

ENTERTAINMENT

Local artist releases new CD/cassette tape

By Crisandra Varnado
Sentinel-Voice

Thursenia DeHart-Porter is the newest Las Vegas artist to hit the mainstream music market.

Unlike Motown artists 702 who sing R & B, Porter focuses on gospel music. Her debut release "Cina, He Speaks to Me," landed in stores Aug. 7.

Porter, a member of Guardian Angel Cathedral, began singing gospel at age 5. She made her first singing appearance at a religious national conference in Ohio when she was six. After winning several singing amateur competitions throughout her youth, she



Thursenia DeHart-Porter turned professional at 17.

She has traveled extensively and has opened religious concerts in the United States and Europe. Later, she headlined at those venues.

Formerly an administrator in the Nye County school District, Porter currently works

in the same capacity in the Clark County School District.

The Youngstown, Ohio native earned a bachelor's in special education from the Ohio State University and a master's in educational administration and higher education from the University of Nevada Las Vegas.

DeHart-Porter has a doctoral degree in educational leadership from UNLV. She also spent 12 years in management with a large insurance company.

Porter is thrilled at the CD's release. "Throughout my life, I kept my eye on the prize," she said. "If you can believe it you can achieve it."

African-American women are role models for health

Special to Sentinel-Voice

Even though research shows many Americans could benefit from a diet lower in fat and sodium, we still have a hard time saying "no" to fat and "yes" to more healthful food choices. For African-Americans who enjoy traditional cooking, it can be particularly difficult, because many of the old favorite recipes are high in fat. As a result, many African-Americans have serious health problems that could benefit from dietary changes.

But it is possible to eat more healthfully and still enjoy food, as four "sisters" demonstrate. As professionals and community leaders, these women are balancing a full plate of responsibilities, including family, career and community involvement. And each has recognized the important roles food and fitness play in supporting the balancing act.

Sonja Gantt, journalist and co-anchor of *The Morning News Show* broadcasting from Chicago, recently added the role of mother. With a one-year-old daughter and job that starts at 5 a.m., Gantt plans ahead. Because the day can be unpredictable with breaking news, she brings her lunch to make sure she has nutritious foods that can be eaten desk-side. Her exercise routine includes step aerobics and power walking. "It's like a checkbook. You need exercise credits to balance with food intake," Gantt says.

Actress Daphne Maxwell-Reid is known for her work in television (she was the matriarch in *The Fresh Prince of Bel Air*) and for her expertise

in design and sewing. Her design skills are behind the Daphne Maxwell-Reid Collection of patterns produced by a leading pattern company.

Maxwell-Reid, who's married to actor Tim Reid, plans menus that limit cholesterol by including produce, poultry and fish. She says that healthy eating and basic cooking skills are important. "We've shared meals and meal preparation with our children. This has given them good skills for making wise food choices as college students and young adults."

Marlene Rankin is the executive director of the Jesse Owens Foundation, named for her late father, who won four gold medals in the 1936 Olympics. As one of three daughters of an Olympic athlete, Rankin acknowledges that exercise and healthy eating were priorities in the Owens' household. As she was growing up, she was active in tennis and swimming. She still swims today and participates in water aerobics.



SONJA GANTT

Meals were shared and often included traditional favorites such as fried chicken, potato salad and lemon meringue pie. Now Rankin slims these dishes by baking or broiling the chicken, using fresh herbs to flavor potato salad and serving Lemon Sorbet Tart in place of the pie. She also believes in attractive presentation. "I like color on the plate; eye appeal is as important as the foods included on the menu."

Debi Thomas competed in the 1988 Olympics, adding (See Diet, Page 12)

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Wilson's reruns debut on Nick at Nite

Special to Sentinel-Voice

He's back.

A 1970s pioneer of black television comedy-variety, Flip Wilson returned to the tube this week.

Nick at Nite kicked off the return of the "Flip Wilson Show" Monday with a three-hour marathon of the comedian's first shows.

The show, on Nick at Nite's TV Land cable channel, will air weeknights at 9:30 p.m.

The veteran entertainer, who lives in Malibu, Calif., said he is flattered and honored by the show's rebirth.

At its height, his show was a rating's winner - landing the No. 2 Nielsen spot in the 1970-71 and 1971-72 seasons. Though he was not the first black

performer to host a variety show (Nat King Cole and Sammy Davis Jr. preceded him), his show was the first success.

Wilson's show featured interviews of and



FLIP WILSON

sketches involving the headliners of the 1970's including Lily Tomlin, George Carlin, Johnny Cash and Louis Armstrong.

He quit the show after four years, saying he wanted to spend more time with his children. But he did stay visible, whetting the public's appetite with occasional appearances on talk and variety shows.

In 1984, he hosted the short-lived revival of the NBC program "People Are Funny." He then co-starred with Gladys Knight in the sitcom "Charlie & Co." Feeling his talent was being stymied, Wilson walked away from show business in 1986 after CBS canceled the series.

Wilson seems to be rejuvenated by the cable channel's

interest in his old show.

He said the show's success will lay the foundation for any of his future forays into entertainment.

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