

Don't let summer sun scorch tender skin, hair

By ANITA GARDENER
Staff Writer

Although a toasty tan looks and feels great, the sun's rays can damage skin and hair, making adequate protection measures essential.

Gradual, short-term exposure is the first important measure to gaining the perfect tan. *Seventeen* magazine advises sunning 15 minutes for the first few days, followed by a slow build-up to prevent burning.

The sun's intensity is tricky. Don't be fooled by cloudy days—dangerous ultraviolet rays penetrate just the same. Even if you are under a beach umbrella, up to 50 percent of the sun's rays reach the skin.

The sun's danger zone is from 10 a.m. to 2 p.m. Planning a trip to Florida? Don't forget that you need more sunscreen the closer you are to the equator.

Another tip is not to lie still in the sun. You can stay out longer and not burn if you keep moving because fewer ultraviolet rays hit a moving, vertical target.

Also, don't wear perfume when you

are in the sun. Some scents cause photosensitive reactions, leaving a dark spot where perfume was applied. Certain prescription drugs such as tetracycline are also photosensitive.

Remember to reapply lotion often because perspiration and swimming wear off protection.

"Benefits from sun on skin are only temporary—not lasting," said Rebecca Colwell, who lived in Florida for 16 years and now works for Merle Norman. One point Colwell stressed is to always wear sunglasses. Without them, there's a tendency to squint, which begins the wrinkling process. "Once the skin under the eyes is stretched, and wrinkles begin, there is no turning back," she said.

Sunlight can be helpful to some types of acne conditions, but you should check with your dermatologist. In some cases sunlight can aggravate acne.

The most effective way to prevent sun-damaged hair is to keep it covered. This is especially important to brunettes because sun can fade the color of their hair.

It is important to keep hair conditioned, and to add a deep-



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conditioning treatment every two weeks, according to *Glamour* magazine. David Dwyer, of Hair Unlimited said, "You can't do too much conditioning during the summer." He also stressed the importance of washing salt and chlorine out of your hair after swimming.

Keeping the hair trimmed every four to six weeks to get rid of dry, split ends

which result from overexposure to the sun is also important, Dwyer said.

Finally, *Seventeen* gives some good tips for the use of lemon in summer hair care. It can be used not only for lightening hair, but a few lemon drops added to shampoo will make hair shinier. Add the juice of one-half a lemon to clean water to wash away traces of soap, grease and chlorine. ■

Spike heels add to leggy look

By DONNA TOMPKINS
Staff Writer

When Olivia Newton-John picked her way at John Travolta's side perched precariously atop a pair of high-heeled Candies in the movie *Grease*, she helped create a look that Chapel Hill shoe dealers say will dominate the spring line of footwear for women.

Women's shoes for the new season will feature the high and narrow heels typical of the Candies and disco look, but men's shoe styles will remain unaffected by the trend, merchants say.

"Men's shoes have less rapid style changes, but women's are more erratic," explained C.L. Sutton, manager of Endicott Johnson's in University Mall.

"This spring's footwear is a build toward a higher heel which is a continuation of the fall styles," he said. "In dress shoes the tendency seems to be toward higher heels."

Candies and Baretrap, Candies' biggest competitor, are evidence of this trend, he said. They are more

Colors for the spring shoes, merchants say, will be neutral shades to help tie wardrobes together. requested by college-age women than other shoes in stock now, Sutton said.

Debbie Rose of Hahn's in University Mall attributed the higher heel to the change in women's fashions. "The look for the spring is shorter and narrower," she said. "It's not as layered now, so it's focusing more on legs. The new shoes go with this new look. They're very high and strappy to go with the skinny shirts. Shoes aren't clunky anymore. They're delicate."

Spike heels, ankle straps and open toes are the styles women will find in stores, agreed Tom Scholl, assistant manager of Roscoe Griffin in University Mall, because there is a move away from closed shoes.

"Except for a few casual styles it's almost impossible to find a closed toe," he said. The exception is the

canvas espadrille—a carryover from last season's spring line.

Shoes of natural leather and patent leather will be most common but stores will carry some of wood and canvas such as clogs, which are still popular for spring wear.

Men's shoe styles, on the other hand, have changed little. Most shoes will be low and conservative once again, merchants say.

"Our styles for the spring are primarily the same as the fall, "but they are a little lower and more conservative," Sutton said. "Wallabees and topsiders, for example, have and continue to be popular styles because of their comfort."

Scholl said he finds that generally the suede, moccasin lace-up style appeals to the college-age student for economic reasons and for comfort's sake.

The most notable change in the men's line will be the addition of sandals, according to Rose.

"College students always buy Bass sandals and now we've got them for men" she said. "The sandals are the main thing that will be in since men's shoes really don't change all that much." ■

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