

# SISTERLOVE WOMEN'S AIDS PROJECT



designed to make women feel comfortable and unjudged as they learn about HIV/AIDS infection and prevention, safer sex techniques and self-help to educate and empower participants to change risky behavior.

A practical component gives women the opportunity to discuss facts and fears, sexuality and safety, and to address inhibitions or barriers to practicing preventive sexual behavior.

Sisterlove Women's AIDS Project, founded in Atlanta, Georgia, in 1989, began when a volunteer group of women came together out of concern for the lack of AIDS prevention efforts targeted specifically to women. They saw the void in their communities' AIDS education efforts and thus established Sisterlove to target Atlanta's communities of women with AIDS prevention, education and self-help.

Through its programs Sisterlove aims to increase the knowledge and practice of preventive health in relation to HIV/AIDS in communities where women are at risk.

The project has evolved to include an educator's bureau, facilitator training, target outreach, program development assistance, self-help group development, the Sister-to-Sister Women and AIDS Support Network, annual retreats for HIV positive women and "Healthy Love Parties."

Healthy Love Parties are safer sex education workshops

Sisterlove provides a training program for prospective facilitators and maintains a facilitator's guide. Sisterlove also organizes the Community AIDS Resource and Education (CARE) Fair, a one-day conference on Women and AIDS held at Spelman College, the nation's premier educational institution for African American women.

Dazon Dixon, Sisterlove's executive director, reflected,

## BEAUTY Q & A

**Q:** 'Tis the season of holiday parties ...besides a festive red lipstick, how can I update my look from "daytime dull" to "evening elegance?"



**A:** Cover Girl Make-Up Pro B.J. Gillian says start with the eyes. In just a few easy steps you can create unforgettable holiday eyes!

Simply apply a shimmering neutral shade of shadow over the entire lid. Then "finger paint" with deep rich colors, blending from the lashes-into and slightly above the eyes crease. Next, brush the lightest shade of trans-

lucent shadow over the entire lid. Use an eyeliner sparingly and smudge into lash line for fuller looking lashes. Brush gold or golden brown eyeshadow over your eyebrows for evening allure. To finish the look, curl eyelashes with a lash curler and apply three coats of black mascara.

For a variety of complementary shades in one compact, try Cover Girl Professional Color-Match Four-Kit Shadows. Look for festive kits such as Winter Wines Twilight Skies and Autumn Harvest. With a blink of an eye, you'll be the hit of the party!

"One of the toughest obstacles we faced early on was making a place for women in the AIDS

arena - an arena that has been dominated by and for men for so long. The uncompromising dedi-

cation and commitment of the women in this project overcame that barrier."

## FOR THE LADIES KIND ACTS

By Bonita Armstrong

I came home one day and my husband had cleaned the house. I said "Thank you. But, why didn't you polish the coffee table? And, by the way, the pillows are lined up all wrong on the sofa." He frowned. It was a very long time before he helped with the housework again.

Yet another time, while I was still a new bride, I baked my husband a cake for his birthday. He took one bite and said it was too heavy. It was years before he got another birthday cake.

I used to write lots of letters to friends across the country. Sometimes as many as 10 to 15

a week. However, I would get a letter once every four or five months. My letter writing has dropped tremendously.

I have four kids and often baby-sit for others. I seldom ask others to baby-sit for me, but every now and then I do need a favor. Once I called up a friend whom I babysat for at least once a week for about a year. This was the first time I'd ever asked her to sit for me and asked if she could watch my kids for about an hour or two. She said, "No, I can't. I'm too tired." I never babysat for her again.

Moral: Kind acts that go unappreciated don't go on for



**BONITA ARMSTRONG** long. Learn to say thank you quickly and graciously, express appreciation immediately, never point out flaws in a gesture and always reciprocate.

## TRIBUTE TO AN AMERICAN HEROINE UNVEILED AT NCNW CONVENTION



A captivating bronze sculpture depicting the courage and vision of Mary McLeod Bethune, founder of the National Council of Negro Women, was recently unveiled before a standing-room audience at the organization's 46th national convention in Washington, D.C. Dr. Dorothy I. Height, president and chief executive officer of NCNW, graciously accepted the sculpture on behalf of the Council from Wayman F. Smith III, vice president of corporate affairs, Anheuser-Busch Companies. The sculpture, created by Artis Lane, nationally acclaimed artist, was commissioned by Anheuser-Busch Companies and will be displayed at the Council's national headquarters in Washington. Shown at the unveiling ceremony and international tribute to Mrs. Bethune are (left to right): Robert Stanton, director of the National Park Service's national capital region; Dr. Height; Wayman F. Smith III; and Artis Lane.

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