



Happy
4TH
OF
July



COVER FEATURE

"I AM FRINE HERNANDEZ"

Featuring
Model Frine Hernandez

Photos By
Rodger McReynolds

CONTENTS



FASHION FORWARD | PG 6

The History of Bikini

In the Chalcolithic era of around 5600 BC, the mother-goddess of Çatalhöyük, a large ancient settlement in southern Anatolia, was depicted astride two leopards while wearing a bikini-like costume.



BEAUTY TALK | PG 9

The Bikini Wax

The ancient Egyptians around 1150 BC removed all their hair from their armpits to their pubic hair using sugaring. While people had been removing hair since the cavemen, the Egyptians began the format closest to waxing.

(A) HEALTH | PG 11

Staying Hydrated While Tanning

Whether you tan in the sun or tanning beds, UV light can dehydrate both your body and your skin. However, an important and oftentimes overlooked aspect of tanning is hydration.



(A) HISTORY | PG 15

The Civil Rights Act of 1964

The Civil Rights Act of 1964 is a landmark civil rights and labor law in the United States that outlaws discrimination based on race, color, religion, sex, and national origin.



(A) TRAVEL | PG 12

Flight Cancellations

On June 20, 2022 it was reported that since June 16, some 19,000 flights across the country were either canceled or delayed.



IN THIS ISSUE

Inside Cover | **AYME'S TABLE**

The exact origin of macaroni and cheese is unknown, though it most likely hails from Northern Europe, with the earliest known recorded recipe being scribbled down in 1769.



FASHION FORWARD

The History of Bikini

In the Chalcolithic era of around 5600 BC, the mother-goddess of Çatalhöyük, a large ancient settlement in southern Anatolia, was depicted astride two leopards while wearing a bikini-like costume. Two-piece garments worn by women for athletic purposes are depicted on Greek urns and paintings dating back to 1400 BC. The modern bikini has a long and controversial past. It is even associated with nuclear testing in the USA! The word bikini is a generic term for a two-piece swimsuit that comes in many different cuts, styles, patterns and colors. However, in addition to being the accepted term for a two-piece bathing suit, the bikini is actually the specific name given to a particular swimsuit invented and debuted in France in 1946. The world's first bikini made its debut at a poolside fashion show in Paris. The swimsuit is now so ubiquitous—and comparatively so demure—that it's hard to comprehend how shocking people once found it. When the bikini first arrived, its revealing cut scandalized even the French fashion models who were supposed to wear it; they refused, and the original designer had to enlist a stripper instead. When the bikini was unveiled in 1946, it was by no means the first time that women had worn so revealing a garment in public. In the fourth century, for example, Roman gymnasts wore bandeau tops, bikini bottoms, and even anklets that would look perfectly at home on the beaches of Southern California today. The first designer, Jacques Heim, created a tiny suit called the atome. The second, Louis Reard, introduced his design on July 5, four days after the United States had begun atomic testing in the Bikini Atoll. In a rather bold marketing ploy, Reard named his creation le bikini, implying it was as momentous an invention as the new bomb.





BEAUTY TALK

The Bikini Wax

The ancient Egyptians around 1150 BC removed all their hair from their armpits to their pubic hair using sugaring. While people had been removing hair since the cavemen, the Egyptians began the format closest to waxing. The Egyptians may have been the forerunners of many beauty rituals, but they invested the most time into hair removal. Women of ancient Egypt removed all of their body hair, including that on their heads, with tweezers (made from seashells), pumice stones, or early beeswax and sugar based waxes. Several hundred years ago, women used sugar and lemon as a paste for a Brazilian-like method of grooming the hair around their private areas. It was considered a practical technique for keeping the pubic area clean and hygienic, especially in very warm climates. The 1960s saw the debut of the use of wax strips to remove hair. This quickly became the most popular method of leg and underarm hair removal due to its efficiency and effectiveness and new fashion trends developed that involved showing more skin. As you might have guessed, brazilian waxing got its name after

becoming popular on the beaches of Rio de Janeiro, Brazil during the 1970's when thong bathing suits hit the sand as a new fashion trend. This new waxing craze made its way to the United States in the late 80's when seven brazilian sisters set up shop in New York City. The Padilha sisters or the "J sisters" (Jocely, Jonice, Joyce, Janea, Jussara, Juracy, and Judsela) as they came to be known, opened a waxing studio that offered the brazilian wax service – a wax technique that would remove most or all of the hair from the bikini area.

Fast forward through the next couple decades and the brazilian, along with bikini waxing, in general, is likely the most famous wax service, coming in perhaps only second to eyebrow waxing. Even men now get in on the wax action, requesting the "manzilian." That's right; we have lots of male clients that visit our studio seeking this service.







(A) HEALTH

Staying Hydrated While Tanning

Whether you tan in the sun or tanning beds, UV light can dehydrate both your body and your skin. However, an important and oftentimes overlooked aspect of tanning is hydration. Staying hydrated allows our bodies to naturally exfoliate toxins and impurities, which promotes healthier looking skin and a darker, longer-lasting tan. Tanning can lead to dehydration of your skin, making you feel thirsty, lightheaded and dry. So bring some bottled water along with you to the beach or tanning salon and drink up right after you are finished. To ensure you keep your tan looking its best for as long as possible, it's essential to replenish the fluid you've lost. Drink plenty of water both before and after your tanning session. This will prevent your skin from becoming dry and flaky which can make your tan look splotchy. As our skin tans, the outer layer naturally dries out. Because your skin often replenishes dry, dead skin, the outer layer peels or flakes to make room for a new layer of skin. When this happens, your tan peels or flakes with it. The new layer hasn't had the same exposure to the sun and creates white spots and uneven skin. Because our skin naturally dries during the tanning process, it's vitally important to hydrate afterwards. Using a moisturizer will ensure your tanned skin remains in good condition by replenishing the fluids lost through the tanning process. To get the desired results, it's important to use a lotion that enhances your tan and hydrates your skin.

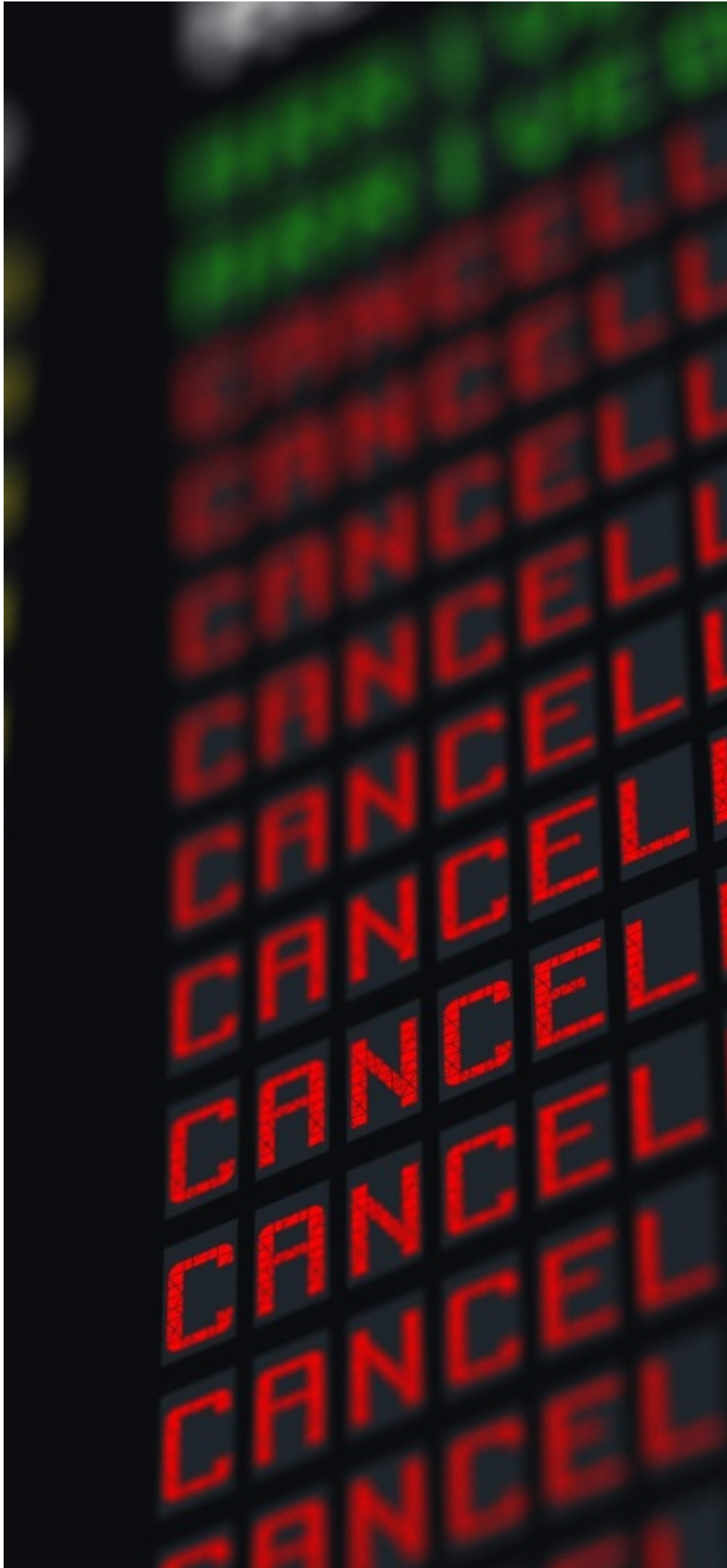
(A) TRAVEL

FLIGHT

CANCELLATIONS

For many travelers, the supposed 'friendly skies' have become less friendly of late, as air travel delays are happening more and more often. On June 20, 2022 it was reported that since June 16, some 19,000 flights across the country were either canceled or delayed. Over the Memorial Day weekend, many flights were also canceled. A number of reasons have been offered for the number of flight cancellations. Over the Memorial Day weekend, it was noted by Delta Air Lines officials that bad weather and "air traffic control actions" were responsible for the cancellations. Company officials also stated other factors that affected their operations. It has also been noted that airline companies now have thousands fewer employees than they did in 2019, which has, at times, contributed to widespread flight cancellations. According to a report by FOX Business, the airline industry is short 12,000 pilots. The pilot shortage is nothing new. In an article published by California Aeronautical University just prior to the start of the COVID-19 pandemic in February 2020, it was noted that pilots trained in the military during the Vietnam Conflict and who subsequently entered into the civilian aviation industry are now nearing retirement, with few young, highly experienced candidates to replace them. The lack of young pilot replacements, according to the CAU article, can be traced to the cost of training, which kept some away from even starting to train for flying. According to a December 2021 Associated Press article, people who want to be pilots have to spend \$150,000 to get the required training, which is typically

not covered by federal student loans. In addition, the CAU article states that tough economic conditions after September 11 and during the Great Recession caused some to leave the pilot industry entirely, or caused them to enter other flight-related careers that do not involve flying. According to the December 2021 AP article, airlines are having trouble hiring flight attendants and other personnel. American Airlines' CEO, Doug Parker, told the Senate Commerce, Science and Transportation Committee that they have enough pilots and staff to run the airline under normal circumstances, but not with surprise weather events. Parker also said that workers are reluctant to take extra shifts due to COVID-related risks and unruly passengers. In April, Reuters reported that COVID-related staff absences for airlines and airports contributed to flight cancellations in the United Kingdom. A BBC article in June states that thousands of airline and airport jobs have been cut since the start of the pandemic, and many of those who were laid off have since moved onto different job sectors. Meanwhile, the head of Ryanair, a low-cost carrier, said Brexit has made it hard to bring in workers from Europe to fill in the gaps. According to the U.S. Department of Transportation website, there are no federal laws requiring airlines to provide passengers with money or other compensation when their flights are delayed. However, the website also states that in some situations involving a "significant delay," passengers may be entitled to a refund, including a refund for all optional fees associated with the purchase of your ticket.



Eighty-eighth Congress of the United States of America

AT THE SECOND SESSION

*Began and held at the City of Washington on Tuesday, the seventh day of January,
one thousand nine hundred and sixty-four*

An Act

To enforce the constitutional right to vote, to confer jurisdiction upon the district courts of the United States to provide injunctive relief against discrimination in public accommodations, to authorize the Attorney General to institute suits to protect constitutional rights in public facilities and public education, to extend the Commission on Civil Rights, to prevent discrimination in federally assisted programs, to establish a Commission on Equal Employment Opportunity, and for other purposes.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That this Act may be cited as the "Civil Rights Act of 1964".

TITLE I—VOTING RIGHTS

Sec. 101. Section 2004 of the Revised Statutes (42 U.S.C. 1971), as amended by section 131 of the Civil Rights Act of 1957 (71 Stat. 637), and as further amended by section 601 of the Civil Rights Act of 1960 (74 Stat. 90), is further amended as follows:

(a) Insert "1" after "(a)" in subsection (a) and add at the end of subsection (a) the following new paragraphs:

"(2) No person acting under color of law shall—

"(A) in determining whether any individual is qualified under State law or laws to vote in any Federal election, apply any standard, practice, or procedure different from the standards, practices, or procedures applied under such law or laws to other individuals within the same county, parish, or similar political subdivision who have been found by State officials to be qualified to vote;

"(B) deny the right of any individual to vote in any Federal election because of an error or omission on any record or paper relating to any application, registration, or other act requisite to voting, if such error or omission is not material in determining whether such individual is qualified under State law to vote in such election; or

"(C) employ any literacy test as a qualification for voting in any Federal election unless (i) such test is administered to each individual and is conducted wholly in writing, and (ii) a certified copy of the test and of the answers given by the individual is furnished to him within twenty-five days of the submission of his request made within the period of time during which records and papers are required to be retained and preserved pursuant to title III of the Civil Rights Act of 1960 (42 U.S.C. 1974-74e; 74 Stat. 88): *Provided, however,* That the Attorney General may enter into agreements with appropriate State or local authorities that preparation, conduct, and maintenance of such tests in accordance with the provisions of applicable State or local law, including such special provisions as are necessary in the preparation, conduct, and maintenance of such tests for persons who are blind or otherwise physically handicapped, meet the purposes of this subparagraph and constitute compliance therewith.

"(3) For purposes of this subsection—

"(A) the term "vote" shall have the same meaning as in subsection (c) of this section;

"(B) the phrase "literacy test" includes any test of the ability to read, write, understand, or interpret any matter."

(b) Insert immediately following the period at the end of the first sentence of subsection (c) the following new sentence: "If in any such proceeding literacy is a relevant fact there shall be a rebuttable



(A) HISTORY

The Civil Rights Act of 1964



The Civil Rights Act of 1964 is a landmark civil rights and labor law in the United States that outlaws discrimination based on race, color, religion, sex, and national origin. Discrimination in hiring practices was also outlawed, and the act established the Equal Employment Opportunity Commission to help enforce the law. Through nonviolent protest, the civil rights movement of the 1950s and '60s broke the pattern of public facilities being segregated by "race" in the South and achieved the most important breakthrough in equal-rights legislation for African Americans since the Reconstruction period (1865–77). The Civil Rights Act of 1964 hastened the end of legal Jim Crow. It secured African Americans equal access to restaurants, transportation, and other public facilities. It enabled blacks, women, and other minorities to break down barriers in the workplace. The biggest failure of the Civil Rights Movement was in the related areas of poverty and economic discrimination. Despite the laws we got passed, there is still widespread discrimination in employment and housing. Businesses owned by people of color are still denied equal access to markets, financing, and capital. The modern civil rights movement is working to address the less visible but very important inequities in our society. Opportunity in America should mean everyone has a fair chance to achieve his or her full potential. Our country hasn't yet fulfilled that promise.

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