

## New Skin Care System Addresses Special Needs Of African-Americans And All People Of Color

Thanks to the efforts of some of the most famous African-American celebrities, a solution to a very common problem affecting all people of color is now available to the general public.

A high percentage of African-Americans and other people of color experience an array of skin disorders that are characteristic of skin with dark pigmentation. The most common complaints among both adults and children are recurring acne, blemishes, blotchiness, excessive oiliness, clogged pores, discoloration, shaving bumps, dark spots and dull, listless skin. Until recently, the lack of expertise and targeted products dealing with the issue faced by people of color have made effective and economical treatment inaccessible for most.

A new method of corrective skin self-care has been formulated that is both sensitive and responsive to the special needs of people of color. After ten years of product development and successful results at his Hollywood clinic, the work of Edgar Morris and The Edgar Morris Skin Care System is now available to the general consumer for easy use at home, with sets addressing Mild Acne, Severe Acne, Beauty and Revitalizing Skin Care, and Men's Skin Care and Shaving.

Celebrities such as superstar Dionne Warwick, Emmy-winning actress Lynn Whitfield ("The Josephine Baker Story"), singer Stephanie Mills, actress Marla Gibbs and NFL great Marcus Allen are among the thousands of people who have found a solution to their skin problems under the care at Edgar Morris' clinic in Hollywood. Their willingness to go public with testimonials and support has played a key role in making the product available to the general consumer.

"We are essentially providing people at home with an easy-to-apply system containing the tools and the expertise to let them become their own skin care experts," stated Edgar Morris. "The system—the balance and the correct implementation of the products that is the simple but essential key to success. We all know that if we want to



keep our teeth, it requires us to be diligent in our daily routine, aided by a regimen of products. Why should we think that maintaining healthy and vibrant skin should be otherwise."

"Everyone faces some kind of skin issue between acne and the changes associated with aging," adds Morris. "Every person of color understands that these problems are even more noticeable because of their particular pigmentation issues, where acne and scarring lead to discoloration. Men face an additional problem of shaving bumps, which result from the irritation of ingrown facial hairs."

In addition to the products, easy-to-follow instruction card, tote bag and sponge, each kit also includes an hour long, step-by-step video where Edgar Morris and Dionne Warwick take the viewer through the process. Because client contact and service are an important part of his clinic, Morris agreed only to market the product if the user was also provided with an (800) line to insure direct contact with an Edgar Morris skin care representative should any questions arise.

In his youth, Edgar Morris faced a severe acne problem himself and found no solution despite his access to the finest dermatologists and specialists. As a teenager, Edgar was employed by a prominent Hollywood screenwriter to help care for his disabled son. Traveling the world and meeting many famous people as part of the job, he had the opportunity to meet Josephine Baker in Paris, who recommended her own dermatologist, Dr. Jeneau.

"If I have a disease or illness that I want to correct, I am very happy to change my routine if it solves a problem," stated Morris. "The Edgar Morris System does not work overnight, but you will notice the improvement in only a matter of days. You only need someone who really understands how to address the problem, who takes time to explain it. That's what we have tried to build into the system."

For more information on how to purchase The Edgar Morris System, please call (800) 453-3636. Suggested retail price is \$79.95.

## Fat Control

BY CHUCK AMATO

This is a straight forward article that is going to explain in simple terms the facts about fat control.

The first thing to realize is that we all vary when it comes to our body metabolism (rate at which we burn fuel [food]). We also vary when it comes to body type - so the first thing to do if you want to lose weight is take an appraisal of your self in the mirror and also ask yourself what was I like physically as a child, teenager, and young adult. If you have always been a large person you will always be a large person. You can't diet or train a St. Bernard into a Greyhound. However, you can be a fit, toned St. Bernard that is carrying a reasonable amount of body fat and looks great. Being realistic then, is the first step in permanent weight control. Setting unreasonable goals or expectations will only result in frustration.

The second thing to consider is your eating procedure.

Problem I. Do you love food and eat lots of it good and bad? If this is your situation you have two options to improve your physical condition. (1) Selective eating which is choosing as the major part of your diet foods that are nutritional, filling, but moderate to low in calories; (2) Exercise. If you don't want to alter your diet, finding this option too difficult to live with, my advice is eat, exercise, and be happy. Even if your diet is not what it should be you still will over a period of time reduce your percentage of body fat to muscle if you exercise consistently.

If you hate exercise try to find some activity you enjoy or can live

with. Walking in an interesting place - shopping mall, car show, park, zoo, etc. is an example of an activity that will burn calories. Others would be gardening, fishing along a stream bank which includes lots of walking - use your imagination.

Realize however that selective eating and exercise together are the most result producing way to permanently lower your body fat percentage.

Problem II. Do you prefer foods that are fat producing but do not eat huge quantities? Again the solution is selective eating and exercise. Know this - we all eat some junk food and it is unrealistic to think that anyone can completely eliminate fattening foods from their diet permanently - so try eating selectively 5 days a week and then judge on weekends.

The top 8 most fattening foods:  
soda pop  
pastry - pie, doughnuts, cake, turnovers, Twinkies  
beer  
candy  
ice cream  
snack foods - chips, etc.  
refined calories - white bread, rice, pizza, etc.  
fried foods - French fries, etc.

Problem III. You eat moderately but everything turns to fat (slow metabolism). The solution is the same with the exception that you will probably not reach the degree of trimness you desire

as fast as you would like. However, your tone, percentage of body fat, and appearance will continue to slowly improve over time.

About selective eating - This is a term I have invented to replace the word dieting. It is a myth to believe that you can restrict your eating in a way that leaves you hungry, empty and craving fattening foods on a permanent basis. Millions of people have dieted, lost weight, went off their diet and gained back more than they lost. The only way to permanently lose body fat is to learn to select foods that are filling, nutritional, and tasty, but moderate to low in calories. Good examples are brown rice, oatmeal, cornmeal, beans, barley and whole grain or multi-grain breads and pastas, potatoes sweet or white. There are complex carbohydrates (energy foods). Meat, fish, chicken, turkey, eggs, low fat dairy products are protein foods and can be eaten in larger amounts without being fattening. Protein maintains your muscles and organs. All fruit and vegetables are great eaten raw or cooked fresh (avoid canned).

You also need some fat in your diet. Good ones are olive oil, butter in moderate amounts (no margarine), peanut butter, mayonnaise, and avocado. All oils are fats so eat only small amounts of fried foods. Instead of french fries select boiled or baked potatoes, broiled or baked meat, fish and chicken instead of fried. However use seasonings in all your cooking so you will enjoy your food. No one will stay with bland food for long. Again eating something fried occasionally will not hurt you - just don't overdo it (more than 2 a week).

## DIS THE FAT OUT OF YOUR DIET

BY VICTORIA JOHNSON  
PRESIDENT, METRO FITNESS, INC.

Spring is in the air, the birds are singing and trees are in full bloom. It is a beautiful time of the year except when it dawns on you, this is also the time you drag out your shorts, t-shirts, tank tops and dresses. As the weather gets warmer, the clothes we wear get smaller. This can be a real problem because many of us have added some extra weight over the cold winter. I certainly know what that feels like, over one year I went from a size 6 to a size 16 -- simply because I stopped watching what I was eating. Through exercise and proper nutrition, I am back to size 6.

Now it is time for you to dis those pounds of round. To get started, you need a plan that is two fold:

1. Gentle to moderate exercise. Exercise doesn't have to hurt to work - it is just a matter of getting out and doing it. It is as simple as walking for 30 minutes four times a week or swimming for 30 minutes.

2. Proper nutrition. Taking a look at what you eat is vital. The biggest culprit in our diet is FAT! American consume far too much fat. According to the American Heart Association, only 20% of the food we eat should come from fat. Here is an example of a diet of 1,200 calories and how it should break down:

60% carbohydrates = 720 calories  
20% protein = 240 calories  
20% fat = 240 calories  
240 calories of fat is equal to 2 1/2 tablespoons of mayonnaise-most of us have that on one sandwich. Now it is time to dis that fat from your diet. It all

starts in the grocery store.

Remember, eating low fat food doesn't have to be expensive it is just a matter of label reading and keeping the fattening foods out of your grocery cart.

Frozen Foods:

More and more companies making frozen meals are doing an excellent job at cutting fat, calories, cholesterol and sodium. Try to keep your selections (per serving) below 320 calories, 5 to 10 grams of fat (2 grams of saturated fat) and 750 mg. of sodium.

Dairy Products:

If you want to buy cheese, remember, this is a high fat item. Many companies are producing cheese products with little to no fat but the sodium content is high. Try to keep your fat content at 2 to 5 grams. Skim milk has not fat and is great to cook with.

Milk can also be misleading-low fat and two percent are the labels you are looking for here. You can save yourself 3 to 4 grams of fat just by picking a lighter milk product.

Eggs are eggs, but be careful how many you consume a week. Try to work on a 3 to 4 maximum. A good idea is to cook with egg whites only or use egg beaters in your recipes.

You will also find many low fat and non-fat ice creams, yogurts and puddings today. These are great but don't load them up with nuts and other fattening toppings.

Munchie Snacks:

For crackers to cookies, this can be a real trouble spot if your not wary. Look at the labels for the types of oils

used, the fat content and preservatives. There are a lot of great fat free munchies from pretzels to oyster crackers to light popcorn (no butter). At the sweets section, fruit based cookies are best. Fruit newtons, filled oatmeals, grahams and vanilla wafers are filling and lower in fats. Also, try moving from the crunchie munchies to fruits and vegetables.

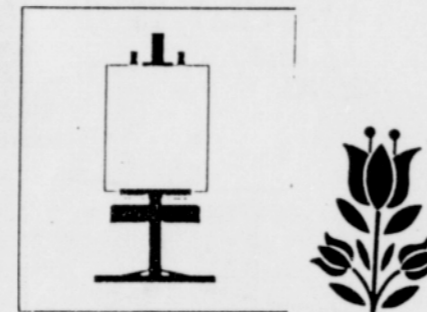
Meats:

With any beef, chicken or fish - make sure the word "lean" or "extra lean" comes into play. Cut off all extra fat you see on beef and take the skin off your chicken before cooking it. (This alone will save more than 10 table-spoons of fat). When cooking your meats, grill or bake.

Finally, avoid regular mayonnaise, regular salad dressings, sour cream, cream cheese, butter, oils and lards. The most important element is nutrition is water. Your body needs 8 to 12 glasses to regulate the digestive system and your metabolism.

I am on a continual search for low fat, low sodium products. If you look, you'll see many companies are making them in response to the public's more healthy way of living. From cookies to cakes, mayonnaise to butters, there is no excuse for buying fat laden foods any more.

The pay off for these small changes in your eating habits will come in the shape of a healthier diet, more energy and even weight loss so you can get rid of those winter pounds and feel great in your summer shorts!



### Primary Election Voters' Pamphlet Produced Faster, Less Expensively

The 1992 Primary Election Voters' Pamphlet will arrive in Oregon homes before the twenty-day voter registration deadline has passed. Secretary of State Phil Keisling announced today.

"In the past, voters' pamphlets have arrived in the mail after the deadline to register to vote," Secretary Keisling said. "We've worked hard to get this pamphlet to Oregonians before the deadline, so that after having seen it, they'd have time to register." Voters' pamphlets will arrive at Oregon residents' homes between April 18 and 25. The deadline to register to vote in the May 19 primary election is April 28.

Secretary Keisling also said that the Elections Division saved roughly \$100,000 on budgeted publication and mailing costs. "By using smaller, lighter paper and presorting pamphlets by mail route, we were able to cut costs by \$100,000," Secretary Keisling said.

Secretary Keisling exhibited the Primary Election Voters' Pamphlet on April 14 at Oregon Lithoprint in McMinnville, where the pamphlet is being printed.

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