Hair loss is a growing problem for men and women, but a new FDA-cleared device offers hope.

The device can be used in the home and is indicated for use three times per week for 10-15 minutes per treatment. The FDA clears the device after submission of a multicentered, placebo-controlled trial, which demonstrated that users of the HairMax realized an increase in hair density of 18 hairs/sq.cm while the placebo group lost 7.6 hairs/sq.cm, a significant difference.

In addition to new hair growth, subjects experienced decreased hair fallout, increased speed of hair growth and an increase in managability and overall condition of the hair. There were no reported negative side effects in any of the participants.

The product has been on the market since 2000.

To learn more about the HairMax LaserComb, visit www.HairMax.com or call (800) 973-4769.

Latta offers these additional tips for addressing the admissions committee:

• Be an Early Bird: Get involved in as many activities as possible.

• Flex Your Passport Muscles: Participate in an international journey and promote and describe the experiences in college essays.

• Get Behind a Cause: Find a social issue that you are passionate about and get behind it.

• Leave Your Backyard: Don’t turn your back on academic opportunities across the country or around the world.

• Spring Break to College: Start visiting colleges on your junior year spring break.

• Power in Numbers: Apply to more schools experts recommend (10 to 15) to keep a range of colleges open and to evaluate the best scholarship options.

To learn more, visit www.studentambassadors.org.

Individual Peaches Cobblers

Yields 4 servings

4 cups fresh or frozen sliced peaches, thawed
1⁄4 cup sugar substitute
2 tablespoons margarine spread
1 tablespoon brown sugar
2 tablespoons sugar substitute

Topping:
5 cup rolled oats
3 teaspoon cinnamon
1 teaspoon nutmeg
1 tablespoon cornstarch

Cooking spray

Preheat oven to 350 degrees F. Lightly spray four ramekins with cooking spray. In a large bowl, toss the peaches with Equal Spoonful until it dissolves. Stir in the lemon juice, cinnamon, nutmeg and cornstarch. Place the ramekins on a cookie sheet and equally space the peach mixtures into the ramekins. In a mixing bowl, combine the rolled oats, cinnamon, nutmeg, Shredded’s Spread, brown sugar and Equal. Sprinkle evenly over the peach mixture. Bake uncovered for 30-35 minutes until peaches are tender and topping is crisp and golden brown. Cool slightly before serving.