

Beauty for the Body and Spirit



NINA ELAINE BORUM
Staff Writer

Today we are going to focus on our cheeks. With the help of Beauty tips.com, I have compiled some helpful tips for you to keep in mind when applying blush. Many women don't wear blush, but if applied correctly you will avoid looking overdone. Follow these tips when applying blush.

1. Remember that blush should never go below the nose or any closer in than the iris of your eye.
2. Start at the center of the apple of your cheek and apply blush up the corner of your eye to your temple.
3. Avoid applying blush to cheekbones! This will bring your face down and give you the effect of looking older.
4. During the winter use rich, deep colors and for spring and summer use pale, soft colors.

5. If you have oily skin, your blush may tend to darken throughout the day. A simple solution to this problem is to frequently apply pressed translucent powder.

The bible does not give beauty tips for our cheeks, but it does mention cheeks. Read the following words of Jesus.

"But I tell you, do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also" Matthew 5:39

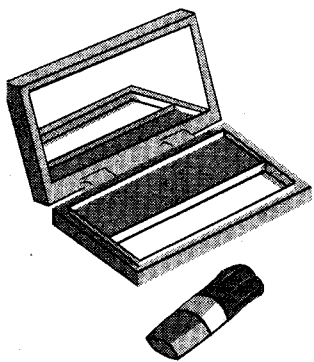
I used to think that this verse was saying that if

someone struck you, you had to let him or her strike you again. In other words, this verse is easily used to badger self-defense. Let us take a closer look at this verse.

"...If someone strikes you on the right cheek..."

The Greek verb used here refers to a slap with the back of one's hand. In the eastern culture this type of slap was an insult of the highest order, more so than an act of abuse or violence. Jesus specifically mentions the right hand, even though a blow from a right-handed person would fall on the left cheek. So we can see from this verse that in this context Jesus' words were not about self-defense but an attack on one's dignity. He was teaching his disciple that they should gladly endure insults for his names sake. Let this verse guide you this week.

"I am willing to endure anything if it will bring salvation and eternal glory in Christ Jesus to those God has chosen." 2 Timothy 2:10



KRAUS' CONSERVATIVE COLUMN: One Nation Under God

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Contributing Writer

Once again California is the place for controversy. One Nation "under God" is under attack by atheist Michael Newdow, who wants the United States Supreme Court to remove the words

"under God" from our Pledge of Allegiance. God, whether Newdow likes it or not, is the essential foundation upon which our great Land was established. Any attempt to argue that our founding Fathers did not intend for God Almighty and His principles to act as the basis for law and justice in this country is incredible and false.

Their words are precise. George Washington: "Of all the dispositions and habits which lead to political prosperity, religion and morality are indispensable supports", "It is impossible to rightly

govern the world without God and the Bible", John Adams: "Our constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other", James Madison: "We have staked the future of all of our political institutions upon

the capacity of each and all of us to sustain ourselves according to the Ten Commandments of God", John Quincy Adams: "The highest glory of the American Revolution was this; it connected, in one

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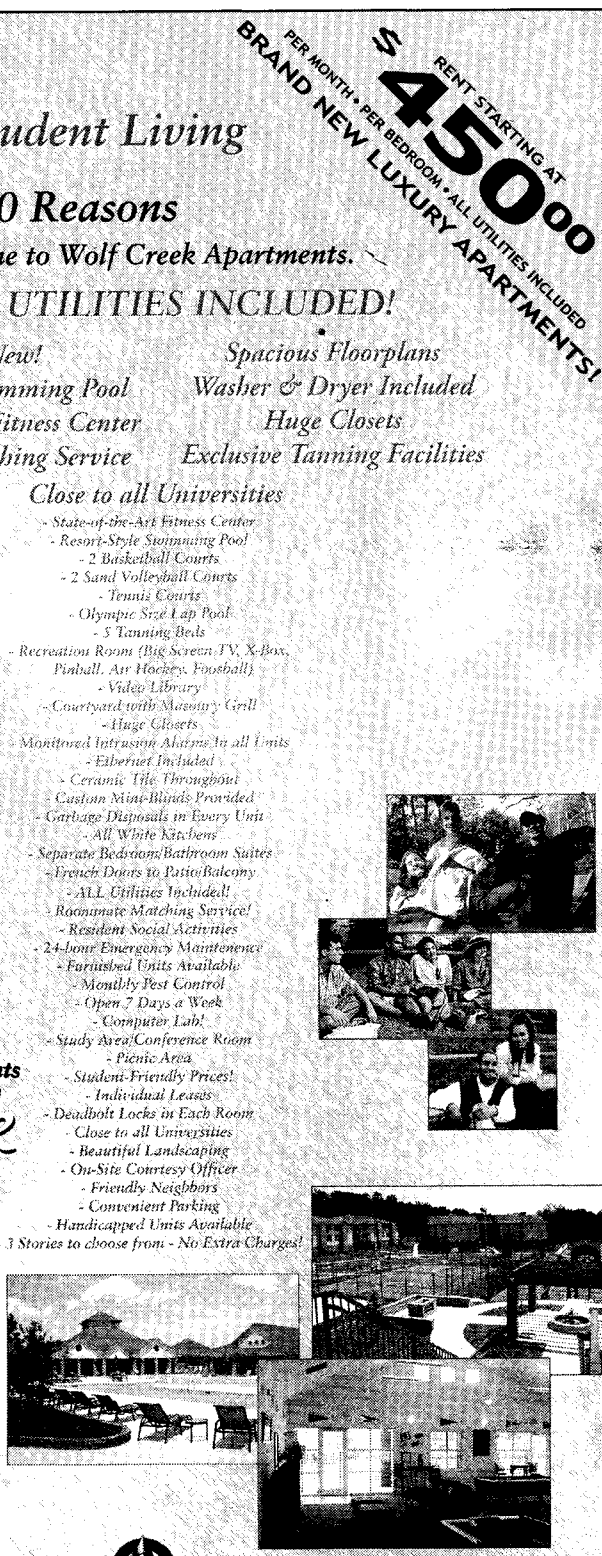
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