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 \*\*\*\*  
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# HEALTH & BEAUTY

# IT'S ALL ABOUT YOU

By Toni Terrell

Answer Editor 'n Chief

Ladies follow me. Do you remember Easter weekend when your mother, aunt or cousin had you propped up in the kitchen chair under two telephone books wrapped in a towel, burning Bergumont grease in your otherwise tangled hair?

Or maybe you fell into the porch crew stationed between the legs of the kool-aid sipping braider who had your eyebrows permanently at attention for two weeks after she was done with your connecting, rubber banded plattes.

Either way, you are part of a generation that didn't have the luxury of visiting your local hair-stylist every two weeks to get your hair dyed, fried and laid to the side. The days of the kitchen beauticians are gone – or at least they should be.

Now we're in the digital age of micro-waves, iPods and five-disc cd players. Along with that comes a string of professional cosmetologists who have been trained in weaves, cuts, extended braids, dreads and specialized hair care – and It's All About U Hair and Nail Salon at your service.

Housed at 4525 W. Sahara in Las Vegas, It's All About U is a full service hair and nail salon loaded with cosmetologists who specialize in every technique necessary to manage your hair and nails. "Hair is number one to us,"



Pictured left to right seated is Erika Davis, and Lonnie Burse. Back row is Toni Williams, Jasmine White, Lakeisha Lee, Carla Jeffery, Lynn Flowers and Kanisha Randall. Photo by Gary McDorman.

said owner and cut-master Lonnie Burse. "Many people can do hair but keeping the hair on the head is what's important," she said.

With more than 30 years experience, Burse knows the pros and cons of the kitchen beautician mentality all too well. "I don't have anything against the person who starts in the kitchen, many of us did," she said.

"But we have clients that come in and their hair is shedding and they don't know why. We have clients that come in and their hair is breaking off or falling out and they don't know why. The education and training that comes with the

profession is important. There is more to this than just putting together a nice hair do," said Burse.

Determined to provide clients with the full salon experience, Burse takes pride in the atmosphere surrounding the customers. "In this industry, you find some who don't care anymore about the quality of the work. They care more about the money than they do about hair care. We want our clients to know that we care about the health of their hair," she said.

"I'm grateful for the women I have here at It's All About U, they are professionally trained and skilled at what they do. You will

not leave here the same way you came," she said.

The experienced staff covers a wide range of skills, and both men and women are served. Erika Davis, a stylist who specializing in weaves, short dos and braids, brings a California flavor to the salon. Lynn Flowers, the shop's manager, brings her expertise of hair care to the arena and cuts are her niche.

Lakeisha Lee, who works in a private room, specializing in special needs while Toni Williams has the dread scene on lock. Kanisha Randall, who specializes in press and curls and color, adds a Los Angeles spark to the group. Jasmine White and Carla Jeffery, the nail technicians of the team, both bring a unique flavor of nail design and color to the table. The team offers nail art and enhancements which are one of a kind.

"All of them can do it all, but each one has a specialty that gives them an edge. But we all work as a team, as one learns something new, she teaches it to the other. We're a family here," said Burse, who has developed a unique cutting style of her own.

Open from 9:00 a.m. to 5:00 p.m., It's All About U carries a dis-

tinct reputation in the community for being fast, clean and affordable. "I couldn't do this business without my right hand girl Lynn," Burse said. "She sees what needs to be done and she gets it done. We look to offer our very best, and she helps to make sure that happens."

Looking to eventually open a Hair Cutting Institute, Burse plans to face the trends of cutting with a new tenacity. "No matter what style people turn to, when it's all said and done, everybody is going to need an awesome hair cut," she chuckled. "And that's when they're coming to me."

Although the upscale, elegant operation carries a steady clientele, Burse plans to branch out toward training and teaching specialized cutting. With her extraordinary technique, the sheik stylist seeks to build a styling team to maintain a particular foundation of cutting. Ultimately this unique squad of hair architects will duplicate the process. But that will come later.

For now, if you're tired of the kitchen beautician, the burnt ears and the hair on the stove – take a trip on down to 4525 W. Sahara or call 702 866-2887 and let the team make It All About U – it will be worth your time.



Lonnie

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# HEALTH & BEAUTY

## Tips from Makeup Artist to the Stars

# NEW YEAR, NEW MAKEUP

**By Mandana Divanbeigi**  
**The Answer Staff Writer**

“Most people are afraid of color,” the owner of DIVINE Image Cosmetics Amanda May Kitchens said as she set out the yellow eye shadow for a recent makeover.

Kitchens, who is a mainstay makeup artist for musicians and celebrities such as the Kardashians, provides the following tips for applying makeup in 2011:

Yellow is all over the runway and in the latest fall fashions. Now

is the time to use it in your makeup. How to do it: Deepen your lash line with a thin line of black eyeliner first. Use your yellow shade all over the eye lid, making sure not to put it too high into your crease and leave the brow bone nude. Under the eye, ufacebook.com/divine.imagecosmetics or write DivineBy AmandaMay on facebook’s search box.

Being abused most of her life, Amanda turned to Christ to relieve her pain. Little did she know that God had big plans for her. Today, Kitchens is the owner and creator



of Divine Image Cosmetics. From celebrities like Neicy Nash, Ashanti and Tori Spelling to non-celebrities, she takes them all. “It’s not me; I have a gift from God. I’m His little shining light,” Kitchens explained.

What started the career was her

childhood dream of becoming famous like so many young girls do. Kitchens turned from drugs to Christ and saw her name featured in magazines such as Las Vegas Weekly Publication, Girl’s Life Magazine Publication and Shape Magazine among others.

DIVINE† is a “firm that brings the balance of unique branding, personal image, celebrity style and expert knowledge to create higher profits and more recognition for its clients,” and it’s what Kitchens wants “all women to feel like.” “We value God, ourselves, family

and our clients. We value creating success in our lives and the lives of others,” Kitchens expresses on her Facebook, Divine Branding by Amanda May.

Kitchens is opening up her new office on January 10, 2010 and the address is 5556 S. Ft. Apache, Suite 101, Las Vegas, Nevada 89148. Also, you can check out some of her products and get in contact with her on www.amandamay.org and at (877) 309-0874. DIVINEbyAmanda is the Twitter page you can follow for the latest updates as well.

## Teenagers and Acne

**By Dr. Eric Toranzo**  
**The Answer’s**

**Health & Beauty Columnist**

If you have teenagers, you know that it is all about drama! Any problem they go through is a problem you go through with them. From menstrual cramps to acne — it is all part of these notorious teenage years. How many of us have received a call from our crying daughters in the middle of our day: “Mom, hurry! Come pick me up from school, these cramps are killing me!” How many of us have driven our distraught, son or daughter from dermatologist to dermatologist desperately seeking the cure for the acne that is causing them to become more and more isolated, self-conscious, and emotional. I have heard so many parents say that they wonder who this teenager sleeping in their child’s bed really is; surely it is not the same sweet little boy or girl they had been raising for all these years. Life with a teenager is complicated enough without having cramps and pimples to make it worse! Good news Mom and Dad! For simple solutions to these seemingly insurmountable issues, read on.



**DR. ERIC TORANZO**

Girls first — always. According to Dr. Norm Easley, young women require very specific nutrients to enable proper growth and development. These nutrients are needed to maintain healthy hormone levels. Normal hormone levels actually help prevent the symptoms we just thought came along with being a normal teenage girl: emotional sensitivity like outburst of anger, weepiness, depression; periods from hell which we know include pain, intensely sharp cramps, chills, headaches, and breast tenderness; weight problems aggravated by excessive cravings for chips, French fries, ice cream and chocolate (maybe they will finally leave some for us); loss of energy and extreme fatigue — ah, now we know why they like to sleep until two in the afternoon and are allergic to the vacuum cleaner.

It is quite common for young girls or teenagers not to produce an adequate supply of hormones. The teenage lifestyle is quite a stress on the hormonal system; after all, these are the years that girls shop all day on a frapuccino from Starbucks. Going too long without eating, drinking too much caffeine in coffee or colas, staying up all night texting, and stressing over boys, friends, fashion and the latest gossip at school is just a way of life for teenagers. Low hormone levels greatly affect

(See Acne, Page 26)



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# CALENDAR OF EVENTS

Please submit all Calendar information by the 25th of each month. Send press releases or any comments or questions to Katie Feldman at [kfeldman@gmail.com](mailto:kfeldman@gmail.com). We make every effort to ensure the accuracy of this information. However, please always call ahead to confirm dates, times, location and other event information.

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## Various Dates in January/February

Want to quit smoking? The American Lung Association presents the new Freedom from Smoking classes to be held in various locations throughout Las Vegas and Mesquite. Visit [www.action.lungusa.org/site/PageNavigator/FFSOnlineForm](http://www.action.lungusa.org/site/PageNavigator/FFSOnlineForm) for dates and locations. All classes are provided at no charge through the Communities Putting Prevention to Work grant from the Department of Health and Human Services and administered through the Southern Nevada Health District. In addition, nicotine replacement therapy is provided for class participants at no charge through the partnership with the Nevada Tobacco Users Helpline (1-800-QUIT-NOW).

\*\*\*\*\*

## Every Sunday

Please join Dr. Charles Hemphill, Jr., Senior Pastor of Gethsemane Baptist Church on radio station KCEP-FM 88.1 at 6:45pm for "The Final Word" broadcast an undeniably spirit filled and inspirational message.

\*\*\*\*\*

## Every Tuesday

Green Valley United Methodist Church, 2200 Robindale Rd, Henderson, presents the Tuesday Morning Bible Study which is a weekly study of the New Testament from 9:30am to 11:00am. Newcomers are always welcome. Call (702) 454-7989 for more information.

\*\*\*\*\*

## Every Third Thursday

Pastors Deon & Seneca Atkinson invite you to the New Bethany Family Worship Center for all Nations "Business Mixer" which will take place the 3rd Thursday of every month at 1229 West Owens, Las Vegas from 6:30pm to 7:30pm. Bring your business cards and prayer request as this will be a time of fellowship, networking and prayer for the Christian business community.

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## Weekly: Wednesdays – Fridays

Join Israelite Deliverance Temple COGIC weekly at 9:00am for Morning Glory at 1285 Miller Avenue, Las Vegas. For more information call (702) 399-1125.

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## Every Friday

Fresh Wind Ministries presents their mid-week service called Friday Night Live at 7:00pm at 3231 N. Decatur Blvd, Las Vegas. Call (702) 631-6292 or visit [www.fwmlv.com](http://www.fwmlv.com) for more information.

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## Ongoing (Deadline January 31, 2011)

The 2011 Broadway in the Hood Theatre Festival (which will be held March 18-20) is currently accepting submissions in 3 categories, in any genre, including plays which incorporate movement, dance, and music. Playwrights of all skill levels are encouraged to submit. A cash award will be given to the winning playwrights for both the 10-minute and One-Act Plays. All full-length plays & musicals chosen for the festival will be submitted to be featured in the 2011-2012 Broadway In The Hood season. Visit [www.broadwayinthehood.org](http://www.broadwayinthehood.org) or call (702) 258-0569 for rules and guidelines.

\*\*\*\*\*

## Thru March 5, 2011

University of Nevada Cooperative Extension (UNCE) has scheduled fruit tree

pruning classes beginning November 27 and continuing through March 5, 2011. All classes will be held on Saturday mornings from 10:00 am to 12:00pm at the Orchard. Please bring your pruning shears if you are planning on hands-on training. December 4th: Pruning Peach and Nectarine Trees; December 11th: Pruning Apricot and Plum; December 18th: Pruning Apple, Pear and Quince; January 8th: Pruning Fruit Tree Basics; January 15th: Pruning Pomegranates and Almonds; January 22nd: Pruning Figs and Persimmon; January 29th: Pruning for Small Spaces and Multiple trees in a single hole and espalier (trellising); February 5th: Planting and Fertilizing Fruit Trees; March 5th: Table and Wine Grapes. Contact Robert Morris at [rmorris@unce.unr.edu](mailto:rmorris@unce.unr.edu) or (702) 257-5555 for more information.

\*\*\*\*\*

## January 3, 2011

January is Radon Action Month and University of Nevada Cooperative Extension presents a Radon Awareness presentation at Enterprise Library, 25 E. Shelbourne Ave, Las Vegas at 11:00am. Free Radon test kits to detect Radon gas in homes will be given to all participants. For more information or to find out where to get a test kit, visit the Nevada Radon Education Program website, [www.RadonNV.com](http://www.RadonNV.com), or call the Radon Hot Line at (888) 723-6610. The Southern Area Radon Education Coordinator is Laura Au-Yeung. She can be reached at (702) 257-5550 or email [auyeungl@unce.unr.edu](mailto:auyeungl@unce.unr.edu).

\*\*\*\*\*

## January 8, 2011

Join University of Nevada Cooperative Extension (UNCE) for a 1-day workshop on composting in small spaces from 8:00am to 12:00pm and explains how to make a balanced compost. The workshop, taught by Dr. Angela O'Callaghan, is designed to provide the gardener with knowledge on how to make a balanced compost, vermicomposting and more. Homeowners and other interested parties are welcome to attend. Class space is limited to 25 and pre-registration is required. There is a \$15 fee per class which covers class materials. To register for this class, held at the Lifelong Learning Center (8050 Paradise Road), contact Elaine Fagin at [fagine@unce.unr.edu](mailto:fagine@unce.unr.edu) or call (702) 257-5573.

\*\*\*\*\*

## January 8, 2011

Juana Hart Akers and J-Hart Communications presents an interactive, high-content workshop Speak With Power from 10:00am to 1:00pm at Palace Station, 2411 West Sahara Ave, Las Vegas. Whether you're seeking a promotion, working to build greater influence or win new clients, your next presentation can change your life and Speak With Power can help. Advance Registration is required. If you have questions about this event we look forward to hearing from you at J-Hart Communications. Call (702) 257-6646 or toll free (866) 768-5402 or email [info@jhart.tv](mailto:info@jhart.tv).

\*\*\*\*\*

## January 8, 2011

The City-Wide Unity Prayer Team present Pastor Paul Goulet of the International Church of Las Vegas at the January Prayer Breakfast from 10:00am to 12:00pm at the City Center "Vdara Hotel." What better way to start the new year than in UNITY!!!

\*\*\*\*\*

## January 14-15, 2011

Pat Pennington Ministries presents Nourishment N Praise 2011: The Intimacy of Worship (II Chronicles 7:14) at the Embassy Suites Hotel. This empowering and life-changing women's conference features guest speakers: Prophetess Joyce R.

Haddon, Evg. Angie Caldwell, and Las Vegas' own Gail Creason and Psalmist Rachel Sneed from Church of South Las Vegas, Mary House from Mountain Top Faith Ministries, and Rekesha Pittman & Reign Dance Company. All Nightly Services at 7:30 are FREE!!! For more scheduling and pricing information or to register for the seminars please call (866) 697-3188 or (702) 351-0502 or visit [www.patpenningtonministries.com](http://www.patpenningtonministries.com).

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## January 16, 2011

The BLUME Christian Society led by Sharon D. Smith is having another pledge at 4:00pm for ages 12 to 18. The Blossoming Ladies Understanding the Manifestation of Excellency also meets twice during each month (every 1st and 3rd Saturday) to promote all facets of the Christian lifestyle and to encourage members to strive for growth and a greater knowledge in their daily Christian living, education, leadership, service, self-respect, and to be empowered to achieve in excellence. For more information, please call (702) 399-9258 or email [BlumeChristianSorority@yahoo.com](mailto:BlumeChristianSorority@yahoo.com).

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## January 18, 2011

January is Radon Action Month and University of Nevada Cooperative Extension presents a Healthy Indoor Air presentation at Enterprise Library, 25 E. Shelbourne Ave, Las Vegas at 11:00am. Free Radon test kits to detect Radon gas in homes will be given to all participants. For more information or to find out where to get a test kit, visit the Nevada Radon Education Program website, [www.RadonNV.com](http://www.RadonNV.com), or call the Radon Hot Line at (888) 723-6610. The Southern Area Radon Education Coordinator is Laura Au-Yeung. She can be reached at (702) 257-5550 or email [auyeungl@unce.unr.edu](mailto:auyeungl@unce.unr.edu).

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## January 22, 2011

January is Radon Action Month and University of Nevada Cooperative Extension presents a Radon Awareness presentation at Enterprise Library, Whitney Library, 5175 E. Tropicana Ave, Las Vegas, at 3:00pm. Free Radon test kits to detect Radon gas in homes will be given to all participants. For more information or to find out where to get a test kit, visit the Nevada Radon Education Program website, [www.RadonNV.com](http://www.RadonNV.com), or call the Radon Hot Line at (888) 723-6610. The Southern Area Radon Education Coordinator is Laura Au-Yeung. She can be reached at (702) 257-5550 or email [auyeungl@unce.unr.edu](mailto:auyeungl@unce.unr.edu).

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## January 22, 2011

Join a 5K Run/1 Mile Fun Walk and set a record! The A.C.F. Chefs of Las Vegas want to set a record and you can help. Make plans now to ring in the New Year with the largest chef's run ever done! Each runner/walker receives a chef's coat and hat and goodie bag. The start time is 8:00am at Wayne Bunker Family Park, 7351 West Alexander Road, Las Vegas. Las Vegas Track Club (LVTC) will provide race bibs and computerized timing. Trophies will be awarded for 5K for the top three overall male and female, plaques for the top three (50+) male and female, certificates for the top three male and female in each category. Age categories begin at 12 and under through 80+. Participant fees are: adults, \$25 for 5K/\$20 for Fun Walk; children 12 and under \$20; and groups of 10 or more \$20 per runner. Race day fee is \$35. Online registration is available at [www.active.com](http://www.active.com) or you can mail checks payable to LVTC at P.O. Box 30134, Las Vegas 89173. Packet pick-up is available at The Athlete's Foot (4712 W. Sahara) from 12:00pm to 6:00pm

on Friday, January 21 or on race day from 7:00am to 7:30am. For more information or sponsorship opportunities, please contact Chef Patrick Simon at (702) 632-3777. Fifty percent of the registration goes to Chefs for Kids, Inc. (CFK).

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## January 23, 2011

January is Radon Action Month and University of Nevada Cooperative Extension presents a Radon Awareness presentation at Enterprise Library, Centennial Hills Library, 6711 N. Buffalo Dr, Las Vegas, at 2:00pm. Free Radon test kits to detect Radon gas in homes will be given to all participants. For more information or to find out where to get a test kit, visit the Nevada Radon Education Program website, [www.RadonNV.com](http://www.RadonNV.com), or call the Radon Hot Line at (888) 723-6610. The Southern Area Radon Education Coordinator is Laura Au-Yeung. She can be reached at (702) 257-5550 or email [auyeungl@unce.unr.edu](mailto:auyeungl@unce.unr.edu).

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## January 28, 2011

The Urban Chamber of Commerce celebrates the newly elected 2011-2013 Executive Board of Directors: President Napoleon McCallum, Las Vegas Sands Corp.; Vice President Jerrie E. Merritt, Bank of Nevada; Treasurer Jackie Ingram, Wells Fargo; and Secretary Paula Jackson, Large Vision Business Network Mixer at the Board Installation Luncheon from 11:00am to 1:00pm at the Culinary Training Academy, 710 West Lake Mead Blvd, North Las Vegas.

\*\*\*\*\*

## February 9, 2011

The National African American Tobacco Prevention Network (NAATPN) presents a webinar which will include a discussion led by NAATPN of the findings in

the FDA's Supplemental Guide on Menthol. There is no cost to participate in the webinars, but space is limited. Please register in advance by emailing [thenetwork@naatpn.org](mailto:thenetwork@naatpn.org). For additional information, call (919) 680-4000.

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## February 12, 2011

P.R.A.I.S.E. Dance Ministry presents the 2nd annual Christ Introduction Celebration at the William Pearson Center, 1625 W Carey, Las Vegas, at 6:30pm. Call (702) 378-2564 or (702) 561-0278 for more information.

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## February 20, 2011

Pastors Rob & Julie Wright of Abundant Grace Church, 7391 Prairie Falcon Road, Las Vegas, presents Arthur Blessitt who will join them for services at 10:30am and 6:00pm. Call (702) 655-3619 or visit [www.graceinlasvegas.com](http://www.graceinlasvegas.com) for more information.

\*\*\*\*\*

## February 26, 2011

Author Andrionna L. Williams debuts the riveting state play "In-Laws from Hell" at 7:00pm at the Orleans Hotel & Casino. Visit [www.inlawsfromhell.com](http://www.inlawsfromhell.com) for more information and to reserve tickets.

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## April 13, 2011

The National African American Tobacco Prevention Network (NAATPN) presents a webinar which will include the Impact of the FDA Regulations in the Black Community. There is no cost to participate in the webinars, but space is limited. Please register in advance by emailing [thenetwork@naatpn.org](mailto:thenetwork@naatpn.org). For additional information, call (919) 680-4000.

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