Barber Shops Page

Why Every Man Should Go To A Barber Shop

A barber knows how to cut a man's hair. If you're like most men these days, you're probably going to some unisex chain salon like Supercuts. I used to do it too. Most of the time, I'd walk out of these places with a crappy haircut. Sometimes, my haircut would look decent for the first week or so, but then it would grow out into a horrible bowl.

The problem is that many of the people who work at salons are not trained barbers. They're cosmetologists. The difference between the two can spell the difference between a dopey-looking haircut and a great one.

A barber is trained to cut with clippers, the main tool in cutting a man's hair. Cosmetologists, on the other hand, are trained to use scissors. Their training is also geared towards catering to women's hair. They become experts in styling, coloring, and perming-things a man has no need for. That's why when you ask the cute stylist at SuperCuts to use the number 2 on the clippers, you walk away with a bad haircut. She's probably not well versed in how to use them. But a barber can employ the clippers with finesse.

It's a great place to chew the fat with other men. When I went to hair stylists, I hardly ever talked to the woman who cut my hair. I'd chat about my family and theirs and that's about it. The woman who cut my hair usually ended up chatting it with the other women in the salon, while I sat there

Barbers, on the other hand, are interesting guys with interesting stories to tell. On my visits to the barber shop, I've met a retried Army Ranger colonel, a musician who spent 13 years on the road in a jazz band, and a man who is the third generation in his family to take up the profession. Each of them had fascinating stories to share. And I in turn feel at ease to say what's on my mind. There is conversation about politics, cars, sports, and family. Guys read the newspaper and comment on current events. In between the banter, jokes are told and laughs are had. And everyone is involved: the barbers, the customers getting their haircut, and the customers waiting to get their haircut. Adding to the enjoyment is that a variety of men take part in the conversation; young, old, and middle-aged join in the mix.

I think there's a good argument that barbershops are among America's last civic forums Where do people go today just to talk with others in the community? Coffee shops? Every time I go to a coffee shop, people are at their own tables minding their own business. The only other place that I can think of is a bar, but bars are now co-ed instead of being bastions of manliness. Graduate student, Melissa Harris-Lacewell, wrote an article about how discussions in traditionally black barbershops shape political ideas in the African-American community. She noted how political debate in barbershops can be vigorous and engages young and old alike. Unfortunately, white Americans are missing out on this experience. So, if you're wanting to get your thumb on the pulse of civic life in your community, head over to the barbershop.

You can get a great shave. Many barbershops still give traditional single blade razor shaves. You haven't lived until you've experienced the pleasures of a great shave at a barber. This past weekend, I went to a barber here in town to get a shave. I reclined in the plush old school barber chairs that had ash trays in the arm rests, a throw back to a time when people could smoke in public places. Then my shave commenced. The barber first wrapped a hot towel around my face. Next, the barber massaged in a lemon based cream to clean out my pores.

After that, several more hot towels were applied. By then, I was feeling nice and relaxed, on the verge of falling asleep relaxed. The barber then massaged in some cocoa butter to soften my beard. Next, the barber brushed a warm lather into my beard that smelled like man and not like that crappy artificial goo you buy in a can. The barber then took a piece of razor sharp metal and scraped my beard off for the closest, best shave I've ever had. Allowing another man to hold a razor to your neck is a good way to remind yourself that you're alive.

To finish it all off, I got another hot towel wrapped on my face along with a final face massage with a soothing vanishing cream. When I stepped out of the shop, I felt like a new man, ready to take on the world.

It's a great activity to do with your father or son. Men need traditions that can help bond them together. Visiting the barbershop with your father or son is a great tradition to begin in your family. Many men have been going to the same barber all their life and have introduced their sons to the same chair and the same barber. What a great way to bond with the men in your life!

When you walk out of the barber shop with a sharp haircut, you can't help but feel a bit of manly swagger creep into your step. So next time you spot that familiar red and white striped pole, stop in. You'll be glad you did.

Looking for a barbershop? Make sure to check out our barbershop locater. If you know of shop, please add it to the map.



"The Cut" Barber Shop



Page 7b

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Automotive News

Tips For Getting Your Vehicle Road Trip Ready

(NAPSI)—A s the weather gets warm, vacationers will begin to set their sights on the open road. Whether it's to get up close to that landmark that you've always wanted to see, visit old friends or visit extended family who live just a few states away, road trips offer great flexibility and excitement.

While just about any vehicle will serve its purpose for a road trip, there are ways to modify a car or truck to make the experience more convenient and comfortable. In fact, the Specialty Equipment Market Association (SEMA) estimates that Americans spend \$33 billion annually on products that enhance the performance and styling of today's vehicles.

"There is something exhilarating about a leisurely drive, whether it's sitting in a comfortabletection film is an effective way to preserve the finish of your car, truck or never know when you might need air-conditioned car with a great sound system or inSUV. For best results, this film should be professionally installed and ap- these things, so it is better to be safe a convertible with the top down," said Peterplied on areas such as the hood, bumpers, mirror backs and other places that than sorry. MacGillivray, SEMA VP of communications and might be prone to scratches and chips.

events. "What's really great is being able to personpassengers."

alize the vehicle to fit the needs of the drivers andyour road trip. Aftermarket GPS and navigation systems with state-of-the- aftermarket products and accessories art technologies can be installed in just about any vehicle. Starting as low as available to modify your vehicle in \$50, there are tons of options available to help you stay within your budget preparation for a road trip. To learn Below are a few tips and tricks on how youand get you to your destination.

can make your vehicle ready for your next big

road trip. on a road trip. To make room for personal items, consider a roof rack or www.semaignited.com. cargo box to transport large pieces of luggage. Organizers for the trunk,

• To protect the vehicle's exterior from anycenter console and on the back of seats are available to help keep items in rocky weather and/or road conditions, a paint pro-order and in arms' reach.

• A wireless tire pressure monitoring system can give you an accurate reading of your tire pressure at all times. By having sensors on each of the tires, the air pressure can be monitored and sent directly to your smartphone device, alerting you when one or more of your tires is low on pressure. This can help minimize any tire problems you might run into.

Regardless of how you modify your vehicle, it's always a good idea to have a roadside emergency kit in tow. Premade kits include items such as jumper cables, a flashlight, emergency whistle and a first-aid kit. You

Wherever you're headed, there • Don't underestimate the impact a good navigation system can have on are a variety of different automotive more and find out where these prod-• Finding enough space is often a problem encountered when traveling ucts are available to you, visit

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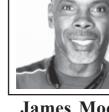
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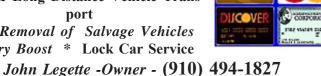
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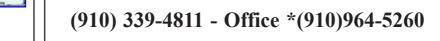
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Military News



1st TSC Soldiers live the Army Values in Kuwait

by Staff Sgt Jason Thompson

CAMP ARIFJAN, Kuwait - Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, Personal Courage.

These seven values are instilled in every Soldier from the first day of service in the Army. Together, they make up the seven Army Values that each individual is expected to live by throughout their military career.

The Soldiers of the 1st Sustainment Command (Theater) Operational Command Post in Camp Arifjan, Kuwait, as well as subordinate commands, took some time to recommit themselves to these values during a Living Army Values Week

The event, planned and coordinated by the 1st TSC chaplain's office, was designed not to train the Soldiers on the Army Values, but an opportunity to reemphasize the importance of living these values throughout not only your professional career, but living the values at all times.

"Living Army Values Week is a moral leadership and spiritual fitness initiative that is designed to reinforce the seven Army Values in the lives of our Soldiers," said Col. Raymond Robinson, command chaplain for the 1st TSC. "The whole idea behind it is to invite us to inundate those values to further reinforce them into our lives so that we could live them both personally and professionally."

The week began the morning of March 11 with an individual race event followed by a command run, all focusing on the value of Personal Courage.

During the command run, the Soldiers of the 1100th Theater Aviation Support and Maintenance Group won the esprit de corps award for the highest motiva-

Later that day, the chaplain's hosted the Living Army Values Leadership Bowl, a game-show type competition, pitting teams from subordinate commands against each other in a trivia game reflecting on the seven Army Values. The highlighted value for this event was Integrity.

The Soldiers from the 14th Human Resources Support Command claimed the first place trophy by ousting the 3rd Sustainment Brigade in the final round, while the 469th Financial Management Support Command finished third.

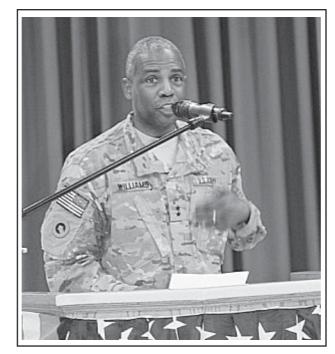
"Our team did a great job coming together and supporting one another throughout studying and at the competition," said Spc. Robert Martin Jr., team captain for March 11-13. the 14th HRSC. "The competition was a great event, and I learned a lot reading the stories and hearing about all the great things Soldiers past had accomplished while living the Army Values.'

The second day was highlighted by a Values Prayer Breakfast, focusing on the values of Loyalty and Honor, as well as providing Soldiers an opportunity to strengthen their personal spiritual fitness.

"The list of Army Values is something that you do. But for me personally, The Army Values do not represent what you do; they identify who you are," said Dr. Chuck Stecker, the guest speaker for the Values Prayer Breakfast and ordained minister with the Evangelical Church Alliance. "It is the character, the fiber, and the fabric of the person that you are and what you do in this world as a result of that."

Following the breakfast, Soldiers then gathered within small platoon and squad level groups within their commands to review a prepared Army Values scenario

The afternoon of March 12 was dedicated for units to then go out into the local area and volunteer within the community for service projects. By utilizing the how we apply those to reduce sexual assault and sexual violence. We come in and



Maj. Gen. Darrell K. Williams, commander of the 1st Sustainment Command (Theater), provides closing remarks at the Living Army Values Week award ceremony March 13 at Camp Arifjan, Kuwait. The Soldiers with the 1st TSC-Operational Command Post, as well as subordinate commands, took some time to recommit themselves to the seven Army Values during a Living Army Values Week

Army Value of Selfless Service, the Soldiers were able to make a positive impact on the local community.

"We're out here doing Selfless Service, the old initiative of paying it forward, cleaning up our mess for generations to come to be able to enjoy this beach," said Capt. Juan Hernandez, commander of Headquarters and Headquarters Company, 13th Sustainment Command (Expeditionary) "It goes back to Selfless Service, and the Soldiers volunteering their time to come out."

The week concluded with a special motivational guest speaker, Mike Domitrz, founder of the Date Safe Project, and author of the book, "May I Kiss You?," as he talked with Soldiers about the importance of healthy dating, intimacy, consent, sex, respect, sexual assault, and honoring survivors of sexual assault and it's relation to living the Army Values of Honor and Duty

"Today's events were all about the warrior program and army values and

teach three main skill sets," said Domitrz. "Number one, how to ask first before engaging in intimacy; number two how to intervene when you see someone not living those army values; and number three how to open the door for survivors so that they can come forward and be fully supported. We want Soldiers to take home these three skills sets and use them in their

The week of Living Army Values was an excellent opportunity for the Soldiers to reinforce the Army Values within their lives and motivating them to emphasize these values.

"This is the best Army Values training that I have seen in my almost 32 years in the military," said Maj. Gen. Darrell K. Williams, the 1st TSC commander. "The Army Values are a way of life. It's not merely something that we talk about; it's the way we carry ourselves, the way we represent our

"We did have a great deal of fun, but it all centered on the Army Values and the importance of spiritual fitness within those Army Values.

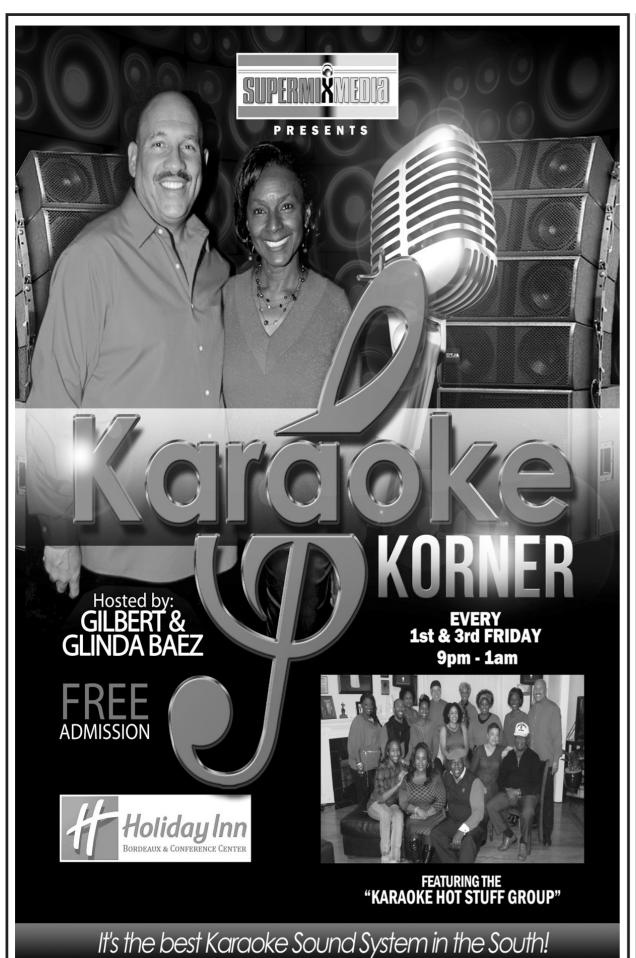
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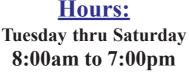
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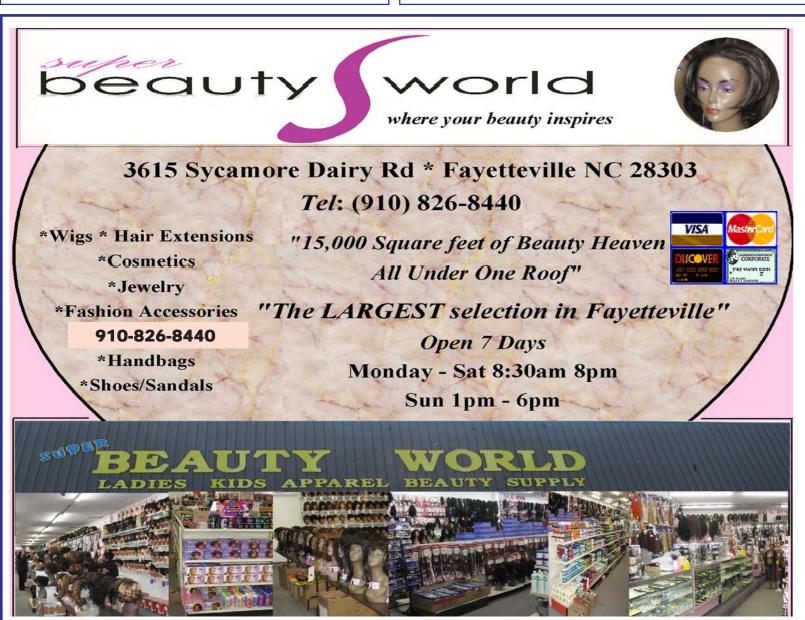
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