



## Cool, Real Cool by Betty Sharp

Horses sweat. Men perspire. Women Glow. HA! I steam like a corn cob just tonged out of boiling water. Texas heat plasters my hair to my head, making me look like Squiggy from the old Laverne and Shirley sitcom. And the raccoon eyes, I just hate that.

What's a girl (senior woman) to do? Let's face it, literally. Part of the fun of a getaway is dressing up, being different from your everyday self, and catching smiles from strange men. By strange I mean the ones you haven't met yet, not the strange guy who might actually like raccoon eyes. For the uneducated, raccoon eyes are that special look resulting from melting mascara, supplemented by deteriorating eyeshadow. Texas heat turns mascara into dark pools that settle in the bags just under your lower lashes. With luck, they match the splotches just under your eyebrows where your upper lashes have glued to the eyelid shadow.

And don't talk to me about waterproof mascara. Honey, when it's 105 in the shade nothing on your face is waterproof. Those with naturally dark lashes look better without mascara than those of us who are blonde (ok, gray). We feel a little blah without some color. Makeup artists suggest dyeing light lashes, but then you have to do something about those eyebrows, which get a bit sparse through the years. Eyebrows can be tattooed back in. But it would take more bravery than I possess to not run away screaming if someone came near my eyes with dye and a tattoo needle.

We should be wearing sunglasses most of the time anyway, which makes it easier to forego makeup. But some establishments are going to be too dark for sunglasses, and to make actual eye contact you have to pull them off. Of course, some women choose to not wear makeup year round and can look and feel terrific. They can pull off a good look with short

hair, a ball cap or a straw hat, even with sweat trickling down their face and neck. Some can look fashionable with big earrings and a bandanna on their head, plus there's the benefit of using the bandanna to wipe off sweat. And lots of men swear they don't really care for makeup on women.

And if you are going swimming, who cares? But makeup is fun for a lot of us, as are spa days, massages, manicures and pedicures. There is something about brightly painted nails, darkened eyelashes, and a new lip gloss that can make a woman feel good about herself. It's fun to feel dressed up and special if you're going to an indoor evening play or music program or to a romantic dinner.

So here's my suggestion. Get a really good haircut that has a fighting chance of holding its shape. Start your morning with a creamy goat milk soap shower—maybe a mint variety that will energize you. Slather on a foundation with a strong sunblock, try a new lip gloss color, indulge in fashionable sunglasses, grab a flattering hat, and just have fun. If you're going out at night and want to try sophisticated makeup, your best bet is to fire up the AC while getting dressed and get to your destination as fast as you can before you melt.

As for the daily eye makeup and lashes as an attention getter, my sister-in-law Lynn came up with a great alternative. She put eyelashes on her 2008 Toyota convertible. No, I am not making this up! See the picture! Talk about a conversation starter. She gave me a set of eyelashes that I intend to put on my Dodge Ram that I featured in my last column, but first I have to get her headlights cleaned and buffed. I don't want her new lashes to frame scruffy yellow eyes. Not a good look.

For some heat relief, I suggest transporting to another time and place with a good book and a cold drink. Imagine how

great it would be to sit under a shade tree at Luckenbach with a cold bottled beer and read an engrossing story. My sister Dorothy suggests Hill Country author Paulette Jiles' *News of the World*. Her story takes you on a trip starting in Wichita Falls, through the Hill Country, and ending near San Antonio. Set in the years after the Civil War, this unusual story is about human bonding when life was much more difficult than most of can imagine. Even when it's 105 in the shade, we have it a lot easier than our ancestors, and you'll appreciate our everyday luxuries like air conditioning and makeup all the more.



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