

Cosmetic changes for flights

By Cheris F. Hodges
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No lotion, no problem.

New security rules at American airports have banned carry-on liquids due to a terror plot in England to blow up U.S.-bound planes with liquid explosives and cell phones.

But have no fear ladies. You can still step off the plane looking good without liquid cosmetics.

First of all, ditch the caffeine, which means no soda and no coffee. Since you can't take these items on the plane anyway, it's important to drink plenty of water before your flight, according to "Naturally Healthy Skin," a book by Stephanie Tourles.

"Apply a moisturizer before exposing your skin to moisture-sapping conditions. A lavender, rose or German chamomile aromatic hydrosol sprayed onto your face, neck, chest and hands helps to keep your skin wonderfully refreshed and hydrated," she writes.

Airplane cabin air is dry and can quickly dry skin or make already dry skin worse. Since you can't take lotions and moisturizers in your carry-on bag anymore, there are other products that you can use so that you don't get off your flight looking like a fright.

Healthy and beauty website Carefair.com states that "an idea to pack is Johnson & Johnson's Sootie and Protect Balm, which is a moisturizer that is similar to a chapstick," Sephora's Chocolate Body Glosser or Benefit's Bathina Body So Fine."

(If you're traveling after September 1, you're in luck because a new Sephora store opened at NorthLake Mall on September 1.)

The site also suggest finding powder alternative to perfumes as well, since the liquid forms are banned, product suggestions include Victoria's Secret Heavenly Silkening Body Powder or Jessica Simpson's Powdered Sugar Deliciously Kissable Body Shimmer. Also consider bringing baby powder to stay feeling fresh.

Also, if you must wear make-up, consider long lasting cosmetics — such as long wear eye shadows that won't cake or smudge, and lip-liners, concealers and eye-liners that are made to stay on for a longer time. Also pack powder-based makeup. Product suggestions: For foundation, try Amazing Cosmetics Velvet Mineral Powder Foundation or Bare Escentuals i.d. bareMinerals Multi-Tasking Minerals. For eyes, bring along Cargo's colorcards, and

consider false eyelashes for extra oomph. For cheeks, use Tarte Cheek Stain. For lips, use Stila Lip Rouge (looks like a pen!) for color and DHC's Vitamin C White Stick or Burt's Bees Honey Lip Balm for moisture.

Though the rule changes don't affect men as much as women, Carefair has a few suggestions for brothers.

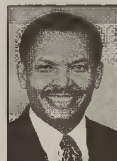
For men, it would be wise to bring an electric razor. And since you can't bring shaving cream, lotion or aftershave, try the following: Magic Platinum Skin Conditioning Shaving Powder, Remington SP-5 Men's Face Saver Powder Stick. To moisturize after shaving, use Clarins Clarinsmen Moisture Balm. And instead of using aftershave, try finding a product with witch hazel, which is a natural astringent with no alcohol that tightens the pores and gives you a fresh, clean feeling. Try Vermont Witch Hazel's Witch Hazel & Aloe Towelettes.

Before you book a flight, log on to www.tsa.gov to see what can and can't be carried on the plane and pack your powders to look your best when the flight touches down.

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Help Along The Way

As we begin traveling the road to success, we soon discover that making our dreams come true may not be as easy as it first seemed. At some point, we run into some obstacles that we did not anticipate. For example, we discover that it is going to take a bit more of a financial investment than we thought. We do not have as much time to invest in our dreams as we thought we would, therefore it is going to take longer to achieve our goals. The support from particular people that we counted on will not be available to us after all. At times it can seem that you just run into one problem after the other that gets in the way of your dreams.

We can encounter so many problems that at some point we are tempted to give up on our dream. We may reach a point where we feel that perhaps it is just too much trouble. We may feel that it is something that we just do not have the power to achieve.

However, one of the things that keep people going who have discovered what it really is that they want out of life is knowing that they are not completely

dependent upon themselves in trying to make their dreams come true. They believe that the dream that they have for themselves is a gift. They believe that the very fact that they have a dream is because a Power beyond themselves has placed it in their hearts. For them the dream is something that they are supposed to do. They believe that no matter the circumstances, this Power will provide a way for them to achieve their heart's desire. In other words, they believe in something much bigger than themselves.

As you pursue your dreams, believe that you are not in this by yourself. Realize that Life is on our side and that Life will cooperate with you to help you achieve the dreams of your life. Believe that you have some help along the road to success.

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Chester landmark hosts dance elite

By Harold M. Tyson

FOR THE CHARLOTTE POST

CHESTER, S.C. — In 1939, the Brainerd Institute located in Chester, SC, one of America's most acclaimed institutions for the education of African-American children held its final commencement ceremonies. On Saturday, Vivian Ayers PhD, a member of that final graduating class, oversaw the beginning of a new period of education on that property.

"I grew up in a house across the street from the school," says Ayers. "My mother, my father, my aunts and uncles, and I all went to this school. It was a very important part of our family and neighborhood. This property has always meant very much to me and when I heard that it was up for sale, I felt that something had to be done to save it."

With that, Dr. Ayers contacted her daughter Phylicia Rashad who at that time was starring as America's favorite lawyer-mother Claire Huxtable on The Cosby Show.

"My mother called me and said, 'Something has to be done. Something has to be done.' So I called my sister and said, 'Something has to be done,'" says Rashad. "I remember coming to Chester as a child to spend the summers with my grandparents and playing on the campus grounds. It was right across the street from their house, so we weren't out of voice range."

The sister she contacted was Debbie Allen, renowned actress and dancer who herself starred in the NBC-TV show "Fame."

At its zenith, the Brainerd Institute consisted of eight buildings, a tennis court, and various other amenities to enhance the educational experience of its students. By the time it was sold to Dr. Ayers and her daughters in 1997, all that remained was one dilapidated building and the broken remnants of the tennis court.

On this Saturday in 2006, amongst the tall trees and tennis court on the old campus, the Debbie Allen Dance Academy of Culver City, California had assembled three stages for dance lessons complete with sound systems for music and instructor voice amplification. These stages would be the platforms from which some of the most celebrated dancers of today would bring various genres of dance into the lives of area

residents of all ages and skill levels. One hundred fifty dance enthusiasts registered to participate in the classes, and another 150 or so spectated the event.

As Allen welcomed the participants, her husband, former NBA star Norm Nixon, interrupted her with a cell phone call from Oscar-winning actor Denzel Washington, a member of the dance academy board of directors. He congratulated Ayers, Rashad, and Allen on the successful endeavor. Everyone in the crowd, especially the females, was thrilled at hearing his distinctive voice.

After "the Denzel call," and Allen's welcome, the classes began. The instructors were all among the faculty of the academy. The instructors and their classes were:

- Kevin Harris (hip hop) - recently toured with Fergie of the Black Eyed Peas and Nellie Furtado;

- Kara Mack (African dance) - native of Columbia, SC;
- Chloe Arnold (tap) - Columbia University graduate with theater/film degree. She can be seen in the movie "Idlewild";

- Jason Samuels Smith (tap) - 2004 Emmy Award-winning choreographer personally recognized by the late Gregory Hines as a rising tap great. He can be seen in the movie "Idlewild"

- Alla Khaniashvili (ballet) - Russian ballerina who, at the time she and her husband defected to the United States, was the prima ballerina with the Bolshoi Ballet.

With the ballet, hip hop, and African dance lessons being conducted simultaneously, the spectators had plenty of entertainment, and the participants were learning plenty. After approximately 90 minutes of each genre, the instructors rotated stages so that each group was exposed to each style of dance. Following the lunch break, Arnold and Smith, who together choreographed the final tap scene in the movie Idlewild, collaborated on a tap demonstration with Smith teaching the tap lesson afterward.

"When I came to America, there were many opportunities for me to work with different dance companies, but I prefer the method that Debbie uses with her students," says Khaniashvili. "She makes sure that they are taught the different styles of dance so that they are very well-rounded. When they

leave Debbie, they have a universal education in dance."

Ayers, Rashad, and Allen have grand intentions for the Brainerd Campus. It is their dream to see the remaining building restored to be used as a museum and cultural center for the area. It is also their intention for the "Workshop in Open Fields" to become an annual event.

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