

# Focus



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## Brown Skin

Dr. Susan Taylor's Prescription for Flawless Skin, Hair, and Nails

Dr. Susan Taylor's book *Brown Skin* is a prescription for flawless skin, hair and nails.

SUSAN C. TAYLOR, M.D.  
 Director, Skin of Color Center

## Radiant Hair, Skin and Nails

Author offers seasonal tips on looking good

BY DR. SUSAN TAYLOR

Autumn is here and winter is closing in fast. Instead of looking crisp, bright and radiant, you find that your skin, hair and nails are a wreck like the Wicked Witch of the West. Instead of having shiny hair like Jennifer Lopez, even-toned skin like Halle Berry, and healthy nails like Queen Latifah, you look like you got lost in Kansas. Add to the mix, the autumn winds which have already descended upon us, and you have a recipe for additional damage. So now is the time to pay attention to your skin, hair and nails to prevent further damage from the cold weather and the dry heat.

Beginning of winter beauty blahs are not unusual. As a dermatologist specializing in skin of color, I have some tips for Hispanics and African Americans. To heal your hair, I recommend washing it once or twice a week with a shampoo for damaged hair and then applying a deep conditioner to the hair for 20-30 minutes while sitting under a hood dryer. Try to avoid excessive heat from blow dryers, flat irons or curling irons. Try wrapping your hair and sit under a hood dryer once a week and roll your hair on rollers during the week. Or consider wearing your hair pulled back in a neat chignon or bun for 4-6 weeks to give it a rest. With these tips, your tresses will regain their shine just in

time for the holidays.

To combat an uneven complexion, I suggest the daily use of sunscreens—yes, women of color, both Hispanic and African American need sunscreen—even in the fall and winter seasons. Also consider cleansing and moisturizing with products containing an alpha hydroxy acid such as glycolic acid. This will help remove the dead skin cells that contain extra pigment. If these solutions don't work, first try an over-the-counter hydroquinone bleaching cream (containing 2 percent hydroquinone) twice a day for 8 weeks. Also consider asking your dermatologist for a series of chemical peels or microdermabrasion to restore that radiant glow.

Finally, you may have noticed that your nails are becoming increasingly dry and brittle with the onset of the colder weather. What probably happened during the summer months was that moisture collected behind your acrylic nails. This provided the perfect environment for fungus and bacteria to grow. If you have indeed noticed these changes in your nails, it is time to take the acrylic nails off. Then clip your nails down as far as you can (don't worry, they will grow back). The nails are more likely to grow in healthy, though it may take a few months.

## Gooding Stars in Moving Drama 'Radio'



Cuba Gooding Jr. hands off a football to one of his players in new film *Radio*.

Academy Award winner Cuba Gooding Jr. stars in the drama *Radio*, a Revolution Studios film, a Tollin/Robbins production and a Columbia Pictures release now playing in local theaters.

It's a dramatic and moving story inspired by events in the life of "Radio," a man who made an enduring impact on the lives of all those around him, *Radio* focuses on the mentoring relationship between a high school football coach (Ed Harris) and *Radio* (Cuba Gooding, Jr.),

known as "the same as everybody else, just a little slower than most," and how their unique friendship ultimately transforms the conservative attitudes of a small South Carolina town.

These two very different men are united by their humanity and love of football and in so doing enrich the lives of countless others.

*Radio* doesn't focus on the sport as much as on the title character, a man of childlike purity who brought joy to this

sports-minded community, according to Gooding.

"I have two boys, six and eight. And whenever they do anything and get into trouble, their reactions are so innocent and so genuine. That is the quality that *Radio* has. Whenever he encounters an obstacle, he never has any animosity. He doesn't hold a grudge. He's all about unconditional love," Gooding said.



Robert Johnson

## Court Settles Bluesman's Estate

Judge decides who gets musician's royalties

(AP)—The Mississippi Supreme Court has ended a legal battle over the photographs and songs of bluesman Robert Johnson, saying his son is the sole heir to the royalties.

Johnson, a traveling musician who recorded "Cross Road Blues," "Rambling on My Mind" and "Hellhound on My Trail," is considered the first modern bluesman, linking the country blues of the Mississippi Delta with the city blues of post-World War II. He was inducted into the Rock and Roll Hall of Fame in 1986. Johnson died in Leflore County in 1938

at age 27 without leaving a will. He died nearly penniless, but his music now enjoys international acclaim and has stacked up royalties.

Accounts of his death include that he was poisoned by a jealous husband or that he was stabbed. He's buried in Greenwood's Three-Forks Cemetery.

The musician's illegitimate son, 71-year-old retired gravel truck driver Claud Johnson, said he was unsure what the latest court ruling will mean to him.

Johnson said he had benefited from royalties, but declined to give specific amounts.

At the time of Robert Johnson's death, Carrie Harris Thompson, his half-sister, said she was his sole living heir and took possession of his photographs. (Only two photographs are known to exist.)

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