

Star light, star bright

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Reynolds said once she began getting her life together, everything began to fall into place, including meeting her husband, Al Reynolds.

"If I had not been open, I wouldn't have changed," she said. "I wanted to share my struggle so that when other women face struggles and crossroads, they are not alone."

Over the last three years, Reynolds has lost 150 pounds and while she won't reveal the method that she used, she does say that she visited several doctors and listened to what they said she needed to do.

"I will not be the poster child for a particular method," she said. "Only your doctor can tell you what will

work for you."

She writes in the book: "Looking good to me has always been about the way I felt about myself. But as I started to feel crummier, I suddenly stopped looking good to myself and, I was sure to everyone else. Then the absolute worst happened. Shopping became hard work. I was in trouble."

Other people noticed it as well, she recalled. When one of Reynolds' best friends confronted her about her weight and the way she was living, Reynolds said she was forced to look in the mirror and "for the first time I didn't like what I saw."

"When a good friend confronts you, it forces you to think," she said.

Though her weight loss is what people see, Reynolds

said there were other changes that she made, including a renewal in her relationship with God. A native of Badin, N.C., near Winston-Salem, Reynolds said she was raised in the church and as her television career took off, she'd moved from her relationship with God.

In the book, Reynolds shares her own experience in finding her way to God and suggests ways to incorporate spirituality in daily life.

"When you start building a foundation, boy does things start coming quickly, like tennis balls from Venus and Serena (Williams)," Reynolds said.

She found love and now as a love coach on AOL Black Voices, Reynolds hopes to help other women do the same thing.

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Gerald O. Johnson, Publisher

'Paris' comes to the Queen City



PHOTO/CALVIN FERGUSON

Derickus Crawford will introduce his new salon, Hera by Him this Sunday. Crawford previously owned Salon Retro on Central Avenue. He wants to usher in a new era in hair.

By Cheris F. Hodges
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If you've ever wanted to go to Paris, you'll have your chance Sunday.

Derickus Crawford, owner of the upscale salon Hera by Him, plans to make his grand opening a night in the City of Lights.

Crawford's not new to Charlotte. He opened his first salon, Salon Retro, on Central Avenue a few years ago. However two months ago he changed the name, location and vibe of his place and Hera by Him was born.

The 14-stylist salon, with an upscale décor, private rooms for hair styling, make-up and nail jobs, is located on Independence Boulevard, behind the old TGIFriday's location.

Crawford, 27, said he doesn't just want to make women's hair look good, he wants to make the total woman look elegant.

"When a woman comes in, I think how would I like to see her styled, what would work on her," he said.

Sunday's show is Crawford's reintroduction to Charlotte and a chance to give women of color a salon where they can be pampered from head to toe. Hera By Him also has a shoe

buyer who brings in some of the most contemporary styles.

At Sunday's event, the focus isn't exclusively on hair.

"It's a night of bringing people together and we're going to introduce the trends for winter," he said.

Crawford has styled local celebrities like Power 98's Janine Davis and national stars like "The View's" Star Jones Reynolds. Crawford said he believes all women are beautiful and the right stylist can show them how to enhance that beauty.

"What sets our salon apart is that everybody in here can really do hair," he said. "At a lot of salons you have a star stylist, but I can say everyone here can do hair. Our salon is known for you can come in and let anyone do your hair and you don't have to know what you want (and still leave looking good)."

Want to go?

What: A Night In Paris

When: Sunday, Jan. 15, 7 p.m.

Where: Hera By Him, 5309 East Independence Blvd., Suite 1

The dress code is semi formal.

Study seeks to help young mothers

Continued from page 1B

ated after two years, and its most effective strategies will be promoted nationally through Parents as Teachers.

"If we don't intervene now, we'll see (health problems) when they're 30," Haire-Joshu said.

Retaining weight after childbirth is a predictor of developing long-term obesity, as well as other diseases, she added.

Overweight teens are more than 12 times more likely to develop Type 2 diabetes in their lifetime, and are also at risk for colorectal and breast cancer, Haire-Joshu said.

However, it's hard for young mothers to make responsible choices in an environment that offers mostly unhealthy options. "We can teach it all we want, but if their experience is fast food and sodas, and it's easier to get that instead of milk," she said, "it's going to be tough."

Researchers say teens today enter pregnancy heavier than ever and frequently gain more than is recommended. Then, they're not able to lose it.

Miesha Haywood, 17, hasn't lost any of the 220 pounds on her 5-foot-8 frame since giving birth in June 2004.

"I've grown up with fried foods," she said. "I don't know how to bake chicken."

She was surprised to hear that skipping breakfast and consuming lots of soft drinks and fast food may be thwarting her weight loss.

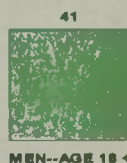
Like Richardson, Haywood said she struggles to make good food choices when the less healthy options are all around her.

"I want to do it," she said, "but I need a push, someone to be on my team. I'm lazy."

She said her mother has her own weight problem.

"She's on me about my grades ... but not my weight," she said.

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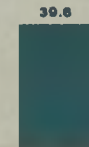
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Source: The Media Audit National Black-targeted newspaper report 2003

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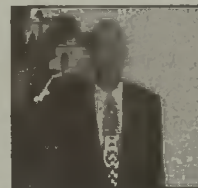
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