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Weekend, May 16-18, 2014 www.metro.us | E: MetroNewYork | F: MetroNewYork

# 'A SACRED PLACE'



**Profound.** President Barack Obama was one of several speakers who helped dedicate the National Sept. 11 Memorial Museum on Thursday.  
**Moving tribute.** Victims' families and survivors gathered to tell their tales and take part in the ceremony.

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Monday, May 19 & Tuesday, June 10  
6-8pm  
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WELLBEING 10

**Don't panic.** You can take steps to help stop your hair from turning white.

Eventually, most of us will develop canities — the technical term for going gray. The bad news is that there's no proven way to reverse the condition. The good news, as most of us probably know, is that it isn't life or even health-threatening — just a little demoralizing. Canities can affect 20-somethings, but it usually kicks in around middle age. Some people retain most of their hair's color into their 60s. Technically, hair doesn't turn gray; it turns white. But as it does, it reflects nearby coloring and appears gray.

Each of the 100,000-150,000 hairs on our scalp are on independent growth cycles," says Dr. Robert Dorin, a family practice doctor and member of The International Society of Hair Restoration Surgery. "As our hair shafts elongate, special cells called melanocytes produce hair pigment and deposit it in the hair cells. As we age, the special



# Gray matter

You can't stop your hair from losing its color, but you can delay the process, experts say.

## Keep your color

As yet, there's no proof that graying can be reversed, but slowing down the process is possible, says Dorin. His tips for maintaining natural hair color sound familiar: They are the same for maintaining general good health.

## Stop smoking and limit alcohol intake:

"These inhibit your body's ability to fight the processes of aging and create free radicals that destroy cellular function."

## Eat a well-balanced diet:

"Eat a 'rainbow' of fruits and vegetables to ensure you consume plant-derived antioxidants. Drink

See more at [www.metro.us](http://www.metro.us)

**Quoted**  
"Hormone levels, stress, lifestyle, environmental pollutants and toxins can affect hair pigment production." — Dr. Robert Dorin

green tea. Juice at home, especially with organically grown veggies. This is a fabulous way to get high nutritional value antioxidants into your system."

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**WAIT LIST**  
420 West 42<sup>nd</sup> Street / 360 West 43<sup>rd</sup> Street

Beginning in MAY 2014, a WAIT LIST ONLY for low income apartments located at 420 West 42<sup>nd</sup> St. / 360 West 43<sup>rd</sup> St. will be opened to individuals whose incomes meet the following guidelines:

**40% OF AREA MEDIAN**

Family Size	Apartment Type	Monthly Rent	Total GROSS Annual Income Range Minimum/Maximum
1	1 Studio	\$52	\$20,840 - 24,080
1	1 Bed	\$86	22,114 - 24,080
1	1 Bed	\$86	22,114 - 27,520
2	2 Bed	722	26,527 - 27,520
3	2 Bed	722	26,527 - 30,960
4	2 Bed	722	26,527 - 35,400

\*Subject to occupancy criteria. \*\*Includes Gas. \*\*\*Income requirements subject to change.

Applications will be required to meet income and additional selection criteria.  
Applications can be requested online by visiting [www.affordablogapart.com](http://www.affordablogapart.com)

Or by sending Post Card ONLY to:  
URBAN ASSOCIATES, LLC  
P.O. Box 4099  
New York, NY 10023  
Requests for an application must be received by **JUNE 12, 2014**  
Completed applications must be returned by **REGULAR MAIL ONLY** to the P.O. Box that will be listed on the application. Application must be postmarked by **JULY 13, 2014**

**WAIT LIST**  
55-75 West End Avenue / One Columbus Place

Beginning in MAY 2014, a WAIT LIST ONLY for low income apartments located at 55-75 West End Ave. / One Columbus Place will be opened to individuals whose incomes meet the following guidelines:

Apartment Type	Household Size	Monthly Rent	Total Annual*** Income Range Minimum / Maximum
Studio	1	\$553	\$20,840 - \$24,080
1 Bedroom	1	\$586	\$22,114 - \$24,080
1 Bedroom	2	\$586	\$22,114 - \$27,520
2 Bedroom	2	\$722	\$26,527 - \$27,520
2 Bedroom	3	\$722	\$26,527 - \$30,960
2 Bedroom	4	\$722	\$26,527 - \$34,400

\*Subject to occupancy criteria. \*\*Includes Gas. \*\*\*Income requirements subject to change.

Applications will be required to meet income guidelines and additional selection criteria.  
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## Tips

### Keep your color

As yet, there's no proof that graying can be reversed, but slowing down the process is possible, says Dorin. His tips for maintaining natural hair color sound familiar: They are the same for maintaining general good health.

### 1 Stop smoking and limit alcohol intake:

"These inhibit your body's ability to fight the processes of aging and create free radicals that destroy cellular function."

### 2 Exercise:

"Consistent, moderate exercise helps your body's defense system

to maximize its ability to slow aging and to prevent loss of cellular function at the molecular level."

### 3 Eat a well-balanced diet:

"Eat a 'rainbow' of fruits and vegetables to ensure you consume plant-derived antioxidants. Drink

green tea. Juice at home, especially with organically grown veggies. This is a fabulous way to get high nutritional value antioxidants into your system."

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ized cells that constantly resupply new melanocytes, called melanocyte stem cells, begin to slow down."

So, with aging or interruption in melanocyte production due to illness, the amount of pigment distributed through the hair becomes more sparse. The rate of natural hair color change is mostly due to genetics, says Dorin, but maintaining good health plays a huge part, too.

"Hormone levels, stress, lifestyle, environmental pollutants and toxins can affect hair pigment production," he adds. Even natural body chemicals affect it. "Recently in a study done in Europe, scientists found that a buildup of hydrogen peroxide from the hair cells' biological process contributed to graying hair."