR THE LADIES

DIET IS A FOUR-LETTER WORD

By Bonita Armstrong

Diet sodas don't make much sense to me. This fact became apparent one day when I was taking a break with a co-worker of mine.

I don't really remember what I had to eat or drink, but I vividly remember what my friend had. She had a 3,000-calorie brownie with nuts and covered in fudge icing, topped with Cool Whip.

That was fine. What really shocked me was that she washed it down with a diet cola.

"Why are you drinking a diet soda with that 3,000-calorie fudge brownie?" I asked my friend. "To get fewer calories," my friend replied proudly. Huh? I still couldn't understand, so she tried to explain it to me.

"If I ate this 3,000-calorie brownie with 150-calorie soda,

then I would taken in 3,150 calories. But, this way I'm only taking in 3,001 calories because the diet soda only had one. It's simple," my friend said with another proud look on her face. Huh?

Well, I don't subscribe to the hype around diet sodas and diet food. I'd prefer to eat sensibly and drink whatever I want. After all, diet is a four-letter word.

SUMMER FUN FOR GIRLS

Foxtail Camp, located in the cool mountains of Lee Canyon in the Mt. Charleston area offers a resident camp program for girls ages 7 - 17. Operated by Frontier Girl Scout Council, the camp site and program are accredited by the American Camping Association.

The camp features platform tents, cabins, a dining hall for meals and all-camp activities, and modern facilities with warm water for showers. Four-day sessions still available include: "Crafty Critters," "Games Galore," "The Wonderful World Of...," "Abracadabra," and "Movin' to the Music." These sessions are designed especially for girls

going into the second and third grades.

"Team Adventure," "Creative Expression," "Midnight Magic," and "Movin' to the Music" are offered for older girls who are interested in dance, arts and crafts, making new friends and enjoying general camping activities.

Six and ten day sessions include: "Adventurer," and "Nature friends," other sessions include sports, outdoor gourmet cooking, and theater.

Leadership sessions for teenage girls provide team-building, leadership techniques, camping skills and working with younger campers. Camp sessions begin

the end of June and continue through August.

The goal of the Frontier Girl Scout Council is for each camper to grow in appreciation and knowledge of herself, the Girl Scout Program, the natural environment, and other people.

For a free brochure or more information call Frontier Girl Scout Council at 385-3677. Girl Scout membership is not required to attend Foxtail Camp Program, which is not-for-profit venture, available to all girls.

An Open House will be held on Saturday, June 19 from 1:00 - 4:00 p.m. Guided tours will be available for parents and potential campers.

SPEAKERS TO HIGHLIGHT THIRD ANNUAL AFRICAN-AMERICAN WOMEN'S CONFERENCE

PART II

San Diego, CA.. "Movin in the Spirit—Sisters Transforming the World".... the Third Annual African American Women's Conference will be held on June 24-27, 1993 at the Mission Valley Marriot Hotel.

Special Celebrity panel Images of African American Women in Television and Film. These "sister-celebs" share the challenges of role modeling, production, performance, and survival in Hollywood. All that glitters is not gold. The issues of race and class and discrimination are all familiar to these women. Actresses, producers, directors, and writers; bring this sister to sister dialogue to the women's conference. [The panelists will be available for press interviews before the event on Saturday evening, 7 pm at the Marriot Hotel.]

Panel Moderator

Romell Foster-Owens is an Emmy Award winning producer, director, writer, and owner of Romell Foster-Owens Productions. With over 40 television projects, five series, and two feature films to her credit as a producer, director, and or writer, Ms. Foster-Owens has received

the Black Filmmakers Hall of Fame Award for Best Independent Film, and a 1992 NAACP Image Award for her directoral achievements. Her next feature film, "Feel the Fire", tells the story of the legendary musical group, Earth Wind & Fire. Romell Foster-Owens Productions is the sponsor for this segment of the conference.

Actresses

Halle Berry most recently starred as Queen in the story of Alex Haley's grandmother in the CBS mini series. At age 24 she is at an important part of her career and is now one of the most sought after actresses in Hollywood. Her film credits include: "Jungle Fever", "Strictly Business" and "Boomerang". She is married to Atlanta Braves outfielder, David Justice.

Dawn Lewis is no stranger to television she became well known in the role of "Jaleesa Vinson" in "A Different World" and is currently starring in the new NBC sitcom "Hangin' with Mr. Cooper." In addition to acting, Dawn is a lyricist and a singer.

JoMarie Payton plays the down to earth and extremely humorous mother "Harriette



HALLE BERRY

Winslow" on the hit ABC television show "Family Matters". Payton was a regular on the "Redd Fox Show", and has made regular appearances on numerous television shows including "227", "Small Wonder", "Franks Place", and "Silver Spoons". She is committed to education and has given countless hours providing inspiration and encouragement to youth, an activity for which she has received many awards.

Lynn Whitfield is best known for her outstanding Emmy Award-winning performance as the legendary jazz entertainer Josephine Baker, in the HBO presentation of "The Josephine Baker Story". She has been featured in many television shows including recurring role in "Equal Justice" and "Hill Street Blues". Recently she starred in the CBS movie "Stompin at the Savoy" directed by Debbie Allen. She is currently developing a feature film on the life of political activist Angela Davis.

Writers

Unetta Boone and Karen Raper, are one of the most successful writing teams in Hollywood. They are both so naturally funny that when Warner

(See Conference, Page 21)
PROPER SKIN CARE AND GLAMOUR TECHNIQUES

Learn proper skin care and glamour techniques to enhance your personal image at an upcoming facial fitness workshop at the Chuck Minker Sports Complex, 275 N. Mojave Rd. Taking place at 10:15 am, Wednesday, June 2, the 90 minute seminar will focus on how to color harmony and cosmetics effect image.

Designed for teens and adults, the seminar will cost \$4 with registration continuing through the day of the vent. This seminar is sponsored by the City of Las Vegas.



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WOMEN'S SELF-DEFENSE & RAPE PREVENTION SEMINAR

Women's self-defense and Rape Prevention is the topic of a seminar being offered at the Mirabelli Community Center, 6200 Elton Ave. Scheduled for 6:30 pm, Thursday, June 10, the course will focus on the do's and don'ts to prevent rape situations.

Demonstrations on self-defense will be presented. Handouts and other information will be distributed. The course is designed for teens and adults, and will cost \$3. Pre-registration is required. Call 229-6359.

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