

My Virgin Feet, Ain't No More

Every once in a while we girls get together and have a "Girls Night Out." We go to a nice restaurant, engage in fine wine, hors d'oeuvres, dinner and great conversation.

We are all politically active, (a very mixed opinionated group), but we still call ourselves "friends."

Girls Night Out is a special treat, and at our age we know to throw in our credit cards when the check comes. There isn't any of that "kid stuff"

"well, I didn't drink any wine, or she ate all the hors d'oeuvres, or she had steak, and I only had salad." WE ARE GROUP UPS! We take the good with the bad.

We come from many parts of the country.....settling here in this beautiful southern community of Pinehurst. How lucky can you get?

We know nothing about everything. But, we do listen to each other and the information either gets soaked in or is evaporated on the spot. And at our age, evaporation is accepted.

Lunch out, is something new. We have a "new comer" from the great state of Colorado, who thinks lunch out is good. That's one meal I can easily forget, but, hey, I've learned to go with the flow.

Here we are having lunch at a restaurant with the greatest view of a beautiful golf fairway. The scene from my seat (I always try to get a seat with a view) is absolutely breath taking. The fairway looks like it goes on forever.....not a golf cart or person to obstruct the ambience.

My mind wanders aimlessly around as I survey the peaceful scene..... the cloudless sky holds the color of sapphire.....the soaring pines..... that green that we all know, and the ever even green of the fairway.

A masterful image.

Off in the distance I hear....."Hey, Smokey, where do you get your pedicure?"

"What, what", I say. " I've never had my feet touched, these are virgin feet."



"You have got to be kidding", they say. 8 Woman all talking at once. "That is one of the most phenomenal treat your feet should have."

I begin to listen: Who goes where to have a pedicure, what the girl does, how she does it, the color nail polish that each like, (always the same), (B O R I N G) and the price each pay to have this procedure done.



Step one: soak feet in warm water briefly.....dry each foot and remove old nail polish

Step two: trim toe nails, emory boards are used to trim and shape toenails. Soak again

Step three: one foot is removed and cuticle lotion applied. A wand is used to push back the cuticle and remove dead skin

Step four: A small dot of oil is applied and rubbed into each toe.....
soak again.....this is of course done to both feet

Step five: After the feet are removed from the soaking water, they
are dried and a pumice stone is used to rub off dead skin and
calluses.....of course on both feet

Step six: soak again and dry feet

Step seven: The nails are now buffed

Step eight: Lotion is applied to both feet and legs and massaged in

Step nine: toenails are cleaned again with nail polish remover

Step ten: the feet are patted dry and cotton or a foam form is inserted
between each toe and your choice of nail polish color is applied

Step eleven: It is best to bring thongs or other slippers with toe
opening to give the polish time to dry. After all that, you don't want
your pretty nails smudged



I am on my way!
But where do I go?
Which one is the best?



I feel like a child who has missed the party. The one nobody invited.
I am missing the greatest event of my life! (So I am told)

Between the 8 of them, there is no way I would go to any of their
favorites. I'll pick my own. After all, these are virgin feet. Why would
I miss out one of the great wonders of the world?

At home I sit going through the yellow pages looking for someplace to
have my virgin feet "blessed and anointed." I certainly wasn't going to
pick any of their girls.....(I won't play favorites), I decided to check out
the programs at SCC. I have been going to the community college for a
number of years to have my hair styled,
braided, cut and shampooed.

I love those girls.



I hop in my orange car and head for the community college. I am the only one waiting for a pedicure.....first in line.....first out. Kelsey is my girl and she gets to work. Out comes all the equipment, etc. The whole thing takes about an hour. It was worth it. I did have lots of fun talking to Kelsey and all the customers who where having their hair done. Next month.....hair cut and shampoo



HAPPY



HAPPY FEET

Thank you, Kelsey, and I will surely see you again. It really was fun, and my feet are just sooooo happy.

I can now check that off my Bucket List