FOR CECIL SHORTS III, FOOTBALL CAREER DIDN'T END AT SALEM STADIUN



THE ROANOKE RESES

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roanoke.com

ROANOKE, VIRGINIA 75¢

SPORTS





Tina Lewis, master stylist for Hair Club offers these tips on how to maintain hair during winter:

1. Choose a sulfatefree shampoo: Sulfates help remove buildup and debris but they can also irritate and dry the scalp. Sulfate-free shampoos help attract moisture back to hair.

Use a round brush: It helps to create lift, volume, and the appearance of fullness.

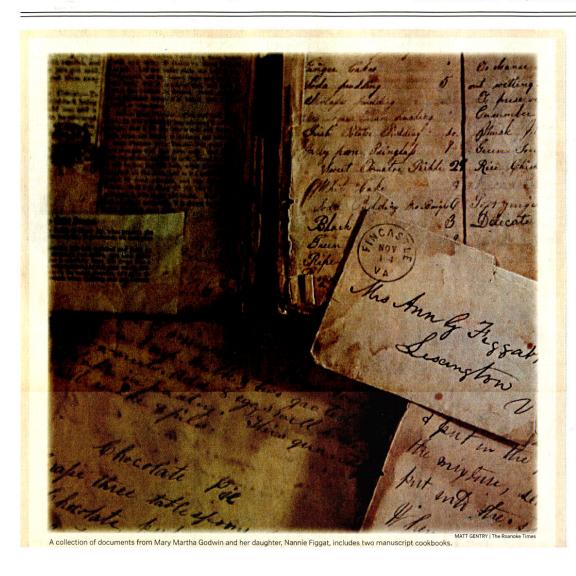
3. Take a multivitamin: An easy way to keep hair healthy

hair healthy.
4. Go easy on the hair care products ... and use

the right ones: Stick to a dime-sized portion of product, avoiding contact with the scalp so as not to closuppressor cause flakes

clog pores or cause flakes.

5. Limit artificial heat: Make sure to only use a dryer once hair is damp (not dripping wet) and keep it at least 6 inches away.



Gifts for \$10 or less

By Rebecca Holland rebecca.holland@roanoke.com 981-3138

You have 11 shopping days until Christmas, funds are running low and you still have that impossible person to shop for. Here are a few gifts that run about \$10 or less and

can make a variety of friends and family happy.

shoptimist

happy.

Photo

gifts are great because they can be per-

can be personalized so easily. Your favorite
pictures can effortlessly be transformed into books, calendars,
posters and more with a click of
your mouse at sites like Snapfish
and Shutterfly, or with the help of
stores like Walgreens or Walmart.
You can easily get these gifts for a
few dollars or even free by using
coupons or searching for coupon
codes online, sometimes even getting by with only paying for shipping.

Cookie mixes in a jar are an attractive way to present baked goods to others.

Layer the dry ingredients of your favorite cookie recipe in a clear jar, tie a ribbon around the lid and attach the recipe card for a cheap and easy gift.

cheap and easy gift.

This would be especially good for someone who may not be the best cook but is trying to learn, or a college student who doesn't usually have all the ingredients on hand.

See SHOPTIMIST, 3

