

Sunset Will Have Report Forms So Debris Can Be Recorded

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volunteers sweeps Holden's beaches, according to Gay Atkins, resident and volunteer in that community. "There were 50-60 of us last year," she said. "We found shoes, cigarette butts, bottles, lots of stuff dumped off boats. When people decide to dump off their boats, they must realize it all comes onto the beach."

She said that in a cigarette butt contest held during a sweep, one volunteer picked up 3,500 butts. "We get lots of paper, too," she added, "and many six-pack holders. If only people would at least cut these before they dump them!"

All three beaches reported no medical waste has been discovered in recent sweeps.

In all locales, volunteers will meet at 10 a.m. on the 18th. On Holden the meeting place is under the bridge, on Sunset at the new parking lot on Sunset Blvd., and on Ocean Isle at the museum. Garbage bags and gloves will be distributed to teams that are assigned to a particular portion of the strand.

On Sunset, reporting forms will

also be given for recording every item that goes into the bag, something not done on the other beaches.

When the job is done and thousands of smokers' debris removed from the sand, most volunteers will echo the sentiments of Sunset workers who coined this slogan for the occasion: "Don't Leave Your Butt on the Beach!"

Crossword Puzzle Solution

ACROSS

3. Fad 7. Detour 8. Enough
9. Revile 10. Upkeep 11. Nod
12. Defend 14. Egress
17. Petite 21. Append 24. Mar
25. Aplomb 26. Delete
27. Motive 28. Narrow
29. Met

DOWN

1. Serene 2. Polite 3. Friend
4. Delude 5. Worker
6. Agrees 12. Dip 13. Net
15. Gap 16. Sad 18. Employ
19. Ironie 20. Emblem
21. Ardent 22. Paltry
23. Notion

Help For 'Summer Hair'

BY MAUREEN R. CAPEZZA

Nappy, dry, coarse, overbaked, brittle, listless, hopeless, summer hair. Don't despair; help is here!

Ester Myles, cosmetology coordinator at Brunswick Community College, believes we all need to be educated not only on caring for our damaged summer hair, but on weeding out the overbearing, laborious hair care products from the beneficial ones.

The sun's ultraviolet rays (the same rays that give us that great tan) can bleach out and damage the hair. These rays will not only take the moisture out of your hair, but will make your hair dry and rough by opening and swelling the cuticles. When the cuticles are damaged by the sun, they become enlarged and spread apart. It takes an acid conditioner with a pH of 3-4 or even up to 5.7 to close the cuticle and smooth the hair.

What's pH? It's a scale from 0 to 14 indicating whether a substance is acid or alkaline. Zero is purely acid, 7 is neutral, and 14 is purely alkaline.

A pH on a bottle of conditioner could be deceiving. You can test your conditioner by using litmus paper or ask your hairdresser or one who understands pH. Myles even suggests bringing it out to the college, where they will test it for you. Products sold exclusively by hairdressers are usually the most reliable, she adds.

At the end of the summer and for already-damaged

hair, use a conditioner to put moisture back in your hair, depending on the condition of your hair.

For very dry and chemically treated hair, use a stronger conditioner with a low pH; for normal hair, it need not be as strong. Your best bet is to consult with your hairdresser. It is best to use a conditioner and shampoo properly prescribed for your type of hair.

If nothing else, vinegar diluted with water pulls the pH back, closes the cuticles, removes soap build-up and neutralizes the hair. It is especially good for chemically treated hair.

To get your conditioner to work twice, follow these simple steps after shampooing: first towel blot your, then run conditioner through your hands and spread through hair; comb through and rinse with lukewarm water. Practicing these simple steps will extract the maximum benefits from your conditioner.

All hair is different, and there are many products for different types of hair. The average consumer doesn't know the content of the products she buys in the store. Knowing how to buy can help her avoid wasting money.

Consumers shouldn't be taken in by pearlized products, color agents and perfumes. "Knowing the chemistry of it is the key to it. A good hairdresser would know that," says Myles.

Maureen Capezza is contributing to Island Living as a Brunswick Community College student intern.

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