Try fish, with exciting accents!

As the trend toward healthier eating continues to grow, people are eating more fish. Both fish and shellfish are lower in fat, and leading nutritionists feel that lowering the amount of fat is the single most important element in improving your diet.

But simply including fish in your meal preparation is not enough. If the fish is fried or served with such old stand-bys as cream-or mayonnaise-based sauces you're lessening the nutritional benefits.

Vegetable - based sauces for grilled, broiled or steamed fish are excellent alternatives. For example, tomatoes, onion, wine vinegar, whole berry cranberry sauce and herbs are combined to make a delicious Cranberry Tomato Sauce for boiled shrimp.

Or try a "carrot - topped" sauce for red snapper — pureed carrots are combined with grapefruit juice, dill and low-fat yogurt. Carry the vegetable theme one step further and serve your favorite medley of steamed vegetables to complete the meal.

CRANBERRY TOMATO SAUCE FOR SHRIMP
(Makes about 2 Cups)

6 medium-size ripe tomatoes, peeled, seeded and chopped
½ teaspoon salt
2 tablespoons wine vinegar
1 cup Ocean Spray Whole Berry Cranberry Sauce
2 tablespoons finely chopped parsley
½ teaspoon leaf marjoram, crumbled
½ cup finely chopped onion
2-3 tablespoons olive oil

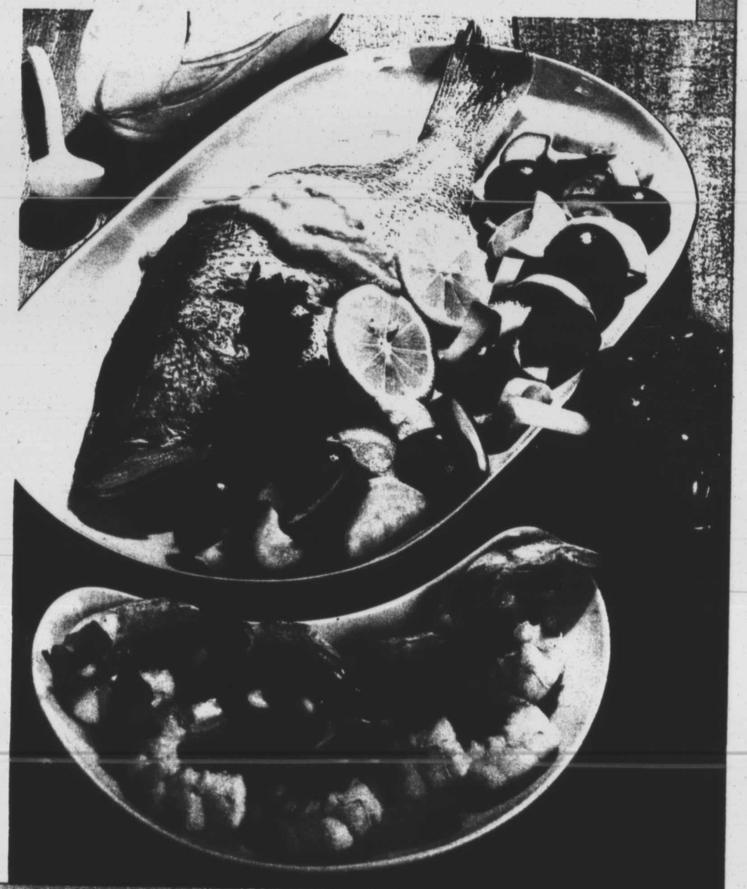
In a large bowl, sprinkle the chopped tomatoes with salt. Add vinegar, whole berry cranberry sauce, parsley, marjoram and onion; mix gently. Sprinkle oil on gently; mix lightly. Let stand 1 hour to allow flavors to mellow. Serve with boiled shrimp.

CARROT SAUCE FOR RED SNAPPER
(Makes about 4 cups sauce)

10 carrots, peeled and trimmed
2 tablespoons margarine
1 teaspoon sugar
½ teaspoon salt
½ teaspoon dried dill weed
⅔ cup Ocean Spray Grapefruit Juice
⅔ cup plain low-fat yogurt

In a sauce pan, combine carrots, 1 tablespoon margarine, sugar, salt and just enough water to cover the carrots halfway. Bring the water to a boil; partially cover pan and simmer for 35 to 40 minutes, shaking pan occasionally, until the carrots are very tender. Remove cover; reduce remaining cooking liquid over high heat until it becomes a thick glaze, about 5 minutes.

Puree the carrots and glaze in food processor. Return puree to saucepan; reheat over high heat, stirring constantly. Stir in grapefruit juice and yogurt until well blended. Heat gently; add remaining 1 tablespoon margarine until melted. Serve with red snapper or fish of your choice.



. . . SAG HARBOR

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Recently, despite the rapid growth being experienced throughout Long Island, moves were made to protect Sag Harbor's quaint atmosphere. A proposed condominium development in Hillside Terrace was blocked by residents, and there is a ban on commercial development in the area.

The sons and daughters of the original residents are beginning to take over some of the homes, and indications are that this black resort will remain a haven for urban blacks who want to experience a taste of middle-class country living in a congenial atmosphere.

. . . IN THE STARS

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honestly and resist the urge to overindulge in alcohol and drugs. There could be anger and jealousy with loved ones, but it's a passing test. Support can come from your family and older wiser friends. A job opportunity could arise allowing you to travel more. Exercising in the home can help shed a few pounds and bring a better attitude to life in general.

PISCES — February 19-March 20

Many opportunties for job advancement this month during the 5th, 6th, 14th and 15th. Entrepreneurs can acquire contracts from major corporations and governments this month. The week of the full moon highlights travel and important communications. Check the wiring in your home for there is a very real chance of electrical fires during the month. Intense romantic opportunties with Cancers during the first weekend of the month.

ARIES — March 21-April 19

Venus and Jupiter come together in your sign this month. Jupiter means abundance and Venus represents love and money. These come easily to Arians this month. Your physical appearance is very appealing to the opposite sex, although you may not be aware of it. A good month for taking a short course or seminar to acquire knowledge that brings immediate financial gain. You may have to postpone a short trip during the middle of the month.

. . . CELEBRITY

(continued from page 4)

tionwide and where can I get more information?

MARYE OTIS
Columbia, MD.

A. Six programs on primetime network schedules owe their well-being and survival to high black viewing according to a BBDO Special Market study using Neilsen data. "The Cosby Show," "Family Ties," "Golden Girls," "Cheers," "Crime Story," "Stingray," "The Equalizer." all drew heavy black viewing in the period oct. 1986 to January 1987. Check your local library for more information. You might find more information in the trade papers but usually this information is not open to students.

. . .

Q. What has happened to the Commodores and how have they survived the loss of Lionel Richie?

JOANN TURNER
Winston-Salem, NC.

A. In 1986, the Commodores performed in Australia, New Zealand and Hong Kong and did a promotional tour in Belgium, Germany, Holland and the United Kingdom. They probably will do more of the same in 1987 as their hit album "United" has found success in international waters.

Poet's Nook

HOPE FOR A TROUBLED WORLD?

Yesterday, I heard it said
Truly God must be dead
The world's in such a sinful state
If he's alive
How can he thrive
in this atmosphere of hate?
Sometimes I wonder
in a world so full of plunder
Is there still hope for humanity.
With all of this insanity?
Violence, death and vanity.
Is there still hope for a troubled
world when children's toys are guns?
And babies having babies
So much yet to be done;
Is there hope for the little girl
With her mind yet full of games?
While her stomach's full of reality,
But she thinks they're both the same;
Is there hope for the young mother
whose mind is full of stress?
Or, hope for that fine young man
who while under duress,
Seeking to prove his manhood
committed a senseless crime;
And is now just a number in prison
serving time.
Is there still hope for that molested child
whose soul is torn apart?
Or for that poor lost soul who searches for
his God?
Yes; there's still hope for everyone for God
heals and forgives
Hope for a troubled world?
Yes there is . . . . .
The savior lives!

PATRICIA McLENDON
Baltimore, MD

ON WOMEN'S LIBERATION

Don't shortchange me because I am a girl.
See, I must live too, in this, a man's world.
You don't pay me to wash a dish, change a
diaper, or clean an old fish.
So don't tell me I can't get the same pay.
When I finish a job at the end of a day.
I don't want to wear your suit and tie.
You don't have to move over and allow me
to pass by.
I can be a judge, a broker, or army cook.
Don't place me at lines end, because of my
feminine look.
It's all honorable to say, stay home with the
kids, and watch soap operas all day,
But that's not my only gig. Sitting and
fattening like an old pig.
See, I have a mind and an intellect.
You just won't let me utilize yet.

VERONICA TAYLOR DORSEY
Milwaukee, WI