

AMRS B. DUKE MEMORIAL LIBRARY
JOHNSON C. SMITH UNIVERSITY
CHARLOTTE, NC 28216
MAY 17 2004



Easy tips to save the skin you're in

By Cheris F. Hodges
cheris.hodges@thecharlottepost.com

The weather is heating up and skin is drying out. Experts say this can be avoided by following a few tips for skin health.

In the Carolinas, spring and summer often mesh and cause a variety of skin problems, from sunburn (yes, black people do get sunburn) to flakiness and extreme dryness.

"The number one thing is to drink enough water," said Elizabeth Osborn, a licensed skin care technician at Oasis Day Spa in Charlotte.

Osborn said staying hydrated in the heat keeps skin healthy.

Dr. Kerry Wong, a licensed dermatologist, writes on her web site that moisture is important to black skin. "Creams are better than lotions," she writes. "But you may need an ointment (like petroleum jelly) if your skin is really dry."

Osborn said African Americans are very traditional when it comes to taking care of their skin, but some things that they use may contribute to problems.

"African Americans use cocoa butter, baby oil and Vaseline on their skin. Often times this can clog your pores," she said.

Osborn said people often use a product because it is hyped as good for them. "We need to listen to what our skin is telling us," she said. "Some people think there is something wrong with their skin because a product is not working."

Osborn suggests using light weight skin-improving creams and oils like shea butter, grape seed oil, jojoba oil and olive oil. These, she said, offer more benefits and fewer risks.

Before anyone can have healthy skin, Fashion Fair consultant Bree Fair said you must determine what type of skin you have.

"Most of us are normal to oily," she said. Fair suggests exfoliating the skin twice a week and for those with extremely oily skin to use a botanical mask.

According to Skin911.com, exfoliation offers the benefits of removing dull, dead skin, restoring its luster as well as promoting product penetration.

In the spring and summer months, Fair said, the face is the first area the sun attacks. "In the summer we need an oil-free moisturizer," she said. Fair also said that people should choose a moisturizer with a SPF 15 sunscreen.

"Our foundations have a SPF 12," she said. "So, you get double protection."

Osborn said many sunscreens that are used on the body might cause breakouts on the face.

Black men also need to take special skin precautions during the summer months to ensure skin health as well.

According to MenEssentials.com, black

See SAVE/3B

In touch with the real you

Total You Tour puts emphasis on physical and emotional development

By Cheris F. Hodges
cheris.hodges@thecharlottepost.com

Tap into the total you.

The Pantene Total You Tour is dedicated to helping African-American women realize their holistic beauty through positive transformation of the mind, body and spirit.

Saturday, famous women like Nikki Giovanni, recording artist Yolanda Adams, hip-hop pioneer MC Lyte, fitness guru Donna Richardson, actress and comedienne Myra J, "BET Nightly News" anchor Jacque Reid, and Charlotte Sting players Dawn Staley and Andrea Stinson will be on hand at the Charlotte Convention Center to entertain and enlighten women on issues of total wellness.

Charlotte, the final stop on the tour, is hosting the event for the first time its five-year history.

"As African American women, we take care of everyone else and forget about ourselves," Richardson said.

The tour, she said, allows women to have fun and learn.

"The Pantene Total You Tour provides a fun and entertaining outlet for African-American women to learn about the importance of maintaining total wellness," said Richardson. "More than any other ethnic group, African-Americans suffer from a range of preventable diseases, including diabetes, heart disease and stroke that are a result of poor nutritional and exercise habits. My goal is to instill sustainable, positive health choices that will benefit these women throughout their lives."

Richardson said African Americans have to take a more proactive role in taking care of their bodies, and she hopes to cultivate that activism in girls who participate.

"I feel that it is making a difference in the lives of young girls and I'm grateful to be a part of that," she said.

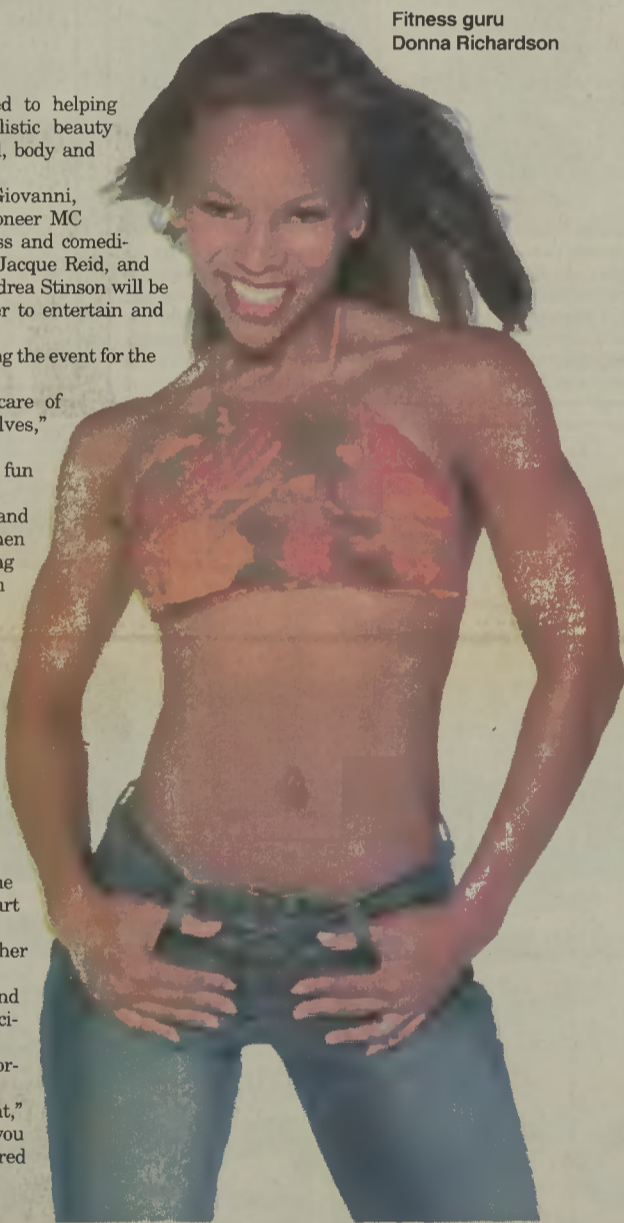
The Total You Tour covers several topics other like politics and education.

"We talk about motivating young girls and adults to read so that they can make better decisions in life," Richardson said.

Giovanni talks about politics and the importance of voting, Richardson said.

"We tell the audience to embrace the moment," she said. "And to think when is the last time you were in an environment like this, being nurtured by other African American women."

Fitness guru
Donna Richardson



The entertainment schedule is:

1:00 - 1:20 p.m.: MC Lyte performs

1:20 - 2:25 p.m.: The Pantene Total You Tour panel discussion featuring the following celebrities (in order of appearance): Jacque Reid, Myra J., Donna Richardson, Dawn Staley, Andrea Stinson and Nikki Giovanni.

2:25 - 3:05 p.m.: Rhian Benson performs

2:35 - 3:05 p.m.: Yolanda Adams performs

3:05 - 7:00 p.m.: Attendees will be pampered with free manicures, hair styling, massages, facials, makeovers, hair color consultations and a host of free products and services by Procter & Gamble brands. Attendees will also be able to meet panelists and performers during an autograph session.

Captivity freed a lifelong friendship for POWs

By Cheris F. Hodges
cheris.hodges@thecharlottepost.com

DAVIDSON - Their friendship is quite possibly one of the greatest of the 20th century.

Fred Cherry and Porter Halyburton bonded as prisoners of war in Vietnam.

The former U.S. military fighter pilots, who spent more than seven years in sometimes brutal captivity in North Vietnam, were thrown together because of their differences.

Cherry is black and Halyburton is white.

According to Cherry, their captives thought placing Halyburton in the same cell would make them kill one another.

Halyburton said he had been moved several times before he was placed in the

cell with Cherry. Each time, he said, his captors said they were moving him to a place worse than before.

"He was young and southern, I was senior (in rank) and southern and the Vietnamese thought it would benefit them," Cherry said.

But the opposite happened. "We were both very happy to have someone with us," said Cherry, who had been in the dark cell, alone, sick and unable to take care of himself.

Cherry said he couldn't feed or bathe himself because of an infection and hadn't received any medical attention. He was tortured, but never gave the Vietnamese anything more than his name, rank and serial number. He is believed to be the only POW to suffer tor-

Please see BOND/3B



PHOTO/WADE NASH

Fred Cherry (left) and Porter Halyburton survived captivity in Vietnam by building a friendship based on mutual interests.

Teens see status as top priority

By Leigh Ervin
THE CHARLOTTE POST

In high schools all around America there is a wall of separation between two groups of people.

Not black and white or any other ethnic group, but the struggle between the popular and the nerds.

Scenes in movies like "Mean Girls" portray the stereotypical high school where the head cheerleader is the most popular, but now the head cheerleader is just a person. No one really cares if she's a cheerleader or not. In today's culture, the relationship between the popular and the non-popular has changed. Kids now are more opinionated and decide for themselves what they want to do.

Although this may be true in some aspects, there is always the small percentage of teens who feel this relationship hasn't changed at all. As people embrace the racial diversity of others, the internal differences (intelligence, and emotions) are often being overshadowed by the things you do, wear, and the people that you hang out with.

Erenda Young, 16, says that this battle, "popular vs. nerds" continues because "people have the need to fit in. It's an urge that every teenager has." The urge may be the feeling of acceptance. No matter whether you're popular or not, this is a bond that every person shares. The reality is that your not born being a people person, you become that way.

Sure there are people who are smart and popular. Shy people tend to hide behind their text books and homework, but in order for them to emerge into the social spotlight, they most slowly come out of their shells.

A guidance counselor at South Mecklenburg High School says "social unity" has to occur first from the individual. "The student has to first accept their differences in order for them to allow others to accept them," she said.

The image of today, is normally baggy clothing for guys, and extremely tight and revealing clothing for girls. People who do not think outside this box of uniformity push people away who are not like themselves, the wall of social segregation still stands tall. Until the outspoken and the shy can come together for social unity, the battle will exist.