



DELANA HOLDEN instructs aerobics classes in waist bends...

## Wife And Mother Combines Two Related Careers

BY ANN TERRY SMITH

Elizabeth Willis taught her daughter Delana to "always look your best." That now 34-year-old daughter, Mrs. Ron Holden, took the lesson seriously and combines two careers enhancing personal attractiveness: aerobics and apparel.

Three nights a week Mrs. Holden teaches aerobics classes. Five days a week she dresses windows, does the buying, and assists customers at her parents' clothing store in downtown Shalotte.

A third related career in hairdressing is taking a break after 15 years. "I was just raised to believe in physical fitness," the attractive Mrs. Holden said. "I always tell people, 'look at mom,' she takes such good care of herself. I can remember as a child sitting on her legs while she did sit-ups."

Also as a child she began dancing, a talent which eventually led to her aerobics career. But marriage, years of having her own beauty shop, and motherhood came in between.

Delana married high school sweetheart Ron Holden, now a Shalotte accountant, in 1970. His Air Force career carried her to Myrtle Beach—where she went to hairdressers' school, back home for a year while Ron went to Vietnam, and Edwards Air Force Base in California.

After military service ended, the couple chose Charleston as their home for six years where the husband graduated with honors from the College of Charleston while the wife operated her own beauty shop.

A job offer with a large accounting firm then carried the Holdens to Greenville. Ron was on the road much of the time, so Delana looked for a hobby to fill in with working as a hairdresser.

"I never had lost my interest in dancing," she remembered. "So I joined a ballet class in Greenville.

Fortunately the class had adults, most of them with their own ballet classes. Our teacher was the choreographer with the Greenville Little Theatre who encouraged me to audition for some of the plays."

Mrs. Holden remembered too that the transition from Charleston to the Piedmont had been a hard one for her. But her new home began to improve once she found the theatre.

The musicals always fit a time when her husband was especially busy—the spring tax season—so she made her debut in "Kiss Me Kate." Particularly memorable was "Anything Goes" which had a June Taylor dancer from New York for the choreographer. Delana won one of the few dancing roles over many who auditioned.

"Then I decided it was time to have a baby, and she ended my theatrical career," Mrs. Holden laughed. Daughter Erin is now three.

But the baby did begin the aerobics career. Since there was no longer time for the long hours of ballet and play rehearsal, an aerobics studio one block from home became the answer to getting back in shape.

"At my first class, an advanced one, the teacher asked me if I would like to be an instructor," Mrs. Holden said. "I waited until Erin was about five months old and then went back to hairdressing for half a day and taught aerobics in the afternoon. The routines were much like ballet and other dance I'd had. And a thick manual for teachers told you the exact steps to follow."

When the Holdens moved back to Shalotte a year and a half ago, she decided to continue her aerobics classes.

About her philosophy for exercise, Mrs. Holden explained, "I believe it is good for a woman physically as well as mentally. Exercise makes you feel better about yourself—and gives you more energy to do other things."

And she too needs the energy for the apparel career which also had its beginning years ago. In high school, Mrs. Holden won a cash prize in Distributive Education for window dressing. Her buying experience began when she lived in Greenville and would meet her mother and brother in Charlotte at the clothes market.

She decided to join mother Elizabeth and father A.B. when she moved back to Shalotte in October of 1984.

"I wanted a change after doing hair for 14 years," she said about assisting her parents.

Combining the two jobs with being a wife and a mother "does get

hectic," Mrs. Holden said. "But that's how I am. I like to be doing things."

And one of the things she always tries to do is "look her best" and help others to do the same.

wholesale

**SHALLOTTE**

*Electric*

**SUPPLY**

Phone (919) 754-6000  
Shalotte, N.C.

**For health insurance to help pay soaring hospital and surgical bills, see me.**

**DWIGHT FLANAGAN**  
Phone 754-9923  
Jct. Hwy. 17 & 211  
P.O. Box 78  
Supply, NC 28462



Health Insurance  
The State Farm Way



Like a good neighbor, State Farm is there.

**SIGNS**

QUALITY CUSTOM SIGNS

- Bill boards
- Truck & boat lettering
- Cut-out letters, any style
- Portable signs — sales/service/rental
- Magnetic signs
- Silkscreen signs
- Electric signs — service/installation
- Graffiti service

Famous for long-lasting painted signs. You've tried the rest...now try the best!

**SOUTH WIND SIGN CO.**

Hwy. 130 E. (Holden Beach Rd.)  
Shalotte, 754-8459



...and dresses a window in the family clothing business.

# Beauty Connection, Ltd.

IN GRAY PROFESSIONAL BLDG., HWY. 130, HOLDEN BEACH RD., 842-4967

**FROSTING & BLEACH**  
REG. \$35 **Now \$28**

**PERM SPECIAL**  
REG. \$35 **Now \$28**

**FREE FACIAL**  
BY OIL OF MINK  
**WITH EACH PERM OR FROSTING & BLEACH**

SPECIALS END JULY 9

We offer professional, modern services in unisex hair design, Zotos perms, body waxing, acrylic nail art by DuBunne, ear piercing, eye tabbing, European facial massages, manicures and pedicures.



Have the dark, rich look of the tropics in as little as 20 MINUTES A DAY FOR 8 DAYS.

Visit Our **Electric Beach** PRIVATE ATMOSPHERE TANNING SALON

Featuring the American Wolff Tanning System

\*\*\*\*\*  
JULY 4TH SPECIAL  
\*\*\*\*\*  
**TANNING BED**  
\*\*\*\*\*  
**\$5.00** PER SESSION  
WALK-INS WELCOME  
\*\*\*\*\*

Join the educated healthy millions who are enjoying indoor tanning.

## July Sale-A-Bratton

PRICES SLASHED ON ALL DINETTES



Full Line Of Rattan Furniture  
SPECIAL SALE PRICES

Queen Sleeper Sofas  
Drastically Reduced



Bedding Sale **50% OFF**

For All Your Furniture Needs...

**Shalotte Furniture**

754-6642

Quality furniture at discount prices.  
Main, St. Shalotte—Lewis Shopping Center

## INTRODUCING OUR SPECIALISTS...



DEBBIE CUMBEE  
Stylist/Designer  
Acrylic Nail Specialist



GLENDIA HOLDEN  
Owner/Stylist/Designer  
Acrylic Nail Specialist



BETTY JO KING  
Stylist/Designer  
Acrylic Nail Specialist

**TUES-WED-FRI-SAT 9-5, THURS 9-9. CALL 842-4967 FOR APPOINTMENT. WALK-INS WELCOME.**