

BEAUTY & FASHION

Lips Are In!

by Sonya Nicole Wagstaff

Many black women of the "brainwashing century" believed for many years that full lips were unattractive. However, today, black women as well as women of all races are emphasizing the most individual feature on their faces--their lips.

The emphasis in the past two years was targeted at making the lips appears smaller. It wasn't until full-lipped Kim Basinger, Julia Roberts, and other celebrities stunned the entertainment industry to show that full were more attractive than stereotypical thin Caucasian lips.

Lip Patrol

- *Use a lip liner to define the perimeter
- *Use a lip liner to prevent color from bleeding
- *use a lip brush to apply color

from tube

- *If your lips are discolored, use a lip toner to even tones
- *Lips can be enhanced with vibrant lip color
- *Plums, Coppers, Bronzes, Browns, and Deep Reds are hot
- *Protect lips with conditioners
- *Use sheer lipstick for a more natural look

Beautiful Skin Provides For Luscious Lips Skin Patrol

- *Eat foods with plenty of protein to prevent aging
- *Avoid foods that cause allergic reactions-- sodas, caffeine
- *Stay away from greasy foods
- *Wash your hair regularly to keep complexion clear
- *Thoroughly cleanse face twice daily to remove dirt
- *Never sleep with makeup on
- *Use facial scrubs weekly to rid of dead skin cells
- *Use a toner after cleansing
- *Regularly use eye creams to

prevent wrinkling

- *Use oil-free moisturizers day and night
- *For sensitive skin, use fragrance free products
- *Pay special attention to trouble spots- neck, hands, elbows, knees, and feet
- Remember that voluptuous lips are enhanced by beautiful skin.

CLOTHES ESSENTIALS

Jackets are an important part of today wardrobe. Today's jackets offer great possibilities to enhance clothing option. If you are "hippy" try the longer fitted mans tailored styles that are long enough to cover your hips. If you're short try a boxy jacket that hits your hip bone hits and button that or zips up at the collar. If you're busty try a classic, single breasted style with a "V" neckline. If you're tall try a style that hits your waist. A wrap jacket

you can belt anywhere solves the problem.

Another good point to remember, when wearing a jacket make sure the shoulder pads follows the natural shape of your shoulder. Also be sure there are no visible stitching of pulling on the outside of the garment. By checking for this your jacket will have a more comfortable fit.

TIPS FOR BAD BREATH

1. Brush twice a day with fluoride toothpaste and floss daily.
 2. Brush your tongue every-day.
 3. Rinse with fluoride mouth-wash.
 4. Schedule regular dental checkup and professional cleaning.
 5. Keep your mouth moist (drink water)
 6. Use sugerfree candy, or gum.
- *Remember bad breath comes from the back of the tongue. So keep that tongue brushed regularly.

F.Y.I.

"Is your life in the hands of vegetable?" Did you know that African American men have the highest prostate cancer rates in the world. Why? Because of the high consumption of fats and excess carbohydrates. Research suggest switching to a diet with food rich in phytonutrient lycopene (red color in tomatoes) reduces the risk of heart disease and various types of cancers. So, you need just 37 calories of tomato sauce to get a cancer stopping dose of lycopene.

You are only as beautiful as your thoughts. Take time out of each day to see all of the beauty around you, the trees, the birds. Those times when you there seem to be any beauty, you have to make some beauty. All you have to do is look in the mirror and see the beauty in God's creation, the beauty in you!

Is Tanning Really Safe?

As you know spring break is quickly approaching, soon many of us will be making our way to the beaches. But, did you know that tanning is not healthy for your skin? "A tan is a sign of injury in which the skin responses to an overdose of ultraviolet rays of the sun. Yet tanning with a sun. Yet tanning with a sunlamp is not safer the sun tanning bed gives smaller amount of burning rays. Fair-skinned people who tan while taking medicines that make them light sensitive (antibiotics and acnes medications) Indoor tanning can cause red, dry and itchy skin or premature wrinkles, sagging skin, and skin cancers. The UVA exposer from indoor tanning accelerate the development of melanoma (skin pigmentation) the most serious type of skin cancer. Eighty percent of skin cancer appears on the face, head, neck where they can be disfiguring as well as dangerous. Skin cancer develops years after exposure to ultraviolet light. So to protect yourself from skin cancer avoid indoor tanning and protect your skin from the sun. Here are a few tips:

1. Wear sun screen to avoid burning especially between 10am-4pm. When the suns rays are the strongest.
 2. 30 minutes before going outside apply a sunscreen with a sun protection factor (SPF) of at least 15. Apply every two hours and after swimming.
 3. Wear a wide brimmed hat, sunglasses and clothes that cover your skin.
 4. When at the beach use a waterproof sun block and try to stay in the shade.
- So on spring break protect yourself skin from damage.

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