

## For what it's worth

Jeff Dowsing mulls over male hairstyle evolution



### 'I blame Billy Ray Cyrus. *Achy Breaky Heart* was the wrecking ball, when "peak mullet" was attained.'

Here's a fearless fashion prediction for you: Mullets will be back in business by Christmas.

This will happen, or at least I'm willing it to happen!

Sure, beards and mo's were a lark, worn ironically with a nostalgic nod to simpler times when bushrangers and Dennis Lillee reigned supreme. But as recent studies contend, we've hit "peak beard" (when facial hair becomes the norm rather than rare, thus no longer cool or desirable). Notwithstanding, it baffles how any female tolerates kissing a schnauzer.

My theory is that the tide going out on soup strainers and snot mops demands another male grooming gimmick take their place. The past informs the future, and since Ranga Bowie pioneered an early 1970s incarnation (followed by the mid 1980s to early '90s free-for-all) the fashion cycle points to an overdue mullet renaissance.

Thinking back to the mullet's last demise, I blame Billy Ray Cyrus. *Achy Breaky Heart* was the wrecking ball, when "peak mullet" was attained and could no longer be equated with goodness. Cyrus has a lot to answer for — putting it in a ponytail, inflicting that putrid earworm, conceiving that daughter. Urrrgh!

I must confess to mullet bias, having sported one myself back in the day, when INXS was at the height of their powers. Then you had the awesomeness of Farnsey, Bon Jovi, Swayze, MacGyver, Bono, Warwick Capper, Limahl, Juno Roxus ... OK, I'm reaching, but the less-flamboyant garden variety "mudflap" was so de rigueur as to nary warrant a second glance.

Yes, the worst specimens are worthy of ridicule, but at least they're not so in-your-face as ugly face-fuzz. I say the hairstyle has a rock-star quality.

Beards and 'taches simply do not, they just make a guy look 10 years older. No thanks.

What's more, for too long filthy wealthy Donald Trump types have been getting away with a finely quaffed derivative. Mullets should be reclaimed and worn proudly by the common people.

If *Family Feud* has a place on 2014 TV, for Rob Brough's sake, the mullet must rise up and retake its place in salons across the lands. Besides, the sneaky prevalence of man buns must be eradicated.

I might not be livin' on a prayer, leading the charge. But I will keep the faith.

■ **Jeff Dowsing is a mulletless freelance writer currently considering his options.**

## ● BULK DISCOUNT

# Steering men clear of the buffer zone

**Kellie Scott**

In a world of shirtless gym selfies with #fitness and #abs hashtags, it's no wonder guys are feeling the pressure to bulk up.

Young men can be seen on social media flexing muscles at music festivals, nightclubs and even on the street, but behind the bulk could be insecurity.

University of Newcastle sociologist Dr Julia Coffey recently conducted a study into young

women and men's ideas about health and discovered the dangerous rise of buff culture.

"The current ideal image of men as being toned and muscular is seen as the natural way that men should be ... but it's quite a new phenomenon and specific to Western cultures," Coffey said.

She said both men and women can obsess over body issues.

"Men and women have described it (body issues) the

same way to me. One guy was saying he saw footballers running around and that's what he wanted to look like," Coffey said.

"Women will say the same things about looking at magazine. The difference is men don't usually acknowledge it."

Coffey acknowledges that it is great to be healthy but she said buff culture has a harmful focus on just appearance.

"Health is about much more than image," she said.

"You can be healthy in all sorts of different shapes and sizes."

Coffey believed that challenging some of the buff-culture's masculine stereotypes was the key to battling unhealthy male body issues.

● **How much time do you spend bulking up at the gym?**



## In with a chance to play Valley

Jazz-influenced singer Erin Fitzsimon thinks you should give Inigo a go. What began as a duo evolved into an interchangeable collection of local talent, with Inigo now finalists in the Valley Fiesta mX Local Love Competition. Vote at [valleyfiesta.com/locallove](http://valleyfiesta.com/locallove). **Picture: JEFF CAMDEN**

## ● DISEASE WARNING

### Travellers told of Ebola 'no-go area'

Australians planning to travel to west Africa should reconsider their itineraries due to the worst-ever outbreak of the Ebola virus, the Federal Government has warned.

Authorities are struggling to contain the tropical virus that has claimed almost 730 lives in Sierra Leone, Liberia and Guinea.

The government is urging Aussies travelling to the area to consider cancelling their trip.

Foreign minister Julie Bishop said those who chose to travel should familiarise themselves with advice on [smartraveller.gov.au](http://smartraveller.gov.au), register their details before departing and check coverage with their insurance provider.

There is no vaccine for Ebola. See [smartraveller.gov.au](http://smartraveller.gov.au).

■ **State of emergency, PAGE 8**

# Discover a more genuine way to bank.

Visit the friendly and experienced team at our new Burnett Lane Sales Centre, which is open 6 days a week. The Sales Centre can assist you with a range of transaction and lending needs and will also be able to accept cash and cheque deposits through Smart ATMs.

Our branches at Indooroopilly, Stafford, Kippa-Ring and Chermside are also open on Saturdays between 9am – 1:30pm to help you with all your transactional needs.



**Niruki Fernando**  
Branch Manager



**Darren Bone**  
Lending Manager



**Emma-Leigh Whip**  
Supervisor



**Nikita Baker**  
Sales & Service Consultant



**Elanie Swanepoel**  
Banking Consultant



**Alex Kenward**  
Banking Consultant

**Burnett Lane Sales Centre, Tenancy 4, 130 Queen Street,  
Cnr Burnett Lane and Albert Street, Brisbane**

**07 3114 4488**

