

Beauty is total fitness

By RUSTLE SHAND

The search for beauty never ends inside a jar of face cream or in the myriad pots of face color. A wand of black mascara really holds no beauty magic and painting the eyelids in five different colors can't bring instant beauty.

Beauty, according to Rhodika, who has long been an advocate of "pure" cosmetics, comes from the achievement of total fitness — "when the mind and the body are made to work together."

Her formula for a natural face lift is simple. "Exercise, diet and a moist skin are the three beauty basics," she said.

Her concept, she explained, was recently reinforced when she spent a week at Rancho Peurto, a

health spa devoted to beauty via fresh air, exercise and a salt-and-sugar-free diet.

"I felt like I was 15 years old again," she said of her spa experience. "Exercise results in deep breathing which causes more oxygen to course through the body, promoting new, healthful looking skin."

Diet, she said, should be considered as fuel to maintain energy at its highest level. "It's simply a matter of learning how much fuel your body burns each day and then adjusting your food intake to that level."

THE FAVORITE complexion food at the health spa is wheat germ.

"This grain is the fuel we need for increased stamina and shining good health," Rhodika said.

"Wheat germ will give us more vim, vigor and vitality, while at the same time it will improve our complexions and help us feel younger for longer. It's loaded with zinc and Vitamin B6 and Vitamin E."

Since a moist skin is one that contains water, Rhodika constantly stresses, "always move a moisturizer on the skin with water." For the ultimate in moistening the facial skin, she recommends a very light oil moved over the face with water-moistened finger tips.

"This method of moisturizing helps to keep skin soft and pliable so that lines do not dry into the skin." It will also help diminish existing lines in the face, neck and under eye area, she said.

MAKEUP, she believes, is a matter of mood. "When you want to be glamorous," she said, "you know you have what you need, when you need it."

Cosmetics, she added, are wardrobe for the face and "nobody feels like wearing the same wardrobe day after day."

"The so-called skin care regime is a fallacy," said Rhodika. "It's like waxing the floor, the more you wax, the more the wax builds up. And, soon you can't see the floor for all the wax."

"When you put makeup on your face, you had better do it right," she emphasized. "You must start with a clean, clean skin, and there is only one correct process for cleaning the skin."



This is Rhodika, advocate of natural beauty.

Class Reunions

PONTIAC CENTRAL 1939
The Pontiac Central Class of 1939 will have its 40-year reunion Saturday, June 16, in the press lounge of the Pontiac Silverdome. A social hour will begin at 6:30 p.m. and dinner will be served at 8 p.m.

For reservations, call Georganna Donnelly, 673-2279.

DETROIT COOLEY 1969

Members of the class of 1969 at Detroit Cooley High School will gather for their 10-year reunion June 16. Call Lark Riley Samouelian, 455-2317, or Donna Dillon McClain, 593-3450, for reservations.

BLOOMFIELD HILLS LAHSER 1974

The Bloomfield Hills Lahser High School class of 1974 will hold its five-year class reunion Saturday, July 7. Those interested should call Betsy Cull, 852-6161.

BIRMINGHAM GROVES 1974

The class of 1974 at Wylie E. Groves High School will hold a five-year reunion Saturday, July 14, in the Bay-Pointe Country Club. Those interested in attending may call Paul Kuhn, 647-4486.

BIRMINGHAM SEAHOLM 1969

The Seaholm High School class of 1969 will hold its 10-year reunion Saturday, Aug. 4, at the Fairlane Manor, Dearborn. Those interested in attending should call Claudia Marzella, 642-1256.

ROYAL OAK SHRINE 1969

The Shrine High School class of 1969 will gather for its 10-year reunion 6:30 p.m. to 1 a.m. Saturday, Aug. 11, at the Mercy College Center in Detroit. Those interested in making reservations may call Sam Kennedy at the high school.

OUR LADY OF MERCY

The class of 1959 from Our Lady of Mercy High School in Farmington Hills will hold its 20-year reunion Saturday, Aug. 18, in Botsford Inn, Farmington Hills.

For particulars contact Jane Kuhns, 45501 Woodleigh Way, Plymouth 48170.

Catholic League elects

Mrs. C. Bradford Lundy of Grosse Pointe will continue as president of the League of Catholic Women of Detroit.

Elected with her at the organization's 68th annual meeting were Mrs. Leo Marx of Grosse Pointe, first vice president; Mrs. Jere B. Gillette of Birmingham, second vice president; and Mrs. Walter Murray of Southfield, recording secretary.

Other officers are Mrs. Samuel Jarrett of Detroit, corresponding secretary; Mrs. Alex Motter of Livonia, treas-

urer; and Mrs. Gerald Gattorn of Grosse Pointe, assistant treasurer.

The meeting also included the election of Mrs. Anthony Calice of Troy and Mrs. Donald Klein and Mrs. Robert Ivory of Birmingham to the board of directors.

Seventy-five women who served as parish directors for the league's on-going annual membership drive were honored.

Founded in 1905, the League of Catholic Women of Detroit is Detroit's oldest social service organization. It currently sponsors five social service agencies in Detroit: Casagrain Hall, a low-cost residence for single men and women of limited means; Casa Maria; Community Center; Project Transition rehabilitation program for women offenders; Barakat Human Services residential and counseling programs for adolescent girls and families; and TASC employment training program for the jobless.

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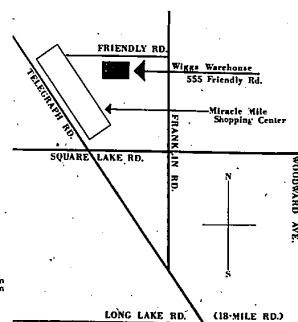
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