



CHIN UP, HEART OPEN, LIPSTICK ON

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MAKEUP, HEALTH

"If you're sad, add more lipstick and attack." —Coco Chanel

Yesterday was one of the saddest days of my adult life, and I spent most of it crying, especially anytime I could be alone in my car. I didn't get much work done and I didn't even log into MediumBlonde. I'd written a post for yesterday, but it felt trite and tone deaf in light of the way things went Tuesday night. This is not a political blog, and I know that not everyone reading this shares my despair. But we all have had days when we felt like we were drowning. And that's okay. It's what we do the next day that defines who we are.

So, even though today my heart is still heavy, it's also filled with love. For my family and my friends (especially the one who showed up at my door early this morning with a hug and a chocolate croissant) and, yes, for my country. I grew up an Army brat, the best years of my childhood were those spent in the D.C. area when my dad worked at the Pentagon, and I get choked up at Arlington Cemetery, seeing soldiers arriving home at the airport, and when I sing the national anthem at sporting events. I am also so grateful that the two towns I've called home over the last twenty years, New York City and now Ann Arbor, are places where my son has seen the value of tolerance and gorgeous diversity. This country is great. Already.

Thus, this morning I got up, I washed my face, I put on clothes I wouldn't wear to bed, I tapped concealer over my red, puffy eyes, brushed on waterproof mascara (I'm a realist) and I swiped on a strong, pink lip pencil. I certainly looked better, which is making me feel better.

It also helps that every time I bite my lips (it's a bad habit, I know), I'm reminded of words spoken yesterday by a woman wearing this very same lip color ([VotreVu Spark](#), for the curious): "I count my blessings every single day that I am an American. And I still believe, as deeply as I ever have, that if we stand together and work together with respect for our differences, strengthen our convictions, and love for this nation, our best days are still ahead of us." —HRC. Let's turn the page.