

## Learning to Cut My Own Hair

*By Marilyn Reeves*

Until it's safe for them to open again, most hair-cutting facilities are remaining closed for the time being. Which means a lot of us are simply letting our hair grow out, or doing our best to try to trim it ourselves. If you're one of those fortunate seniors who still has a live-in spouse or companion, it helps. Especially when it comes to cutting the back of your hair. It's really tricky if you try to do it yourself.

In my case, I need to wear my hair quite short (if I let it grow out, it would look like a fright wig!) It also looks best layered, which give it the illusion of having some 'body.' The past few years before the world shut down, I would go to the salon for a fresh cut about every six weeks. In between appointments, I learned to trim it a bit around the edges. But now that I'm stuck home alone, the only person who can cut my hair is *me*.

I've found the best way to go about it is to comb free a thin, half-inch-wide strand, hold onto the end of it with my left hand while sort of 'razoring' the underside of the strand with scissors, working my way out to the end. (I use a pair of 5" sewing scissors with sharp 2" long blades.) This method works well for the sides, the front, and the top. The problem is trying to do the back.

This requires the use of three hands – one hand to hold the hand-mirror so I can see the back of my head in the bathroom cabinet mirror, one to hold the scissors, and one to hold the strand of hair. Well, unfortunately, I only inherited two. Hands, that is. Which means I don't have an extra hand to hold the strand. Instead, I have to try to pull out about a quart-inch strand with the tip of the scissors and try to angle the blades in such a way as to give it the appropriate cut. Then try to do the same with the strand next to it, and so on, all around the back of my head. T'ain't easy, McGee, but I've somehow managed to give myself an approximation of a decent looking haircut. At least I'm able to keep it short. But, of course, it's not nearly as good as having it done by a professional hairdresser.

So, the next time I'm able to get my hair done by my favorite gal – how ever long I may have to wait – I'm planning to give her a great big tip. And maybe even a great big hug! 😊