

# Alopecia Areata Support Association (Vic) Inc.



PO Box 89 Camberwell 3124  
03 9513 8580  
<http://home.vicnet.net.au/~aasa>  
Registration No. 0017172V

## May 2010

### In this issue:

'Curly' giving hope to thousands

General Meeting on 29th May 2010

Special General Meeting on 19th June 2010

Australia Alopecia Areata Foundation (AAAF)

The benefits of hypnosis

Head2head

The mental despair of alopecia

Sulfasalazine may be effective in alopecia areata treatment

Bald men still deal with hair-raising issues

Our next General Meeting will be held at 2pm on 29th May 2010 at Skin and Cancer Foundation, 80 Drummond St (cnr Queensberry St), Carlton, Victoria  
**See you there!**

### Disclaimer:

AASA provides information as a resource only and does not endorse the products or services being offered. Our aim is to help each other and advice given is of general nature and should not be regarded as professional advice.

### President's Report

Hi everybody.

Welcome to Autumn and the May Edition of our newsletter.

In the last newsletter I intimated to you that a number of positions on the committee were to become vacant in August and that we needed to fill these in order for the group to continue. You would have received a letter to that effect as well.

We did receive 2 responses from members who were will willing to help, which was great. But unfortunately we still do not have enough of the positions that will be filled come the next Annual General Meeting.

After much deliberation, the committee has decided to call a Special General Meeting where it will put forward a motion to dissolve the Alopecia Areata Support Association (AASA), continue key local support initiatives under the Australia Alopecia Areata Foundation (AAAF) and transfer/donate its assets to AAAF. This will contribute to AAAF's awareness and fundraising activities nationally and ensure that our local support initiatives can in fact continue.

The Special General Meeting will be on **Saturday 19th June** at Skin and Cancer Foundation in Carlton at 2.00pm. We invite all financial members to come along and vote.

AAAF is doing some very exciting things to ramp up awareness of alopecia. I would urge you to go to the website at [www.aaaf.org.au](http://www.aaaf.org.au), register yourself

and have a look at the activities that are coming up. There are also lots of opportunities for helping hands there as well.

We look forward to seeing you at our next general meeting or the special meeting in June.

Take care

Julie Billings, President



### From the editor

Back in the August 2009 AASA newsletter, I started Rob's Rant with the line "Welcome to the last ever issue of the AASA Newsletter".

Well, as sad as it may sound, that could very well be the truth for this issue of the newsletter.

As already mentioned by Julie, a motion will be put forward to dissolve AASA.

I'm sure most of you, who have been associated with AASA for many years, will be saddened by this, however, we have to look to the future and understand that though AASA may be winding down, the outlook for the Australia Alopecia Areata Foundation (AAAF) is exciting and breaking grounds in bringing awareness to the general public.

So I hope you enjoy this latest issue of the newsletter, and I hope to see you at the next meeting.

**May 2010**

**Housekeeping  
Notes:**

**Your newsletter  
editor:**  
Robert Chan

**E-mail address:**  
aasavic@iprimus.com.au

**Postal address:**  
PO Box 89  
Camberwell 3124

4 newsletters a year  
and all contributions  
by:

Mid July for August  
edition  
Mid October for  
November edition  
Mid January for  
February edition  
Mid April for May  
edition

**2010 Meeting Dates:**

27th February 2010  
29th May 2010  
28th August 2010  
27th November 2010

Next Meeting  
**29th May 2010**  
Skin and Cancer  
Foundation  
80 Drummond St,  
Carlton  
(cnr Queensberry  
and Drummond St)

All meetings are on  
the last Saturday of  
the month in  
February, May,  
August and  
November,  
commencing at  
2.00pm.

**'Curly' giving hope to thousands**

EUGENE Lincoln Napoleon Veith once bought a new Humber Snipe sedan but soon decided it was too fancy. "I was embarrassed," he says, "and got something cheaper." A simple-living bloke is Mr Veith, but purely through choice.

He once ran Veith Transport, Melbourne's biggest parcel-delivery company, and was worth millions, but he used to lie awake at night thinking of the hungry and homeless children all over the world. So he decided he would give all his money away to help them.

"About \$23 million so far," says Mr Veith, who as a young man was rendered bald by alopecia and began calling himself "Curly".

Did I mention that Curly turns 95 this year? That hasn't stopped him. He beetles about his Doncaster East retirement village in a shiny red mobility scooter and his gift-giving engine, Mission Enterprises Limited (MEL), has just set up a new off-shoot called Entrust.



"We go to rich businessmen and challenge them," he says. "We have taken several overseas to show them how other people are living. We took one bloke to Myanmar for a week, but he said he had to go home, it was upsetting him, couldn't stand it any longer. But he gave us \$10,000."

In a materialistic world obsessed with property prices and Tattsлото jackpots, Curly is a rare bird indeed. It was 50 years ago, when his company was in full flight, that he began his philanthropic crusade. His brother Walter needed finance at a mission in India and Curly decided to help. From there, the idea snowballed. He set up MEL to channel funds to worthy causes and they were everywhere: American Indians in Colorado, street kids in Bangkok, water wells in East Africa.

A Christian since the age of 16, Curly believes he has been given the gift of long life so he can continue his work. "I ask God for five extra years," he says, "and when that is up I ask for another five. I aim to live past 100."

Curly was born in Box Hill but his father, Charles, moved the family to a farm in the Strzelecki Ranges when he was six weeks old. Childhood was hard. "I was very shy, had a bad stammer and I was bald," he says.

**May 2010**

Then his face was disfigured when his brother, hammering a wedge into a log with the back of an axe, swung back and chopped through Curly's nose.

The farm eventually failed and the Veiths moved to Melbourne where Charles opened a butcher shop. "It was around the Great Depression," says Curly. "My father was a generous man and kept giving meat away so he went broke again."

However, there was one possession left from the business: a seven-horsepower baby Austin and the 20-year-old Curly began using it to make deliveries for a company in Flinders Lane called Scott Brothers.

"I had never had a decent education and I was a bit of a no-hoper really, but God seemed to have given me the ability to organise and that baby Austin eventually grew to 175 trucks and 1500 clients."

In 1986, the business was sold to Mayne Nickless and, after a modest distribution to his two sons and two daughters, the balance went to the MEL charity kitty.

Curly also developed a pastoral business with Australian farmers that continues to bolster funds.

Curly, whose wife, Ruth, died in 1989 after a 49-year marriage, is still a MEL director.

"One day I got a phone call from a Doctor So-and-so at a church up in Queensland," he says. "They wanted to build a school but they didn't have the money to buy the land. I said to my sidekick, Ron, 'I believe this fella and I believe that God is telling me to give him the money'. I sent him a cheque that night."

*Written by Lawrence Money, originally published in The Age online*

<http://www.theage.com.au/victoria/curly-giving-hope-to-thousands-20100428-tsho.html>

---

**General Meeting on 29th May 2010**

Our next general meeting details are as follows:

**Date :** Saturday 29th May 2010

**Time :** 2pm

**Location :** Skin and Cancer Foundation

**80 Drummond St (cnr Queensberry St),**

**Carlton, Victoria**

---

**Special General Meeting on 19th June 2010**

As mentioned previously, we will be holding a Special General Meeting, details are as follows:

**Date :** Saturday 19th June 2010

**Time :** 2pm

**Location :** Skin and Cancer Foundation

**80 Drummond St (cnr Queensberry St),**

**Carlton, Victoria**

This special meeting will be to discuss the dissolution of AASA, and what that will entail in terms of raising awareness and support for alopecia.

We really do hope all financial members are able to make it as your opinion counts.

Feel free to request bulk copies of our brochures. By handing them out, you not only create awareness of our group, but you create awareness of Alopecia in general.

**May 2010**

Seeking information or support?

Phone our MessageBank on (03) 9513-8580.

A group member will return your call within 24 hours.

**Australia Alopecia Areata Foundation (AAAF)**

Founded in 2010, Australia Alopecia Areata Foundation (AAAF), is established to be the national Australia body supporting research to find a cure or acceptable treatment for alopecia, support those with the disease, and inform the public about all forms of alopecia areata. AAAF is governed by a volunteer steering committee.

Since its inception, AAAF has been met with lots of positivity and in raising awareness in alopecia. They have many activities planned in the near future, including an Alopecia Awareness Week in October. Below are just some of the events that are being planned.

Please note that dates are subject to change, and its best to visit their website at <http://www.aaaf.org.au> for all the latest updates.

**June 2010**

June 5th - Fundraising Shopping Tour – Cost \$40, includes 2 course meal, welcome champagne, \$100 Lucky seat, massage and relaxation vouchers, Free Zumba class for all attending.

June 16th - Attendance at the 6th World Congress for Hair Research – 6 papers on Alopecia will be presented by leading dermatologists around the world.

**July 2010**

17 July - INTERNATIONAL ALOPECIA DAY, replaces National Bald Out – A day to get together for a lunch or dinner.

**October 2010****Alopecia Awareness Week**

10 October to 16 October - Activities are still to be finalised for this week, but so far the following ahs been confirmed.

Sunday 10th – AAW - Wellbeing Expo – 10:00am – 4:00pm 40+ Stalls, Zumba, Aerobics and Dance exhibitions. AFL Hand ball competition.

Monday 11th AAW - Golf Day – Rosebud Country Club 12:30 start

Tuesday 12th – AAW – Melbourne Aquarium for Toddlers (seeking interest at [info@aaaf.org.au](mailto:info@aaaf.org.au))

Friday 15th – AAW – Crazy hair day – School children to run a crazy hair day at their school for a gold coin donation. Looking for children willing to participate. Please send in your interest to [info@aaaf.org.au](mailto:info@aaaf.org.au) so we can assist you in organising this with your school.



**Australia Alopecia Areata Foundation**

**Alopecia Areata**  
..... it's life changing

May 2010

## The benefits of hypnosis

A group of researchers from Belgium have published a number of reports on the benefits of hypnosis for people with alopecia areata.

The first of these, in 2006, was reported widely in the media as showing that it might be possible to influence hair regrowth by hypnosis.

In November 2006, the Victorian Alopecia Areata Support Association newsletter, said that the study showed benefits in reducing the stress people experienced but the evidence that hypnosis caused hair regrowth, was not convincing.

The results of the latest study from this research group were discussed in a letter to the editor of the Journal of the American Academy of Dermatology in March 2010.

The researchers report on a new study with a better design. The important differences to their past studies included the use of a control group. A 'control' group is a group of people similar to the study group, but they do not receive the treatment. This means the treated and control groups can be compared. This ensures that changes in the treated group are not wrongly attributed to the treatment.

The second improvement in the new study was that people in the study group did not receive other treatments at the same time. This gives more confidence that any changes are caused by hypnosis.

Now the researchers have been able to say, with more confidence, that their treatment has beneficial effects on the psychological wellbeing and quality of life of people with long standing alopecia, however they are unable to say it causes hair regrowth.

An up to date (May 2010) statement on the effectiveness of medical treatments for alopecia areata can be found here :

<http://www2.cochrane.org/reviews/en/ab004413.html>

*Ria Willemsen and others Hypnosis in refractory alopecia areata significantly improves depression, anxiety and life quality but not hair regrowth, Journal of the American Academy of Dermatology vol 62 Number 3 March 2010 pages 17 and 18.*

*Originally published at head2head (<http://www.quotidian.net/head2head/newsitems.html>)*

## head2head

Patricia Crotty, a former AASA committee member and AASA newsletter editor, has setup a small community group called head2head, which aims to provide support for people in the Geelong area of Victoria.

From their website:

*Head2head is an informal support group working to promote positive wellbeing for individuals and families affected by alopecia areata living in regional and rural Victoria.*

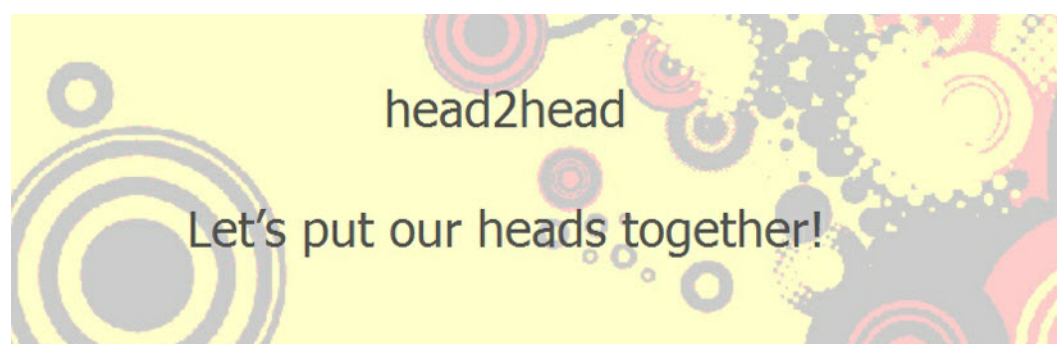
*The quality of life of people with alopecia is important to us.*

*We first met in Geelong in April 2010 and because we are a small group we meet at someone's home to have a chat, share stories and information and enjoy a relaxed hour or so in the company of supportive people.*

So if you are in Geelong or the surrounding areas, visit their website at:  
<http://www.quotidian.net/head2head/index.html>

Do you have a story to tell? Or you have some feedback to give? We'd love to hear from you! Please send any thoughts or comments, or if you'd like to share your story, email them through to us.

You can even remain anonymous if you like.



**May 2010**

### **AASA on Facebook!**

With all this talk about Facebook, there is now also an AASA Facebook group available, to allow members and supporters to interact with each other.

To join the group, type in "Alopecia Areata Support Association" in the search bar. You should see the AASA logo in the results.

You can also add AASA as your friend. Type in "aasavic@iprimus.com.au" and again you should see the AASA logo in the results.

Be aware that should you join the AASA group, or add AASA as your friend, your other friends will also see this, in case they don't know about your condition, and you are not ready to tell them.

## **The mental despair of alopecia**

MARTIN Luther in the 15th century is quoted as saying: "The hair is the richest ornament of women." Many of the young men who have alopecia would agree that this quote also relates to them.

Alopecia is an autoimmune disease that can strike anyone at any age, from the very young to older adults. The diagnosis can be devastating, and sometimes little or no treatment is offered.

Growing up with alopecia has indeed been challenging. I was first diagnosed at age seven, when patches developed around the crown of my head, and my hair thinned out all over. The first treatment offered by my dermatologist was ultra violet ray treatment, and this worked for a while.

The patches would return at regular intervals and then my eyebrows and eyelashes would disappear. I was constantly told that my hair loss was exacerbated by stress, and if I could stop worrying about it, my hair would grow back. This created a cycle of despair, because watching your hair fall out was indeed very stressful, and thinking you had contributed to it just made everything worse.

I was injected with cortisone on my eyebrow line to help regrowth, and again this worked for a short time. Minoxidil was used as a cream to rub onto the patches, as well as an abrasive concoction to stimulate the hair follicles. I was prepared to try anything to make my hair grow, but in the end the constant failure of these treatments was soul destroying.

At age 26, following the birth of my daughter, all my hair fell out – alopecia universalis – and I had to face the fact that it would not grow again. At that time there were no support groups, little was known about what caused hair loss, and I was told to stop seeking treatment and get on with my life.

The next step was to purchase a wig to maintain a "normal" appearance. A simple wig purchased at a department store was hot, uncomfortable and easily displaced. Luckily, this was at the time suction- based human hair wigs were being developed. This of course came at a price, approximately \$3000 for a wig that lasted for 2-3 years. To this day little or no funding is available to people with alopecia, and a wig attracts GST, whereas all other medical prostheses are GST free.

I have noticed over the years of total hair loss that my body temperature is affected. Lack of body hair means I feel the cold and the heat more than the average person. This is something rarely mentioned when talking about alopecia.

Loss of hair can mean the loss of identity to some people. Many hide the fact that they have no hair, and become introverted and extremely vulnerable. Every time you open up a magazine the emphasis is on beauty, hair and makeup. When Britney Spears shaved off all her hair the world was horrified. Most people strive to look 'normal' and not stand out. This is just human nature. It is also true that:

- Many with alopecia are wrongly thought to have cancer.
- Many suffer from bullying at school.
- Many feel isolated and embarrassed.
- Many just want it to all go away.

This is why doctors should follow through with their patients and make sure their mental health status is stable, and that it is maintained.

Counselling and continual encouragement are essential. A mental health care plan may be extremely beneficial.

Nowadays there are support groups. The Internet has opened up the world, and it is helpful to direct people to a support group from which they can find comfort and hope.

A group called the Princess Charlotte Alopecia Foundation ([www.princesscharlottealopecia.com](http://www.princesscharlottealopecia.com)), based in Sydney, aims to provide emotional support to those with alopecia and their families, educate the public and create awareness of alopecia in Australia and New Zealand, and to provide financial assistance to those who struggle with the cost of a wig.

It also aims to gain the support of our Federal Government in providing more adequate financial support in the purchase of wigs.

When you next see a patient who has alopecia please remember that they may not be coping. Just spend a little time to see that all is well.

*Written by Patricia Fogarty, originally published in The Medical Observer (<http://www.medicalobserver.com.au>)*

May 2010

## Sulfasalazine may be effective in alopecia areata treatment

Many different therapies are currently being used to treat alopecia areata, however, most prove to be only marginally effective. A recent study showed that sulfasalazine is effective in the treatment of alopecia areata and can be considered as a viable therapeutic option for this disease.

Alopecia areata is a challenging disease to treat and can be often recalcitrant to the plethora of therapies currently being used, including mainstay therapies such as topical, systemic and intralesional corticosteroids, as well as trials with anthralin, minoxidil, cyclosporine, alpha-interferon and topical immunotherapy such as topical diphencyprone.

According to one expert, sulfasalazine could be a good alternative treatment for alopecia areata because of its good efficacy, good adverse event profile and steroid sparing nature.

"Sulfasalazine is a hopeful treatment approach that works similarly to other currently used medications without any serious adverse events. The drug has immunosuppressive and immunomodulatory effects, including the inhibition of inflammatory cell chemotaxis, and cytokine and antibody production and similar to cyclosporine, sulfasalazine has been shown to inhibit the release of interleukin 2," says Shahin Aghaei, M.D., assistant professor, department of dermatology, Jahrom University of Medical Sciences, School of Medicine, Jahrom, Iran.

### Clinical trial

In a recent open label, uncontrolled clinical trial, 26 patients with recalcitrant or severe alopecia areata (>40 percent scalp hair loss) were treated with sulfasalazine initially dosed at 500 mg bid for the first month, then 1 g bid for the second month, and finally with 1.5 g bid for a further three months.

Patients were grouped into three categories according to their response to treatment: no hair re-growth (<10 percent terminal hair), partial hair re-growth (10 percent to 90 percent terminal hair), and complete hair re-growth (90 percent to 100 percent terminal hair). If no re-growth was observed after six months of treatment, the patient was considered to be a non-responder and was dropped from the trial.

Twenty-two of 26 patients completed the study. Overall, results showed that 68.2 percent (15 of 22) of patients responded to therapy with 27.3 percent (six of 22 patients) and 40.9 percent (nine of 22 patients) demonstrating a complete hair re-growth and a partial hair re-growth, respectively.

Of the nine patients with partial hair growth response, five patients had 10-20 percent re-growth, two patients had 30-40 percent, one patient had 50 percent, and one patient had 60-70 percent re-growth. Results also showed that 45.5 percent (10 of 22 patients) with initially complete or partial remission suffered a partial or complete relapse either on maintenance treatment or after termination of therapy. Seven (31.8 percent) of patients had no hair re-growth and were dropped from the study.

"We saw that there was a remission in patients after the drug was either stopped or during the maintenance treatment phase. However, the relapse or partial relapse that occurs in these patients with sulfasalazine therapy is acceptable when looking at other treatment options," Dr. Aghaei says. "Topical, intralesional and especially oral corticosteroid therapy is the most common used approach and is the mainstay of therapy, however, though this approach may be effective in some patients, sulfasalazine is a good therapeutic option in lieu of the frequently encountered adverse events associated with corticosteroid therapy."

### Adverse events

The adverse events encountered in this small series of patients with sulfasalazine included gastrointestinal distress, rash, laboratory value abnormalities and headaches and was seen in 31.8 (seven of 22) percent of patients. These adverse events were all encountered within the first three months of treatment.

According to Dr. Aghaei, these side effects can be managed by lowering the dose of sulfasalazine or giving the patient a drug holiday.

Alopecia areata is a chronic disease and, therefore, a long-term therapeutic solution is needed that has less side effects than those typically seen with corticosteroid treatments. According to Dr. Aghaei, steroid sparing agents such as immunotherapy have a safer drug profile as well as a good tolerability in alopecia areata patients.

"It is clear that we need more effective therapies with minimal side effects for the treatment of alopecia areata. This study consisted of only a few patients, but I believe some inroads have been made in terms of finding alternative treatments for this disease. I think that dermatologists and dermatologic researchers could use this study as a platform to work from, and perform much larger controlled clinical trials with steroid-sparing drugs, perhaps directly comparing the therapeutic benefits of sulfasalazine to steroid and immunotherapy," Dr. Aghaei says.

*Written by Ilya Petrou, M.D., originally published in ModernMedicine  
(<http://www.modernmedicine.com/modernmedicine/Dermatology/Sulfasalazine-may-be-effective-in-alopecia-areata-/ArticleStandard/Article/detail/666211?contextCategoryId=40160>)*

Have you seen a movie or read a book which features Alopecia as one of its themes? We'd love for you to bring it to our attention. Let us know by sending us an email with the details.

May 2010

**Bald men still deal with hair-raising issues**

Are you really bald or is your neck blowing a bubble? Hey, you're so bald a wig won't help, so bald we can see what's on your mind.

The bad bald jokes arrive like illegal immigrants to Arizona, in waves, and without the hair-endowed ever stopping to consider that we may have already noticed.

Same as portly people or people born with an inability to eat bananas (I know of two), bald people forced to live in a hair-obsessed culture are always painfully aware of their affliction.

Oh, you don't think that we are hair-obsessed? Of course you don't. That's because the copiously haired are the most insensitive people on Earth.

Have you noticed (and I know that you haven't) how many hair salons there are in the South Bay alone? Like liquor stores silently tempting the alcoholic-afflicted, hair salons mock us.

Or at least the place where I take my son for haircuts does, with the appointment lady always looking from fur-headed son to me before asking, "Which one of you needs the cut?"

Everybody laughs, even me, because bald people are required to be magnanimous, self-effacing sports in a nation where hair-care products take up acres of drug and grocery store shelf space and most of our sex symbols come fully upholstered.

This in a world where the most primitive form of public affection involves running hands through hair. In children and adults, the simianlike stroking of hair forges a bond in which people like me can no longer share.

You get caressed, we get, "Hey, you're bald!"

Which is why bald people tend to shoulder their way into good company, a list of which I found on famousbaldpeople.com.

Sure, famouspeoplewithhair.com would be infinitely longer. But we take what we can get and what we get is pretty damn outstanding: Andre Agassi, Sir Ben Kingsley, Billy Zane, the famously bald and tough Bruce Willis, handsome Damon Wayans, not so handsome David Ogden Stiers, Dr. Phil, Ed Asner, Elton John, tough George Foreman, the great Homer Simpson, Howie Mandel, Hulk Hogan, James Tolkman, Jason Alexander, Jesse Ventura, John Malkovich, Larry David (coiner of the term "the bald community"), Michael Jordan, Mikhail Gorbachev, Montel Williams, Patrick Stewart, Paul Shaffer, Ron Howard, Samuel L. Jackson, the one and only Sean Connery, the matchless Sir Winston Churchill, "Stone Cold" Steve Austin, Ted Danson, Telly Savalas, Vin Diesel, Ving Rhames, Willard Scott and that man ahead of his time, the late Yul Brynner.

Seriously, you'd think that Sean Connery alone would give us all a free pass. Or most of the bald NBA, or any black male, which I mention because bald black men set the standard, always looking cool and like they are doing it on purpose.

But we have to come to grips with all this if we happen to be more Larry David than 007. Face it, without athletic cred or fame, most of us are just bald guys. A group that also includes Julius Caesar and Dwight D. Eisenhower.

And there are lot of us. According to the American Medical Association, male-pattern baldness affects roughly 40 million men in the United States alone.

I have to wonder how many of us fretted during our terrifying just-thinning days each time we saw some fossil with Captain Kangaroo bangs combed over his forehead from a ludicrous starting point at the back of his skull.

Or shuddered, as I did growing up in South Florida, in God's own waiting room, where barbershops advertised "Toupee making and cleaning, Ceasars and weaves for gents."

I never did find out what a Ceasar was but I figured that it probably came with a sudden desire to wear shorts, shoes, shirts and socks all in the same exact shade of orange.

And all this consternation that for most of us ends with a six-blade razor routinely applied to the scalp sides is caused by genes.

Nor does it help to know, more or less, what's causing the loss of hair that has about as much practical use as dandruff.

According to familydoctor.org, common baldness, male-pattern baldness, permanent-pattern baldness and androgenetic alopecia all amount to pretty much the same thing.

You're bald, with those who start balding early usually winding up the baldest. The trigger seems to be DHT, a sex hormone that also promotes facial hair growth and (OMG!) prostate problems.

The DHT apparently initiates a process of follicular miniaturization. Wonderful. Doctors, meanwhile, measure hair loss on something called the Hamilton-Norwood I-VII scale. With "I" listed as "cool guy" and "VII" as "don't worry, your mom still loves you."

What we used to hear about baldness being inherited from the maternal grandfather isn't true. Now researchers know that baldness is contributed by both parents. Mom, who has a bald father, marries a bald man and bingo, you get someone like me. Thank you very much.

If there is an upside beyond the emotional self-sufficiency that comes with baldness it is this: One measly little study conducted by some possibly deluded and probably-bald geneticists claims that hair loss possibly developed as part of a "positive evolutionary process."

The suggestion here, and this would seem to run contrary to reality, is that baldness evolved in males through sexual selection. Women, these possible baldies claim, long ago saw baldness as a sign of social maturity. In short, bald males were seen as great and dependable partners likely to raise offspring to adulthood.

OK, I did that. Can I now trade some of that endless dependability for hair?

Written by John Bogert, originally published in *dailybreeze.com*  
([http://www.dailybreeze.com/ci\\_15057234](http://www.dailybreeze.com/ci_15057234))

A special thanks from the editor to everyone who contributed items for the newsletter.