

Beth Bacall

Catch & Release

“Gimme a head with hair, long beautiful hair...” Hair is so much more than one of the hottest shows on Broadway right now. It’s an important part of every woman and girl’s day. It can involve detangling, curling, braiding, coloring, or simply pulled into a ponytail. For many it is a fashion accessory that must look perfect, lest it becomes the reason behind a girl’s bad day. For others, it’s the loss of hair that alerts the public eye to their struggle with sickness. Good relationships with talented hairstylists are cherished, and hair management can be a very serious undertaking. I was traveling with my teenage daughter and we were strictly using carry-on luggage for a flight. The biggest dilemma for us was what she would do about her hair products. At first I was thinking, “Look, I can fit mine so you can fit yours.” But she couldn’t; the product she uses comes in a big spray can with no travel size and it’s the only stuff that really works with her massive head of curls. I really wanted to pull the “suck it up attitude” I was raised with. But I understood and remember what it was like when I was her age—how good I felt when my hair was cooperating with the rest of the day. So after landing late in our destination, we sought out a 24-hour drug store that stocked her product then mailed the unused portion back to our house before we returned home. That’s just a tiny example of the things women do for beauty—not vanity (though for some, this is debatable). Finding the perfect products, the perfect-fitting jeans, the right cut of a dress is a victory in and of itself. Changing products is not an option; mailing them home is.

She’s not so sure

- There’s an increase in eyebrow shaving and bleaching. Some fashion shows are going brow-less as well. Fashion statement or fashion mistake?
- The government and vaccine makers are seeking thousands of volunteers to test a new vaccine for swine flu.
- www.GenePartner.com is a Swiss company that uses genetics to see if two people will have an attraction to each other. Partnerships are forming now.



Volume 4: Issue 155
August 2—8, 2009



She values the good relationship that she has with her hair stylist.

She buzzwords!

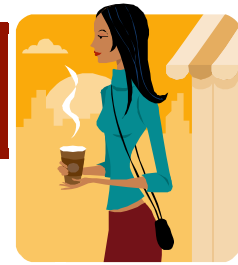
- Calamine lotion
- DEET
- Satisfying
- Kebabs

Right now she could be...

- Realizing she’s got a bowl full of dry cereal and she’s out of milk
- Cleaning her grill
- Scrubbing the bathroom
- Steaming her window treatments
- Hosing off her porch

She food

- She can find a clearinghouse of food professionals who will give all sorts of advice, local and international, at the website www.BookofCooks.com.
- The makers of **Dipping Dots** now offer coffee dots; just add hot water and a cup of fresh-brewed coffee is yours.



She could be a...

- Hotel check-in clerk
- Counter help at a local BBQ joint
- Tour guide
- Museum security guard
- Starbucks barista

She pet..

- Secondhand smoke affects pets as well as their owners.

She quick...

- She can test how awake she is at www.bbc.co.uk/science/humanbody/sleep/sheep/reaction.

She health...

- She can check out Arm & Hammer's toothpaste and get a money-saving coupon at the site www.tryarmandhammer.com/.

She totally ready for...

- The Credit Card Accountability, Responsibility and Disclosure Act (CARD), going into effect February 2010.

She's not so sure about...

- Blue Q's Holy Water Bottle – For more info, log on to www.blueq.com

She fact...

- The first two-piece swimsuit was made in France in 1946 and named after the Bikini Atoll in the Pacific Islands.

She shop...

- Shopping for a child? Log onto www.gifthero.com. Then enter child's age and gender to find a list of options.

She datebook!

- August 2 is National Ice Cream Sandwich day
- August 3 is National Watermelon Day
- August 7 is Twins Day Festival (Ohio) www.twinsdays.org/
- August 7 is National Purple Heart Day
- August 12 is Middle Child Day
- August 17 is National Thrift Shop Day
- August 20 is National Radio Day

Happenings:

- August 3–6 is Single Working Woman's Week www.swwan.org

She food

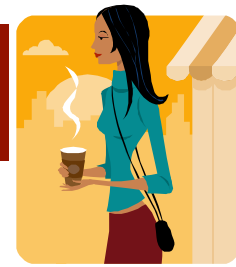
Here are the Top-10 Most Unusual State Fair Foods from www.delish.com:

- Chicken-Fried Bacon
- Fried Avocado: avocado spears covered in a corndog batter and deep fried
- Spaghetti and Meatball on a Stick: mixture of meat and noodles formed into a ball, dipped in garlic batter, deep fried and served with sauce
- Fried Frog's Leg
- Hot Beef Sundae: mashed potatoes topped with roast beef and gravy with a cherry tomato on top
- Pizza Cones: cone-shaped pizza crust filled with pizza fixings, baked, and served like an ice cream cone
- Krispy Kreme Chicken Sandwich: a fried chicken patty, with melted Swiss cheese, placed between a Krispy Kreme glazed donut, and served with honey
- Deep Fried Twinkies
- Fried Coca-Cola: Coke-flavored batter deep fried and served with Coke syrup, whipped cream, and cinnamon sugar
- Key Lime Pie On-a-Stick

She money

She can keep track of her rebates and coupon deadlines at www.rebatetracker.com. Some rebates are not connected to a bank. Here are some sites that also offer cash back:

- www.ebates.com
- www.Fatwalet.com
- www.rebateshare.com
- www.extrabux.com



She's smart with her money

Here's the breakdown on 13 secrets your hairstylist won't tell you, according to the website www.totalbeauty.com:

- Find your stylist through a referral and be sure to refer your stylist to others.
- Saturday mornings are the worst time for appointments; this is their busiest day.
- Best appointment times are earlier in the week; try to get their second or third appointment of the day as they are settled in but not very tired yet.
- Schedule a consultation if you're seeing a stylist for the first time.
- A good stylist will realistically tell you what can happen with your hair; they probably can't make you look like Jennifer Aniston.
- Pre-book your appointment, stylists appreciate loyalty.
- Do not be late; it challenges the rest of his or her schedule.
- Tip well; at least 20 percent and tip with cash.
- Remember to tip assistants too.
- Listen to their product recommendations; it's not about the commission (small) but actually something they think your hair needs.
- Show how much you want cut off; don't just say "about three inches."
- If you seek a last-minute appointment, ask to be on a wait list or speak with the stylist directly.
- All hair textures cut differently; book extra time if it's needed.

She etiquette

Here are five things you should never say to a nurse, according to Yahoo Shine:

- Helloooo, nurse!
- Do you only date doctors?
- C'mon... nursing is just like TV!
- I want to see a doctor, not a nurse.
- What's taking so long?

She travel

She can get creative with her frequent flier miles and swap enough to make a flight possible for herself or someone else. A small fee may apply but it's still cheaper than a roundtrip ticket. Here are the sites that can help:

- www.points.com: trade mile per mile with another consumer.
- www.Loyaltymatch.com: trade miles to get flights or products.

She de-bugs

She should not be a mosquito's next meal. Here are some things to avoid that will help her avoid the bugs:

- Dark clothes
- Staying sweaty (mosquitoes are attracted to the carbon dioxide that sweat emits)
- Lactic acid released through sweat after eating salty food
- Floral or fruity fragrances

Besides purchasing a product with DEET to keep bugs away, here are some more-natural repellents:

- Citronella oil
- Cinnamon oil
- Castor oil
- Rosemary oil
- Lemongrass oil
- Cedar oil
- Peppermint oil
- Clove oil

She quote

"The only way to have a friend is to be one." – Ralph Waldo Emerson

She fact

Heart attack victims were more than three times as likely to have been sitting in traffic within an hour before their attack happened. Source: **American Heart Association**