

SarahScope

by Sarah J.E. Dean
Fashion Editor



The sports arena is steadily becoming a fashion showcase. Today with many athletes, of all sports so fashion conscious, fans who follow their actions cannot escape such overt fashion images made by their athletic heroes. The fan who attends various sporting events also becomes very fashion conscious.

This can be seen in the new trends of dress at sports activities. At football games people combine dressing for warmth with dressing in style. At basketball games people combine what is comfortable with what is vogue. At past boxing matches, magazines devoted whole pages to the fashions people were wearing. Even at tennis matches, people are conscious of their appearance.

Understanding the importance of fashion in sports, how you dress at sporting events is equally important. Seattleites in particular now have special reason to get into sports, with the Sonics paving their way to the play-offs, the Seahawks drafting exciting football players, the Sounders making soccer another supersport, the Kingdome ready for action, and if that's not enough to excite you then there's baseball, tennis and track.

Being an avid sports fan (basketball in particular, my younger brother's a superstar), I've been to a lot of games. Therefore I've had a chance to check out the general mode of dress and make a few rules as to what's appropriate and what isn't.

I have seen people at games unnecessarily overdressed. I mean to the point of not being able to enjoy the event because furs, finery and feathers are in the way. They are distracted and more concerned about their appearance than the action on the court or the field. This defeats the purpose of attending a game. You can save your expensive, luxurious clothing for concerts, cocktail parties and other evening happenings.

If you're going out after a night game that's over at say 10 o'clock, you can wear basic clothing that can be dressed up by adding accessories for the evening out. At a sports event, long dresses, maxi coats, large hats and ostrich feathers are out. They interfere with the enjoyment of the game or event. A three piece suit may be worn accessorized to go out in later. A simple black or solid colored dress may be worn with a bright scarf and changed into an evening outfit by changing to silver or gold jewelry.

Before selecting your garment for a sports affair ask yourself these important questions.

1. Will I be comfortable in it throughout the happening? Think about climbing steps, squeezing through people to get to your seat and jumping up and down for the home team in the outfit.
2. Will it interfere with those around me? For instance a big brim hat will partially obscure the view of those around you and limit your movement.
3. Will I be able to enjoy the game thoroughly without worrying about my garment? Make sure you won't be overconcerned about an enthusiastic fan jumping up and spilling popcorn, beer or pop on your garment. Accidents do happen, but better it be your \$15.00 cotton blouse or shirt than your \$1500.00 mink coat or jacket.
4. Will I be confident and proud of my appearance in this selection? Just because it's a sporting event doesn't mean come tacky. Sloppy T-shirts and old raggedy jeans aren't getting it either. It should be something comfortable yet chic.

You can't go wrong in jumpsuits or gauchos. Materialwise patchwork denim (like that found at the Alex and Feroch Custom Boutique), gauze, cotton knits and synthetics are excellent. For the head, wrapped scarfs, berets and cloche hats are good. Shoes should be easy to walk in. I don't recommend platforms, but I've seen younger people maneuver perfectly well in them. Boots and espadrilles are ideal. Blouses that tie at the waist over T-shirt tops look nice and so do blouses which tie at the neckline in big bows.

The possibilities are endless as long as you follow the above guidelines you'll be safe. Remember the first rule of fashion, "Understatement is better than overstatement." Mix and match for comfort and style. Put your look together for the next home game and give a yell for the home team.

FASHION TIP OF THE WEEK - Jumpsuits are among the hottest new looks on the scene. Some of us however don't quite have the figure for jumpsuits. Vasarette has a new line of undergarments called "The Skin." These garments are like having on a second skin. There is an all-in-one, panty, long-line and bra. It looks as though there is nothing there, but gives you the support you need. Try it on for re-shaping the figure. The Skin runs from \$9.00 and may be purchased in the lingerie department of your leading department stores.

FASHION SCOOP OF THE WEEK - Sports and fashion are getting close in more ways than one. It seems Billie Blair's (high fashion model) name is being linked with a professional basketball player more and more frequently much in the same way as top model Bey Johnson and tennis star Arthur Ashe.

SARASCOPE ON CLEVELAND EAGLES - I can't resist congratulating the Cleveland Eagles on winning their 2nd state championship. With AA and AAA conquered the Eagles have reached the pinnacle of success. I am really proud of the Eagles and rarely missed any of their games the past three years. I have watched Jawann Oldham reach his towering 7 feet. And James Woods fill out from a string bean into a fine and I mean 'FINE' young man. As well as Robert "Swisher" Keller the talented guard with natural playing ability and a fantastic swisher shot. And of course "Cool" Carl Ervin the Eagle captain who made the winning basket with 9 seconds left on the clock. I could go on and on about him, but let it suffice to say he's my younger brother and you get an idea of how proud I am of him.

Gotta go now. Style awhile 'cause the SarahScope might just TeleScope on you!!!

Attention all fashion conscious people. Do not miss the EBONY FASHION FAIR. I haven't missed one in seven years and have enjoyed every one I've seen. I have traveled to Oakland, Los Angeles and Sacramento on the years Ebony has missed Seattle. They're here on Saturday, April 10, 1976 at 8:00 in the Seattle Center Arena. Keep an eye on Von Gretchen Shepard, former Ms. Black America and a friend of mine. She's ultra sophisticated with a touch of soul. The EBONY FASHION FAIR is the most exciting fashion event you'll have a chance to see, don't miss it. I repeat, do not miss the EBONY FASHION FAIR.



Melanie Patoc (see FACTS March 31) in outfits ideal for sporting events.

T-shirt top with lace trim, cotton guachos with deep pockets, accessorized with scarf and bracelets.

Pantsuit which may be worn with or without jacket, lurex T-shirt top accessorized with long scarf and bracelets.

An Evening of Dance and Drama at Black Arts West

Visiting members of the Black Arts Association of Anchorage, Alaska will be presenting "an epilogue of dance" as a special added attraction to Black Arts/West Theatre's Works-in-Progress Series. The dance segment will follow the performance of the plays on Friday, April 9, and Sunday, April 11.

The Works-in-Progress, three one-act plays by BA/W Resident Playwright Eddie Walker, features a multi-racial cast, and the fine direction of theatre veterans Douglas Johnson (Karamu House, Cleveland) and James Fair (Negro Ensemble Company; New Lafayette Theatre). Of special note is the one-woman drama NIGHT RAINS, an intense dramatic portrait of today's woman.

Now in the final week of its run, these Works-in-Progress will be presented FREE TO THE PUBLIC at 8 o'clock on Thursday the 8th. Ticket for the Friday, Saturday and Sunday performances are priced at \$2.00 for all seats. For reservations and information, contact the Black Arts/West Box Office, 322-0211.

Classic Hairstyles In 2-Day Workshop

By Sarah J.E. Dean

The stylist at Classic Hairstyles have been participating in a workshop the past two Sundays. The all-day workshops were conducted by Maxine Zimmer, and gave the stylist an education on current trends in styling and cutting.

Ms. Zimmer is a graduate of three academies in Europe, has studied in San Francisco under Vidal Sassoon, in New York and has completed extensive courses in advanced hairstyling. She is originally from Washington State.

"I try to help by teaching basic haircutting technique and informing stylist throughout the state of upcoming directions in hair fashion," said Ms. Zimmer. "This particular workshop instructs the beauticians in Custom Design Haircut Styling."

Classic Hairstyles Inc. paid for the expenses incurred during the workshop. Juanita Dodson, owner of Classic Hairstyles on Rainier emphasized the importance of stylist keeping one step ahead in the beauty business. "Each of my stylist as well as myself are tested on what we have learned during this workshop. This assures us that we are doing it correctly and will continue to have satisfied customers," said Ms. Dodson.

Juanita Carter, a customer for the past six years was one of the models for the workshop. Her hair was cut in a becoming style called the 'Breeze'. It is curled all over with a wedge cut at the ear. "It is easy to care for" said Ms. Carter, "in fact I was so pleased with my haircut I brought my two daughters in for haircuts too."

When asked about the difference between black hair and white hair Ms. Zimmer who is a petite white lady with a crop of red hair, honestly replied, "yes there is a difference, but only to the extent of being trained in Caucasian hair. There is a difference also in texture. The stylist here at Classic help tell what can and can't be done to black hair. The essential thing is knowing basic haircutting and being able to apply it to ones individual needs."

The stylist learned the three basic cuts, design line, graduation and layered. Each stylist was assigned a model to demonstrate each cut. The models had their hair washed, set, cut and styled for free. There will be pictures of the exciting cuts on display at the Classic Hairstyles on Rainier.

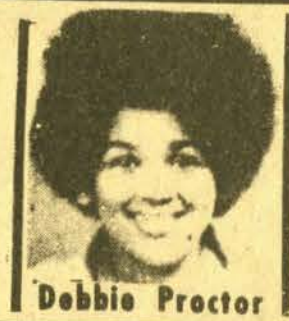
Their are four Classic Hairstyles in the area, Pat Hamasaki was representing the shop on Military Road S. Ms. Zimmer owns her own shop, Maxine's Pacesetters located in the Richmond Beach area. If you want a little advice, go in there and see the newest styles in hair, and like the models in the workshop, you might just come out cut, curled and cute!



LUSTROUS LOOK, cool comfort go hand in hand in this charming knit by Bananas. Made with Bright Creslan acrylic fiber, it's right for pants or skirts.



The **AZTEC INFLUENCE** continues to come on strong this spring. Trisha Sayad uses bands of design for a one piece dress of Creslan acrylic fiber for Willis Avenue Bridge Works.



GOURMET CORNER



The
Gourmet
Corner
Food Editor
Jocelyn C. Owens



POLYNESIAN BASH..... Excitement recipes at an easy-going Polynesian LUAU. Traditionally everyone samples the exotic foods with his fingers. Ti leaves or fern plants substitute for cloth on table. Mass flowers everywhere --- exotic blooms or garden flowers that don't wilt too quickly - daisies, mums, carnations. In the centerpiece, group tropical fruits with flowers.

ISLAND FEAST MENU

Fresh Coconut, Papaya, Pineapple Wedges.
Tray with Fresh Flowers
Barbecued Shrimp
Kona Chicken Crab Fried Rice
Water Chestnuts and Chinese Pea Pods

Waikiki Salad - Polynesian Bread
Beach Boy Punch

KONA CHICKEN

4 quartered chickens. Marinate in $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ tsp. fresh sliced ginger and 2 cups soy sauce overnight.

Bake one hour or until tender. Sprinkle with chopped green onions and tops. Use sauce to spoon over Shrimp Fried Rice.

WATER CHESTNUTS AND CHINESE PEA PODS

Fry $\frac{1}{3}$ cup diced beef or pork in 1 tbsp. salad oil. Add 2 cups Chinese pea pods, $\frac{1}{2}$ cup sliced water chestnuts, 1 tsp. Monosodium Glutamate and $\frac{1}{2}$ cup chicken broth. Steam above ingredients 3 minutes. Combine 1 tbsp. cornstarch with 2 tbsp. water. Push vegetables to side and add cornstarch mixture to broth. Cook and stir until slightly thick.

HOT MUSTARD

$\frac{1}{4}$ cup boiling water
 $\frac{1}{4}$ cup dry mustard
 $\frac{1}{4}$ tsp. salt
2 tsp. salad oil
dash Tumeric
Combine and stir until thick.
Makes $\frac{3}{4}$ cup.

RED SAUCE FOR PRAWNS

3 tbsp. catsup
3 tbsp. chili sauce
3 tbsp. horseradish
1 tsp. lemon juice
dash of Tabasco sauce
Salt and Pepper
Makes $\frac{1}{2}$ cup.

ETCH!

Acids in fruits, salads and similar foods quickly etch marble when allowed to stand on an unsealed surface. Even on sealed marble, they should be removed at once.

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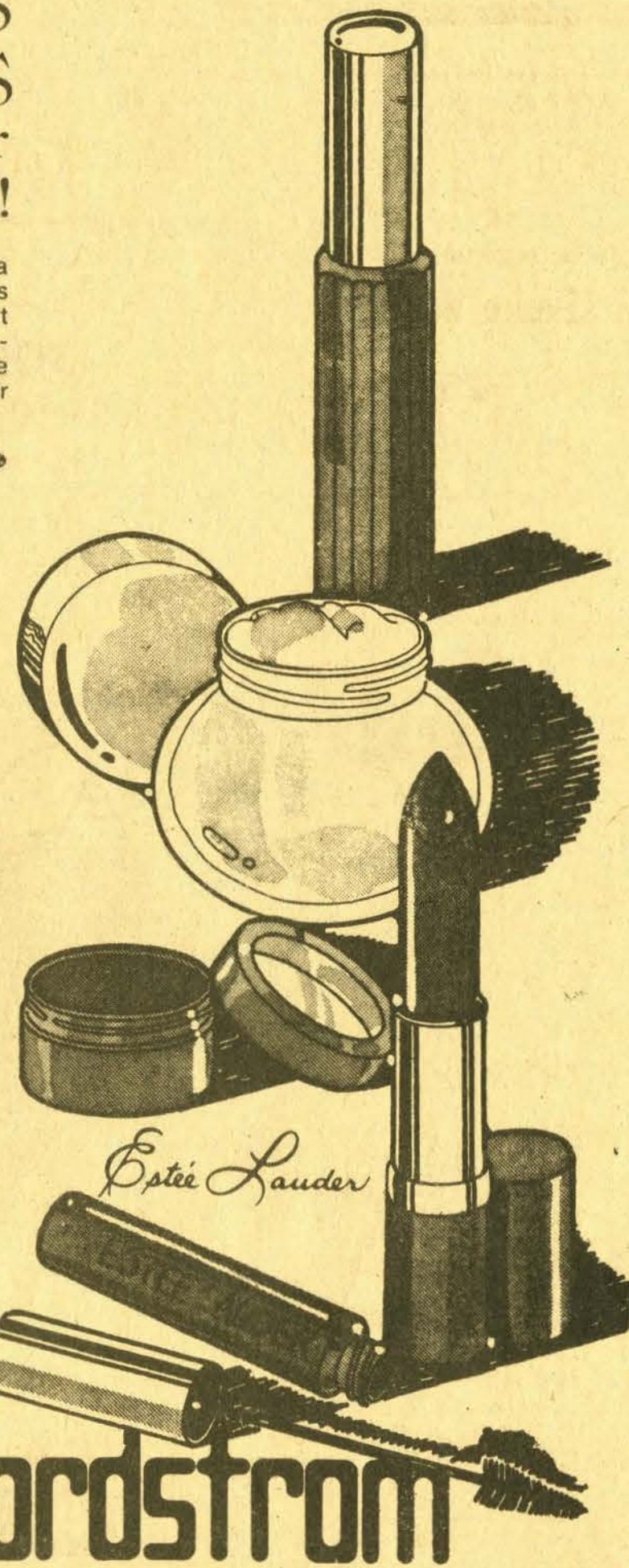
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☐ lustrous roll-on mascara, 4.75; ☐ black/brown; ☐ raven black.
☐ professional eye makeup remover pads (80 pads), 5.00.
☐ tender makeup base, 1 oz., 6.50; ☐ pink beige; ☐ new honey glow; ☐ new fresh beige.
☐ face & cheek tint, 1/2 oz., 5.00; ☐ morning glow; ☐ polished peach, ☐ wood rose.
☐ re-nutriv face powder, 3 oz., 8.50; ☐ sheer bisque, ☐ sheer tan, ☐ sheer glow.
☐ re-nutriv rich rich lipstick, 4.00; ☐ all-day red, ☐ all-day pink.
☐ all-day frosted apricot, ☐ all-day coral.
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☐ lustrous nail lacquer, 1/2 oz., 2.75; ☐ classic sherry, ☐ rosewood.
☐ honey berry, ☐ crushed pink cameo, ☐ walnut bronze, ☐ polished beige.
☐ re-nutriv rich rich lipstick, 4.00; ☐ woodland rose, ☐ rosewood.
☐ soft film compact rouge, 4.75; ☐ bronze leaf, ☐ pinked red.
☐ lustrous nail lacquer, 2.75; ☐ sandalwood rose, ☐ frosted tawny pink.
☐ pressed eyelid shadow, 4.25; ☐ crushed violet, ☐ plum raisin.
youth-dew: ☐ boutique eau de parfum spray, 2 1/4 oz., 8.50; ☐ cologne, 4 oz., 8.50; ☐ bath oil, 1/2 oz., 5.75, ☐ 1 oz., 8.75; ☐ body satinee, 4 oz., 5.75, ☐ 8 oz., 8.75; ☐ pure fragrance spray, 2 oz., 10.50; ☐ eau de parfum spray, 2 oz., 7.50; ☐ creamy milk bath, 5 1/2 oz., 7.50; ☐ dusting powder, 9 oz., 7.50.
private collection: ☐ parfum purse spray, 1/2 oz., 12.50; ☐ parfum cologne spray, 1 1/4 oz., 18.50; ☐ pure fragrance spray, 1 1/4 oz., 20.00.
aliaje: ☐ sport fragrance spray, 2 1/4 oz., 10.50; ☐ sport fragrance pocket spray 1/2 oz., 6.50; ☐ country fragrance, 4 oz., 12.50; ☐ after-sports body moisturizer, 4 oz., 7.50; ☐ bath powder, 6 oz., 8.50.
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