

# FROM STAGG TO JAG

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

## STAGG BOWL PREVIEW

SPORTS



# THE ROANOKE TIMES

WEDNESDAY DECEMBER 14, 2011

roanoke.com

ROANOKE, VIRGINIA 75¢



# extra

THE ROANOKE TIMES WEDNESDAY, DECEMBER 14, 2011

btw  
BY THE WAY

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

**1. Choose a sulfate-free 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.

**2. 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.

**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 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.

the  
shoptimist

rebecca.holland@roanoke.com

**Photo gifts** are great because they 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. 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



A collection of documents from Mary Martha Godwin and her daughter, Nannie Figgat, includes two manuscript cookbooks.