

## LIFESTYLES

## Taffy B. Productions showcases local talent

By Tammie Tolbert  
THE CHARLOTTE POST

Taffy B. Entertainment Productions is looking for you, especially if you look like a star.

The production company will be in Charlotte today sponsoring "Industry Night" a talent showcase and celebrity look-a-like contest. The program costs \$20 and begins at 8 p.m. at the Renaissance Place in downtown Charlotte.

The contest is for people who want to be in the entertainment industry. Along with presenting their talents, participants can network with some of the big name companies in the entertainment industry. Invited guests include Motown, RCA, EMI, Epic and Virgin record representatives. NBA, NFL and radio personalities are also invited guests.

Tabitha Bell, the president of Taffy B. Productions said, "I have been in the entertainment business for 15 years and I want to showcase the talent that other people have."

Bell said that showcasing talent brought her here. "Taffy B. Entertainment is

actually a management and booking agency out of Winston-Salem and I wanted to do something exciting to showcase talent."

Bell said people coming to this event can expect to see models, comedians, singers, actors, and more. "We will have child entertainers too," she said. "A young man will open up the show by singing 'The Greatest Love of All.'"

Although Bell has adults in her agency, she said her company is geared mostly toward children.

Bell says her production company has a slight twist.

"We are geared toward community development through arts and entertainment and we focus on children from low-income developments and on people who just don't have the money to become involved in this industry," Bell said. Her company seeks to help these people by exposing them to people in the entertainment business.

Bell has an innovative way to help these people to help themselves. It is called the Book of Dreams.

"The Book of Dreams is a sponsorship book with advertisements the person has sold and when they become discouraged, they can look in



Tabitha Bell, President of Taffy B. Productions, has been in the entertainment business for 15 years and decided to show the talent of others in her "Industry Night" showcase.

their book and actually see the people who support them," she said.

Bell said this helps to show them that if they have a dream, they can reach it through self-support and the support of others.

Bell said she works with people in various districts. "I go from state to state recruiting district people like the big labels. I just recruit district people and let them handle what is happening in their area and make it possible for anybody to be a star."

Bell said as a producer her purpose in the entertainment industry is to try to uplift people through wholesome entertainment. "I am all about people and I enjoy putting a smile on someone's face."

Bell has already auditioned the talent that will be performing today, however, she encourages people who did not have a chance to come out to audition to come to the show before it begins or call her at 394-0775.

"Industry Night" - Renaissance Place, North Tryon Street, uptown. Showtime: 8 p.m. Tickets: \$20.

## Around Charlotte

•Theatre Charlotte presents "The Second City" written by Ruth Sloane. A free performance will be given 4:30 p.m. Sunday at Reedy Creek Park, 2900 Rocky River Road, off East Harris Blvd. For more information, call 598-8857.

•The Hidden Valley community will hold a town meeting 6:30 p.m. Aug. 14. For more information, call Alfreda Barringer at 597-9921 or 332-3090.

•The National Kidney Foundation is asking people to donate unwanted vehicles to the Kidney Cars program. The donated vehicles will fund organ donation awareness. For more information, call 1-888-282-CARS.

•The Charlotte chapter of the La Leche League will sponsor a world walk for breastfeeding 10 a.m. Saturday. The organization is a non-profit organization that provides information and support to 100,000 breastfeeding mothers in 60 countries every month. For more information, call Laura Hankins at 394-6841.

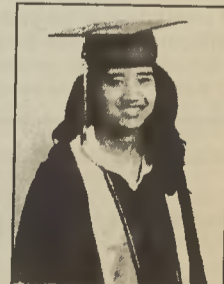
•Nubian Connection will have a meeting 4 p.m. - 8 p.m. on Saturday at The Renaissance Place, 631 N. Tryon St. The topic, "Has Your Get Up And Go Got Up and Gone," will deal with feeling good and looking good. A make-up consultant will be available to do facial makeovers. The cost is \$15 and it includes jazz music and a light buffet. For more information, call Wanda Davis at 334-0424.

•The AmeriCorps Project FIRST is beginning its third year. The program draws volunteers from around the country to participate in service projects. Project FIRST is now seeking volunteers for the 1996-97 school year. Members receive a stipend. For more information, call the Charlotte Mecklenburg Education Foundation at 335-0100.

•The City of Charlotte is seeking applications from neighborhood organizations for grants to improve communities. The deadline for applications is Sept. 16. For more information, contact Shirley W. Stevenson at 336-2349.

•The United Way and the Mecklenburg County Women's Commission will sponsor a second session of "Children Coping with Divorce" 7 - 9 p.m. Monday and 7 - 9 p.m. August 12 at the United Way of Central Carolina, 301 S. Brevard St. For more information call 332-9034.

•Charlene Jaquetta McCain has received the June Chavis Davenport, Epsilon Theta and the Charlotte Pan Hellenic scholarships.



McCAIN

McCain, a recent graduate of West Charlotte High School will attend Duke University in the Fall. McCain is the daughter of Gregory and Keiko McCain

Charlene McCain was recognized as a Charlotte Post Top Senior.

## Proper care of nails, natural and artificial, critical, technicians say

By Tammie Tolbert  
THE CHARLOTTE POST

Kim Hubbard, a nail technician at Oasis Personal Image on Sharon Amity Road says, "Just because its pretty, that doesn't mean that its right."

Women have added 1 more, or should I say 10 more, accessories to their wardrobe by getting their nails done.

"Women who get their nails done are usually looking for length, beauty, and something that is going to get attention," Hubbard said.

"A lot of people aren't knowledgeable about the product and they just want what looks good," Hubbard said there are some basic rules that a nail technician and a customer should practice.

Before servicing a client's nails, Hubbard takes her client's occupation, and their daily activities, into consideration.

"If a person plays the piano or if she is constantly in water, she has to consider the maintenance of getting her nails done," Hubbard said.

In order to keep nails in top condition Hubbard recommends that most people get

nails filled every other week, since nails grow faster in the summer months.

To help the appearance and condition of nails, technicians offer everything from a gel overlay to acrylic nails to nail tips.

"If my clients are using their hands constantly, a gel overlay as opposed to a nail tip or an acrylic overlay may not be the best for their nails because a nail tip or an acrylic overlay is the best way to make nails their strongest."

Satin wraps are another nail technique. Hubbard says: "They were once used for repairs on natural nails. The satin wrap appeals to a lot of women because it has a natural look. Although women like the satin look, I find that this type of wrap shatters and if you play the piano or use the keyboard a lot, I wouldn't recommend it."

For people who want to keep their natural nails, Hubbard suggests they keep their cuticles oiled. "Growth is really promoted from the cuticles and keeping them oiled and not dry will promote growth," she said. "Keeping hang nails clipped and keeping cuticles pushed back will also aid in

growth."

Eating properly helps too. "Foods which are high in protein and calcium also help to promote healthy nails," she said.

Even with applying acrylic nails, Hubbard said the proper length of the nail shouldn't be any longer than one width of the natural nail bed. "If they are any longer, they are off balance, and they can begin to chip and break at their stress point, which is usually at the base of the nail tip. People will also start bumping into things with their nails."

When going to various nail technicians, Hubbard said there are various things the customer should look for.

"Always be aware of the work station for cleanliness and make sure that the station is cleaned with alcohol to kill the germs. The utensils should be sanitized before a technician begins to work on your nails," Hubbard said this cuts down on transferring germs and fungi.

"Fungi are out there, but they are just the base, because there are different nail diseases that can cause you to lose your nails permanent-



Kim Hubbard (R) and Roberta Johnson (L) sit and discuss the best tips for growing and maintaining beautiful nails

ly," she said.

Acrylics are not a joke, so if a person is going to have nails applied Hubbard advises people against looking only at the cost of a nail set.

"Just because its a good price, that doesn't mean that you're getting a good and clean service," she said. "You get what you pay for."

She also disagrees with salons that use drills on the natural nail. "I have some clients come to me and they want acrylic nails, but they

have extensive damage underneath their nails because another salon has used the drill to file down the tip. Don't ever let anyone take an acrylic nail off without soaking it because it means that they are tearing nail flakes and they are doing extensive damage," Hubbard said. "The more damage that is done to your nails, the more susceptible you will be to fungi."

"Acrylic nails are popular,

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## HHS secretary: Physically fit Americans to be priority

By Ira Dreyfuss  
THE ASSOCIATED PRESS

The Surgeon General's report on exercise was only the warmup. Americans are in for a chorus of exhortations to get off the couch.

Now that the report trumpeting the known value of exercise is out there, government agencies, community groups, professional organizations and exercise-oriented businesses intend to drive the message home.

"What I want to say is, we have to get America moving," said Donna E. Shalala, secretary of Health and Human Services. And if it takes becoming a "national nag,"

she'll do it, she said.

"I'm happy to be accused of being a national nag on cigarettes, exercise and diet," Shalala said. "Those are the things that are killing people." Thirty minutes of brisk walking counts as moderate activity and can reduce the risk of conditions such as depression, diabetes, high blood pressure - even early death, the report said.

The study was timed to come out just before the Olympics as a way to get people thinking about their physical states while they watch athletes in peak condition performing at their best. And the report's backers intend to keep the momentum going.

One goal is to make exercise a normal part of daily life, Shalala said.

"I will approach 'TV Guide' and television and radio with an exercise a week for couch potatoes," she said.

Shalala doesn't just talk exercise, she does it. She lifts 5-pound hand weights during commercials and watches the evening news while walking on her treadmill.

The Surgeon General's report, issued July 11, said that more than 60 percent of adults don't get enough regular physical activity, and 25 percent get none. At a minimum, people should be moderately active on most days of

the week, it said.

To make sure the report doesn't end up gathering dust, the federal government is counting on community-level organizations such as those set up by the President's Council on Physical Fitness and Sports to do a lot of the legwork. But the Centers for Disease Control and Prevention have been given several million dollars and overall charge of followup campaigns, Shalala said.

Medical groups and physical fitness organizations will be behind the effort, said James R. Whitehead, executive vice president of the American College of Sports Medicine. The ACSM, the American

Heart Association and some 100 other groups are working together as the National Coalition for Promoting Physical Activity.

The coalition is lining up corporate partners to promote physical activity, Whitehead said. But the coalition's own funds are limited, so it will have to rely on volunteers from member agencies to spread the word about exercise's value, he said.

But one exercise researcher, Rod K. Dishman of the University of Georgia, thinks it will take more than a government-led effort to motivate normally sedentary

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