

Hair thins as we grow older, but may become coarse

Dear Jo:
Since my hair has turned white I have noticed that it is much easier to care for. It seems coarser than it was when it was dark. Does hair change as we grow older? What about care of the hair at this time of life?

I spoke to a professional about your question and, yes, hair does change in almost every decade of life. For example, fair hair darkens from the white blond of childhood to a light brown; red hair also gets darker but keeps its red tones; while brunettes color remains pretty much the same — they have the

most noticeable contrast when the white hair gradually replaces the dark. Hair thins as we grow older, not only on the head, but it becomes more sparse over the entire body. Some older women develop facial hair, which can be easily removed. Most men have an increase in the hair at the front part of their ears that can be removed by their barber.
The texture of the hair often does change as you age. Not all white hair is coarse; some is quite soft and silky.
TO ANSWER your question on care of the hair in the later years, a few con-



gerontology
A. Jolayne Farrell

siderations have to be given to the normal physical changes of aging. There is a decrease in the number of sweat and oil glands over the entire skin surface including the scalp. This may cause the hair to feel dry.
Shampooing once or twice a week

with a gentle shampoo should be enough. Older skin has a decrease in the number of temperature receptors, so be sure and test the temperature of the water before you shampoo. Also, for the same reason, check the temperature setting on your hair dryer or

blow dryer so it is set to the medium or low heat setting.
Because of the dryness, a conditioner should be used. The best type is in the form of a cream that is applied after shampooing and left on the hair. A good hair cut is essential for both men and women.
MANY PEOPLE of all ages choose to color their hair. Some things to consider when an older person colors his/her hair are the normal changes to the facial skin. Wrinkles and a change in skin tones are the most obvious changes. Lightening all colors of hair, especially brunettes, softens the look,

whereas darkening the hair gives a harsh appearance to the face.
When an older person is considering hair coloring, it is wise to be in the hands of a professional hairdresser who has this type of experience.
Permanents are on the increase in older clients. Many men are enjoying the hassle-free curly style for the first time in their lives.
With a change in hair color from dark to the natural white and the change in skin tones, many people are finding that they are able to wear clothing in colors that they never wore before.

Road pay hike could be last

A new contract that included 8 percent salary increase effective July 1 has been ratified by the Board of Oakland County Road Commissioners and Local 529, AFSCME, on behalf of 140 salaried employees.
"We are extremely pleased with this settlement, which maintains parity with other Road Commission employees and which comes prior to expiration of the old contract on June 30, 1981," said Road Commission Vice Chairman Richard V. Vogt.
Local 529 represents secretarial-clerical employees, engineers, accountants, planners and other technicians below the department head level.
Previously, the board had granted 5 percent pay raises to executives (managing director through department heads) at the beginning of 1981 and 8 percent raises to non-union confidential, supervisory and managerial employees effective July 5, 1981. Contracts settled in previous years provided comparable pay increases for all other Road Commission employees during 1981.
Managing Director John L. Grubba said, "These may be the last pay increases we'll recommend through 1984. Due to expected revenue shortfalls, management has recommended that budgets for 1982-84 freeze pay at the 1981 levels, which is what all of our employees have now attained," he said.

Bell to charge for info calls over 20

Michigan Bell is unveiling a longer directory assistance telephone number — and a higher price for the service — starting July 19.
The number will be 1-555-1212 for any directory call, even in your own area code.
Customers will be allowed to make 20 calls for assistance within their own area codes each month without added cost. Each call above 20 will cost 20 cents.
Only calls within your own area code will count against the 20-monthly limit, and callers are allowed three phone number inquiries per call.
Michigan Bell says the new rates will affect 6 percent of its customers who make 50 percent of all calls for directory assistance.
People with visual impairments or other handicaps that make it difficult to use phone books will not see the new charges, provided they call or visit a Bell office to get an exemption form.
The new system was approved last year. It's technically a three-year trial and will be evaluated annually.

Sawyer heads bar

Thomas G. Sawyer, a Detroit native who lives in Troy, was elected president of the 2,300-member Oakland County Bar Association last week.
A 1960 University of Michigan Law School graduate, Sawyer, 45, practices with the firm of Hutson, Sawyer, Schenden and Chapman in Troy. The firm was city attorney of Troy from 1966 to 1976.
Sawyer, past president of the county Legal Aid Society and the Troy Chamber of Commerce, has been a county Bar Association director since 1975.
Other new officers are president-elect Hanley Gurwin, treasurer Sheldon Larky and secretary Sander Gelman.

OCC library has telephone for deaf

The Southfield Campus library of Oakland Community College has installed a special telephone for use for deaf and hearing impaired persons.
To use it, the caller must also have a TDD/TTY telecommunications device, a telephone equipped with a sort of typewriter.
The number for the library receiver is 552-8958 from 12:30-8 p.m. Monday and 8 a.m. to 3:30 p.m. Tuesday through Thursday.

U-M awarded for general excellence

The University of Michigan has won an award for its "sustained level of general excellence" in educational advancement programs from the Council for Advancement and Support of Education (CASE).
U-M is one of three universities in the nation to win the award from the national professional organization.
The award is based on the number of awards won by the university in the CASE's annual competition for the past five years. Judges named U-M, Brown University and Ohio State University as the nation's best in advancing and supporting higher education.
In this year's competition, U-M won 12 awards — 10 of them to units in the Office of the Vice-President for University Relations and Development, U-M's Office of the Division of Research Development and Administration each won one award.

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