

Look Good, Feel Good Is Theme For Maryland

Holstein Ladies

HAGERSTOWN, Md. — You drag yourself out of bed feeling like you could have slept another eight hours. On your way to the kitchen, you stub your toe on the Fisher-Price barn set your two-year-old had painstakingly arranged the evening before in the hallway, sending fences and cows flying in all directions. And then you realize you're out of coffee. Looks like it's going to be one of these days nothing you do will turn out right.

But, wait, ladies, maybe there is something you can do to turn a day like this around, if you follow the advice given by Jackie Leimbach, guest speaker at the ladies program of the Maryland Holstein Association Convention held recently in Hagerstown. Ms. Leimbach is a director of sales for Mary Kay Cosmetics. Her topic: Looking Good/ Feeling Good.

The ladies program for the annual convention offered a full day of lectures and hands-on makeovers, and was capped by the Association's evening banquet. Approximately 25 women participated in the day program, which was presented by Leimbach and Mary Martin, wife of dairy farmer Kenlin Martin, Smithsburg, who as chairman of the convention. Mary has been a Mary Kay representative for one year.

According to Ms. Leimbach, looking the part of someone who feels great can go a long way toward actually making you feel your best, even on those days when you would rather crawl back in bed and start the day over. Just think about it: have you ever run out of the house to pick up a loaf of bread wearing jeans and an old shirt, with no makeup on, not bothering to run a brush through

your hair? And then you run into someone you know, one of those women who always seem to look lovely; face radiant, a casual but coordinated outfit, cute shoes. You want to melt away into the bakery display rack as you stare down at your own dingy sneakers, the same ones you throw on to do your chores. By the same token, are you aware of days when you don't have a lot of energy, but you seem to "put yourself together" especially well, and end up feeling revitalized?

According to the principles of Looking Good/Feeling Good, by taking charge of and enhancing your outward image, you provide positive reinforcement to your inner self. Ms. Leimbach suggested that the ladies "take time for yourselves every day" by applying some makeup, and putting thought into their outward appearances. "You are investing in yourselves," she told the group.

After a break for lunch, the ladies program continued with a presentation on Color Logic, and then with makeovers. Swatches of various colored cloth were draped around volunteers' necklines, so that the group could see for themselves the degree to which different shades and intensities of color flattered certain skin, hair, and eye colors.

Fannie Bender, wife of outgoing Holstein Association president Oren Bender, Accident, was one of those who volunteered to "try on" different fabric swatches. As various fabrics were draped around Mrs. Bender, and others, the group had an opportunity to see examples of Color Logic. The subsequent makeovers also enhanced the fellowship of the day.



From left, farm wives Martha Bender, Fannie Bender, guest speaker Jackie Leimbach and Peggy Myers view an assortment of makeup colors that complement various outfits in accordance with the principles of Color Logic.



From left, Betty Pippin is treated to a make-over by Becky Wiles and Mary Martin, wife of convention chairman Kenlin Martin.



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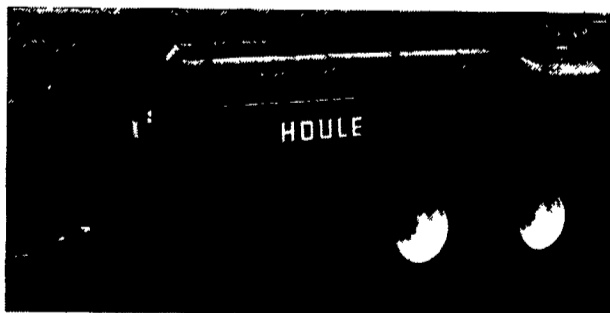
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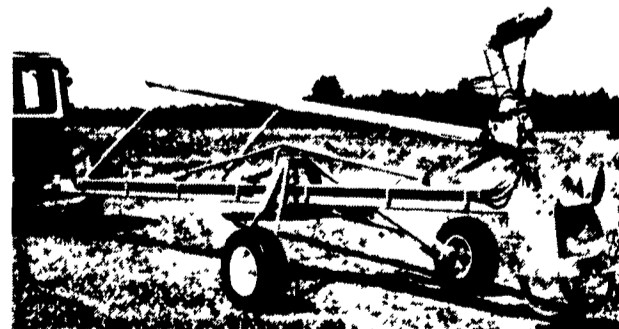
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