



The Beauty Spot

by Barb Presswood

Questions on skin care

Some popular questions about skin care and our responses:

QUESTION: Which is better for the skin, soap or a lotion cleanser?

ANSWER: Soaps are great cleansers for certain types of skin, but they are very drying, and they aren't recommended for dry skin. Lotions are better than soap for removing make-up.

QUESTION: When does the sun start to affect my skin?

ANSWER: The sun begins to age us the very first time we are exposed to it, but there isn't too much we can do about it at that age. The best thing to do is to start using a sun protector as early as possible to protect your skin from the harsh effects of too much sun. Any sun tan lotion will block out the burning rays from the sun. The best way to get a summer tan is to plan your periods of exposure early in the summer, spending only short periods of time in the sun until you develop a tan which will protect your skin from the harsher sun rays.

QUESTION: Are there different types of moisturizers?

ANSWER: Yes, there are different types of moisturizer. Oily skin needs only a light moisturizer. Dry skin needs a heavier one. However, in the winter, everyone needs a heavy one to protect skin from the dry, cold air and keep it from drying out too much.

QUESTION: Is there a difference between night creams and moisturizers?

ANSWER: Yes, night creams and moisturizers are different. Night creams are heavier than moisturizers and usually much richer. They are used mainly for dry skin, but all skin types need some kind of protection, be it moisturizer and/or night cream, to keep skin soft and smooth.

QUESTION: How do I cover up dark spots and freckles?

ANSWER: Unfortunately, there is nothing that will completely fade freckles and dark spots. A light foundation will even them out somewhat.

NAIL BITING

Estimates show that 45 per cent of children, 25 per cent of college students and 10 per cent of adults bite their nails, but there are ways of breaking this habit.

The first step is to keep a record of how often, when and where you bite your nails. Then list all the problems and inconveniences this habit of nail-biting causes you. Learning relaxation techniques can help overcome the stress which may lead to nail-biting.

Remember, if all these techniques work, you will be rewarded with ten handsome fingernails. You will no longer

be embarrassed by ragged, unsightly nails or feel self-conscious about your hands. Conquering the nail-biting habit will not only improve your appearance, but it will give you the real satisfaction of doing something nice for yourself. Good luck!

You can write to The Beauty Spot at Ricci Coiffure in the Georgetown Market Centre or at The Herald, 45 Guelph St., Georgetown

Vandalism woes bring plaza patrol squad

Halton Regional Police have established a permanent three-man squad to patrol plazas having problems with rowdy youths following marked success with a temporary squad at a plaza in Oakville, Police Chief James Harding said Thursday.

In a status report to the Halton Regional Police Commission on traffic enforcement, Chief Harding said a

temporary squad of officers had made 20 arrests over a period of about a week and had helped to bring under control problems with trespassing, noise, impaired driving and other driving offences at a shopping plaza in Oakville.

As a result of the success of the temporary squad, it has been decided to set up a permanent squad of three officers who will spend time patrolling plazas, parks and

recreation areas which request assistance.

The squad will patrol in both uniform and plain clothes, whichever is deemed most effective for the particular situation, the chief said.

"Three men is all we can muster," he said. "It won't cost any more money, but it will deplete our patrol forces by three men. We have to utilize our manpower in the most effective way."

'Mounties' for Halton?

The Halton Regional Police force is considering a return to patrolling on horseback, starting in Oakville's Lions Valley Park.

The park has been plagued with vandalism, one drunkenness, thefts and other problems caused by groups of rowdy youths, Crime Prevention Officer Constable James Drennan told the police commission Thursday. He proposed that the force send two

mounted officers on regular patrol through the park on weekends.

The park, which is located on Highway 5 in Oakville, is in a unique situation, being relatively isolated in a rural area, Constable Drennan said. The force has already received an offer from a ranch owner in the area who has had problems on his property to supply horses, equipment and any additional training needed

by the officers, he said.

Chief Police chief James Harding said after the meeting that he would recommend that Oakville Mayor Harry Barrett, "who just happens to be chairman of our police commission", make a presentation to the town of Oakville, requesting them to adopt the program.

Police \$167,000 under budget, Commission chairman boasts

Halton region may be struggling to reduce an unexpected deficit in its 1980 budget, but the Halton Regional Police force is under budget so far this year, police commission chairman Harry Barrett told commission members Thursday.

The police force is \$167,000 under projected spending levels in its operating budget, including an amount set aside for retroactive pay increases, Mayor Barrett said.

"We promised the region we would scrutinize the budget

and find ways to cut costs where we can," he said, adding that this doesn't mean the commission is reneging on its commitment to hire additional personnel.

"We'll have to get together with the chief and discuss the timing of the hiring of additional

people with him," Mayor Barrett said.

"We've always been within our budget in seven years since the regional force was established—sometimes only one-tenth of a per cent, but we've always been under budget."

No council news

"Insufficient material" for discussion has been cited as the reason for cancelling a second regular meeting of town council, which had been scheduled for Monday night. Council and its general committee had been meeting together on a bi-monthly basis since June, although all meetings since then have been lengthy and work-filled. The last such meeting took place August 5, however. The next combined council-committee meeting is scheduled for next Monday evening. This week's planning board meeting has also been cancelled.

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RULES: Each week the word "Provincial" will appear in several of the advertisements on this feature. Simply read through the advertisement and find the word "PROVINCIAL." Write down the names of the advertiser's where the word Provincial appears and submit to: Provincial Editor c/o The Herald. A weekly draw will be made and the winner notified.

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