

Don't split hairs when it comes to picking styles

By DIANA YOUNKEN
Collegian Staff Writer

People often discover too late that a visit to a hairdresser can prove disastrous unless they know what they want.

Depending on where they go, both men and women will find that beauty salons today cater to individual needs and desires.

Young people prefer natural, simple haircuts that are easy to manage, according to Mary Ashford, hair stylist at the Pietro of Italy beauty salon downtown. "They want something that's easy to take care of, that they can take care of themselves," Ashford said.

And although the long, straight look still is popular, more and more young women want their hair cut short and curly, as long as they don't have to set it, Ashford said.

Janet Hall (11th-elementary education) wore long hair when she came to the University during the late 60's, but she keeps it short now. Back then, Hall said,

"the big thing was to have long hair. I doubt if people would come every two months and get their hair cut."

During the early 60's, however, "we (hairdressers) were concerned about hair as much as we are today," Ashford said. Women spent long hours teasing their hair.

"I just don't know if people would go for anything that elaborate and time-consuming anymore," she said. She added that she thinks natural styles are more attractive anyway.

Ashford said the trend toward simpler hairstyles has come about because women's roles are changing so dramatically. Women who are pursuing careers or going to school don't have time to fuss over their hair, she said, but they still want to look good.

Ashford said she finds men desire easy-to-manage, "wash and wear" hair too, especially if they're involved in sports.

Ashford said she sometimes

will recommend a style which she feels will complement a client's features. People with a round or square face should choose a style that adds dimensions to their face, Ashford said, and if they have an oval face they can wear their hair long and straight.

Most important, people cannot and should not cut their own hair, according to Ashford. "Nobody can do irreparable damage because it always grows back," she said, but they can't see all the way around to cut it evenly.

In between visits to a beauty salon, students should try to keep their hair as clean as possible by using an acid-balanced shampoo, Ashford said.

"People have the misconception that if they condition their hair once, that's it," Ashford said. If they have dry or damaged hair, they should apply a good conditioner every time they shampoo.

Commercial shampoos and cream rinses are suitable, Ashford said, but professional

formulas that are available from most beauty salons are preferable.

Natural shampoos, like those made from eggs or milk, may do some good, but rubbing an egg in isn't as helpful as eating one, according to Ashford.

Those with oily hair should avoid chocolates and greasy, fried foods, according to Gunilla Knudson's book, "Beauty and Health the Scandinavian Way," and everyone should eat foods which are high in iron, such as chicken, fish and green vegetables. Eating habits that keep people slim also help people maintain "fat," healthy hair, according to Knudson.

Thorough brushing, despite any claims to the contrary, is beneficial to people no matter what kind of hair they have, Knudson said. People with dry hair should brush often to spread the oil from their scalp to the ends of their hair. Brushing helps people with oily hair by distributing the oil evenly throughout their

hair, Knudson said.

Excessive teasing, use of hair sprays and hair dryers, or overexposure to the sun or wind, however, can damage the hair, Knudson said.

Wash, cut and blow-dry prices downtown

Alice & Don 225 W. Beaver	\$7.75
Cut & Dried 138 S. Allen	\$12.50
Hair Happening Hills Plaza	\$8.00
Ian of Danks 148 S. Allen	\$9.00
Miss Haircut of Pittsburgh 220 S. Allen	\$6.00
Pietro of Italy 123 W. Beaver 422-C Westerly Pkwy.	\$9.00
Hairworks 110 E. College	\$10.50
Golden Comb 234 E. College	\$5.50*

*does not include wash



Chuck O'Neill, manager of Pietro's of Italy, who create coiffures for students. Photo by Sally Hunter

LIVE MISTLETOE

50¢/bag

Davidson's
130 E. College

open tonight
for your convenience

FOOSBALL TOURNAMENT

Test your skill and try to beat the Pros!!

Beat them once, win a Tee-Shirt!!

Beat them 2 or 3 times, win \$25.00!

PLUS...

Two Pro foosball players will give advice on how to play foosball, including a talk on the world of foosball today.

POLLOCK SNACK BAR
TUESDAY, DECEMBER 14th
7:00 P.M. FREE

UNIVERSITY CALENDAR
Tuesday, December 14
SPECIAL EVENTS

Ritenour Swine Flu Campaign, 7 a.m. HUB ballroom.
Inter-Cultural Celebration, International films, 12 noon, Kern lobby and HUB lounge.
Hospitality Council Tea, 2 p.m., Room 111 Kern. Fireside Chat - Christmas Readings, University Readers, 7:30 p.m., HUB reading room, refreshments.
Festival of Lights, Eisenhower Chapel Multi-Purpose Room.
Comp Lit Luncheon, 12:15 p.m., Faculty Club. Henry Johnstone, philosophy, on "The Categories of Travel."
Coaly Speaking Contest, 7 p.m., HUB assembly room.
Intramural Sports: Play begins for racketball and volleyball tournaments.
Free-U "Backrub" Workshop, 8:30 p.m., Room 301 HUB.

FILM

Artists Series Film Festival, Hitchcock, "Murder," 8 p.m., University Auditorium.

MEETINGS

Senate Council, 2:10 p.m., Room 101 Kern.
GSA Council, 7 p.m., Room 101 Kern.
Gamma Sigma Sigma, 7 p.m., Room 307 Boucke.
Young Socialist Alliance, 7 p.m., Room 167 Willard.
United Federation of Star Trek Fans, 7:30 p.m., Room 165 Willard.
Circle K, 7:30 p.m., Room 105 Osmond.

EXHIBIT

Museum of Art: Contemporary British Pottery and Recent Acquisitions, Gallery B.
From Gothic to Baroque, Gallery C. Contemporary Figurative Paintings from the Permanent Collection, Gallery A.

Our Christmas Gift to You



A sale of selected hard back books, suitable for gift giving. Prices are reduced as much as **60%**. Gifts for relatives, friends, and for yourself.

PENN STATE BOOKSTORE (ON CAMPUS)

McAllister Building — right next to the HUB
ONLY IN OUR "OVER THERE" BOOKSTORE