

Cold Weather Is Not Only Enemy Of Your Hair

DALLAS, TX. — "It won't be the cold weather that damages your hair the most this winter," according to a leading skin care authority. "It will be the drop in the relative humidity that causes the real damage to your hair."

Dr. Myra O. Barker, vice president of research and development for Mary Kay Cosmetics, Inc. says "It's so important to condition your hair and restore it to its maximum possible good condition before the relative humidity begins to drop this winter."

"When the relative humidity begins to drop, damaged hair can't maintain its moisture balance. It begins to get very brittle and will start to dry out, split and break," she says.

Most people have already damaged their hair this past summer which has left it virtually defenseless against the winter. Damage from chlorine, salt water and especially the sun has tended to damage the protective outer layer of the hair shaft and dried out the hair.

Hair has an ideal moisture balance that needs to be preserved in order for the hair to be elastic and smooth. When this balance is lost, the hair gets into

because it's the reflection trouble.

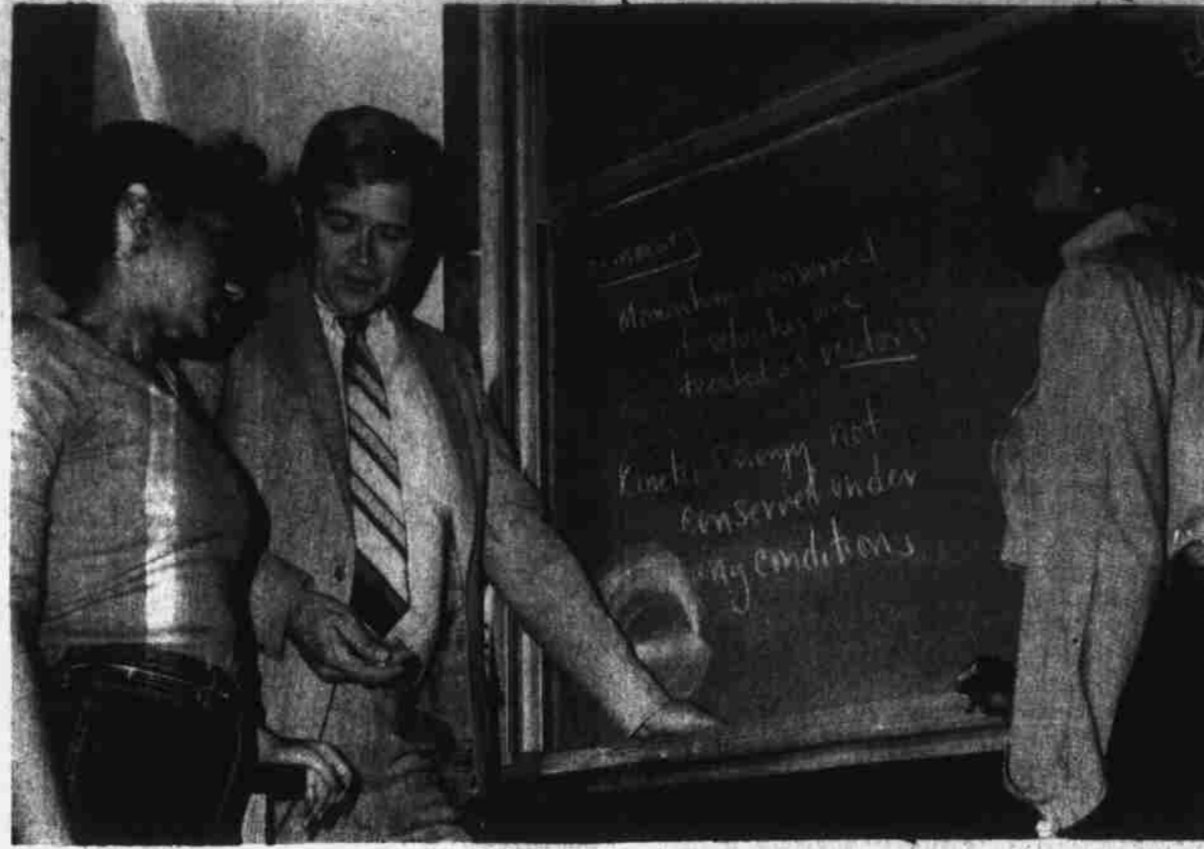
"You need to think of your hair as if it was a \$100 silk blouse. You wouldn't throw a silk blouse into the washing machine with your jeans and socks. You'd treat it very carefully," says Dr. Barker.

Hair is primarily composed of keratin, a highly complex protein substance. The only living part of each hair shaft is the root which is under the scalp. The hair we see is actually old cells that have been pushed out from the scalp as new cells have been formed in the root.

Hair grows an average of half an inch per month making it one of the body's fastest growing organs or tissues.

"There are several things you need to do right now to prepare for winter. First, go to a hairdresser and have the ends cut blunt, removing as much of the split ends as possible," Dr. Barker suggests.

Start using an intense conditioner once a week and, when smoothness returns to your hair, taper off to a couple of times a month during the winter. A conditioner smooths down the outer layer of the hair shaft, which resembles the scales of a fish. "This makes your hair shinier



Ronald F. Hudler, director of corporate engineering computer coordination for General Motors (center) works with computer science

students at A&T State University. More than 500 students are enrolled in A&T's computer science program.

A&T Students Get Briefing On Designing Computers

By Richard E. Moore GREENSBORO — If recent experiences at the General Motors Corporation are any indication, more and more the designing of automobiles will be done by computer.

That was the message being preached here by Ronald F. Hudler, director of corporate

engineering computer coordination for GM.

Hudler was a member of a team from General Motors which visited A&T State University to advise students in the University's fast growing computer science program and in business, engineering and technology.

Hudler said at GM, about 20 per cent of the product design is currently being done by computer. But he indicated that this percentage is rapidly increasing.

"In the last three months, we have appropriated \$52 million for computer graphics hardware," he said. "Another \$35 million is appropriated for November, and \$70 million has been appropriated for the first six months of next

year." According to Hudler, another sign of the growing interest in computer designing is the increasing number of design consoles at General Motors. He said the consoles now total 1,000, but by the end of the decade the company will have 5,000 consoles.

"The industry for the first time is a \$1 billion industry. By the end of the decade, it will be a \$25 billion industry," said Hudler.

He said in recent years there have been at least 50 new start up companies selling hardware and software for computer design. "This is one of the fastest growing segments of the computer business," added Hudler. "I can't think of another industry which will grow as fast." The representatives

of light off the cuticle scales that determines how shiny your hair is," she says.

A conditioner also seals moisture in the inner layer, the cortex, by making the cuticle scales lie down, which makes your hair less susceptible to damage through combing and blow-drying. Mechanical and thermal damage actually breaks off the cuticle scales leaving the protein fibers of the cortex exposed and causing them to unravel and break.

Once you have restored your hair to its best condition, there are several ways to protect it from damage during the cold

Plan For Healthy, Happy Holidays

Some readers will remember when the day after Thanksgiving was the unofficial signal for the start of "the Christmas season." Department stores unveiled their Christmas displays, Christmas shopping got underway, radio stations started to include the traditional carols, and the first holiday party guest list was drawn up.

The traditional signals appear earlier with every year, and in many cities the stores are decorated since October, Christmas catalogues have been mailed, and hostesses are counting the china in preparation for holiday dinners.

Holiday planning, shopping and partying are usually fun, but they can also be physically and emotionally wearing. Medical researchers have found that stress and tension and overindulgence in drinking and eating can all contribute to gastro-intestinal problems. They tell us that gas, bloating and cramps frequently are the result, and that talking and smoking encourage air swallowing, another common contributor to gaseousness.

However, you can still enjoy the holidays. Try planning your time and delegating details, whenever possible. Actually family and friends are likely to enjoy your parties more if they contribute to them. Practice moderation in whatever you do. Don't encourage guests to overeat and don't feel you need to freshen their drinks every time you see a

near-empty glass. Keep on hand remedies for temporary gastrointestinal indiscretions. There is a special tablet recommended by physicians for gastro-intestinal gas called Phazyme-95 which contains simethicone and digestive enzymes. There are also antacids for heartburn and indigestion. Aspirin may prove to be vital first aid for headaches possibly brought on by a houseful of enthusiastic guests and their children. Bandages for cuts and

bruises may be useful, too.

Next year when the signal for holiday planning is sounded hopefully your thoughts of this year's festivities will be happy ones. Hopefully, too, Labor Day will not become the future deadline for ordering the Christmas tree.

To maintain good looks and long life, wash sweaters frequently before soil becomes embedded in the yarn. Follow label instructions when laundering. □

Uses No Radiation Duke, GE To Conduct Research With Scanner

Duke University Medical Center and the General Electric Company have announced a joint effort to explore uses of nuclear magnetic resonance (NMR), a new non-invasive diagnostic system.

The system can detect small changes in the body's use of energy that could help determine whether a tumor is malignant. It might also be used to diagnose conditions that could lead to later heart attacks or strokes.

Radiologists have sought for decades a way of taking pictures of the body's interior without using ionizing radiation, such as X-rays. The NMR scanner will do that, producing images similar to those from the computed tomography (CT) scanners.

The NMR system at Duke will be the most powerful in a university research facility, according to Duke radiologists. With the system, researchers will compare the information obtained with NMR to the information gained through other diagnostic methods.

The Duke NMR system will be installed in June 1983. Its heart will be a powerful magnet, 10 feet tall and eight feet thick, cooled by liquid helium and liquid nitrogen. The donut-shaped magnet weighs more than nine tons. It can produce a magnetic field 25,000 times as strong as that of the Earth.

The unit will make images and gather body chemistry data by beaming radio waves into the system's magnetic field. This will cause the atoms of various elements in the body to give off characteristic signals that can be recorded and

measured. The scanner will be housed in a special wooden building on the medical campus. Wood will be used because metal can disturb the magnet's field.

The magnet will be shielded from outside radio waves. A different type of shielding will prevent the scanner's magnetic field from affecting electronic equipment in the immediate area.

Duke researchers using the device will concentrate on metabolic studies, looking at how disease changes the body's use of energy. Metabolic changes in the body often occur before any change in anatomy that could be picked up by using X-rays, Duke radiologists said.

For instance, if the blood flow is cut off to a part of a person's heart, the metabolism in that area changes rapidly. If these metabolic changes persist, the person may suffer a heart attack. But if the blood supply can be restored promptly, the metabolism quickly returns to normal.

In studies of tumors, Duke radiologists will measure tumor metabolism to determine if they are malignant. Early studies in animals have shown that NMR can demonstrate the metabolic effects therapy on tumors.

We Welcome Your Church News

News about happenings at your church should be in our office not later than Monday at 5 p.m. of the week of publication. You might send us a church bulletin that would indicate noteworthy news of your church happenings.

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3633 Shrewsbury (Hope Valley North)—Beautiful contemporary on a nice corner lot in the Durham County School District. Formal LR & DR, 3 BRs, 2 BAs, den, deck. \$15,000.00 and assume FHA 245 loan with payments \$539.23. A great buy! \$65,000.

815 Yosemite Contemporary—(Southern Durham County). This lovely contemporary is nestled among nature on half-acre lot. Custom-built 3 BR, 3 bath, DR & great room w/fireplace. \$68,000

Southern Durham County (Erwinwood)—PENDING Yosemite. New construction with 1/2 acre lot. Brick rancher with 3 bedrooms, 2 1/2 baths, den w/fireplace, formal LR & DR, with eat-in kitchen.

4100 Five Oaks—Condominium. New Listing—3 BR, LR, DR, kitchen w/breakfast area, 2 1/2 baths, and rock garden. Call for appointment. \$74,500.

902 Cook Rd—This home offers you 3 nice bedrooms, 1 bath, nice hardwood floors. Very large lot. If this is your first buy, this is the one! \$32,000.

1404 Rosewood Ave.—4 BR, 2 bath, PENDING hen, loan assumption w/low monthly payments. \$46,900.

401 Pekoe—Lovely older home, sculptured plaster walls, LR w/fireplace, DR, den, 4 BR, 1 1/2 bath, enclosed back porch and garage. \$45,000.

NCCU Area—820 Ridgeway—2 BR frame rancher. \$26,500.

Huntersville Rd. (Massey Chapel Rd.)—S. Durham. Only a few minutes from Chapel Hill & RTP. 3 BR, den. \$45,500.

306 Omega Rd. (River Forest)—Recently rededicated brick rancher in quiet neighborhood. 3 BR, 1 1/2 bath. Must see to appreciate. \$41,900.

105 Prince St. (Chapel Hill, NC)—PENDING in neighborhood. Spacious fenced-in yard, lots of trees, 3 BR, central. \$39,500.

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1725 S. Alston Ave.—Brick rancher, 6 BR, 3 baths, den w/fireplace, carport, central air. Excellent home with several usages. \$65,000.

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