

**THE GLAMOROUS LIFE**



National Jack and Jill Foundation Treasurer Gladys Bragg (right) speaks with Local Chapter President Eloise Lark (center) and National Foundation President Dr. Emma Benning (left)

By Barbara Robinson J.D.

What a week Nevada Institute of Contemporary Art (NICA) opened its first show of the 1996 season- Absolut Nevada, which featured artwork from Northern, Central and Southern Nevada artists incorporating the motifs of the Absolut Vodka bottle and interpretations of different regions of the state of Nevada. An exciting show, it featured painting, photography and sculpture in glass, wood and ceramics. The opening January 18 was well attended and generously sponsored by the House of Seagram's and Comstock Wine and Spirits. The show will be open to the public through February 25th. Call 434-2666 for further information.

Thursday the Executive Board of The National Jack and Jill of America Foundation, the grant funding arm of Jack and Jill, began to assemble in Las Vegas for their annual meeting. The National Jack and Jill of America, an African American children's cultural and social group, was founded in 1938 in Philadelphia. Membership is by invitation only. The Foundation was incorporated in February 1968 to increase opportunities for children in the areas of education, cultural growth and civic responsibility. Seen at the opening night reception

associate local member Jackie Jackson, suffering from empty nest syndrome since her twin boys are in college at Oregon State and Hampton University and her daughter is at Xavier College in Ohio. Spoke with Rose McNair who's contemplating a move to Atlanta, handsome couple Nancy and Dentist Owen Justice and local chapter president Eloise Lark.

Out of town Jack and Jill people included National Foundation President Dr. Emma Benning from Shaker Heights, Oh., Lizzie Williams from Charlotte, N.C., Cynthia Mayo from Richmond, Va., E. Delores Nicholas from Lakewood, N.J., Violet Greer from Chattanooga, Tenn., Blanchard Hollings from Houston, Texas, Gladys Bragg from Baltimore, Md., Beverly Johnson from Shreveport, La., Henry Stepp Sr. from Winston-Salem, NC., The National President is Shirley Barber-James from Savannah, Ga. who

happens to publish Savannah's Black newspaper.

Ramon Savoy the new Sentinel - Voice publisher attended the West Coast Black Publisher's Association's first meeting of the year in Los Angeles. The group had such a great time in Las Vegas last year that they will hold their annual October convention in Las Vegas again this year.

I had the pleasure of attending church in Los Angeles Sunday. Rev. O.C. Smith and his City of Angels Church of Religious Science have moved from the Proud Bird to its permanent home. The new church is a large white space carpeted and in red featuring a towering rock wall behind the pulpit with a balcony to hold the choir and a soothing waterfall that is cued to trickle on at key points in the service. The red upholstered wooden pews are comfortable and handsome. (See Glamorous Life, Page 17)

**Eating Out With The Hungry One**

What a change! Sheraton Desert Inn Hotel has reopened their casual dining room after doing some major renovations. The new ambiance at the Terrace Pointe Cafe formerly La Prom is pleasant and comfortable. The ventilation system is inadequate and the lack of a physical separation between the smoking and the non-smoking section made it difficult to find a seat where you didn't smell smoke.

The Sheraton is attempting to allow people the option of the buffet or ordering from the menu. In fact the buffet is the most expensive buffet in town. While it affords customers an option the staff has not adjusted well to the inclusion of a buffet. The service at dinner was terrible. Many times we would come back to the table from the buffet and find our old plates still on the table. Dinner at \$19.95 includes a lovely array of cold seafood including Lobster (whole), Jumbo shrimp, squid salad and crab salad. There was a man carving roast duck and prime rib. There was an assortment of regular buffet desserts. Despite the high cost the buffets don't include beverage.

The breakfast buffet is \$9.75 while the lunch buffet is \$11.95. Brunch on Sunday is priced at \$50 per person. When I spend \$50 for a meal I want to be served. The prices are East Coast prices they are out of line for Las Vegas. I think it is obvious the Sheraton is not interested in seeing many locals at their buffet. The Hungry One recommends the buffet dinner if you are real hungry and love cold seafood.

Eating Out With The Hungry One is a new feature of the Sentinel Voice. The Hungry One will be eating about town anonymously and reporting back to our readers.

**FOR THE LADIES**

**WOMEN'S HEALTH**

**Cholesterol levels may be an issue for the first time when healthy women reach menopause**

Healthy women whose levels of LDL ("bad") cholesterol remained consistently low when younger should watch out for a potentially dangerous rise after menopause, warns a Stanford University cardiologist.

"We're finding increasing evidence from studies conducted in this country and elsewhere that women's risk of heart disease catches up with men in the decades after menopause, and this risk is signaled by a potential rise in LDL cholesterol starting at that time," says Dr. John Schroeder, professor of medicine and director of outpatient cardiology services.

Many men and some women have struggled with high cholesterol for much of their lives, but women whose levels were low prior to menopause may find that their levels start increasing gradually but persistently afterward.

"Don't let yourself be lulled into complacency about your cholesterol levels just because this measure was never an issue before menopause," says Schroeder.

Hormone replacement may help keep cholesterol levels under control and provide additional health benefits and should be considered by most women after they stop

menstruating, Schroeder says.

Although the risk of breast cancer increases slightly if hormone replacement therapy is taken, Schroeder says studies—including one in the November 16, 1995, issue of *The New England Journal of Medicine*—indicate that the risk is minimal. "For the vast majority of women," he says, "the heart-protective benefit far outweighs the potential risk of breast cancer."

And the evidence, says Schroeder, is increasingly pointing to cholesterol lowering as a health benefit.

Another study reported in the November 16 issue of *The New England Journal* demonstrated that generally healthy men with high cholesterol could significantly reduce their risk of heart attack and death by using a drug (pravastatin) to lower their cholesterol.

"That study is just one more

piece of increasingly overwhelming evidence that people can avoid cardiac disease by lowering their cholesterol," Schroeder notes. "In the past we knew that patients with symptomatic heart disease could benefit from lowering their cholesterol levels, but we are finding increasingly that healthy men and women benefit dramatically as well."

A federal panel, the National Cholesterol Education Program, recommended in 1993 that adults strive for an LDL cholesterol level under 130 and a total cholesterol level under 200. Persons who have suffered a heart attack should strive for even lower levels.

"It's important to discuss cholesterol and hormone replacement management with your physician regularly," says Schroeder.

**Expanding Your Horizons**

Does a woman engineer drive trains? Girls in grades 6 through 12 are invited to attend the day-long "Expanding Your Horizons in Science and Mathematics" conference at UNLV on March 9 from 9:00 a.m. to 3:00 p.m., to find out.

Girls will meet women in math- and science-related careers and attend workshops to find out about careers and how to prepare for future career options.

The registration fee of \$7 includes lunch and materials. Call Kathy Lauckner at 895-1423 for more information or registration materials.

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