

Quit complaining— get to know fellow who cuts your hair

If you've been complaining that your hairdresser doesn't understand what you want in the way of a haircut, the problem could be that he or she is just cutting your hair, and is not paying any attention to your character.

So says Roger Thompson, former International Artistic Director for Vidal Sassoon, who now owns his own New York salon—Roger Thompson & Associates.

Thompson was in Birmingham in late April to demonstrate cutting techniques to Detroit area hair stylists during a two-day seminar held at the Crazy Horse Salon in Adams Square, 725 S. Adams Road.

According to Thompson, there's more to a haircut than just the hair. "Height, weight and body build should all be taken into consideration, as well as a person's facial structure and personal image," he says. "Most hairdressers make the mistake of cutting from the shoulders up. A haircut should be balanced. Cut character, not just hair."

Thompson's techniques involve geometric-style cuts, with many precise layers of hair cut in "V" or triangular shapes. Each cut is designed for the individual, based on the natural response and movement of the hair. The

resulting look is smooth, soft and full. The layers are almost invisible in the finished construction.

The cuts require minimal care and the finished "look" can easily be duplicated at home, Thompson assured his audience. "A good haircut is one that can come out of the shower and be towel-dried or blown dry and ready to go in 10 minutes." Having cut hair for 22 years, he claims he has not used a traditional "set" in 12 years or a dryer of any kind in the past five.

A Thompson haircut costs \$45 and is discussed with new clients beforehand during a free consultation. Thompson discourages potential customers who want damaging treatments such as coloring or straightening, or who insist on a style which he feels is totally wrong for them.

His newest looks for spring and summer are shorter, softer and rounder. The overall effect is more feminine, to temper the trend in fashion toward narrower, more constructed clothes.

A former Londoner, Thompson worked with Sassoon for 13 years conducting worldwide demonstration tours.

Sassoon calls him "the best creative haircutter of them all" in his book, "A Year of Beauty and Health."

Kids candidates for heart attack

John sits at a desk most of the day and in front of a television set most of the evening. His sedentary habits make him, like many Americans, a high risk candidate for coronary heart disease. John is 6 years old.

And while he may not have a heart attack tomorrow, he is already forming the habits and bodily conditions that could lead to one, even in childhood, according to Prof. Thomas B. Gilliam of The University of Michigan department of physical education.

"Children are transported to and from school, extracurricular and even sports activities. They sit for long hours watching television and consume lots of high calorie junk food," said Gilliam.

"As a result, children are showing increasing evidence of high cholesterol, high blood pressure, obesity and other conditions which have been shown to be associated with heart disease in adults."

Today's normal children, even those involved in competitive sports (other than track or swimming), rarely experience the kind of high intensity physical activity that is needed to raise the heart rate above 480 beats per minute and foster the development of a strong, healthy heart, Gilliam said.

"A recent U-M study on the physical activity patterns of 80 8-to-10-year-old boys showed that high intensity exertion seldom occurred. Half the boys were ice hockey players who participated in games or practice sessions three times a week. Besides that, the study was conducted during the school year, so the data also reflect the intensity of activities in physical education classes."

Gilliam found that of some 400 Mich-

igan school children he has tested since 1975, almost 50 percent showed one or more risk factors for heart disease, including abnormally high cholesterol levels, high blood pressure, overweight or family history of coronary disease.

The good news is that these risk factors may be reversible.

Gilliam is conducting a three-year study, funded by the National Institute of Health (NIH), to see if vigorous exercise will significantly reduce blood lipids (fat) and blood pressure levels in children, as it has in many adults.

"The early evidence suggests that it can," said Gilliam. "We recently completed a pilot study with 62 third and fourth grade boys and girls. Half participated in their typical physical education classes twice a week, while half were exposed to 12 weeks of intense, rigorous activity four days per week, 25 minutes per session."

Tests at the beginning and end of the program indicate that children in the experimental group whose blood analysis showed high blood lipids were able to significantly reduce these within the 12-week program," he said.

The NIH project will determine the effects of a strenuous physical activity program during a period of three years. The study involves seven co-investigators and several graduate students from the U-M departments of physical education, nutrition, pediatrics and internal medicine, and the Mental Research Institute.

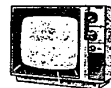
Eighty-six first graders now are undergoing the first of a set of tests measuring their body weight and composition, blood analysis, blood pressure and heart beat. Twice a year, they will wear a miniature tape recording de-

vice which will record their heart rate for a 12-hour period. In addition, parents will be asked to keep diet and physical activity records for their chil-

dren for certain five-day periods, and the children will complete short questionnaires on their attitudes toward health, exercise and nutrition.

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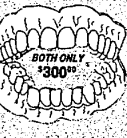
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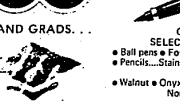
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