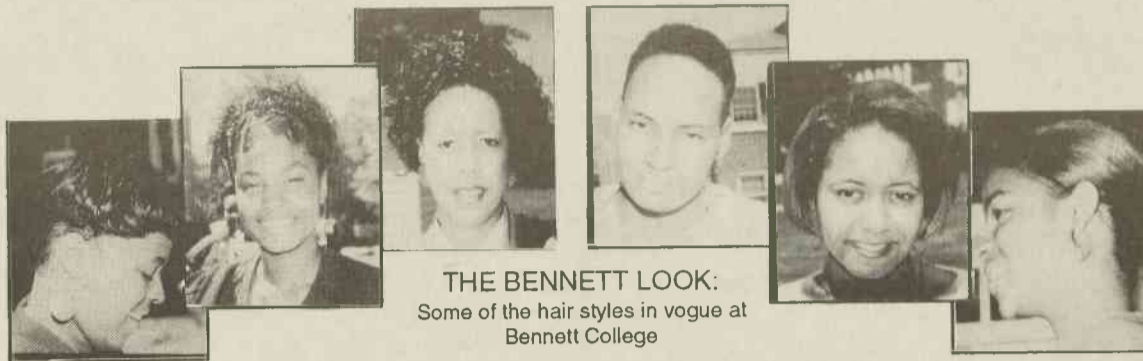


# The hair you save (or destroy) may be your own

by Kim Hall  
Bennett Banner

Does your hair seem dry, brittle unmanageable and constantly seems as though it is breaking off? Well, if you have answered yes to one or more of these things, you may be leading toward the slow destruction of your hair. But before you begin to panic, there are solutions.

When consumer shopping for the best possible hair products, it is best to take your time and find the exact type of things needed for your type of hair. Annette Wesley, of *Nu Life Hair*, a beauty salon in downtown Greensboro, says, "the best shampoos and conditioners for black women to use are Creme of Nature shampoo, Cholesterol deep penetrating conditioner, Optimum products and BeBe conditioner; basically any type of shampoo that has conditioner



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in it is good for your hair."

She also noted that "white hair care products are something that African-American women definitely want to stay away from because they take the oil away from your hair and we need oil."

There are many myths about hair care. Listing a few of these may help someone who really just isn't aware.

**Myth** - I flat iron and curl my hair everyday and nothing happens; it still looks its best.

**Fact** - You may not see the end results now, but you will definitely see it later. Eventually your hair will grow thinner and lose its fullness and bounce.

**Myth** - If you want your hair to stay in perfect shape, use hair spray often, it helps.

**Fact** - The next time you pick up a can of hair spray look on the back of the can. It contains mostly alcohol. This is the key ingredient that black women need to stay away from because it dries the hair.

**Myth** - If you want your hair to grow, don't cut it.

**Fact** - Every so often it is best to get your ends trimmed because, believe it or not, it helps your hair. If you don't do this, you will get split ends and breakage will occur.

Now that the wrong ways to treat your hair have been discussed, let's talk about the right ways to achieve growth for your hair. According to Shelia Parson, a *Dudley* hair counselor, the best way

to promote hair growth for black women can be achieved the following ways:

1. Keep it clean and conditioned by washing it weekly.
2. Keep heat out of it.
3. Massage and lubricate your hair with oil when needed.
4. Get a touch-up every six to eight weeks.
5. If you use rollers, don't roll them on too tightly so that they cause tension.

In order to gain healthy hair, it is important that you follow the guidelines suggested. If at this point you are still uncomfortable with doing it yourself, seek out a professional hair stylist and let her work with you. Remember, only you can make a difference in beautifying your hair.

## PLANNING FOR SUCCESS

# Something to take with you

by Kim Hall  
Bennett Banner

As your name is called and you go to accept your degree, a feeling of excitement, awkwardness, sadness, and perhaps relief may rush through your head. Proud parents and relatives stand by as they witness their loved one achieve a great accomplishment. So, what's next? While some continue their education, others are faced with the reality of the real world. No longer are you allowed to stay in bed late, party every weekend, and hang to the wee hours of the night. You're an adult, and now is the time to get serious. Whatever your prospective career destination may be, remember that what you put in is what you get out. Here are ten suggestions that you may want to consider hanging on to when you get out into the workplace.

**Dress for Success** - Remember that old saying that said Dress for the job you want and not for the job you have. Well it still rings true today. In order for people to take you seriously you must definitely look the part.

**Be on Time** - Being late is not only sloppy but it is also inconsiderate to the person who's time you're wasting.

**Stand your ground** - Don't let other people tell you that you are not

worthy of a certain position. Assert your authority and don't allow others to belittle you.

**Respect others** - When you curse, gossip, yell, and embarrass others, the only person who your making look ignorant is yourself.

**Listen and Observe** - Before you go on an on telling people how intelligent you are and all the things that you can do, make sure you really hear what other people are saying. You may learn something.

**Positive Attitude** - A negative attitude gets you nowhere, but a positive attitude will get you to the top and beyond.

**Patience** - All good things come to those who wait. So, remember that and don't get discouraged when things don't go your way.

**Set Goals** - Make a list of things that you want to achieve in one year, five years, and even ten years and then set your mind on doing it and achieving it.

**Take Time for Yourself** - Don't get bogged down in your work to the point where you can't go see a play or perhaps go to an amusement park sometimes. Make the time for yourself because life is too short.

**Pray** - Put God first in all things that you do and I'll guarantee that you'll be successful.

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