

FOR THE LADIES

"THINGS WE GO THROUGH"

By Bonita Armstrong

Sometimes I think we have a strange concept about beauty and what it means. Or at least I do. I'm not criticizing anyone. I'm just as guilty of this as the next person. Let's just take a moment and think about the things we go through to be "beautiful."

When we are babies our mothers have the right idea. Clean and fresh was the order of the day. It was a simple concept that worked well. They would bath us, oil our skin to keep it soft and smooth. They would wash, oil, and brush our hair daily to keep it neat and shiny. Then she would put fresh clean clothes on us; clean socks and shoes. And that was it. We were ready for the day and everyone called us cute and hugged us and kissed us.

But somewhere along the line, as we grew up, our ideas about beauty changed. We decided we needed a little more help looking "naturally beautiful." So what did we do? We put thick, oil-based makeup on our faces. (That's to hidE the flaws). Then we top that off with face powder. (That's to seal in the base). Then we put oil-based lipstick on our lips. (That's to

highlight out lips). We put eyeliner on our eyes. (To bring out our eyes). We pluck our eyebrows out one at a time. (Ouch!) The list goes on and on.

I've decided that I just can't go through this type of turmoil everyday. I decided that if I want my skin to be flawless, I'd rather start eating plenty of fruits and vegetables, drink lots of water, and clean my skin daily. I decided that instead of having drop dead gorgeous eyes, I'd rather be able to see clearly and not have the mascara burn them all day.

I decided that I didn't like lipstick on my lips, teeth, chin, clothes, coffee cup, glasses, flatware, or on the cheek of another sister or brother I hap-

PROMOTrends PRESIDENT CAROTHERS IS ON THE MOVE

Maria Carothers is president of PROMOTrends, a four year old promotions and event management firm based in San Diego. In addition to AAWC on tour, PROMOTrends produces an annual African-American Art Exhibit of San Diego, sponsored—for five years running—by California Lottery.

Maria, 33, is creator and for-



BONITA ARMSTRONG pen to embrace.

I've changed my thinking on the concept of beauty. At least for myself. I've decided that for me, true beauty starts inside. Both physically and spiritually. It's a simple concept that works well. Right now, that's enough for me. However, there is still a lot of beautiful sisters (both inside and out) who wear makeup and wear it well. More power to you. You're beautiful.



MARIA CAROTHERS

mer producer of San Diego's African American Women's Conference. Financial and philosophical circumstances led to her resignation this past September.

Over the past 11 years she has practiced the art and science of marketing, promotions and event management, including her work with conferences, art exhibits, street festivals, children's affairs, movie screenings and ESSENCE's National Mall Shows and 1990 Cover Model Search.

Maria serves on the board of the African American Museum of Fine Arts and Teye Sa Thio-sanne West African Music and

Career Opportunities

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This company's independent sales consultants conduct shopping parties at local homes—perhaps the home of a friend or relative. As a consultant, you'll receive full training, sales tools,



A career as an independent sales consultant could be an ideal way to watch your family—and your income—grow.

product information and more—video information programs, in-house publications, newsletters and other mailings to help you stay informed and productive.

Opportunity includes part-time in which you might expect to earn \$15 to \$20 an hour or full-time as a manager. Princess House managers average more than the U.S. average income for working women and dozens have earned six figure incomes in their careers.

For free brochures that can tell you more about this career, write: Marketing Dept., Princess House, Inc., 455 Somerset Ave., North Dighton, Massachusetts 02754-0002, or call 1-800-622-0039.

Dance Company.

She is a member of the Association of Black Women Entrepreneurs and San Diego Association of Black Hospitality Professionals.

Maria is an adviser to "Black Choreographers Moving" and "I Dream a World: Portraits of Black Women Who Change America" Photo Exhibition. Maria tributes the Los Angeles Urban League and ESSENCE Magazine for her passage into the professions she's enjoyed for the last decade.

Maria also pays tribute to the five people who have supported her through thick and thin—her husband of twelve years, attorney David Carothers; her two daughters, Janelle, age 11, and Lauren, age 7; and her two favorite sister friends Sarah Akinfosile (because of her uncompromising "down-to-earthness") and her mother, Lula, who pushed Maria—her vision and determination—out of the nest of San Diego and into larger markets.

FASHION FORECAST

GETTING TOGETHER WITH SEPARATES

(NAPS) — Shorts are chic! And the coolest look for hot summer days comes from Francine Browner in chic city short sets. For less than \$60 you can get a complete summer look that's packed with endless options.

Worn together as a set, these outfits are dressy enough for the office yet casual enough for weekends or vacations. Best of all, for one incredible price you get two great pieces that can be worn separately with items from your existing wardrobe to create different looks.

Try wearing the vest with a long flowing skirt or slim cigarette pants for evening. Pair the shorts with a bright blouse tied at the waist or with a t-shirt and boyfriend blazer for even more



Chic short sets from Francine Browner feature sleeveless tailored tops worn over comfortable walking shorts. suggested retail price under \$60.

options. This could be the only outfit you purchase all summer.

'SEPIA FASHION REVUE SEEKING MODELS'

Auditions will be held in Chicago, Illinois, July 24, 1993 to select models, male and female, to travel for three months this fall with the traveling Fashion Revue. Females should be 5'8" or taller, attractive and shapely. Male models should be 6" or taller, and well built. Interested models should send two photos, and a brief resume to: 'Sepia Fashion Revue', 8030 So. Cottage Grove, Avenue, Chicago, Illinois 60619.

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