

do you hate your body? | how to stop seventeen

July 1995

hot stuff

babes on the beach

readers' poll winners

Brad, Niki, Jared, Ricki, Claire, Green Day

guys' **crush** confessions

quiz

are you a snob?

cool hair do it up!

HBXBDGDT***** 5-DIGIT 90405
HMRA13120096 8#300140 JJ
JAN 96
JESSICA MIRABAL V012
2213 1-2 OCEAN PK BL HXE07

how to stop

**Video games
gets real**

**“my mom is
dying of AIDS”**

COVER GIRL®

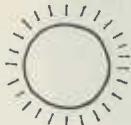
COVER GIRL
Helena Christensen

THAT STILL LOOK SO NATURAL

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NATURAL DEFENSE™ MAKE-UP. NEW FROM MAYBELLINE®.

The weightless make-up to protect you from the environment.



Because the environment poses a serious threat to your skin, this lightweight make-up was created to protect against damage.



With anti-oxidant vitamins. Broad spectrum UVA/UVB sun protection and SPF 15. Fights effects of sun, smoke and pollution.



Yet still so weightless, so natural looking, it's virtually undetectable.
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DOING TO YOUR SKIN.

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MAYBE IT'S **MAYBELLINE.™**

fashion + beauty

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july 1995

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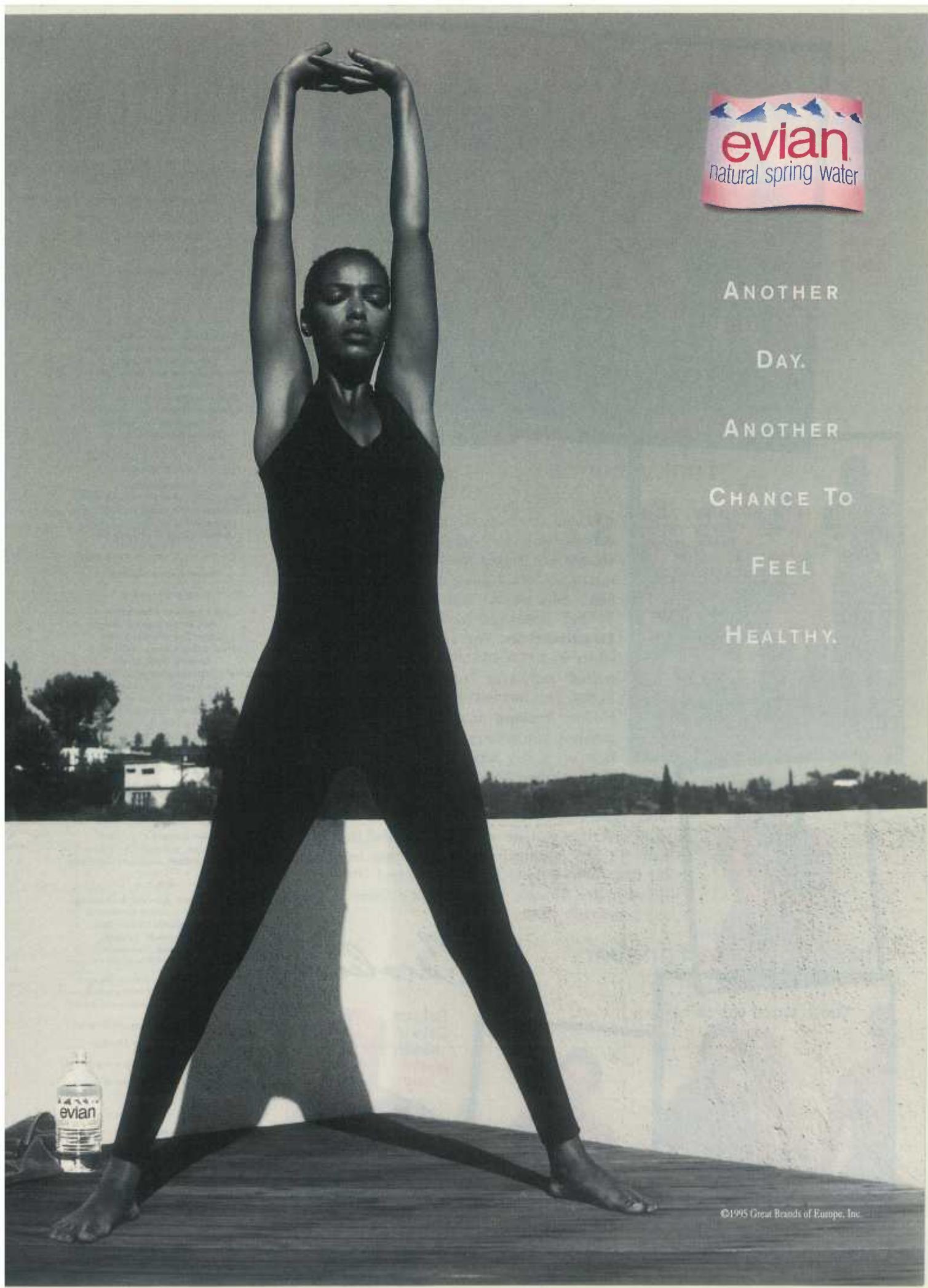
just add
water

Leave your
umbrella at home:
The **slickest**
looks for summer
are sleek and
splashproof. page 104

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ANOTHER
DAY.
ANOTHER
CHANCE TO
FEEL
HEALTHY.



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GOT WAVES? GET NEW

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dig into your base's neck.

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lipstick is really amazing stuff.
Think about it.
You put on this little bit of color,
and it not only changes how you look,
but how everyone,
(especially your mother),
hears what comes out
of your mouth.

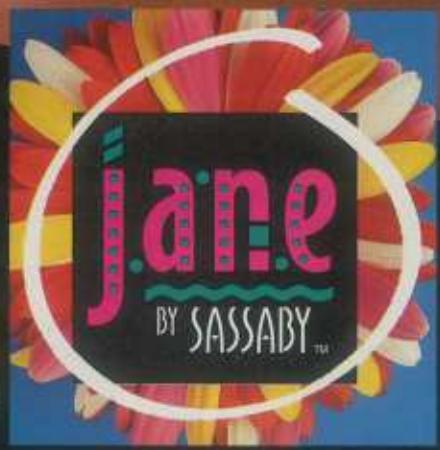
kind of carob
nuts about you
reddest
best of berries
really raisin
loco cocoa
just peachy
shy of shrimp
mostly melon
radical rose
plum punch
positively pink
truly tangerine
simply shell
kiss of caramel
very very cherry
browned down
shocking pink
flamer
really russet
spiked punch
hot chili
haywire
can't be beet

twenty-four
great
reasons
to
mouth
off

LIP HUGGERS lipstick.

SO SO smearproof,
smoochproof...
fresh, easy &
just cheap enough...
under 3 bucks a pop*!

* suggested retail





*Together, you and your
hair are a work of beauty.*

*Apart, a useless mop and
an angry bald woman.*

You need it, it needs you.

*So of course you'll want
it to have only the most*

nourishing diet. With over

*forty scientific, yet natural
solutions, we provide all*

*the essentials your starving
hair requires. Allow us to*

*Feed the hair that
brings attention to your*

very deserving head.

connection here?

Hello.

NEXUS
NATURAL AND VEGAN-TESTED HAIR CARE

wash and glow



So you've tried almost every soap on earth and you're still not happy with your skin. Too dry, too oily, too zitty, too stripped, too residue-y.

Too bad? No way!

You just haven't found the right soap. Go for **Neutrogena** this time. Here's why it gets top billing: first of all, with tons of **glycerin** in it—35% more than other popular soaps—it's totally **gentle**. Just what **dermatologists** suggest. And Neutrogena **washes off completely**, leaving your skin feeling ultra-clean (but not stripped dry or filmy). It's **Hypoallergenic** and contains no dyes, detergents, or preservatives.

Now you know.

Go get Neutrogena soap and get great-looking and fab-feeling skin! Neutrogena bar soap comes in different formulas, including original, dry skin, and oily skin. Liquid also available! For a full-size Neutrogena cleansing bar, please send \$1 (check or money order only, payable to: Neutrogena Facial Bar Offer), to: Neutrogena Facial Bar Offer, Dept. K, Box 8646, St. Cloud MN 56398. Please allow 6-8 weeks for delivery. Offer good in the USA only. Offer expires March 31, 1996, or while supplies last.



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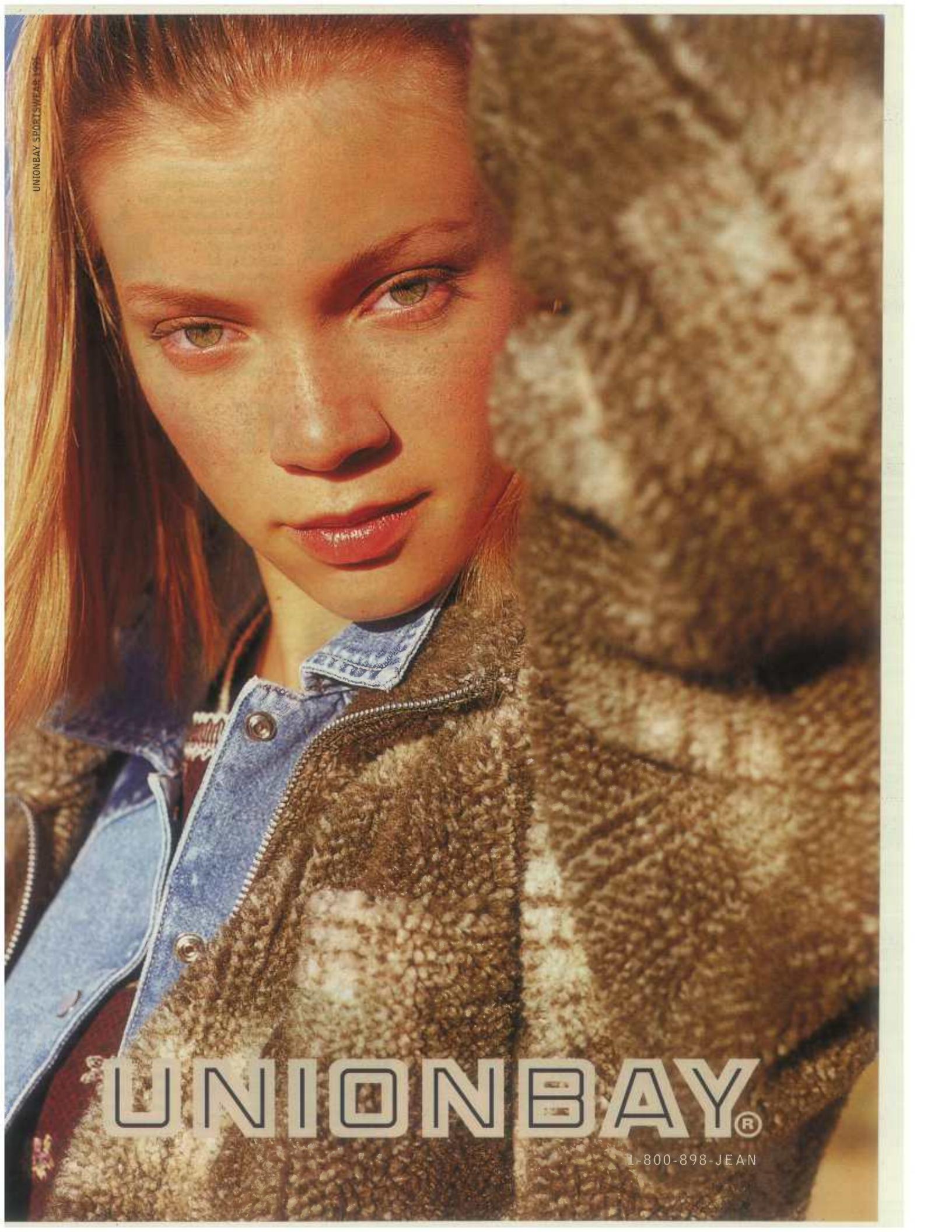
2000

YOUR HAIR MOVE LIKE HAIR.

TECHNOLOGY. INSTEAD OF COATING YOUR HAIR, RAVE DISPERSES
HALF THE SPRAY. AND IT HOLDS YOUR STYLE WITHOUT HOLDING YOU BACK.

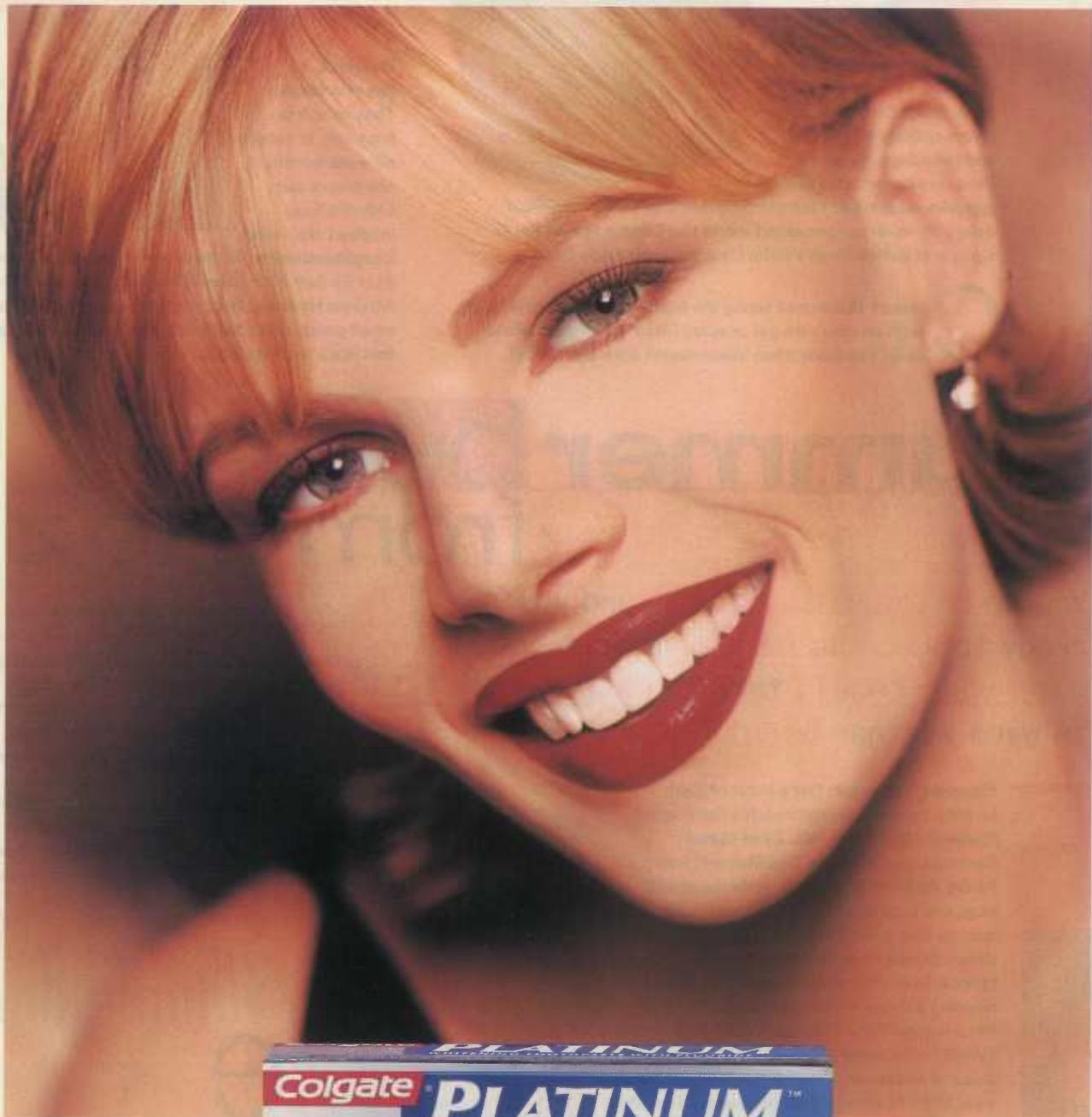


35 OZ. LASTS AS LONG
AS 7 OZ. REGULAR SPRAY



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Because nothing gets remembered
like a Platinum smile.

Colgate® Platinum™: The safe, gentle, everyday whitening toothpaste.

Discover a new sense of daytime well-being for your skin.

BIENFAIT TOTAL

TOTAL WELL-BEING DAYTIME CARE

It began when Lancôme research mastered a natural skin process. The result: A formula breakthrough that your skin's own enzymes activate for all day triple benefits.

TOTAL HYDRATION is immediate and continuous all day.

TOTAL RADIANCE for healthy-looking skin all day.

PROTECTION with SPF 15 sunscreens.
Plus Vitamin E anti-oxidants.

BIENFAIT TOTAL:
Now available in lightweight Fluide
or new dry skin Creme.



LANCÔME
PARIS

NOTHING ELSE FEELS LIKE SATIN.

NEW GILLETTE SATIN CARE® SHAVE GEL.
IT MOISTURIZES FOR
A DIFFERENCE YOU CAN FEEL.

You've never experienced anything like Satin Care shave gel. Soap and water or even soap-based foam or gel, can dry your skin. Satin Care is beautifully different.



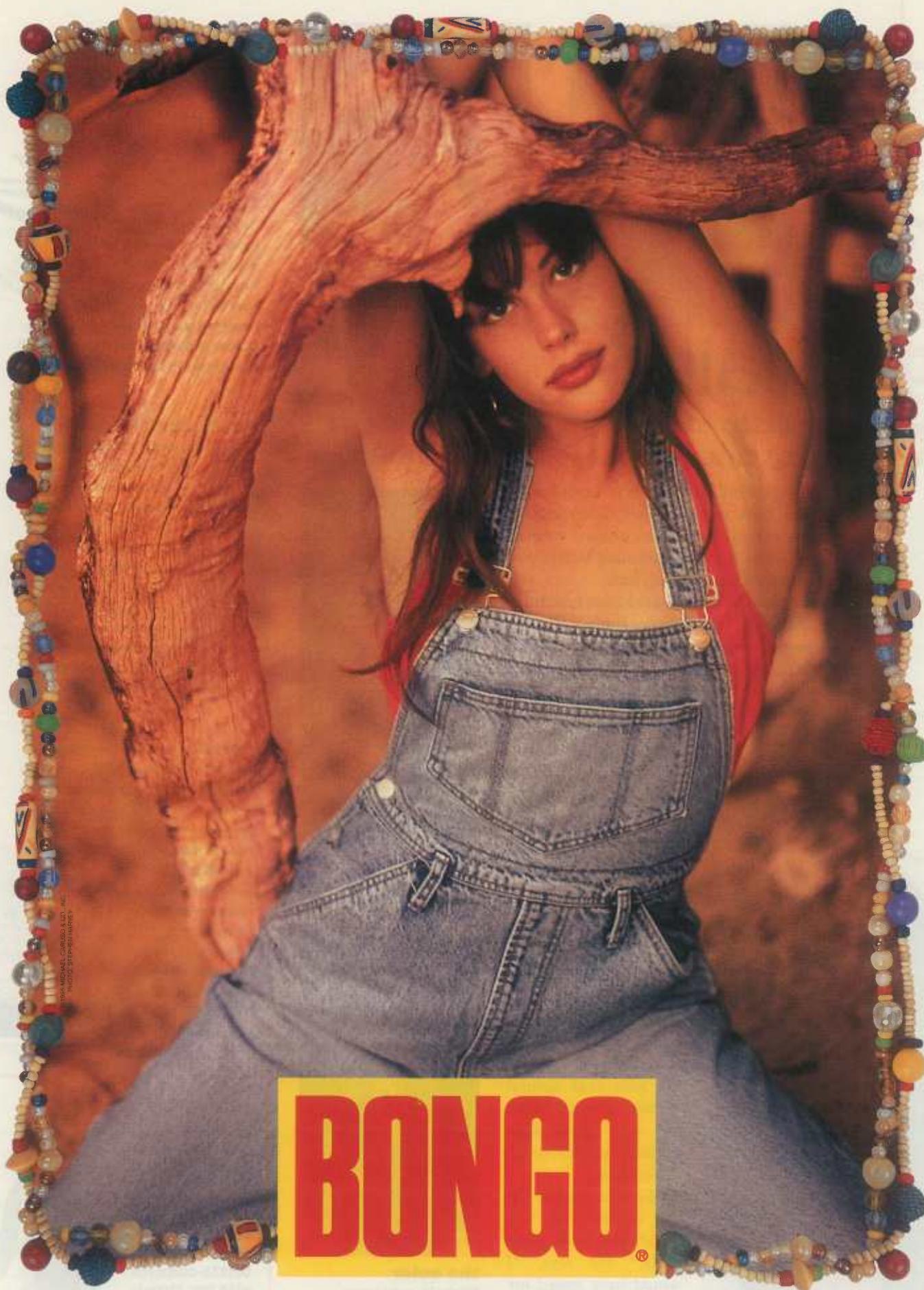
It's the first non-soap shave gel. It has seven moisturizers and skin conditioners. So it not only helps give you a better shave than anything else. It leaves your skin in better condition. Soft and smooth. You'll feel the difference with your very first shave.

Satin Care comes in two formulas. Extra Moisturizing for Dry Skin and Gentle Formula with Real Aloe Vera for Sensitive Skin. And each comes in an exclusive rust-resistant can.

It's from Gillette — the people who revolutionized women's shaving with the Sensor For Women razor.

Experience a Satin Care shave. And prove it yourself. Nothing compares to the feeling of satin.





BONGO.

BODY SHOP

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• REGULAR MAXI WITH WINGS • LONG THIN MAXI WITH WINGS • LONG SUPER WITH WINGS • PANTILINERS WITH WINGS

ULTRA SLENDER MAXI WITH WINGS • ULTRA LONG MAXI WITH WINGS • EXTRA LONG SUPER WITH WINGS • PANTILINERS WITH WINGS • LONG SUPER WITH WINGS

C'mon, Carole. Just tell Coach you've got your period.

Oh, sure.

The man who picked 'white' for our gym uniforms?

He'll understand what it's like to be bloated like a blimp and leaking like a faucet.

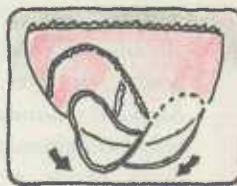
The only period he thinks about is lunch period!

Tell him I've got swimmer's ear...or tennis elbow...or athlete's foot. Tell him I've got jock itch!

Just don't tell him I've only got my period.
Or he'll make me..... PAR-TI-CI-PATE!!!!*



Before Carole flunks gym she should check out Always® with Wings. Because Wings aren't puny little tabs. They're major panty protectors made of Dri-Weave—the soft layer of material on top of the pad that extends to wrap around the sides of your panty. So if Carole was wearing Always with Wings her pad would be cleaner and drier, even at the sides. And Carole wouldn't have to spend soccer season in her locker. Or tell Coach why she'd rather not slide into third base, do jumping jacks or pole vault every 28 days or so.



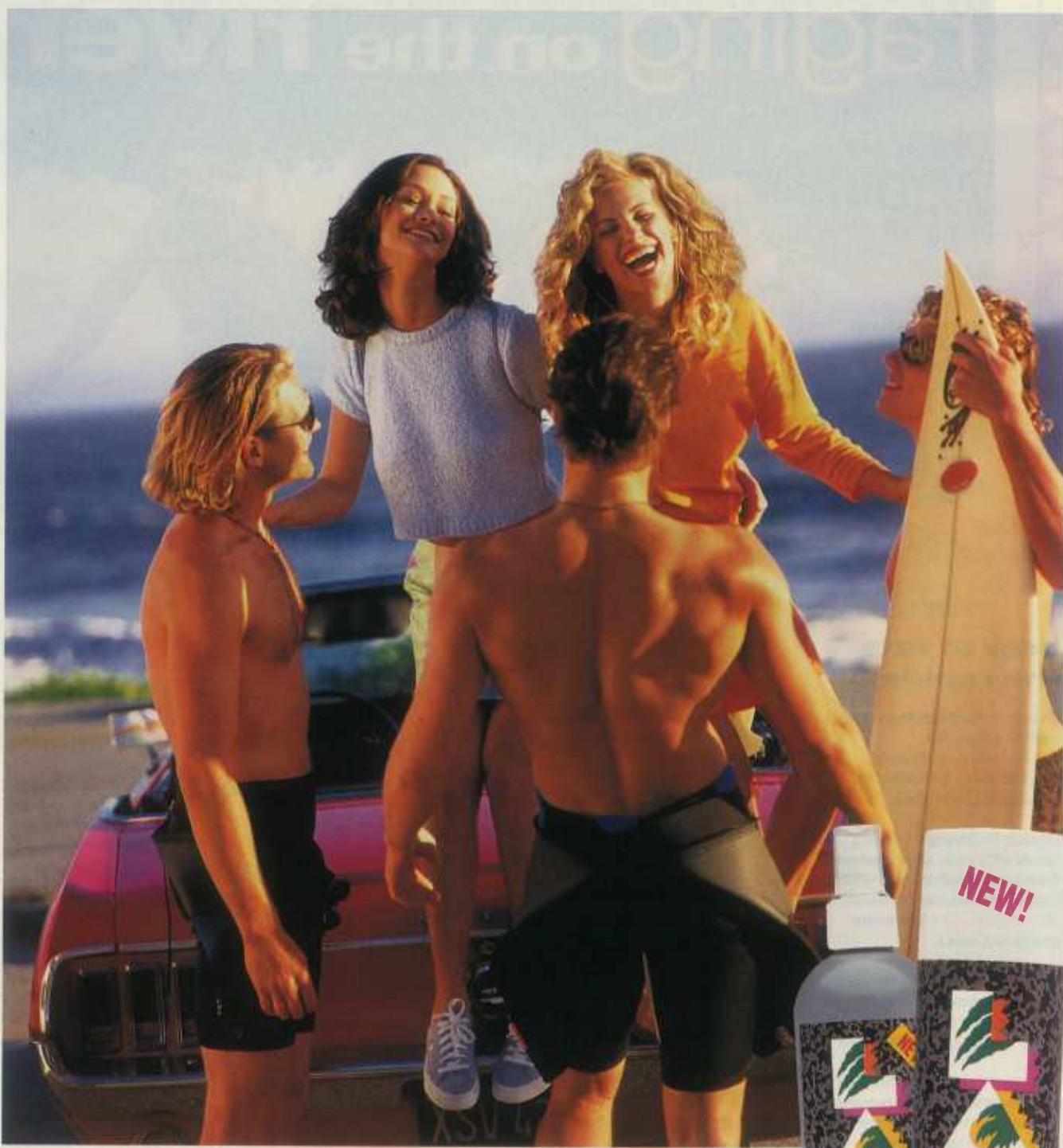
PANTILINERS WITH WINGS •

+ Data vs other leading maxi pads.

ULTRA SLENDER MAXI WITH WINGS • ULTRA LONG MAXI WITH WINGS • EXTRA LONG SUPER WITH WINGS • PANTILINERS WITH WINGS • LONG SUPER WITH WINGS

It's Cleaner. It's Drier. It's Always.

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We'll hold your hair.
You hold the attention.

Hold that lasts and lasts used to mean stiff, hard hair. Not anymore. L.A. LOOKS® Unstoppable Hair Spray has a humidity-resistant formula that gives you long-lasting hold that looks natural.

There's no build-up. No stickiness. And no flaking, either. It even has a fresh, light fragrance. So keep your style. Lose the stiffness.

L.A. LOOKS Unstoppable Hair Spray.

L.A. LOOKS® STAND OUT



Super, Extra Super or
Mega Hold.



Gel for hold. Mousse for body.
One product. Twice the looks.

People will definitely notice. You've got amazing hair. That's because L.A. LOOKS® Gel2Mousse gives you the soft body of a mousse with the long-lasting hold of a gel. It's a 2-in-1 formula that starts as a gel and foams into a light mousse to give you incredible body that won't quit. There's no build-up. It's never stiff or sticky. And it's alcohol free. L.A. LOOKS Gel2Mousse. You've got looks. Times two.

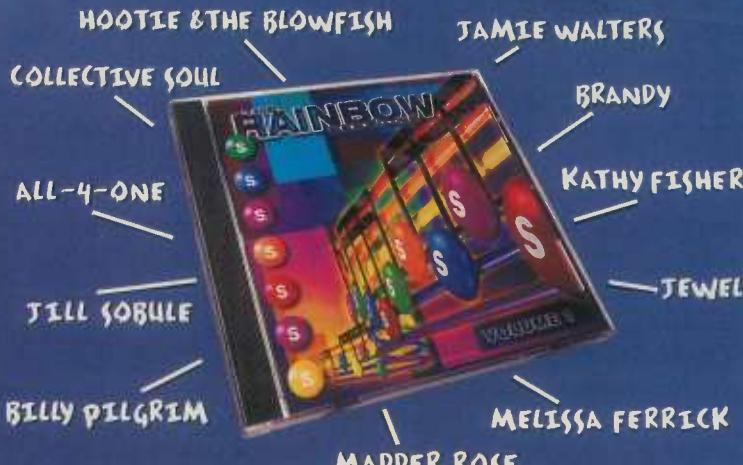
L.A. LOOKS® STAND OUT



Extra Super Hold & Body
or Mega Hold & Body

GET A COOL CD WHEN YOU SHOW SKITTLES® PROOF OF PURCHASE.

(ACTUALLY, EMPTY SKITTLES® PACKAGES
WERE WHAT WE HAD IN MIND.)



A COMBINATION OF HOT NEW ARTISTS ON
ONE CD. A COMBINATION OF FRUIT FLAVORS
IN ONE BAG OF SKITTLES® BITE SIZE
CANDIES. SOUNDS TOO GOOD TO PASS UP.

OFFICIAL MAIL-IN FORM

1. Buy: 3 Large packages (any flavor of SKITTLES® Bite Size Candies 8 oz. or larger) or 6 Single or King Size packages of SKITTLES® Bite Size Candies.

2. Clip: the UPC symbols as proof-of-purchase.

3. Send: \$2.00 postage & handling for each CD or cassette ordered. (Please send a check or money order payable to "SKITTLES® Brand CD Offer." Do not send cash or stamps.)

4. Mail: This completed form with proof-of-purchase and check or money order to: SKITTLES® Brand CD Offer, FSI, P.O. Box 8513, St. Cloud, MN 56398-8513.

5. Define quantities and UPCs enclosed. (Limit 5 CDs and/or cassettes per household.)

Quantity (Limit 5)	UPC Symbols Enclosed (3 or 6)	Total Shipping & Handling (\$2.00 per item)
<input type="checkbox"/> CD		
<input type="checkbox"/> Cassette		

6. Name:

Address:

City:

State:

Zip:

Full-length
titles of
these artists
and more
available
at
music
Come In
And Listen.



Allow 8-12 weeks for delivery. Void where prohibited, restricted or taxed. Offer valid in U.S., Puerto Rico and the Virgin Islands only. Group requests not eligible; only five CDs or cassettes per household. Offer good through 11/1/95, while supplies last. Not responsible for late, lost or misdirected mail.

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at the mall this weekend?" (*Hint, hint.*)

(b) "Ohmigod, you're so last year!" and then refuse to be seen with her for the rest of the day.

(c) "Cool outfit."

10

Before a geometry pop quiz, you totally blank out on the Pythagorean

theorem. Luckily, Dexter, the math genius, helps you out. Later, when he sits down at your lunch table, you

- (a) totally ignore him.
(b) politely but stiffly introduce him to all your friends, and then roll your eyes when he isn't looking.
(c) thank him and ask how he did on the quiz.

11

Because you lagged till the last minute in finding a summer job, your only hope for income is to be a litter picker-upper at the state park. You

(a) take the job—at least you'll be outdoors catching rays, plus you'll be in spying range of the hunky forest rangers.

(b) take the job—and invest in a large-brimmed hat in case someone you know picnics near your station.

(c) dis the job—broke or not, you'd never in a million years be seen in that geeky green outfit.

12

Your mom begs you to take your little sister to *Snow White and the Seven Dwarfs* on Friday night. You

(a) agree to go as long as she throws in enough cash for a large popcorn and a box of candy.

(b) absolutely refuse—there's no way that *you* are going to miss out on a Friday-night mall-cruising session to hang with your baby sis.

(c) take your sister but tell all your friends that you've been grounded and can't go out.

scoring

Supreme Snob

(29 to 36 points)

Not like we have to break it to you or anything, but you're a complete snob.

You're totally (and solely)

focused on having the perfect hair, being at the "in" place, and making the coolest and most popular friends (whether you actually like them or not). Which is why you're quick to ditch genuine friends or anyone, for that matter, who even remotely cramps your style. It's time for you to knock off the Miss Superficiality routine and get a clue: Try getting to know someone for what she has to say, instead of merely appreciating her ability to wear baggy Levi's just the right way.

- | | |
|------------------------|-------------------------|
| 1. (a) 3, (b) 2, (c) 1 | 7. (a) 1, (b) 3, (c) 2 |
| 2. (a) 2, (b) 3, (c) 1 | 8. (a) 1, (b) 2, (c) 3 |
| 3. (a) 3, (b) 1, (c) 2 | 9. (a) 2, (b) 3, (c) 1 |
| 4. (a) 2, (b) 3, (c) 1 | 10. (a) 3, (b) 2, (c) 1 |
| 5. (a) 1, (b) 2, (c) 3 | 11. (a) 1, (b) 2, (c) 3 |
| 6. (a) 3, (b) 2, (c) 1 | 12. (a) 1, (b) 3, (c) 2 |

Snob-In-Training (20 to 28 points)

Although you occasionally stray from your crowd to hack with the cyborgs or play Hacky Sack with the hippie-granolas, you more often than not stick with your comfortable clique. You're likable and popular, and you want to stay that way, so you tend to play by the rules as far as the social scene goes: You show your face at all the hot parties and flirt with the cool guys. And you've been known to dis someone who might ruin your image. But if all your friends jumped off the Golden Gate Bridge, you wouldn't exactly follow them. Maybe you should start busting your own moves—be nice to that transfer student who doesn't know anyone or join the ceramics club for the heck of it. You'll be amazed at how much social life there is outside your circle of friends.

Crowd Pleaser (12 to 19 points)

The social butterfly that you are, you cross-pollinate among the brains, the jocks, the preps, the drama-club kids, and even the "in" crew. You're abuzz with open-mindedness, and your easygoing ways have earned you a ton of acquaintances—and some solid, close friends. People around you can't help noticing and respecting your self-confidence. You're not afraid to like what you like even though it may not exactly be what's hip. ■

and the music speaks

the new album you've been waiting for from

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they won a grammy & an american music award... sold 5 million albums... and had the No. 1 single for 11 weeks...



featuring the first single
'I can love you like that'

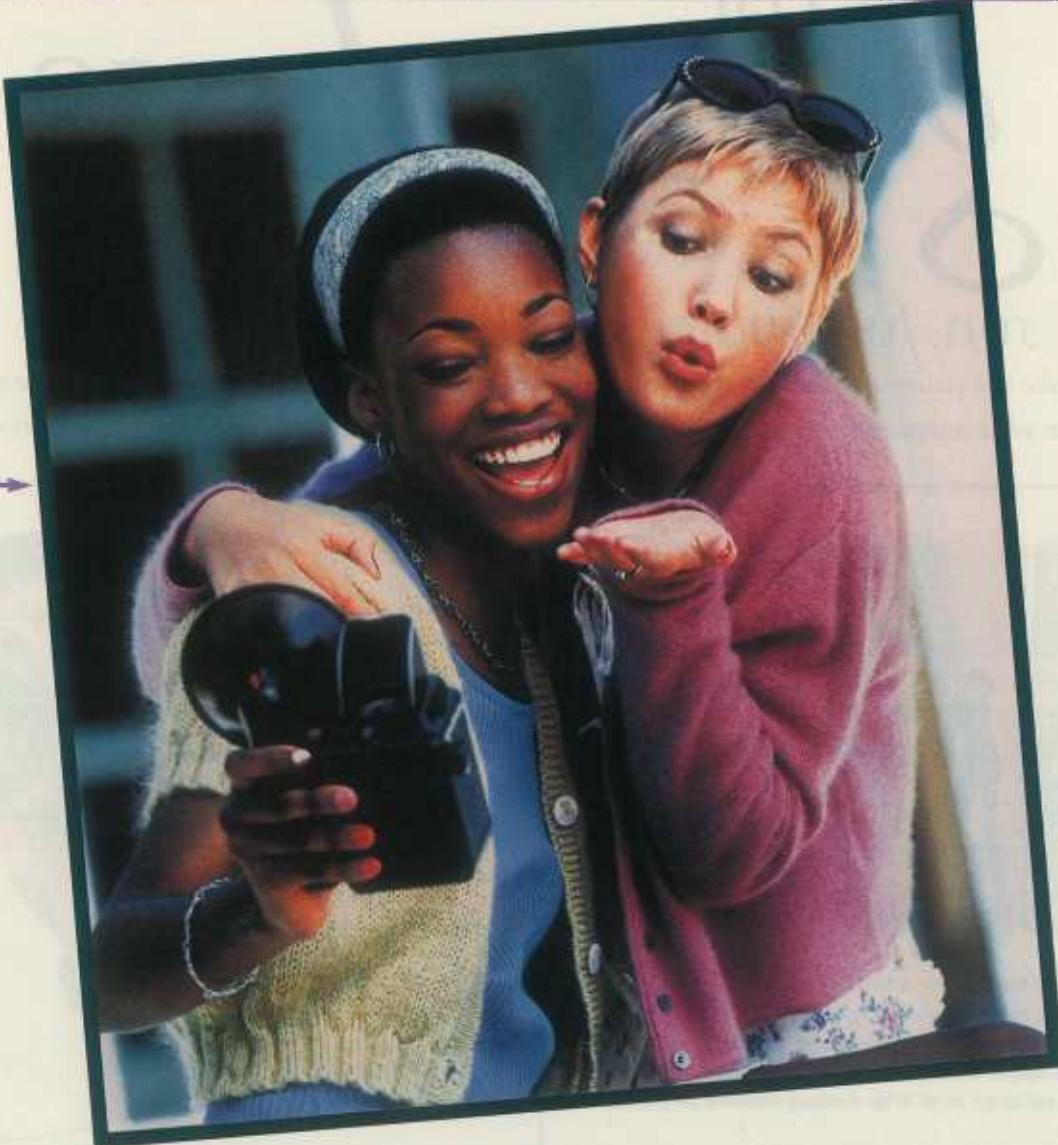
album produced by Tim O'Brien & Gary St. Clair
single produced by David Foster

BLISS RECORDS

A
ATLANTIC

Home video available from WarnerVision Entertainment

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A Time Warner Company



you may do a lot of things to get noticed

wearing a **PAD** shouldn't be **one** of them.

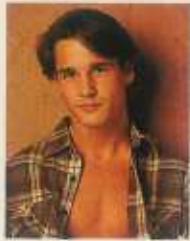
If you're wearing a pad you may just be announcing to everyone that you have your period. No matter how thin or "discreet" they say they've made pads, can they stand up to a pair of leggings? Tampax® tampons can because they're worn on the inside where they can protect you sooner and no one can tell you're using them. Plus they expand three ways to give you maximum protection so you won't have to worry about any embarrassing accidents. Unless of course you slip on a banana peel in the lunchroom, in which case even a Tampax® tampon can't help you.



TRUST IS **TAMPAX**
tampons

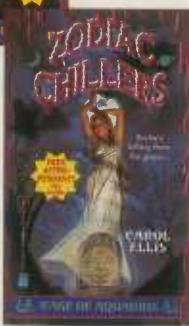
“The summer of 1990 was my first taste of freedom. My brother and I moved into our first apartment, purchased our first piece of furniture—a pool table—and kicked off a party that basically lasted all summer.”

Michael Sutton,
“Stone Gates” of ABC’s *General Hospital*



“My best summer was the year I graduated from high school. It was totally cool. The whole summer was full of big parties to say farewell to high school and celebrate going off to college.”

Aaron Jackson,
“Mark Winkle” of NBC’s *California Dreams*



Put a chill in summer! Read the new horror series *Zodiac Chillers*. They’re written by best-selling authors and filled with romance, star-crossed lovers, and horror you can’t escape! Check out the first two books in the series, *Rage of Aquarius* and *The Scorpio Society*, in late July. Available wherever books are sold. Each \$3.99. And get this, the first 1,000 readers who write the publishers, Random House, and tell them what you think about the series will receive an astro-pendant free! Look for details in the books!



Ever wonder what you would look like with blue eyes or green eyes? Or violet? Or hazel? Now you can change even the darkest eyes with FreshLook® disposable color contacts...even if your vision is perfect. For a free* pair, just ask a participating eye care professional!



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something about it now. For physical stress, try eating better and getting enough sleep and exercise. If you’re under mental stress, find someone to talk to who can help you deal.

Something else you should consider is that dieting a lot (like losing more than 15 percent of your body weight) can interrupt your periods, too. So can an intense, long-term exercise regimen. (Also, the only way you can be positive you’re not pregnant is if you’re not sexually active or if you recently had a pregnancy test. Even when you’re hypercareful, birth control can sometimes fail.)

These changes with your period could just be part of the normal course of events—a lot of women have some variation in their periods from month to month and year to year. Or your body *could* be trying to tell you something’s wrong. If your period continues to seem too light to you, talk to your doctor.

Am I ready for tampons?

My mom won’t let me use tampons. She says I’m too young and not ready yet. But I’m on the swim team, and I can’t go swimming with a pad.

Your mom may think that tampons are hard to use or only for adult women, and that they aren’t appropriate for teenage girls. But, actually, anyone—no matter how young or inexperienced—can use them. If you’re old enough to have your period, you’re old enough to use tampons.

It also sounds like your mom may not understand how much using pads is getting in your way. If you haven’t already, you really need to explain the problem to her (no tampons, no swim team) and let her know how important swimming is to you. It’s great that you don’t want to let your period stop you from doing the things you usually enjoy, including sports. The idea that having your period is like being sick, and that you shouldn’t be active during “that time of the month,” just isn’t valid. In fact, exercising during your period actually helps combat cramps and headaches and even improves your mood. You also don’t need to worry that using a tampon is somehow related to sex or losing your virginity—there’s no connection whatsoever.

To make getting started with tampons easier, buy the smallest size (most brands come in “slender” or “junior” versions), one that comes with a plastic applicator, which some women find easier to insert. You can switch to tampons with a cardboard applicator—or no applicator—later on, to be more environmentally correct. Also, be sure to study the instruction diagrams carefully, and check how often the manufacturer recommends you change your tampon. The main trick to using a tampon is figuring out the correct direction to insert it: Because your vagina angles toward your back, the tampon needs to go in at an angle, too. After the first few times, you won’t even have to think about it. ■

sex + body

Send your questions to: Sex + Body,
seventeen, 850 Third Avenue, New York, NY 10022.

Lady Foot Locker

(Shut up.)



© 1995 converse inc. for your nearest lady foot locker, please call: 1-800-877-3239.
lady foot locker is a registered trademark of the kimey corporation.

CONVERSE★



what preferred men prefer

the extra-smooth cologne from the house of stetson

PREFERRED STOCK

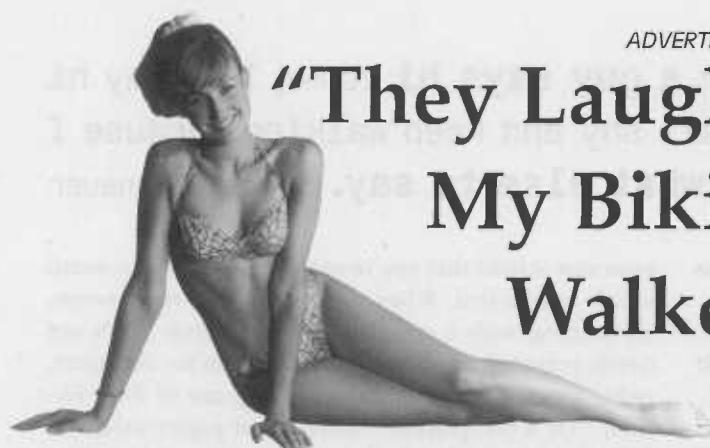


JABUTI

Vanilla Fields. For Women.

Only Nature Could Inspire So Perfect a Fragrance.

"They Laughed When I Bought My Bikini, But When I Walked On the Beach...!"



WHY DID they invite me anyway? For a good laugh? I mean, I hadn't worn a bathing suit since I was 10.

And now, here I am, invited to a beach party. No way could I fit in a swimsuit. I felt so fat... and depressed.

But then, something inside me said *show them*. Prove to everyone – *and myself* – that I could look great too! Right then and there, I promised myself to finally do something about the way I looked. But I didn't want to go on some diet like my mom would use. Besides, I tried dieting before and nothing happened. I wanted something made for girls *my age*, something that really worked, and would make me look great – fast!

That's when I heard about the *Total Body Reshaping System*. I knew that lots of other girls used it – and they looked great. Plus, I liked that it was totally safe and healthy for me too. So I went ahead and sent for it.

They sent it to me fast and I started to use it right away. After only 3 days I was so excited about it, I did something kind of crazy. I went and bought my very first bikini! Everyone laughed... my family, my friends, *even my best friend*. But I didn't care. I was confident that the *Total Body Reshaping System* would give me the body I wanted. So I followed it everyday, exactly like it said. Wow! – it worked!

What happened next was the most exciting moment of my life!

When I walked on the beach in my new bikini, guys – *really cute guys* – who never talked to me before suddenly wanted to meet *me*! Everyone crowded around me... "You look incredible!"... "How'd you do it?"... "What's your body!"... "What's your secret?"... "She's beautiful!"...

I couldn't believe it. It was like I was a whole, new person. For the first time in my life I felt beautiful – *even popular!* After being fat for so long, the *Total Body Reshaping System* finally gave me the body I always wanted!

How to Get the Body You Always Wanted...

Now it's *your turn!* Because in as little as 14 days, your entire body could suddenly start to take on a whole new shape! Plus you could be thinner and firmer than ever before. In fact, the *all new TOTAL BODY RESHAPING SYSTEM (TBR)* for short) manual is 100% Guaranteed to give you a sleeker, sexier body that makes you stand out from other girls and gets you noticed – *no matter what you look like right now!*

So if you're overweight, the *TBR SYSTEM* will help you melt and float away ugly fat – leaving you with a firmer, more beautiful body. But that's only the beginning...

Stubborn Spots???

The *TOTAL BODY RESHAPING SYSTEM* shows you how to attack *your own unique problem spots* – shaping and molding them – tightening, firming, helping dissolve layer after layer of fat with each new day!

That means you can *zero-in* on your thighs, calves, hips, waist, arms, neck or another area that needs extra strong, extra fast treatment.

And since every girl's body is different, the *TOTAL BODY RESHAPING SYSTEM* lets you change the parts you don't like about you...so you end up with *the perfect body for you!*

Here's How It Works

The moment you put the *TBR System* into action, it helps you burn off excess calories and fatty deposits. That means more of the food you eat is automatically converted into energy – instead of fat. (It's sort of like *tricking* your body into losing weight). Next, *TBRS* modifies your caloric intake. At the same time, our *Special Shaping Actions* let you stimulate muscle tone exactly where you need it.

Plus, like many other girls, you'll know it's working because you'll *feel it from the very first day* and could *see results in the mirror as quickly as fourteen days!* Even your face can look prettier – bringing out your cheek bones and accenting your natural beauty line and structure.

But the best part is, *TBRS* tells you how keep those improvements so your beautiful, new body will *stay that way*. That means now you can look your best all year long, wear the fashions you love and look gorgeous! Yet with the *TBR System* there are:

- NO dangerous diet pills to take
- NO chemical powders to mix
- NO silly heat suits or belts
- NO unhealthy crash diets
- NO long exhausting exercise!

Once you use the *TOTAL BODY RESHAPING SYSTEM* there is *nothing else to buy - ever*. Simply read and follow it faithfully and then...day-by-day, inch-by-inch you'll see and feel amazing changes start to take place. All your figure problems will suddenly start to disappear – *simply, safely, naturally*.

FACT: *TBRS* is completely safe for all ages. There are NO side effects. It contains absolutely NOTHING chemical, internal, topical or artificial like other products.

FACT: *TBRS* gives YOU the power to make the changes you want. *Your results are unique for you* and are Guaranteed to vary for each girl's body type, bone structure, condition, personal goals and commitment!

FACT: No matter what you look like right now, *TBRS* can DRAMATICALLY change the way you look and show you how to *stay that way* for the rest of your life.

The *TOTAL BODY RESHAPING SYSTEM* costs less than a new haircut, but can improve your appearance one-hundred times more! In fact, you'll hardly believe your eyes when you look in the mirror!

©1995 JCR Inc.

But maybe the best sign that you are growing sleeker and sexier is the looks from guys who never noticed you before (...and the jealous looks from the competition).

Try It For 14 Days!

The *TOTAL BODY RESHAPING SYSTEM* must do *everything* exactly as we have promised it can or you don't pay a penny! And to prove it to you, we'll let you try *TBRS* in your home with our **NO RISK 14 DAY TRIAL!**

So when your package arrives, we *want* you to use it... go ahead, let the *TBR SYSTEM* start to reshape, firm and beautify your body. *Use it as much as you like* to help solve your figure problems!

Then – if you are not completely delighted with your new shape and appearance, if you don't look and feel absolutely sensational, simply return it for a complete and speedy refund. No hassles. No questions. *No delays. Just your money back.*

So it's up to you. One month from today you could look no different than you do right now – or – you could look in the mirror and see a whole, new beautiful you blossoming before your eyes! You decide. Order *TBRS* today! Then see how great it feels to actually *have* a beautiful body... instead of just wishing you did.

100% MONEY BACK GUARANTEE!

Try the *TBR SYSTEM* for 30 days to help you get the body you want. Then if you are not absolutely thrilled with the new you – simply return it for a full refund. *No matter what you've tried before* – *TBRS must work for you or you get your money back.*

MAIL THIS SPECIAL RUSH ORDER-FORM TODAY!

Yes! I want to have a beautiful body! Rush me the *TBR System* right now! I must be thrilled with the results or I get my money back. I am enclosing \$12.00 for one system or \$22.00 for two systems. Add \$3.00 for postage & handling. **NO COINS PLEASE**

PLEASE! You must PRINT VERY CLEARLY so that your package is delivered to the right address.

Check here for **Guaranteed Privacy**. Yes! Send me my *TBR System* in a plain, unmarked package.

Name _____

Street _____

City _____

State _____ Zip _____

Johnson & Collins Research
Dept. S - 795 USPOB NR. 16346
Mpls, MN 55416-0346

pay for it.) And lots of people who are laid off land new jobs or qualify for unemployment benefits. But even if you are headed for some hard times, talking to your folks about your worries—and brainstorming about ways you can help out—should relieve some stress. It would probably make your parents feel better, too, to know you understand the problem and want to pitch in.

In fact, probably the best thing you can do if your dad does lose his job is try not to bum out too majorly (which would make him feel even worse). To make money, you could help in small ways, like walking someone's dog or raking a neighbor's leaves. (Maybe ask your parents to help you post willing-to-work flyers on local bulletin boards.) The extra cash could do wonders for your mind-set, even if it won't pay the mortgage. If your parents don't want you to work yet, you might offer to help out more at home. And keep putting your energy into helping your dad stay optimistic and assisting your family in small ways.

Is our friendship up in smoke?

One of my best friends, Alex, smokes. She acts like it's no big deal when I tell her smoking causes cancer, emphysema, and heart disease. (I know because my grandmother smoked and now has all these ailments.) Alex doesn't smoke in the open—only when adults aren't around. And she tried quitting but then started again. She said she doesn't care if cigarettes can give you cancer. How can I convince her that smoking kills?

It's torture to watch someone you love do something that's bad for her—and smoking is one of the grossest and most destructive habits around. Not only can it eventually kill you, it can also stunt your growth, stain your nails, wreck your skin, and make your breath, hair, and clothes smell disgusting. But despite all that, you can't make someone give it up. (The Surgeon General has classified nicotine as an addictive drug—just like heroin or cocaine.) Alex will quit only if and

when she's ready. And relentlessly nagging her could really annoy her or encourage her to smoke just to spite you. Or both.

I suggest a more subtle approach. You might try taking off whenever she lights up; just tell her you can't stand the smoke. And once a month or so, remind her that you wish she'd quit because of the health risks. Strategically slip in a stat or two: Lung cancer is now the number-one cause of cancer-related death for women, and tobacco use is responsible for more than one in six deaths in the United States.

It's also possible that Alex wants to quit and is frustrated that she can't, and she's acting so unfazed about your warnings because she's defensive. In that case especially, the urge to quit will have to come from her—with your support along the way, of course. ■

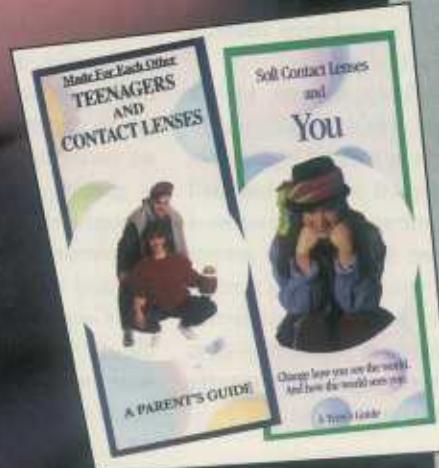
Need advice?

Have problems you can't tell anyone else?

Write to: Relating, **seventeen**,
850 Third Avenue, New York, NY 10022.

**I wanted contacts.
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The booklets explained that I can be as responsible about contacts as I am about my appearance. And they answered the questions we both had. They described how contacts are safe to wear, easy to care for, and more affordable than ever.

They even included a certificate I took to my eye doctor for a **FREE TRIAL PAIR** of CIBA Vision contacts.

If you want contacts, make the toll-free call. It worked for me.

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1-800-331-3557, ext. 47**

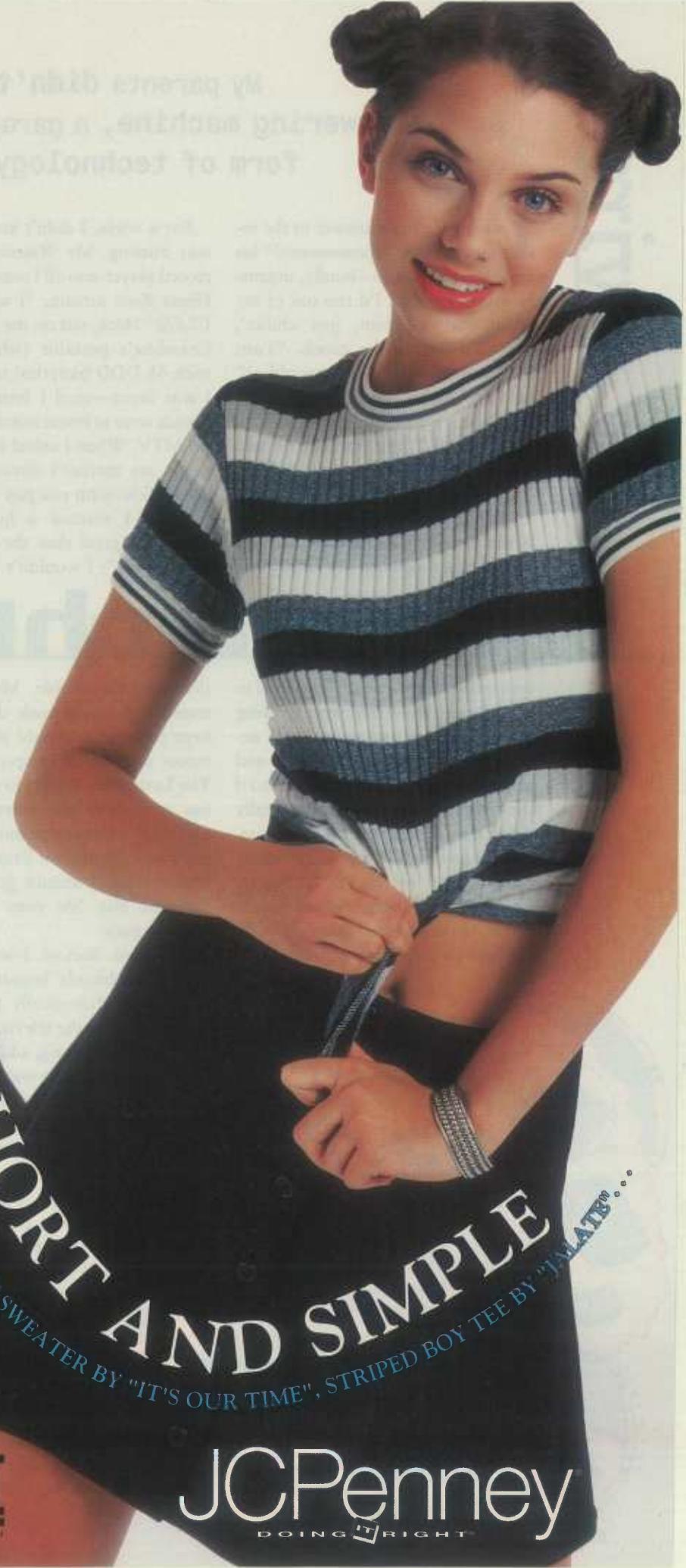
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JCPenney Styling Salon

crazy for her

We got **four guys** to tell us their **crush stories**.

Bill wasn't my only crush in high school—just the first on a long list. After him, there was Andy (student-council prez), then Pat (hockey-team star), and my all-time hugest crush, John (my "best friend"). And that's not even counting all the little ones in between—boys in my math class, the guys' tennis coach, my (very young) English teacher. I was pretty much equally obsessed with each one and managed to avoid having any of them find out. While some of my friends were getting into majorly serious relationships, I was dating a slew of different guys—in my mind.

Maybe I should have been jealous of my girlfriends who were *actually* dating, right? Sometimes I was, but at the same time I realized that having a crush was the best—and most fun—alternative to a steady thing. Working my crushes for all they were worth was my way of enjoying the guys I liked without giving up everything else: friends, sports, grades, etc.

And the reason I was so cool with having crushes that didn't really go anywhere was that I'd figured out something pretty crucial: Not having a boyfriend is *not* the end of the world. It *doesn't* mean that you're a loser, a freak, or a deluded dreamer. It just means that you're not ready to be totally cemented to one guy. And that you're still trying to find out exactly what type of guy that might be (okay, besides Brad Pitt).

See, once you chill about *having* to have a boyfriend, you'll probably find (like I did) that a crush can give you the opportunity to thoroughly enjoy some total hottie while still having your own life. Crushes are adventures—they're exciting. When you're in really deep, it's almost like you're the private detective in your own complex mystery: always thinking one step ahead, analyzing everybody's behavior (including your own momentary lapses into dementedness), and piecing together someone else's motives. And, of course, there's always the teeny, tiny chance that he'll find out you like him and maybe even ask you out, so you're forced to be on your toes. It's a challenge.

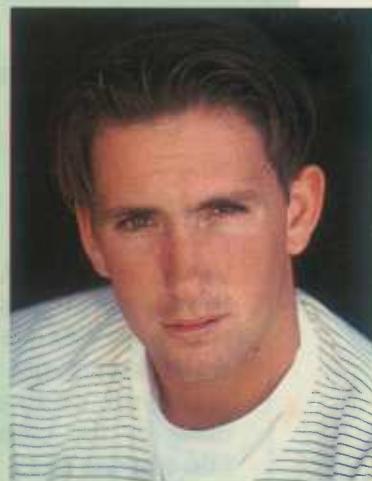
But snagging the guy isn't really the ultimate goal. Getting the most out of every encounter is. And while chasing after your colossal crush of the month like some whacked-out psycho (think Alicia Silverstone in *The Crush*) is definitely not a good idea, there *are* ways to go about it so that you can be in love with a guy without losing yourself. The trick is to keep your sense of humor, and remember to enjoy it.

Working a crush is actually an art—one that my friends and I (and maybe you?) have perfected. What follows is our top 10 list of how to get the most out of your crush:

1. Memorizing his entire schedule, then coordinating yours so you collide *at least* twice every day. This doesn't mean that you tattoo his life on your forearm or hover near his mailbox at 7:00 AM with doughnuts, but keeping general tabs on his ►

Norman, 22 ▶

"You know it's a crush when you get that certain feeling inside where that person is the only one you're thinking about. It just takes over your thoughts. But I don't really like to have secret crushes. I'm pretty straightforward about letting girls know I'm interested—I just ask them out. I don't beat around the bush."



Brett, 18

"I prefer to have crushes, because as soon as I'm really involved with a girl, everything else goes to dust—I tend to neglect my studies, and I find it hard to focus. I'm a big tennis player, too, and sometimes on the court my mind is somewhere else. So I'd rather have a crush from afar that's not so serious. It's more of a secret-admirer thing, and that whole mysterious thing sort of grabs me."



Craig, 20 ▶

"When I have crushes, I feel a little scared. I'm a little bit shy, and sometimes I get nervous that I'll be rejected. If I'm around a girl I have a crush on, I'll try to let her realize it by herself—like my eyes will be a certain way. Sometimes I'll sort of follow her around, too. Crushes are good when you have them, but then you get girls breaking your heart and you're like, 'Arrghhh.'"



Carl, 18

"When I have a crush on somebody, I look at her with this look in my eyes—it's kind of weird. Like, I'm kind of flirty, and I talk sweet, with attitude, and either she'll pick up on it or she won't. But I don't feel totally helpless when I have a crush. In fact, two crushes that I've had have turned into real relationships."

—Interviews by DeDe Lahman



can't make too many plans, robin.
nothing lasts forever.

— stone cates

(more tomorrow)

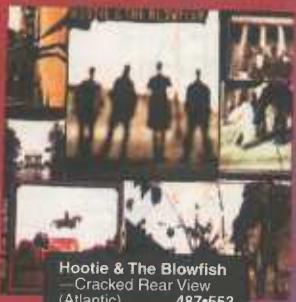
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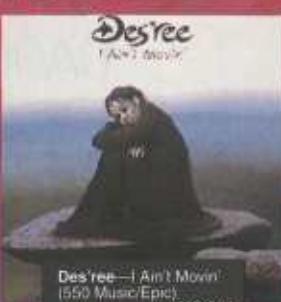
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VITALOGY

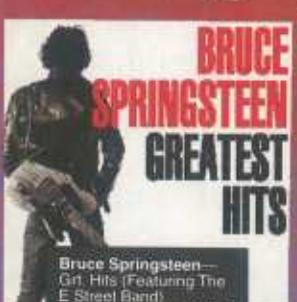
Pearl Jam—Vitalogy
(Epic) 113-597



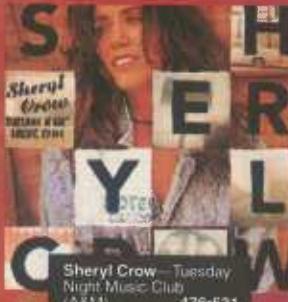
Hootie & The Blowfish
Cracked Rear View
(Atlantic) 487-553



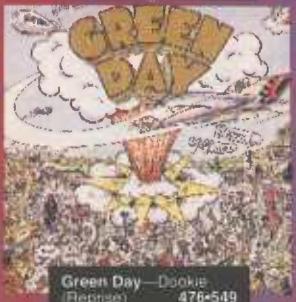
Des'ree—I Ain't Movin'
(550 Music/Epic) 487-264



Bruce Springsteen—
Greatest Hits (Featuring The
E Street Band) (Columbia) 119-354



Sheryl Crow—Tuesday
Night Music Club
(A&M) 476-531



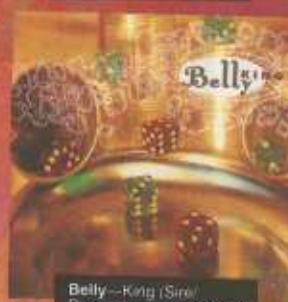
Green Day—Dookie
(Reprise) 476-549



Trisha Yearwood—
Thinkin' About You (MCA
Nashville) 118-703



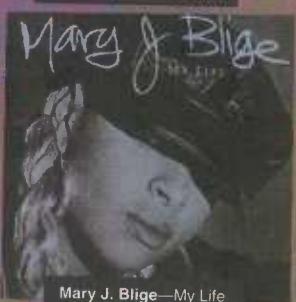
Brandy
(Atlantic) 110-502



Belly—King (Sire/
Reprise) 118-687



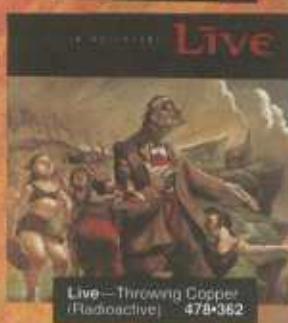
"Boys On The Side"—
Orig. Sndtrk, Featuring
Sheryl Crow, The
Cranberries, Bonnie
Raitt, more. (Arista)
117-044



Mary J. Blige—My Life
(Uptown/MCA) 113-399



"Murder Was The
Case"—Orig. Sndtrk,
Featuring Snoop Doggy
Dogg. (Interscope)
112-714



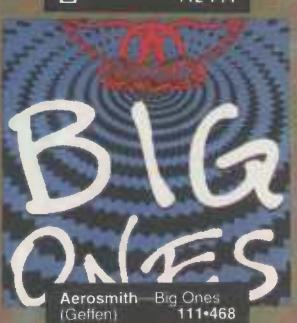
Live—Throwing Copper
(Radioactive) 478-362



Seal (1994) (Sire/
Warner Bros.) 484-741



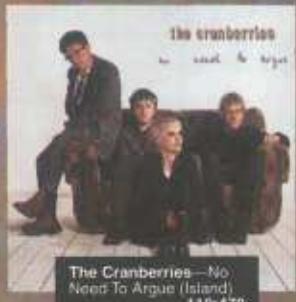
Nirvana—MTV
Unplugged In New York
(DGC) 111-476



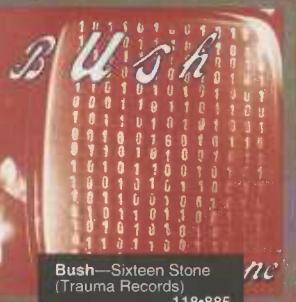
Aerosmith—Big Ones
(Geffen) 111-468



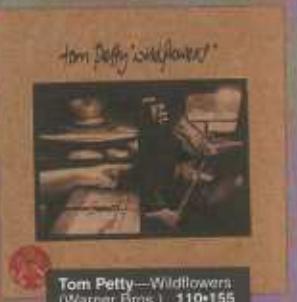
Gloria Estefan—Hold
Me, Thrill Me, Kiss Me
(Epic) 110-486



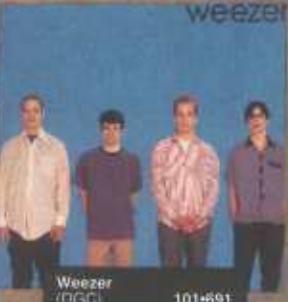
The Cranberries—No
Need To Argue (Island)
110-478



Bush—Sixteen Stone
(Trauma Records)
118-885



Tom Petty—Wildflowers:
(Warner Bros.) 110-155



Weezer
(DGC) 101-691



Brownstone—From
The Bottom Up (MCA/
Music/Epic) 106-803



Boyz II Men—II
(Motown) 102-681



R.E.M.—Monster
(Warner Bros.) 103-929



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■ Contains explicit lyrics which may be objectionable to some members.

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Hard Rock Bruce Springsteen, Van Halen
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Rap Cypress Hill, Method Man
 Dance Pop C&C Music Factory, Madonna

Alternative The Cranberries, Green Day
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 Chr/Gospel
 Country

4 I PREFER
(check one only)

CDs or CASSETTES

5

Mr. _____
Mrs. _____
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Print First Name _____

Initial _____

Last Name _____

Age _____

Address _____

Apt. _____

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State _____

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6

Do you have a telephone? (01) Yes No Do you have a VCR? (04) Yes No

Do you have a credit card? (03) Yes No

4MJ-JK-JL-JM-JN

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2 Bonus

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3 CHECK ONLY ONE

The music I like most is:
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 Heavy Metal Megadeth, Ozzy Osbourne

Hard Rock Bruce Springsteen, Van Halen
 R&B Boyz II Men, Luther Vandross

Rap Cypress Hill, Method Man
 Dance Pop C&C Music Factory, Madonna

Alternative The Cranberries, Green Day
 Light Sounds Barbra Streisand, Neil Diamond
 Latin Jazz Reba McEntire, Alan Jackson
 Chr/Gospel
 Country

4 I PREFER
(check one only)

CDs or CASSETTES

5

Mr. _____
Mrs. _____
Miss _____

Print First Name _____

Initial _____

Last Name _____

Age _____

Address _____

Apt. _____

City _____

State _____

Zip _____

6

Do you have a telephone? (01) Yes No Do you have a VCR? (04) Yes No

Do you have a credit card? (03) Yes No

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KIMBERLY STOCK
Model

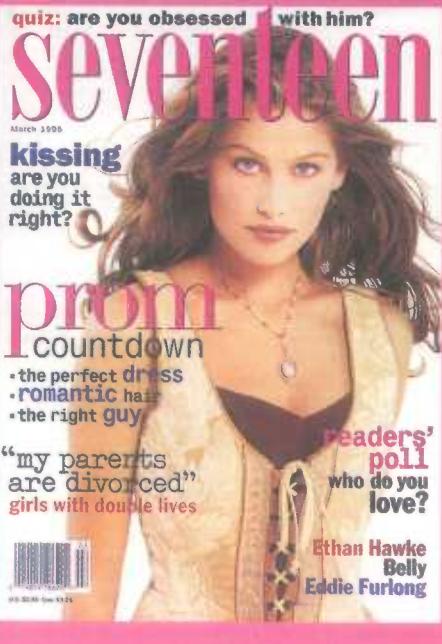
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Charge my Visa MasterCard Card No. _____ Exp. Date _____

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seventeen

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EVER SINCE 7th grade my best friend Jennifer always got the cutest guys. Wherever we went, boys would notice her. It was great being around her because we always got a lot of attention.

Then it hit me... we weren't getting the attention - SHE was. The truth is, no guy ever noticed me at all. I kind of felt left out... or like I was invisible or something. And it hurt. After that, being around Jen wasn't that fun anymore.

But then - by accident - in one of my older sister's magazines - I read about something called the Get Him System. The article said that just about any girl could get the guy she wanted - if she knows how. Well, I wasn't having any luck with guys on my own - so I figured why not give it a try. Besides, it came with a money back guarantee so I really had nothing to lose.

I got it in the mail really fast. And I liked that it came in a plain, brown package so no one else would know what was inside. (I have a nosy family!) Anyway, I ran to my room, and opened the package!

Wow! I made the right decision! Instantly - I could tell this was going to work. I could hardly wait. The next day, when Jen and I went to the mall, something amazing happened. Suddenly - for the first time - guys started to notice ME! It was the happiest day of my life! (Jen and I are even better friends now. She still can't figure out how I'm getting so much attention - I never told her about the Get Him System - or my 5 little Secrets - I think I'll just keep it to myself!)

DID YOU ever wonder if there is some special way to get the guy you want - some kind of secret that would get him to like you more than any other girl?

Well, there are secrets. Lots of them! And if you knew them you would be going out with him this very minute... doing things you only dreamed about before.

But the best part is, you don't have to be beautiful or popular or experienced for it to work - you can just be yourself. And here's why...

GET HIM™ is like nothing you have ever seen or heard of before! No old-fashioned advice that you already know. None of the same old stuff you've read in books and magazines before.

In fact, **GH** is so totally different, so



amazing, so fool-proof... it's been called "The Worlds Best Guy-Getting System"! You learn **EVERYTHING**! That means you may never make another mistake with guys again - because now you'll be a lot smarter!

Here are just some of the exciting things you'll learn . . .

- How to make a guy notice you without being pushy.
- How to make a first move so he won't want to say 'no'.
- How to get a guy to ask you out - and how to ask him out!
- The Big Mistake every girl makes and how to avoid it...
- How to make shyness work for you - not against you.
- What makes a guy fall in love - and how to make him love you!

And just wait till you try this...

- What to do in school on Monday so he'll ask you out by Friday.
- The 5 Little Secrets to make any guy yours.
- How to flirt - without looking easy.
- How to be confident and relaxed - or just look that way!
- How to turn "just a friend" into a boyfriend.
- How to uncover any guy's "soft spot".
- The right way to touch, feel and hold a guy - Plus every guy's biggest weakness!
- How just looking at him a "Special Way" can get him interested in you!

Plus - special sections on the First Date, Going Out, and much, much more!

Use **GH** anywhere. As soon as you spot a guy you like, simply use one of the brilliant **GH** methods you'll learn! Now stand back and watch a little miracle happen before your very eyes!

Suddenly, you'll notice him making excuses to talk to you and be with you.

He'll start sitting next to you in class and walking with you in the halls - even if he never said a word to you before! At that moment, you'll be so happy you have **GH**! Your friends will wonder why you're suddenly getting so much attention. Why the best looking guys who didn't even know you existed last week - are now starting to notice you and flirt with you!

But you'll know why... the **GH SYSTEM**™ is working for you! But keep it your secret. After all, why let them in on your new advantage?

Order Now... and Change Your Life Forever!

The moment your **GH SYSTEM** arrives at your home, unwrap the package, get comfortable... and then get ready to discover all the fun, love and happiness you've been missing out on!

Just imagine how great it will be having a new boyfriend. Someone who likes you as much as you like him. A sweet, gorgeous guy you adore! Your friends may dream about him - but he's yours!

And best of all, **GH** will work for you no matter what you look like, how shy or how little confidence you have right now. It makes you the best you can be! And remember, **GET HIM** is 100% GUARANTEED TO GET THE GUY YOU WANT OR YOU DON'T PAY A PENNY. It's that simple.

So don't just think about ordering the life changing **GET HIM** System, really go ahead and do it! In just five short days, you'll know how good it feels to have the guy you want instead of just wishing you did. **Act Now!**

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MAIL THIS RUSH ORDER-FORM TODAY!

Johnson & Collins Inc.
DEPT. SG - 795, USPOB NR. 16346
Minneapolis, MN 55416-0346

Yes! I want to be noticed and loved and get a gorgeous guy of my own! **RUSH** me the bestselling **Get Him System** Now! I must be completely satisfied or I may return it for a full refund. (NOTE: For your privacy, the **Get Him System** will be sent to you in a sealed, unmarked package.)

I am enclosing \$12.00 for the complete system plus \$3 for postage & handling.

• NO COINS PLEASE!

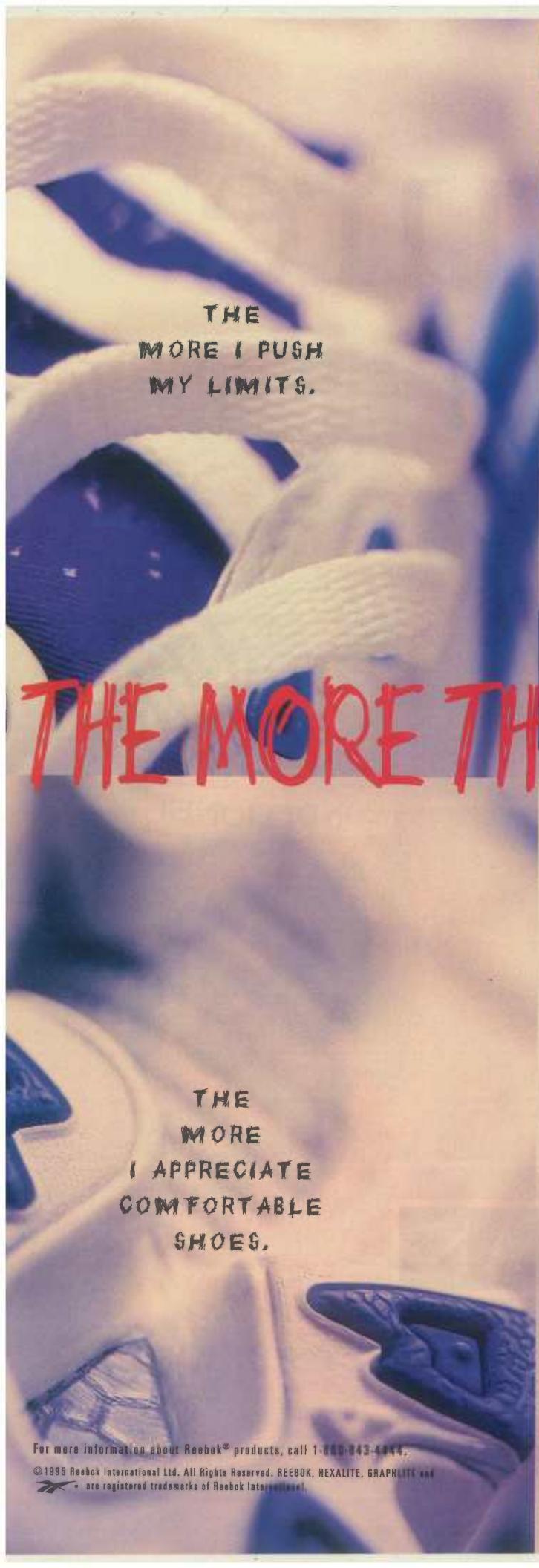
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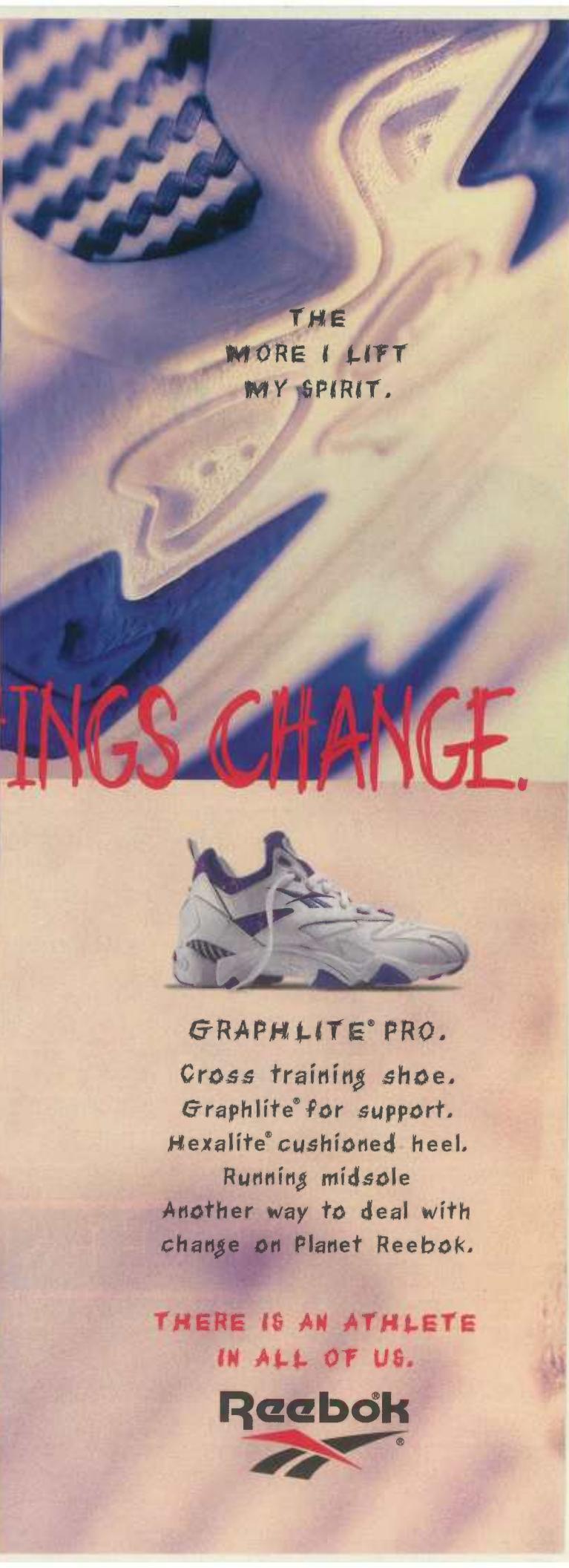
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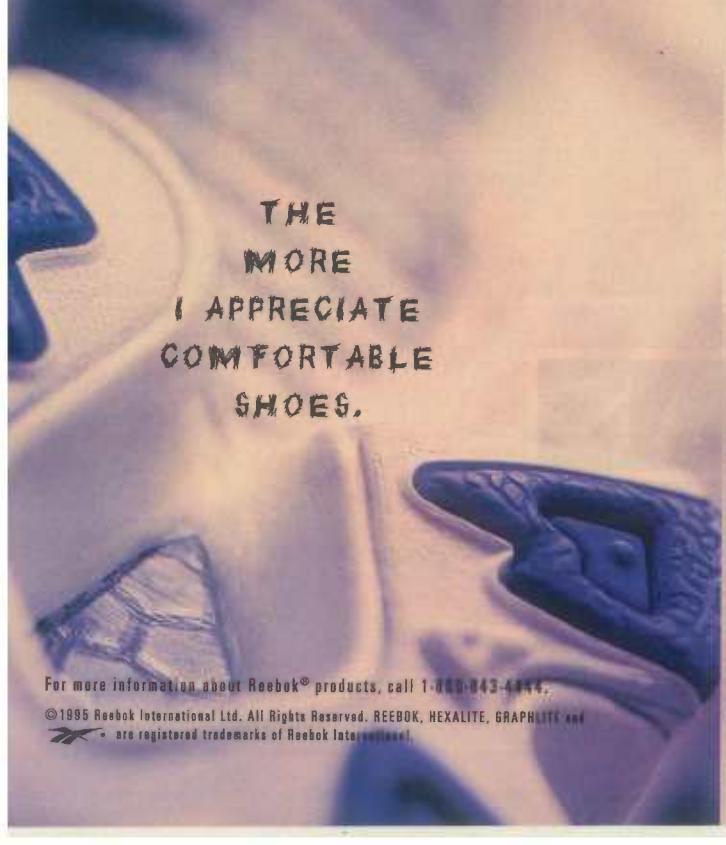


THE
MORE I PUSH
MY LIMITS.



THE
MORE I LIFT
MY SPIRIT.

THE MORE THINGS CHANGE.



THE
MORE
I APPRECIATE
COMFORTABLE
SHOES.



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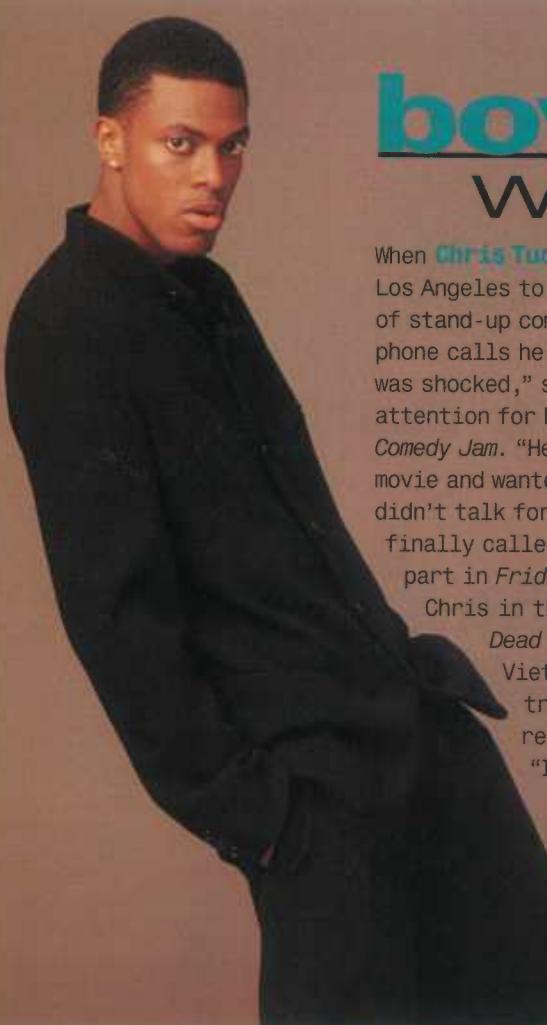
Irene Bedard

When Irene Bedard first saw clips from the animated movie *Pocahontas*, the title character seemed a bit familiar. "Her ears look just like mine," she says, laughing. Of course, the resemblance doesn't end there. Irene—who is part Inupiaq Eskimo, part Cree Indian, and part French-Canadian—also provided the voice for *Pocahontas*, a real-life 17th-century Native American princess who fell in love with a British settler. Irene's adventures in Disneyland actually began in North Dakota, a year and a half ago, while she was filming *Lakota Woman*. "The Disney people videotaped my recording sessions," the Alaska native explains. (Alas, the rest of the cast, which includes Mel Gibson and Christian Bale, did their bit in L.A.) Animators then drew from those tapes to create *Pocahontas* (below). "I wish I had looked like her when I was seventeen," says the actress, who is in her 20s. "But she's a drawing, so, of course, she's perfectly perfect in every way." Not that the live version isn't close to perfection, too: This year Irene was chosen as one of *People's* 50 Most Beautiful People. "I laughed when they told me," she says. "I became an actress because I love to tell stories. I never dreamed I'd be in *People* or seventeen!" —Claire Connors



Irene Bedard is the voice (and visual inspiration) for Disney's *Pocahontas*.

And she's pretty animated in person, too.



boy watch

When **Chris Tucker** moved from Atlanta to Los Angeles to make it tall in the world of stand-up comedy, one of the first phone calls he got was from **Ice Cube**. "I was shocked," says Chris, who got mucho attention for his routines on HBO's *Def Comedy Jam*. "He said he was working on a movie and wanted me to be in it. Then we didn't talk for three years!" When Cube finally called back, he gave Chris a part in *Friday*. This month, look for Chris in the dead-serious film *Dead Presidents*, about some Vietnam vets who rob a bank truck. "I'm the comic relief," says Chris, 23. "I play a drug addict, and I don't want to ruin it for you, but I get to die." That's funny? "No, no, no," he says, laughing. "But it's a really good dying scene." —C.C.

band du jour **Better Than Ezra**



Ten things you should know about Better Than Ezra: 1. BTE is composed of Kevin Griffin (guitar/vocals), Tom Drummond (bass), and Cary Bonnecaze (drums). 2. They are all from Louisiana but live in L.A. 3. The name of the band is a big ol' secret, but who's asking? 4. BTE used to be a quartet, but five years ago guitarist Joel Rundell committed suicide. 5. *Deluxe* (Swell/Arista) is like a

dessert CD, chock full o' tasty tunes with sweet melodies, creamy harmonies, and chewy lyrics. In other words, yummy! 6. The single "Good" is about a guy remembering his old girlfriend fondly—which, like, never happens. 7. The song "The Killer Inside" was inspired by the spooky Jim Thompson book about a psycho sheriff who likes to beat people senseless. 8. Cary likes to beat his drums senseless. Coincidence? 9. Kevin writes songs the way you wish your boyfriend could: emotional, intense, romantic, and real. 10. They're cute. —C.C.

music reviews

rating the discs

- *Oui, oui, oui, all the way home*
- *A certain je ne sais quoi*
- *Comme ci, comme ça*
- *Pepe Le Pew*



Ben Lee

Grandpaw Would
(Grand Royal)

Ben Lee is exiled in girlville. The 16-year-old Aussie wunderkid's debut is a quirky batch of simple pop songs filled with bittersweet musings about the girl who just walked out his door. The melt factor is on high for tracks like "Sprawl," where Ben laments, "I pretend I'm mellow,/so you don't think I'm hurt./I'm just a real sad fellow." Even with ultracool chicks like Liz Phair and The Spinanes' Rebecca Gates adding support on two tracks, we think this boy is best when he sings solo. But don't worry, Ben—if your romantic skills are half as good as your songwriting, you won't be lonely for long. ••••



The Muffs

Blonder and Blonder
(Warner Bros.)

Expect big things this year from Green Day's favorite band, The Muffs, a Los Angeles punk/pop trio fronted by Courtney Love-sound-alike screecher Kim Shattuck. *Blonder*, their second full-length album, is classic Southern California melodic punk, as cool as early Go-Go's, with crunching three-chord guitar riffs and Kim's pop harmonies. Highlights include "Sad Tomorrow," a kickin' surfer-punk ditty, and the bratty funk track "Won't Come Out to Play." If you love Green Day, you'll adore The Muffs. •••



Terence Trent D'Arby

Vibrator (Work)

Terence Trent D'Arby is remembered more for his big hair and matching ego than his music. He made quite a splash with his 1987 debut, *Introducing the Hardline* (which included the number-one hit "Wishing Well"), but then sank to new lows with his next two releases. This, Terence's fourth attempt, will do little to help him regain his prominence, since it's a lukewarm effort devoid of the passion and soul found in James Brown and ♪, the artists he so desperately wants to emulate. ••

—Matt Henrickson

Green Day: best band... **1** and worst band?

seventeen

**Brad
Pitt**
**your pick
for cover boy**
(and everything else)



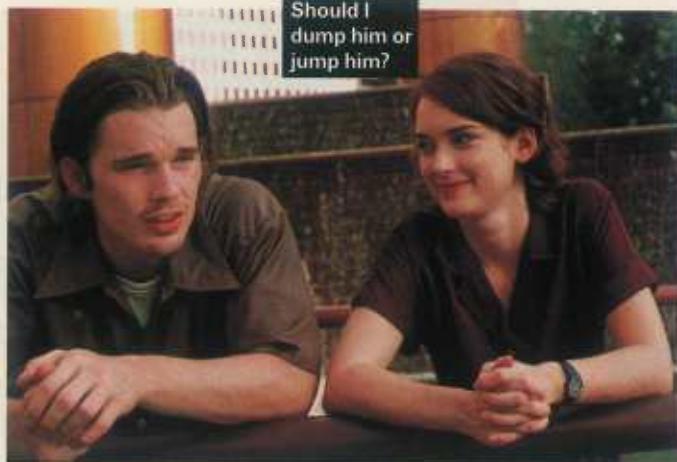
**7th annual
readers' poll
results**

you're way into:

Keanu Reeves
My So-Called Life
Ricki Lake
Boyz II Men
Winona Ryder

you're way over:

Jim Carrey
Madonna
Ace of Base

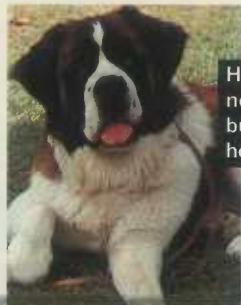


In Reality Bites, Winona should have dumped Ethan. False 79% True 21%



Best Movie

1. *Forrest Gump*
2. *Speed*
3. *Legends of the Fall*



He ain't nothing but a hound dog.

Beethoven is a big ol' dog. 49%
a big ol' composer. 48%
big ol' Gary Oldman. 3%

double trouble Which Bridget would you rather be?



Bridget Fonda 76%



Bridget Hall 24%

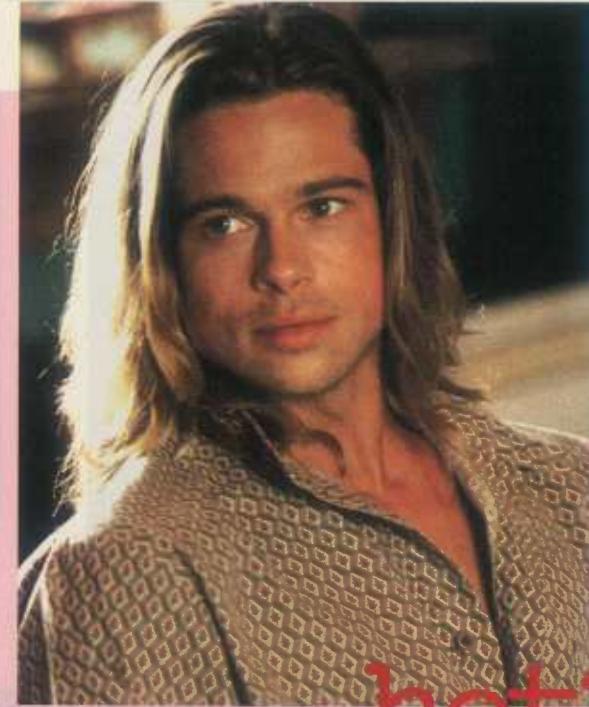
Who would you rather take to the prom?



Christian Slater 64%



Christian Bale 36%



can you say **hot?**

If you could date any celebrity, it would be

1. Brad Pitt.
2. Keanu Reeves.
3. Jared Leto.

You'd pay \$7.50 to watch him read the back of a cereal box:

1. Brad Pitt
2. Keanu Reeves
3. Ethan Hawke



Keanu is a pretty sexy second place.

Coolest Celebrity of '94

1. Brad Pitt
2. Keanu Reeves
3. Tom Hanks

Favorite Male Movie Star

1. Brad Pitt
2. Keanu Reeves
3. Ethan Hawke



Favorite Female Movie Star

1. Winona Ryder
2. Julia Roberts
3. Jodie Foster

If I could invite two celebrities to my party, they'd be

1. Brad Pitt.
2. Keanu Reeves.

You put the "win" in Winona for the second year in a row (sorry, Julia).

Opposite page: Leto, Sabato, and Melrose Place photos. John Paschal/Celebrity Photo, Cruise and Kidman, Ductos-Benrimon/Gamma Liaison, Danes, Michael Ferguson/Globe Photos, My So-Called Life, Danny Feld/Capital Cities. This page: Lovett and Roberts, Stewart-Volland/Celebrity Photo, Carrey, Chris Haston/Globe Photos, Madonna, Kevin Winter/NBC, Lake, Chris Haston/NBC, Lake, Kevin Winter/NBC, Photo: Days of Our Lives, Chris Haston/NBC, Lake, Kevin Winter/NBC, Photo: Dumb and Dumber, New Line Cinema.



You called it: Julia and Lyle are splitzo.

You wish these couples would break up:

1. Julia Roberts/Lyle Lovett
2. Johnny Depp/Kate Moss
3. Tom Cruise/Nicole Kidman

Best Soap Villainess

1. Vivian of *Days of Our Lives*
2. Erica of *All My Children*
3. Amanda of *Melrose Place*



Best Soap

1. *Days of Our Lives*
2. *General Hospital*
3. *All My Children*

Favorite Talk-Show Host

1. Ricki Lake
2. Oprah Winfrey
3. Phil Donahue

Would you discuss your problems on a talk show? No 60% Yes 40%

Ricki Lake: She blew Oprah out of the water.

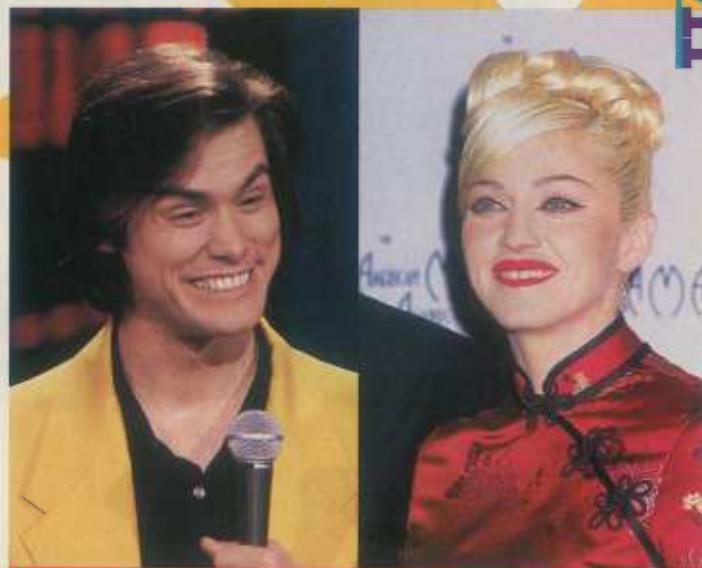


Jim and Jeff get Carrey-ed away.

Cheesiest Celebrity

It's a tie:

Jim Carrey and Madonna



Troll

can you say not?

Worst Soap

1. *Loving*
2. *All My Children*
3. *General Hospital*

Dumbest Music Video

1. "Take a Bow," Madonna
2. "Black Hole Sun," Soundgarden
3. "Stay (I Missed You)," Lisa Loeb & Nine Stories

Worst Band

1. Green Day
2. Ace of Base
3. Hole

Madonna quits show business. You think this is

1. good.
2. boring.
3. bad.

If I could get my money back for a movie, it'd be

1. *Dumb and Dumber*.
2. *The Flintstones*.
3. *The Santa Clause*.

beach Zone

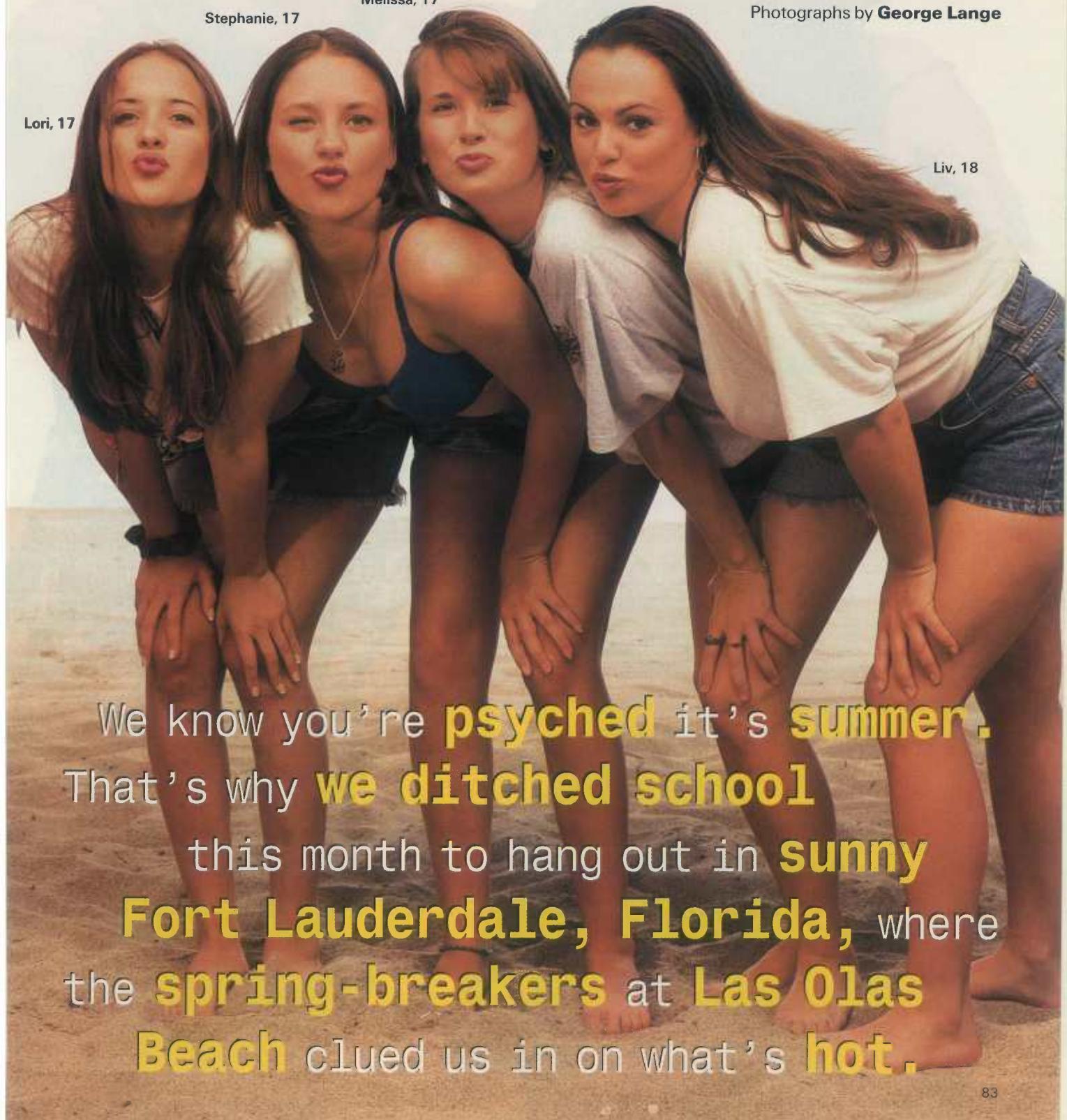
Stephanie, 17

Melissa, 17

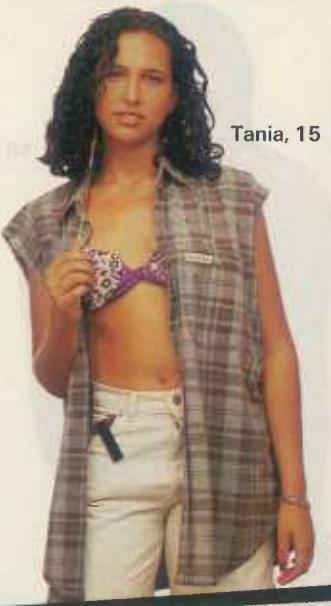
Photographs by **George Lange**

Lori, 17

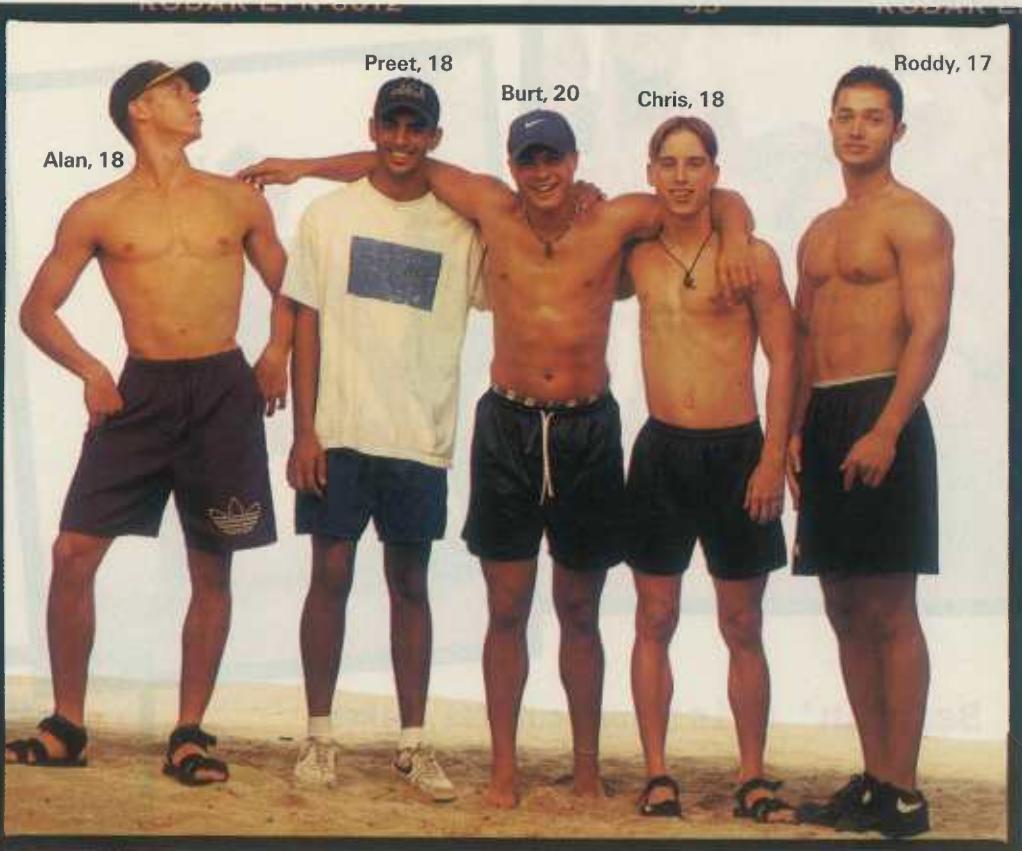
Liv, 18



We know you're **psyched** it's **summer**.
That's why **we ditched school**
this month to hang out in **sunny**
Fort Lauderdale, Florida, where
the **spring-breakers** at **Las Olas**
Beach clued us in on what's **hot**.

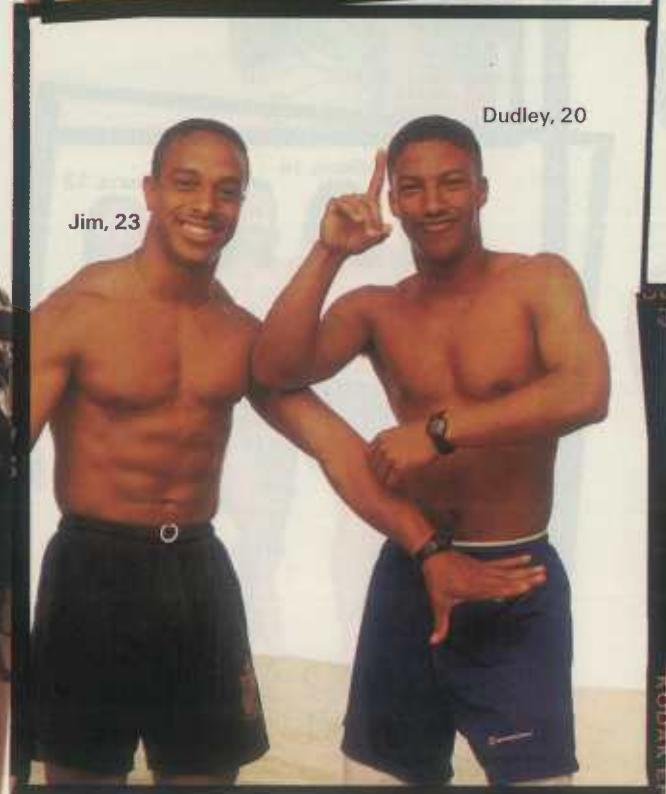


Tania, 15



Shanna, 18

Bikinis rule the **South Florida scene**,
where **cover-up cool** can mean a **grungy** shirt,
boxers, or a **sand-skimming gypsy skirt**.



Jim, 23

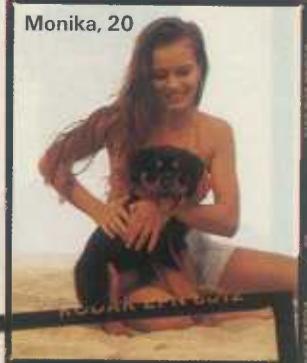
Dudley, 20



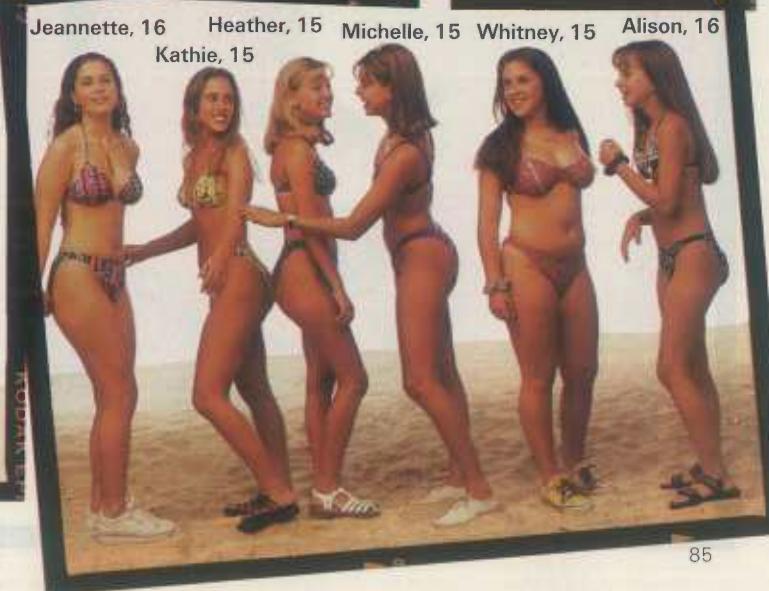
Jamie, 14

Julia, 16

Ricardo, 14



Monika, 20



Jeannette, 16

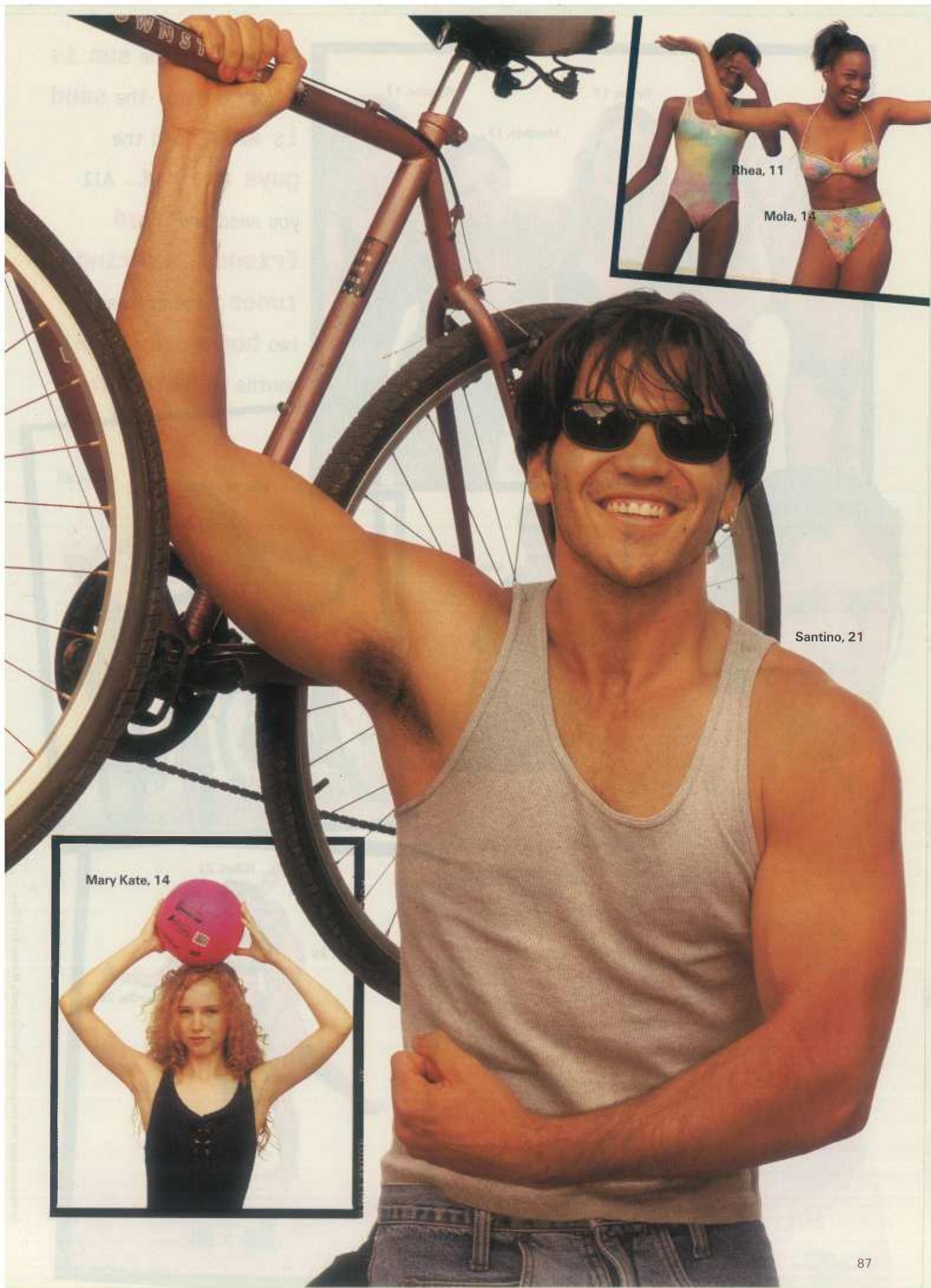
Heather, 15

Michelle, 15

Whitney, 15

Alison, 16

Kathie, 15



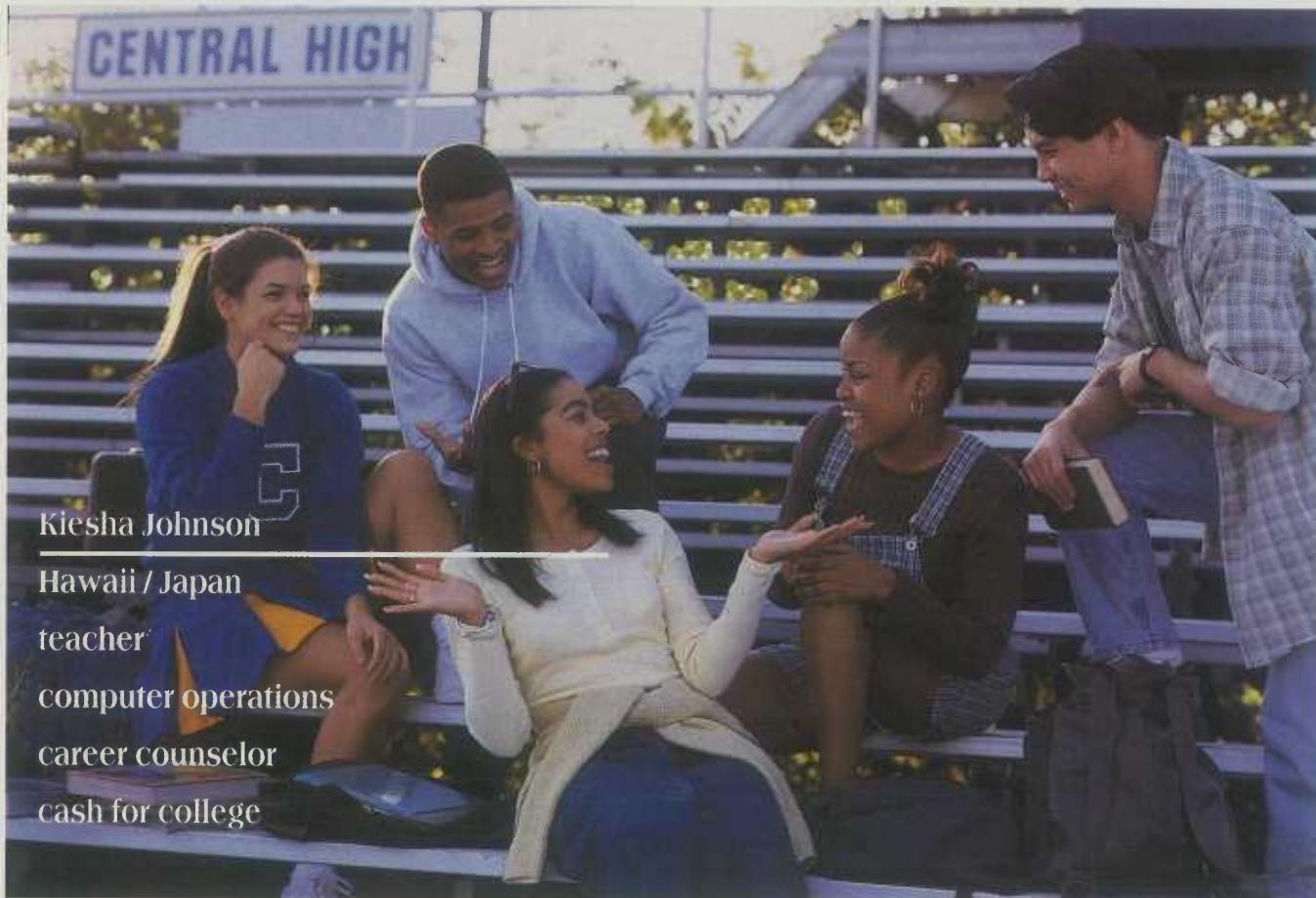
Mary Kate, 14

Santino, 21

Rhea, 11

Mola, 14

IN FOUR YEARS, YOU WON'T RECOGNIZE YOURSELF.



Kiesha Johnson

Hawaii / Japan
teacher
computer operations
career counselor
cash for college

The woman you see in the mirror four years from now depends a lot on what the girl reading this ad does today. This year, over 23,000 ambitious young women, like Kiesha Johnson, will find the encouragement, opportunities, training and experience they need in the U.S. Armed Forces.

Smart move. Because the military is opening more jobs to women, in more fields than ever before. Now you may be eligible for one of the new positions in aviation, or serve at

sea aboard a carrier or cruiser.

Over 50,000 new jobs have opened to women in the last year alone. Every one offers you training and travel benefits, career skills and education opportunities—including the Montgomery G.I. Bill, which can help you put aside over \$14,000 for college, up to \$30,000 in select career areas.

In the next four years, Kiesha Johnson will serve her country in Hawaii and Japan, discovering her talent for teaching and helping others.

What will you be doing?

With over 200 job specialties to choose from, chances are the Armed Forces can help you get where you want to go.

See your local recruiter, or call 1-800-893-LEAD for more information. Take a look at all you can do for yourself and your country. And get a glimpse of yourself four years from now. You'll like what you see.

Make It Happen.
U.S. ARMED FORCES
ARMY ★ NAVY ★ AIR FORCE ★
MARINES ★ COAST GUARD ★

seventeen

Alicia Silverstone

On the set of her new movie, *Clueless*, Alicia clues us in to the one thing she can't live without.

by Malissa Thompson

It's been four movies, three Aerosmith videos, two MTV Movie Awards, and one boyfriend since I last met up with Alicia Silverstone. And, yeah, some things never change. Alicia (pronounced a-LEE-see-ah, not a-LEE-sha, thank you very much) still looks you straight in the eye when she talks to you. She still orders chicken noodle soup at five-star restaurants. She still prefers phones that actually plug into walls. She still hates push-up bras. And, despite the fact that every guy between the ages of 10 and 100 thinks she's the next Marilyn Monroe or something, Alicia is still totally convinced she's a dork!

The very undorky actress and I are reunited in a stuffy little trailer on the set of her latest movie, *Clueless* (think *Beverly Hills, 90210* meets *Heathers*). The blushing blond (she had her hair highlighted for the part) is standing in front of a mirror, looking like she's in serious pain. She glares down at Samson, the large hound dog she rescued from the streets of East Los Angeles a few months ago, and groans loudly, squeezing her nose shut with two slightly chewed fingers. "Oh, my God," she gasps. Samson looks up guiltily. ▶

Dress, XOXO; \$56. Stores, last pages. On these three pages: Hair, Chris McMillan. Makeup, Jo Strettel. Styling, Jacqueline Azria-Palombo.

Photographs by Dewey Nicks



discovers pain and doesn't know what to do with it. It's like, she knows what to do with earrings, but she doesn't know what to do with pain.

5 You're no stranger to opulence. I mean, isn't your hometown [Hillsborough, California] like

Beverly Hills without the palm trees?

It was beautiful and expensive there, but I didn't live a rich life at all. I think I'm more like the oddball in *Clueless* who Cher finds and tries to transform. This girl is really awkward and doesn't have a clue about what she's doing. It's like they wrote it about me.

6 Does it bother you that people still refer to you as the babe from the videos?

I'm no babe. For the longest time I never had a clue that I had even an ounce of sexuality. But I don't even think that's what made those videos work. I have soul, and if you have a soul it carries through.

7 Do you ever watch those videos?

I can't remember the last time I watched MTV. I actually don't watch TV.

8 If not TV, then what? I mean, how do you escape?

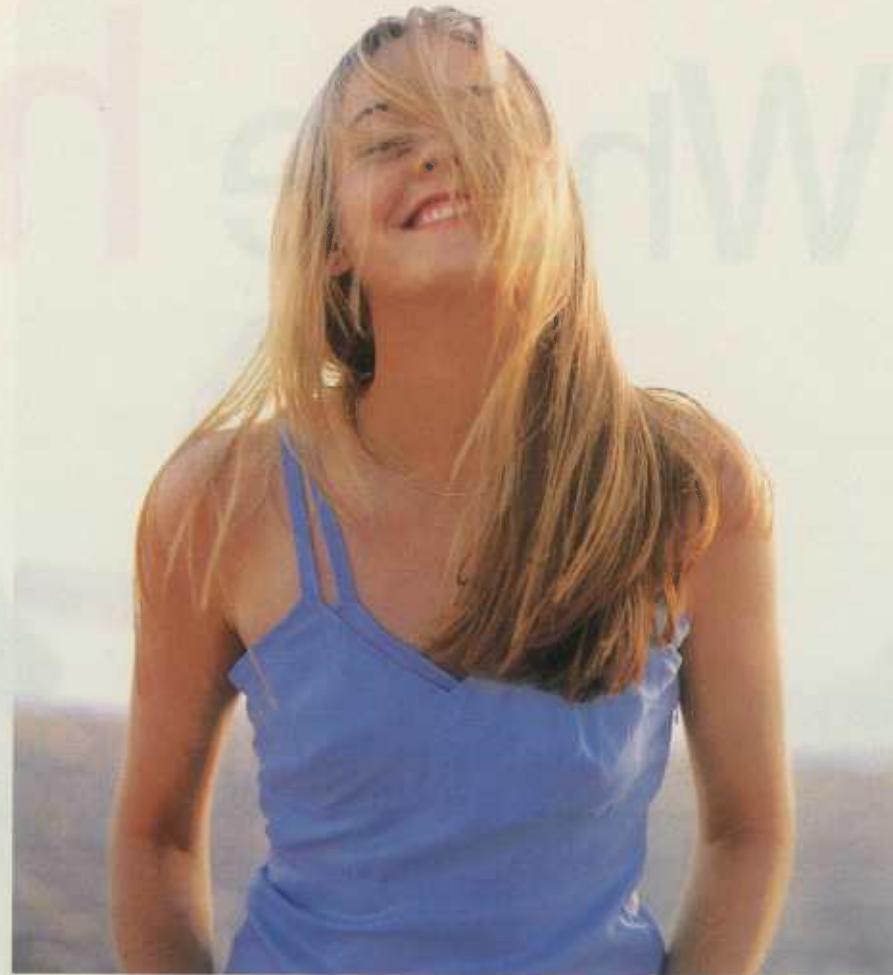
I'm in the middle of reading *Wuthering Heights*, and I just finished *Girl, Interrupted* [about a young woman's experience in a mental institution], which I thought was the greatest book. To me, it seemed like my life. I feel like that girl sometimes. You can be totally normal, but because you are unique and different, people don't know how to deal.

9 What are you trying to tell me?

[Laughing now] I just think I'm different. When I was in school, three teachers called my parents in for a conference. They said I was dangerous, that I was turning into the queen bee on campus. They kept telling my parents, "Alicia knows too much for her age." I was horrified. I mean, that was really psychotic of them to do that. I was 10 years old.

10 In what ways do you think you're dangerous now?

Well, I get a little carried away when I drive. I just got my first ticket. I was driving to San Francisco with my mom. We were talking, having a blast, and I guess I



was speeding. I got pulled over twice. The first time, the officer let me go because my mom told him who I was. The second time, the guy was like, "I don't want to hear it." And he gave me the ticket.

11 How do you respond when you meet famous people? For instance, what if you got stuck in an elevator with, say, Brad Pitt?

I'd try to get out as fast as I could.

12 You mean to say you wouldn't even talk to him?

Well, I might because I think he is a wonderful actor, but not because he does that heartthrob thing for me. The only person who ever did that for me was River Phoenix. I mean, I loved River Phoenix so much. I never met him, but I wanted to marry him. So if we'd ever been stuck in an elevator, all I would want to do is make him fall in love with me.

13 Is there a guy in your life now?

Just my dog, Samson. My heart's been broken a lot. No matter how great a person you are, no matter how loving and honest you are, it's no guarantee that anybody else is going to be like that.

14 Who do you turn to when you need someone you can trust?

Caroline. She's my best friend. I'm always happy with her. I mean, it's ridiculous, but I feel like we fell in love. She is everything I could have imagined in a friend. And no matter how miserable I may get in life, I know I will always have her. It's better than any boyfriend. I mean, she's my family. She and Samson.

15 Besides those two, what can't you live without?

I love, love, love apricot baby food. My closet in the kitchen is filled with jars of it. I love Lucky Charms and Cocoa Pebbles cereal. I love my purple couch, and I love dancing. I used to have the best stuffed animals, but Samson ate them.

16 Do you have a hero?

That would be my mom. She is the most amazing woman I know.

17 What's the one thing you would never want your mom to find out about you?

She'd die if she knew I'd kissed a boy who smoked cigarettes. ■



Play the field in a sheer peasant dress or a summery apron wrap.

Opposite page, on him: Shirt, Lone Star, Jeans, Antique Boutique. On her: Dress, Guess? Shoes, André Assous; \$45. This page: Apron dress, Greed Girl; \$32. Necklace, O.K. Originals; \$10. Chain bracelet, Berry Jewelry; \$12. Bangle bracelet, Guess? Jewelry; \$18.50. Stores, last pages. On these six pages: Hair, Daniel Howell. Makeup, Lori Matsushima. Styling, Jacinta Dobson.

Photographs by **Derek Henderson**

**Or a teeny bikini
with a layer
of lace.**





**Doing the
shore thing?**

**Give them the
slip (dress).**

Opposite page, on her:
T-shirt, Gus & Max; \$12.
Shorts, Greed Girl; \$32.
Silver rings, Boma; each
\$14 to \$23. On him: T-shirt,
CK Calvin Klein Underwear
for Men. Vintage jeans,
Antique Boutique. This
page: Dress, Awesome
by Tramp; \$49. Necklace,
Gabriel Ichak; \$42.
Stores, see last pages.

by Roberta Anne Myers



ne hundred and twenty dollars. That's how much Sinead Corwin, 14, raised for this year's AIDS Dance-a-thon. You only had to raise \$75 to get in, but Sinead has a lot of friends. The event has already started at the Moscone Center in downtown San Francisco, where Queen Latifah, Rosie Perez, The Village People, and Robin S. are scheduled to appear, so Sinead is a little pissed that Jenny is taking so long to get in the car. "C'mon, Jenny, come on!" Her other best friends, Lisa, Gissella, and Anjuli, are already crammed in, dressed to kill.

At the entrance the girls hand over

had AIDS for six years. Sinead knows that most of the time she'll have with her mother is already gone. Right now, they're completing the process of finding Sinead a legal guardian because Mary is expected to die before Sinead turns 18. Although Sinead is HIV-negative, the disease has so shaped her life that she doesn't know what it means to live without it. Last year Sinead's stepfather died of it, and her natural father also has full-blown AIDS. Since Sinead was four, the year her mother was diagnosed with HIV, they've lost 50 friends and relatives to the disease. What Sinead has not lost is her spirit, one that Mary, and Sinead's friends, and practically every person who meets her, say is vibrantly, electrically alive.

vides information about AIDS. Information like: The disease is the fastest growing cause of death for women 25 to 44 in this country. By the year 2000, an estimated 100,000 kids will have been orphaned by it.

Mary is convinced that the only way Sinead will hold on to her mental health through all of this is to be part of the fight, and not be kept in the dark about any aspect of what's in front of them. Not about the fact that "AIDS doesn't just kill you, it rots you," says Mary. Not about the fact that even in San Francisco, which has the fourth highest per capita AIDS rate in the U.S., there's still a lot of fear, prejudice, and misunderstanding about the disease. Not about the fact that many kids with

Sinead's mom has had AIDS for six years.

**She wasn't expected to make it to
Sinead's eighth-grade graduation.**

Now they're holding out for high school.

their pledges, strap on their bright-orange wristbands (proof of payment), and disappear into the enormity of it all: 7,000 people jumping, shaking, and sweating to Crystal Waters' "100% Pure Love." There's an all-male pom-pom squad in silver hot pants, old folks doing the mambo or something, homeboys and fly girls, and babies on their fathers' shoulders, all swirling and twirling and laughing and dancing. Sinead and her friends dance almost nonstop till midnight. "It was so much fun," says Sinead, who's leaving her wristband on so she can show everyone at school. Only for a minute did the reason they were all there really hit home: "Queen Latifah was on and she said, 'Now all the positive people in the house, raise your hands.' She meant HIV-positive. It was like 80 percent of the people there. I thought, Wow, that's a lot of people. That's my mom."

Sinead's mom, Mary Corwin, has

Sinead Corwin is rather undeniable. She is small and beautiful, with long red hair and pale skin she inherited from her mother. Almost serene, she has the presence of a politician's child, someone used to speaking in public, fielding questions from the media politely yet firmly. She has been talking publicly about AIDS for a long time. "In third grade I told one kid that my mom had HIV. Well, of course, that one kid told the whole school and I thought, This is it. My life is over. No one will want to hang out with me. But they were great. Everyone at my school was really supportive. Ever since then, I've just been really open about it."

Talking about AIDS isn't a problem in the Corwin household; in fact, it's a mission. Sinead and her mom appeared in the critically acclaimed AIDS documentary *Absolutely Positive*; they regularly speak at local schools; they've even contributed to a CD-ROM that pro-

infected parents fall through the social-services cracks. "On one video we did, there was another teenager whose mom had HIV, and he hadn't told any of his friends," Mary says. "You could just hear the fear. He had no support and no idea what to do. Sinead was like, 'Everybody knows my mom has AIDS. It's fine.'"

Of course, it's not fine. At 14, Sinead has lost almost every adult who has ever been important to her, a fact that in no way has prepared her to lose the person *most* important to her. If anything, experiencing so much loss can make you shut down. "I'm a really open person. I work hard not to close myself off," Sinead says. "That's why I go to therapy every week, to talk about my feelings, get them out." She pauses. "I guess there's still a lot to get out."

Sinead was born in Menlo Park, south of San Francisco, and moved with her ►

mother's wishes." Erin was a little iffy herself—she lives in New York and has no children of her own—but she agreed.

Erin and Sinead talk on the phone regularly, and, for now, the plan is for Erin to become Sinead's legal guardian after Mary's death. If that happens before Sinead graduates from high school, she'll stay in San Francisco, probably with Carla or Jennifer. Or, if necessary, Erin will move out and live with Sinead. (And if anyone tries to go against Mary's wishes, Sinead will call her lawyer from the Children's Defense Fund.) If Mary lives to see Sinead off to college, then "we'll deal with what I want after college later," says Sinead.

What Sinead wants, of course, is for her mother to continue to defy all reasonable expectations of the course of AIDS. "I wasn't supposed to make it to Sinead's eighth-grade graduation," Mary says. "Now I'm holding out for high school." Indeed, the six years she has lived with full-blown AIDS is long for a woman. (Women die 33 percent faster than men with comparable symptoms.) Mary feels that in some way, Sinead has kept her fighting, kept her alive.

But neither Mary nor Sinead is holding out for some miracle cure. Sinead talks not of if her mom dies, but when. When she lets herself think about it, she's terrified, but she doesn't ever really let herself think about it. "My biggest worry is that she's going to be in pain."

Sinead cannot deny that her mother's health is deteriorating. "I get mad at her sometimes," she says, "but I'm not really mad at her; I'm mad at the disease. Like we'll make plans and then we can't do them because she doesn't feel well. But then I'll think about it and I'll realize it's not a big deal that she can't drive me to see my friends." When they fight, over grades or Sinead's coming home late, "it's usually just because we have to get stuff out." Not so long ago they'd "go shopping every weekend, like all the time," hunting for antiques or indulging Sinead's obsession for bell-bottoms. But she can't allow herself to wish for a normal life. "I don't know what 'normal' is. AIDS has always been there. When I think about it, I feel cheated at times, but then

I think, Without AIDS we probably wouldn't have our honesty. The honesty is why we're having such a good time."

It sounds odd, but in a way, Mary and Sinead *are* having a good time. They go out when they can, but now they mostly talk, watch TV, rent movies, and have friends over to their airy, plant- and antique-filled house. But despite the warmth and love that's so obvious in their home, a feeling of sadness—of time both grinding on and running out—is



"I wasn't going to lie and say, 'Oh, Mother's going to the Caribbean,' every time I went into the hospital."

evident. Some days, Mary can do little more than lie on the couch, wrapped in a blanket. She is tired, so tired, and depressed—it's depressing to have to walk with a cane, or to be too weak to sit in your own backyard, or to have such a headache that the sound of the phone ringing makes you want to cry. Mary tries hard not to burden Sinead, but "Little Miss Chicken Soup" wants to, needs to, take care of her mom.

"It does tire you out, living with a person with AIDS," says Sinead. "It's hard. But she barely asks me to do anything for her. I'll just do it. Like cook

or clean. I know she's irritated she can't do it herself." If Mary's really sick, she'll go into the hospital and have Jennifer or Carla stay over. Money's tight, but they're not poor; Mary stopped working six years ago, but she gets disability as well as Medicare. They also receive support from many AIDS organizations in San Francisco. Every Wednesday, a couple down the block makes dinner for them and leaves it on their porch.

And Sinead has begun to do what every teenager does: make a life away from home, away from her mom. Every morning she's up at six, riding the bus an hour to San Domenico, an expensive private school (where she is on scholarship) across the Golden Gate Bridge in Marin County. It's straight out of *Dead Poets Society*: all manicured lawns and preppy uniforms. Sinead has made close friends there who "treat her like everyone else" (once they got past the initial shock of hearing her mom has AIDS).

Sinead's having a great time at this school. She plays soccer and volleyball, and, for a freshman, gets a lot of respect. "We're sort of known as the school gossips," Sinead admits. On weekends she hangs out at Gissella's, goes shopping, sometimes they go dancing. Alone in her red room, she'll sketch or write, or pore over *Vogue* and *Harper's Bazaar*. When she graduates, she's going to the Fashion Institute of Technology in New York, just ask her. (No need to worry about tuition: A Dartmouth College professor who did a video with the Corwins set up a fund for her.)

Still, Sinead feels a little tug every time she leaves the house. "I don't count the days or anything. It's just that I really like hanging out with her. I just really like my mom."

Sinead's friends rather like her, too. "Sinead's mom is so cool," says Gissella. "Not superconservative." Nobody thinks Sinead or her mom is a health risk. And Sinead is not afraid of getting AIDS from her mom. "If she gets a cut or something, she'll say, 'Get out of here. I'm bleeding,' but it's not like it's a big deal or anything." Nor is she afraid that she'll contract it when she becomes sexually active (she speaks publicly about safe sex, after all). She is, however, more circumspect when the topic turns to (*continued on page 126*)

**For subtle shine, the choice
is clear: a translucent top and
white vinyl hip-huggers.**

Shirt, Mark Eisen. Hip-huggers,
Funkeessentials; \$89.



**Got the urge to submerge?
Glisten up with watercolors
for your eyes** (Lancôme Le Crayon Glacé EyeColour pencils are as pearly as seashells). Define eyes with waterproof liners (Chanel Aqua Crayon, Dramateyes Smudgeproof Liner) and lifeguard lashes with surf-safe mascaras (Cover Girl Remarkable Washable Waterproof Mascara, L'Oréal Splash Out Mascara). Stores and Beauty Details, last pages.

Want to go high-tech?

Pair short shorts with

a clear plastic skirt

and taxi-yellow vest.

Add shiny sneakers

for serious kick.

Vinyl vest, NU-I.D. Clothing; \$35.

Vinyl miniskirt, Mad

House; \$40. Boy-cut

shorts, Kanae + Onyx; \$40.

Vinyl cuffs, Maja; \$42 for

the set. Sneakers, Airwalk

Footwear; \$64. Stores and

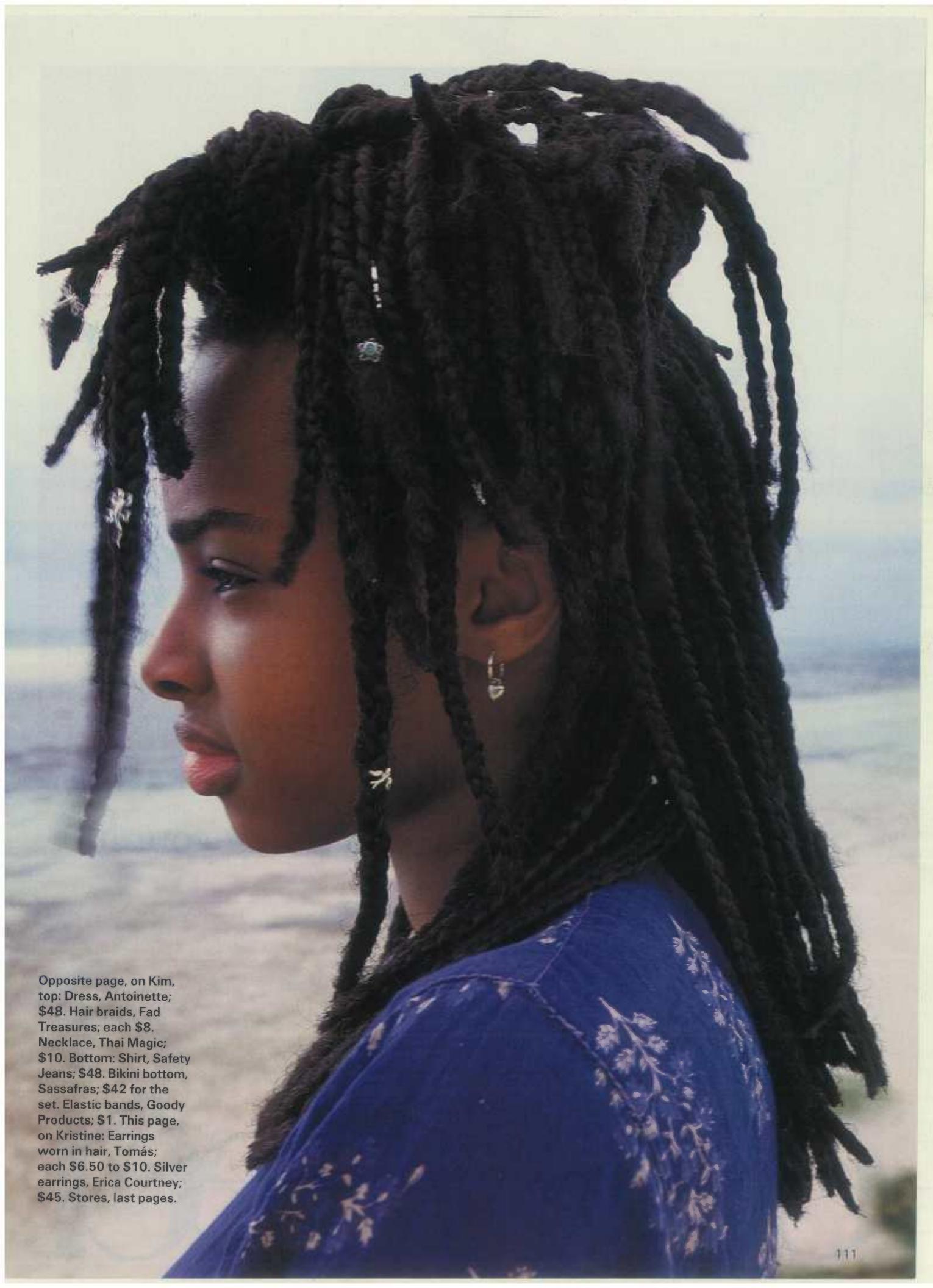
Beauty Details, last pages.

high-gloss gear

Opposite page, on Kristine:
Shirt, Aardvark's. Top
necklace (\$12.50) and
bottom necklace (\$15),
Boma. This page, on Kim:
Ebony Ethiopian cross
hairstick, Culture &
Reality; \$35. All others,
Medusa's Heirlooms;
each \$10. On these four
pages: Hair, Christopher
Lockhart for Pierre Michel
Salon, New York. Makeup,
Kimberly Briggs for
Bobbi Brown Essentials.
Styling, Jacinta Dobson.
Stores, last pages.



Photographs by **George Holz**



Opposite page, on Kim,
top: Dress, Antoinette;
\$48. Hair braids, Fad
Treasures; each \$8.
Necklace, Thai Magic;
\$10. Bottom: Shirt, Safety
Jeans; \$48. Bikini bottom,
Sassafras; \$42 for the
set. Elastic bands, Goody
Products; \$1. This page,
on Kristine: Earrings
worn in hair, Tomás;
each \$6.50 to \$10. Silver
earrings, Erica Courtney;
\$45. Stores, last pages.

i

by Rebecca Barry

Photographs by Miki Duisterhof

f the scale registers more than 105 when Robyn weighs herself in the morning, she calls herself "Fatty" every time she looks in the mirror for the rest of the day. Sandy, who weighs 125 pounds, says she feels like her thighs are "three feet wide" when she sits down in class. Jennifer passed up a summer picnic with her best friends because it was too hot to wear pants, and the thought of anyone seeing her legs in shorts was unbearable.

These are just a few of the confessions we found in the thousands of letters you sent to let us know how you feel about your bodies. So I know I don't have to tell you how much it *hurts* to look in the mirror and hate what you see. I also don't have to tell you how many of you are obsessing about this despite the fact that you *know* it's unhealthy. "I'm constantly comparing myself to other people's bodies and wishing I could have them," says Alexa, of New York City. "I know I should love my body no matter what and treat it with respect, but I find that impossible to do."

Alexa's not alone. A lot of you pointed out this contradiction between how you know you *should* feel about your body and how you actually *do* feel about it. It may be a sign of the times. The '90s have generated both grrrl power and Barbie's big comeback. And for every article that tells you to accept and respect your body and its "natural" weight, in the same magazine you'll see 10 pictures of impossibly slender creatures like Christy Turlington and Claudia Schiffer (whose "natural" weight seems to belong to an entirely different species—like birds), lounging around in the clothes and the bodies you'd do anything to have.

The world is full of mixed messages about being a girl. On

"At this point I would do almost anything to be thin. Sometimes I feel like if I was thin, then all my problems would be solved."

—Julia Thompson, 15, Stafford, Virginia

TV and in the movies, women play everything—doctors, lawyers, cops, and computer geniuses. Female singers and dancers on MTV flaunt their talent. That's great, but you can't help noticing that these women also *happen* to be gorgeous, with fabulous bods. It's not like anyone actually *says* you have to be beautiful to succeed, but after a while this barrage of pretty people can leave you feeling like a total loser. Although there's a lot more to this problem than beautiful images, it's not surprising that while you know accepting your body would liberate you from body obsession, most of you, like Alexa, find that practically impossible to do.

When you're a kid, you don't think about your body. You use it to do stuff, like climb trees, ride bikes, or play *Dance Fever* in your living room. Then you get to junior high and *wham!* Suddenly, everyone seems to be looking at you and judging you by what your *body* looks like. If you develop big boobs, that becomes fodder for cruel

nicknames. If you're flat, boys tend to point it out to you—like it's their business. Your butt, previously known as something you sat on, can become an object that even the scrappiest loser with a voice that still cracks feels he's entitled to a loud opinion about. Like "Whoa, what a lard-butt" or "Nice ass." As if that's all you are, and as if he has the right to comment.

Other girls also scrutinize your body. Sometimes it's subtle—you may feel their glances when you're changing in the locker room. And sometimes it's not—the "popular" girls might call you a cow and think they're hilarious. And if you do appear content with what you've got, you run the risk of being called "conceited" or a "snob."

Dealing with all of this can compel you, a previously sane

"People have long since accepted the fact that there's no such thing as a perfect personality, but many of us still haven't realized that there's also no such thing as a perfect body."

—Elizabeth Linstrom, 16, Simpsonville, South Carolina

and carefree girl, to do dumb things, like fixate on your appearance to the point where nothing else matters. It's as if you're fighting a losing battle. Somewhere deep inside, you know that you can't change your actual shape, but you keep dieting, fasting, or exercising like crazy because you think looking great is the most effective route to getting noticed. Or you sit on the couch, bingeing on potato chips, feeling miserable, and imagining that if you looked like Kelly on *90210*, your life would be a dream.

Meanwhile, it's different for guys. Sure, it's cool for a guy to look good, but it's just as cool for him to be athletic or funny. Girls *do* check out guys, but when a guy walks down the street, he isn't likely to hear girls yelling stuff like "Man, look at that pencil-necked loser!" or "Check out *that* butt!" This doesn't mean guys have it easy, but it might be one reason they aren't as body-obsessed as you are. As a girl, you get the impression that your looks define who you are and what you can do, while boys learn that their looks are just *a part* of who they are and what they can do. If it's occurred to you that this isn't fair, you're right.

Ironically enough, the problem isn't the actual size of your butt, your stomach, or your thighs. The problem is that you feel trapped inside an imperfect body you didn't choose (and wouldn't have chosen in a million years), and it's holding you back from getting what you want—like dates with cute guys, hip friends, or even the class presidency.

Think about it. As a body-obsessed girl, you feel like something about you is always inadequate, no matter what you look like. When I started swimming an hour a day and eating only unbuttered bagels and salads (I called it a "healthy diet" at the time—yeah, right), I told myself I would do it to lose only five pounds. But then it was 10 pounds, and then I just ▶

the next time you say, "I wish I looked like her," ask yourself what you think it would get you. Guys? Have you ever noticed that unbeautiful girl who's a boy-magnet? And your friends say, "She's not so hot. Why does she think she's all that?" Because she *is* all that. She knows she has more going on than her bod. Guys are as unsure of themselves as girls are, and most of them are turned on by a girl who can just be herself around them. "When boys are looking for someone to date, they mention looks, but they usually mention two other things, like a sense of humor and self-assurance," says Dr. Kearney-Cooke.

Of course, I'd be lying if I said that *every* guy wants a girl

girl who knows (and fears) the number of calories in a pack of sugarless gum and a five-foot-four, 125-pound girl who's too busy thinking about the play she's writing to worry about calories. One believes that her looks are her main ticket to being loved or even having a good time, and the other simply recognizes that that's not nearly all she is.

I'm not saying that getting over body obsession is a cinch. I still wish I was drop-dead gorgeous sometimes, and maybe I always will. I'm also not saying that you should ignore your looks. As much as I have my moments when I wish I looked different, I love it and work it when I feel attractive. I know how great it is to get decked out in your favorite dress or that

"I know how it feels to never get in a bathing suit because you're scared someone may see your fat. And not letting your boyfriend put his arm around your waist for fear of him feeling your fat. And I know what it's like to have people tell you, 'You're crazy—you're not fat,' and then think to yourself, They haven't seen me in a bathing suit."

—A.I., 19, Whispering Pines, North Carolina

who considers herself his peer. Unfortunately, there are a lot of guys out there who, for their own very insecure reasons, *do* want someone to wear on their arm. But these guys aren't really interested in *you*. They like to date girls who make them feel like studs. And the trouble with taking your looks too seriously is that you're more likely to attract one of these losers.

But let's forget about the guys for a minute. Do you think looking perfect would guarantee you wealth? Studying the stock market would be a better bet. Do you think it would mean you could travel the world? Try the Peace Corps. It would make you famous? Try to find your strongest talent—your writing, your great comedic sensibility, or your mean jump shot—and *work* it. And if you want to turn heads, create your own sense of style.

This is the difference between a five-foot-four, 125-pound

fly jacket that makes you feel like a glamour queen and go out in *style*. What I'm saying is that you can decide whether your looks are going to rule your life, or whether they're simply going to be a part of it.

I also can promise you that if you focus on learning to respect and develop your whole self, instead of trying to look like someone else, people will notice you for more than your appearance. Especially after high school.

I should know. When I was a teenager (not so long ago) I wanted to be on the pages of *seventeen*. Had I relied on my face or body to get there, I would be a failure right now. So I used my other abilities—like writing, interviewing, and thinking—and here I am, almost every month. Sure, you see my words and not my unglamorous mug, but, girlfriends, I am no less a woman because of it.

sense of being in the driver's seat, was intensely gratifying.

the way I see it, if you fail to accept yourself—if you think your nose is too big or your stomach isn't flat enough or *whatever*—it isn't actually about what you look like. The problem isn't that some girls are beautiful and some aren't. The problem is that it matters too much. Looks matter to girls because their looks matter to others. When you get to a certain age, people suddenly start to scrutinize and judge you by your body. Maybe they coo over what a beauty you've become. Perhaps some guy blurts his two-word critique of your breasts or your butt. Whatever anyone says, here's what they imply: Your body is very, very important.

At the same time you're getting this message, you may notice that guys apparently feel free to go where they choose, say what they want, and dress how they like. Maybe you hope to gain that kind of freedom by not developing a womanly body (a body like your mom's, for example) or by pushing yourself to have the kind of body everyone will automatically

accept and admire (like Cindy Crawford's). But to get that freedom, you shouldn't have to *change* who you are. You shouldn't have to starve yourself or hurt yourself to be admired, and I found out that in the end, you don't.

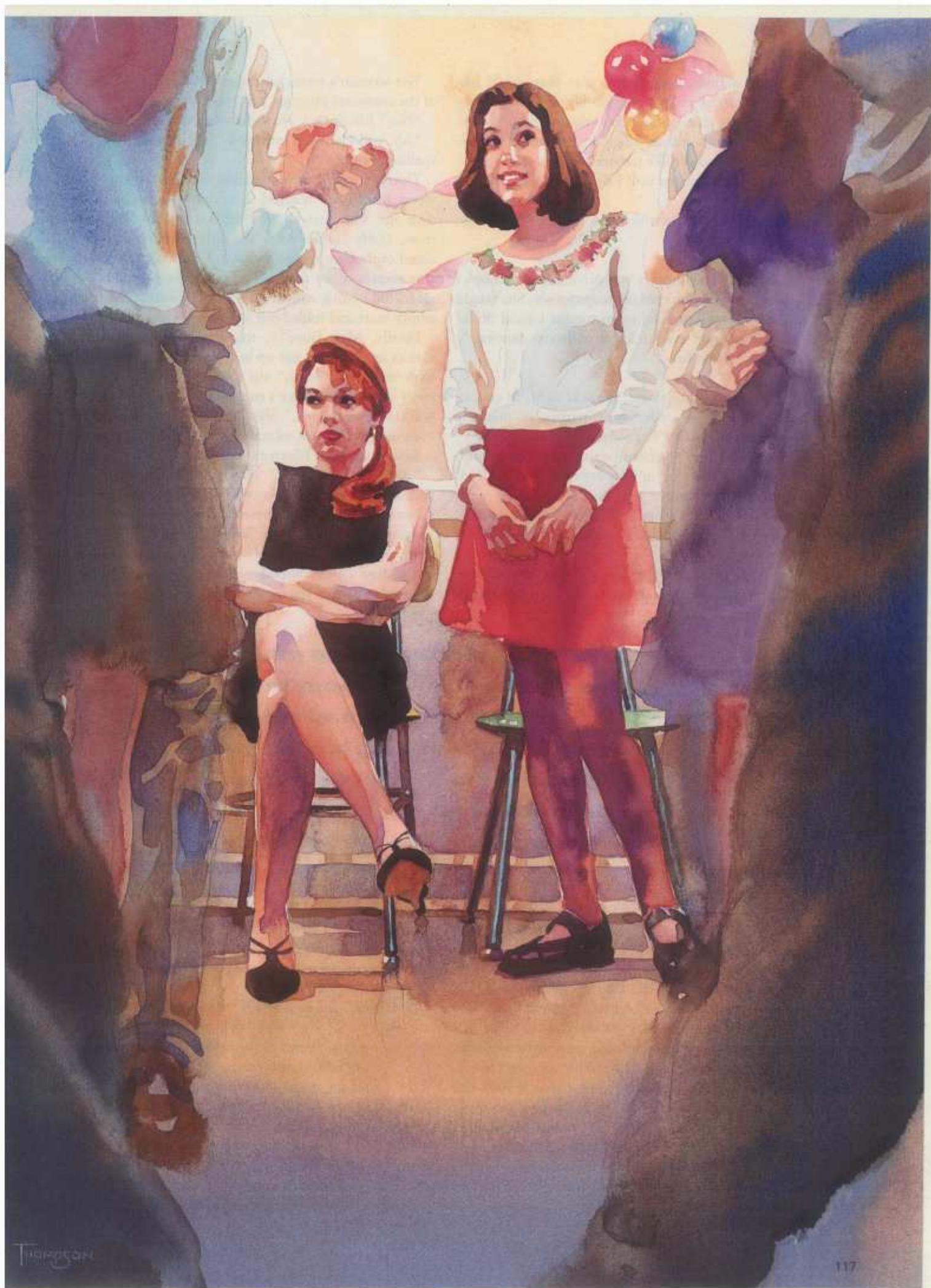
Over the course of my senior year in high school, I gained the 15 pounds I had fought so hard to keep off. I often felt as if I were giving in to the thing I could no longer outrun. Some days I didn't want to get out of bed, didn't want to see anyone. But as time wore on, I came back to myself.

In college, I noticed I wasn't the only one emerging from a painful war with her body. In the dining hall, it was a status symbol of sorts to eat only salad. One of my roommates would sometimes go running twice a day. Another would eat a little of her dinner, then pour salt over it, cover it with a napkin, and drink three glasses of water so she'd feel full. But my roommates and I also began to defy the rules that we had lived under for so long, staying up late at night snarfing Mystic Mints by the boxful, laughing when people told us what pigs we were. Guess what? Lightning does not strike even if you eat a whole box of

chocolate-covered, fat-filled cookies.

Today, I don't spend a lot of energy thinking about what I eat or how I look. It's not that I don't care; it just doesn't take that much time. After relaxing the rigid control I once imposed on myself, I learned that my hunger is hardly endless—and that what I want most in life has nothing to do with how I look. It feels good to be free of that tedious preoccupation and the harsh demands it placed on my body and mind.

There's a picture of me at 17, running in a cross-country race. I don't look so bad, but there's a wild, scared look in my eyes, as though something were stalking me. I often think of what I would say now to the girl I was then. I don't think I'd tell her to eat more, or that she doesn't *need* to lose weight because she looks just fine. She has heard all that before. I'd want her to know that becoming a woman isn't just about layering on fat (although that's part of it), it's also about getting smarter, more independent, and more confident. I guess in the end I'd just put my stronger, surer arms around her shoulders and say, "Girl, don't be afraid. You're getting better all the time." ■



Over the next four weeks Eileen and I became connected in a way that thrilled me. We had an inside joke. When we passed in the hall, we smiled and rolled our eyes. If it was Monday, our cheeks reddened in anticipation of the evening ahead. Slowly, we started telling other girls about cotillion. We talked about the boys, what they wore, what they said, how short they were. Once we started getting laughs, we went on, exaggerating the details, buoyed by our own meanness, until what we described had no connection to what we actually did on Monday nights, which was dance with each other. We never mentioned this fact. It would sound too odd, too suspect, and not at all funny. It became the one thing we never said, the first real secret I'd ever had.

On Halloween, the sixth session of cotillion, Mrs. Dunphy promised to forgo class and have a "party" instead, complete with refreshments and a dance contest. In honor of the occasion, I bought new shoes on sale at Kinney's: two-inch platforms with rust-colored suede straps and macramé tubing around the soles. Because Eileen and her mother were 20 minutes late picking me up, I sat in the dining room, wearing my coat, waiting for their honk, and staring down at my feet. I loved these new shoes so much I took one off and held it up to my nose to smell the glue. My mother shook her head. "Are you sure they're even coming?" she said, as she walked past me to answer the door for trick-or-treaters.

"Yes," I said. "Of course they're coming."

All month long my mother had been casting a shadow of doubt across the validity of cotillion with questions that seemed minor to me and beside the point. "Why do you have to wear a dress and pantyhose every time?" she asked.

"Because it's old-fashioned, Mom. That's part of it. Everyone gets dressed up and acts polite."

"But they aren't polite," she said, pointing out the fact that no one had ever asked us to dance.

"You don't understand," I said. "Just forget it."

When the doorbell rang again, it was Eileen's father. I recognized him instantly: dark, curly hair, blue jeans, and a white shirt, tanner than any father I'd ever seen. "Mr. Schinto?"

"Eileen isn't quite ready." He smiled and clapped his hands together. "I hope you don't mind. I said we'd go back for her."

"Okay," I said, stepping outside, forgetting to say goodbye to anyone.

His car was a tiny two-seater, so small it felt like we were on a date. He drove with both hands on the steering wheel. I could feel something was wrong. "Is Eileen okay?" I asked.

He stared straight ahead. "I think so, yes." We stopped at a red light. "Eileen is a funny girl. Very moody. Maybe you've noticed."

"Well, maybe. I don't know."

"Tell me," he said, "what do you think of her? Does she ever seem just a little bit spoiled to you?"

"Spoiled?" It had never occurred to me to judge Eileen. "I don't know. I think she's nice," I said.

When we got to their house, up a dark, winding road, high in the hills, Eileen's mother was outside, standing beside a planter filled with bonsai trees, wearing her Halloween costume, a one-piece black unitard, with dark makeup around her eyes, as if she were going as either a cat or something abstract—death, perhaps, or bad news. "Eileen's not here. She left," she said right after we got out of the car.

Eileen's father shook his head. "Jesus, Marjorie. Where in the world is she?"

"I don't know."

Left, I thought. We were way up in the hills. How could she just leave? I followed them inside the house.

"I don't blame her one bit, Bradley. She didn't want to go. She says the whole place is anti-Semitic."

"Oh, come on, Marj. That's just an excuse."

"I don't think it is. You haven't seen this place. They're all WASPs from Westlake and Marlborough."

"There are plenty of Jews in Westlake."

"Not at cotillion, I'll tell you that much. They gave her problems at the door and no one has ever once asked her to dance. How do you explain that?"

I could easily explain it. Eileen and I didn't let them. On the "ladies' choice" dances, we turned to each other and stood up.

"I would like her to follow through on something for once in her life," Mr. Schinto said. "That's all. For once."

All of a sudden, I realized how much Eileen hated cotillion. It wasn't just an act the way it was with me. She hated it so much she had run away from home.

So why did I care so much? Why did it take so little to please me? I wanted to sit down and cry, but suddenly Eileen's mother remembered me; she put her arm around my shoulder and a hostess smile on her face. "Why don't you stay here until we're ready for our party and then we'll drive you home."

I smiled and nodded. She steered me through the living room, where the carpet was bone-colored and swept all in one direction. When I stepped on it, I left a footprint. "Would you like to see Eileen's room?"

"Okay."

It was frillier than I expected, and all white: comforter, carpet, walls, throw pillows. I felt like I was going to stain something if I stayed too long.

"Should I leave you to look around?"

"Sure," I said, though unless I started opening drawers, there wasn't much to see.

She left me. I sat on Eileen's bed and thought about what I would say to her at school the next day: *It's okay. I was dreading it, too.* Then I heard the click (*continued on page 126*)

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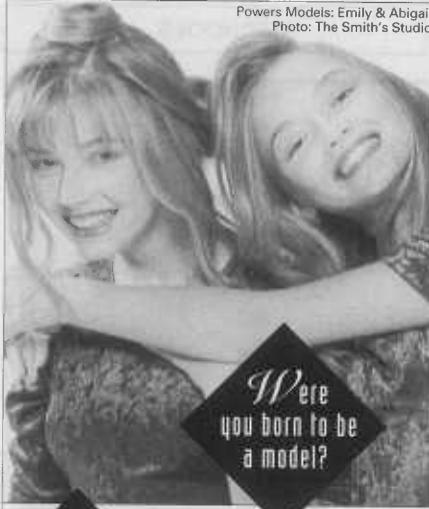
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attention shoppers

continued from page 122

Foley's, selected stores.

Thai Magic belly bracelet: Canadian's, selected stores; Claire's Boutiques, selected stores; Urban Outfitters, selected stores.

Gus & Max T-shirt, one size: Dayton Hudson, selected stores; Charlotte Russe, selected stores; Vanity, selected stores.

Greed Girl shorts, 1-9: Hub, Scottsdale; Rampage, selected stores; Star 69, Belmar; Wish, Atlanta.

Boma rings: Bocco, Seattle.

Awesome by Tramp dress, S-M-L: at department stores.

Gabriell Ichak necklace: For info, call 212-982-7105.

Pages 98-99:

US Boys windbreaker, S-M-L: at department stores. Too Hot Brazil bikini, S-M-L: Splash!, Honolulu; Victoria's Secret Catalog. For info, call 800-888-8200.

Funkeessentials skirt, 27-29, and hip-huggers, 27-30: The Eye, New York; Patricia Field, New York; Funkeessentials, Los Angeles.

Zephyrs Australia socks (price change to \$11): Footloose, New York.

Air Market chair: For info, write: Air Market, 97 Third Avenue, New York, NY 10003.

Pages 104-105:

Ian Sane dress and bikini top, both S-M-L: Patricia Field, New York; Bikini Shop (bikini only), Washington, D.C.; Moda, Dallas.

NU-I.D. Clothing vest, S-M-L: B.Y.U. Bookstore, Provo; G&G/Rave, selected stores; Up Against the Wall, Washington, D.C. For info, call 212-391-6843 or 213-627-6843.

Mad House miniskirt, S-M-L: Liberty on Beach, Miami Beach; Opus, Sarasota; Pomcap, Fort Lauderdale.

Kanae + Onyx shorts, S-M-L: Kanae + Onyx, New York.

Maja cuffs: Patricia Field, New York; Beat Non Stop, Boston and Los Angeles; Playmates, Hollywood.

Airwalk Footwear sneakers: For info, call 800-AIR-WALK.

Pages 108-109:

Boma necklaces: Bocco, Seattle.

Culture & Reality hairstick: For info, call 212-431-1502.

Medusa's Heirlooms hairsticks: For info, call 212-683-6711.

Pages 110-111:

Antoinette dress, S-M-L: Hub, Scottsdale; Fred Segal Feeling, Santa Monica.

Fad Treasures hair braids: Fad, Huntington.

Thai Magic necklace: Canadian's, selected stores; Contempo Casuals, selected stores; Urban Outfitters, selected stores.

Safety Jeans shirt, S-XL: at specialty stores.

Sassafras bikini, S-XL: Alvin's, Panama City Beach; Diane's, selected stores; Sports Unlimited, selected stores; Sylvia's Swimwear, Seattle.

Goody Products elastic bands: at drugstores.

Tomás earrings: at department and specialty stores.

Erica Courtney earrings: Twenty Two Steps, San Francisco; Ylang Ylang, Dallas and St. Louis.

Page 132:

Blanc Noir T-shirt, S-M-L: at department stores.

beauty details

Where to find many of the beauty items listed on pages 26, 28, 30, 32, 34, and 104-107.

Pages 26, 28, 30:

Zenuie skin-care products: For info, call 800-991-6655.

Origins skin-care products: For info or to order, call 800-723-7310.

Bath & Body Works skin-care products: For info, call 800-395-1001.

Avon skin-care products: To order, call 800-FOR-AVON.

Aveda skin-care products: available in salons and Aveda stores. For info, call 800-328-0849.

Aloe Up sun-care products: For info, call 800-537-2563.

Phytoptole hair-care products: For info or to order, call 800-648-0349 (in New York, call 212-754-2300).

Rene Furterer hair-care products: available in salons. For the salon nearest you, call 800-522-8285.

Bobbi Brown Essentials cosmetics: For a catalog, call 212-980-3232.

Paul Mitchell hair-care products: available in salons. For the salon nearest you, call 800-321-JPMS.

Sally Beauty Supply stores: To find the location nearest you, call 800-284-SALLY.

Leg Menders: available at drugstores.

Aquix towels: available at H2O Plus stores. For info, call 800-242-2284.

Trucco cosmetics: available in salons. For the salon nearest you, call 800-829-7322.

Poppy cosmetics: available at Barneys stores. To find the Barneys nearest you, call 800-777-0087.

Tweezerman tweezers: For info or to order, call 800-645-3340.

Ozone Aware clothing: For info, call 800-293-5985.

Hairgum hair-care products: For info, call 800-848-6866.

Un-Petroleum sun-care products: For info, call 800-LIPS-367.

Page 32:

Kiss My Face skin-care products: available at health-food stores. For info, call 800-262-KISS.

Sunset Cafe fragrances: For info, call 800-833-3355.

Page 34:

Paul Mitchell hair-care products: available in salons.

For the salon nearest you, call 800-321-JPMS.

Rusk hair-care products: available in salons. For the salon nearest you, call 800-USE-RUSK.

Pages 104-107:

Lipchic cosmetics: available in salons. For the salon nearest you, call 800-LIP-CHIC.

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and his palm pressed against me. Over his shoulder, I studied his room and the rows of cans against one wall. He whispered, "Should we try a cha-cha?"

"We haven't learned that yet. Just the box step and the waltz."

"That's okay. You're doing very well," he said. "You follow divinely."

We both laughed, and I asked him, "Were you the one who told Eileen that cotillion would have guys who were old enough to drive?"

He pulled me closer. Now we were dancing with our whole bodies touching. "Yes," he whispered. "She's always so mean to me, I just wanted to be mean back for once."

Then he looked at his watch; it was time for him to go. We stepped away from each other. "Thank you very much for a lovely dance."

"Thank you," I said, thinking of the first thing Eileen ever told me about cotillion—that the boys would be polite.

I walked him to the front door, and after he left I snuck outside, ducking into the shadows of the hedge next to the driveway to watch as he got into his car. I knew I wouldn't see him again for a year and a half, until I got to high school, and I wanted to watch him now for as long as I could. For a long time he sat with his hands on the steering wheel. I wanted him to get out of the car and come back to me. I wanted to be old enough to knock on his window.

Instead, I listened as a group of trick-or-treaters walked past us, carrying brown paper bags heavy with candy.

I knew nothing would happen. I knew I would go home soon and everything would feel different, even though nothing was. I wanted to run over to his window and say, "Did we really just waltz?" I wanted to have some proof, to go back in his room and steal one of his cans, to bring him my yearbook and ask him to sign it—something to show my mother and be able to say, "See, doing this made sense." And then he surprised me for a second time that night. He started the car, pulled away, turned around at the top of the street, and when he drove by me, he flashed his lights twice. ■

Cammie McGovern, a Wallace Stegner Fellow at Stanford University, won the Chicago Tribune's Nelson Algren Award for short-story writing in 1994. "Cotillion" is her first short story in a national magazine.

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