



The Beauty Spot

by Barb Presswood

Understanding skin's needs

Every woman wants clear, soft, beautiful skin that glows with good health, but few of us know how to go about getting it.

Janine says that her life is so hectic, she sometimes goes two or three days without washing her face.

"It doesn't seem to hurt," she says.

Kathleen never washes her face with soap and water because soap is "too drying". Instead, she uses a creamy, deep-cleansing commercial product.

Linda has always assumed she has dry skin because her face feels tight after she washes it. So she loads it with moisturizers and creams.

All these women are making fundamental mistakes. They should never guess at what type their skin is, or go without regular cleansing.

Skin care can be an easy routine, just like brushing your teeth and should be done just as regularly, twice a day. Putting a lot of creams on your face when you're not sure what type of skin you have can clog your skin.

There's no magic formula; good skin depends on three basics:

1. Knowing your skin type.
2. Following a balanced diet and a regular exercise program.

3. Keeping up a daily skin-care routine that's custom-made for your skin and easy to follow.

We'll discuss each of these basics in turn, but first, let's take a look at what the skin is, and how it works. Dr. Bernice Krafchik, a Toronto dermatologist, helps us look a little further than "skin deep".

The skin is composed of three layers. The top layer, the one you see, is the epidermis. Briefly, its function is to provide protection from germs. New cells multiply continually here, pushing the older cells to the surface where they flatten out and overlap like shingles on a roof. These cells are continually being shed and replaced by new ones in a process that takes about 28 days. Also found here are the melanin, or pigment-producing cells, which protect against the sun's ultra-violet light and allow us to tan.

Immediately below the epidermis is the dermis. It contains blood vessels, nerve endings, sweat glands, the sebaceous or oil-producing glands, hair follicles and muscles. The dermis is also the location of collagen, a structural protein that is directly responsible for the elasticity, or resilience, of the skin. When collagen begins to break down because of the aging process, heredity and sun damage, the skin loses its elasticity and begins to sag and wrinkle.

The epidermis and dermis together constitute our "real" skin. Below these two layers is a layer of fat tissue, which varies in thickness over the body.

Back to the basics.

What determines skin type? The sebaceous glands determine the oiliness of your skin and are affected by hormonal activity. This means that dry skin is due to inadequate oil production, while oily skin is due to overactive oil glands. The combination skin type, as it's sometimes called, is characteristically oily on the forehead, nose and chin and dry on the cheeks. Since the sebaceous glands are normally more active in the combination skin, it's considered average or normal.

The skin's oil production is also affected by the weather. When it's cold and dry, surface moisture is lost to the environment very quickly through evaporation. On the other hand, a hot humid climate stimulates sebaceous activity, so you can expect your skin to be more oily in the summer.

IN TWO WEEKS: How to accurately determine your own skin type.

Feb. 7 Winterfest planning rolls into high gear

And the second annual Winterfest train just keeps on rolling.

Unnerved by last year's near financial disaster (lack of sufficient snow virtually wiped out Winterfest's "winter" impact) the Georgetown Jaycees are well on their way to filling a busy slate of

events for Feb. 7 and other clubs, groups and commercial organizations are gradually getting caught up in the momentum, announcing plans of their own to participate in Halton Hills' action-packed winter carnival.

The usually favorite carnival activities—snow sculpture, broomball and lots of



ice skating are being lined up for this year's Winterfest which, the Jaycees hope, will

attract some 1,000 to the Georgetown Fairgrounds between the opening ceremonies at 10 a.m. and the end of planned Winterfest dance in the armory at 1 a.m. the next morning.

At an organizational meeting Thursday night, Winterfest strategists emphasized that, while they are looking for more events, the key to Winterfest's success is getting the manpower to run

them efficiently. Volunteers don't have to be members of a particular service club to make a contribution.

The Jaycees are also after commercial participation in Winterfest, and plan to allot free space in the fairground armory to businesses wishing to display its products.

Food booths, meanwhile, will help take the edge off wintry appetites as well. Last year, the Jaycees and the Optimists ran concessions, the former selling hot wieners and loaves.

In addition to the favorite carnival events (the Georgetown Flag Football League is organizing a broomball tournament to run all day—open to groups and families) Acton and Georgetown high schools will likely face off in a "deep snow" tug-of-war.

Courtesy of the Keg Restaurant in Brampton, the Jaycees have also managed to procure a "monsterball",

one of those enormous spheres popularized in a beer commercial a few years ago. Filled with air, the ball needs large teams of about 10 to 30 players to push it over opposing goal lines.

The Kinsmen have already decided to organize a Winterfest car rally for Feb. 7. Following its start at the opening ceremonies, the rally will wind its way through an approximately 100 mile, Halton Hills course and drivers will face several check points.

The team (driver and navigator) with the least penalty points for missed check points and sloppy timing will be the winner.

And the event list doesn't end there. Look for youngsters' craning necks in a last-ditch effort to finish off an elusive donut bobbing at the end of a string, or take part in planned sleigh rides and toboggan races. There's even a possibility that Halton Hills residents can cheer on a dog-sled race mastered by the pros.

At the end of the day the Jaycees will host a Winterfest dance featuring music by MacMillan and Wife D.J.s. Available soon, the tickets for about 70 couples will sell for \$6.

The Winterfest mascot, a fat, buck-toothed beast, will soon become a popular public figure, making regular appearances to promote Win-

terfest. Sadly enough, however, he remains nameless and kids can shantly pick up "name the Winterfest beaver" contest forms at Akers and Clarke Real Estate, Golden Fish and Chips (Main Street) and Beaver Lumber. There is a special "mystery prize" for the winning entry.

If you want to offer a hand in organizing and running an event, or have an event suggestion, you are invited to call Bill Polak (677-6721) or Doug Penrice (677-8761).

Local UNICEF raises \$1,546

By BUD AND PHYLLIS LIVINGSTONE Herald Special

We are pleased to announce that \$1,546.29 was raised for our needy brothers and sisters around the world by the participation of the local schools and Sunday schools, plus two other organizations in the UNICEF Halloween programme.

Their selflessness and enthusiasm, along with the encouragement and support they received from group leaders and parents, is greatly appreciated.

We must also offer our sincere thanks and appreciation to the staff of the Canadian Imperial Bank of Commerce in the Georgetown Market for their prompt and courteous assistance.

Here are some of the ways in which the money raised by the citizens of Georgetown is used:

9 cents buys antibiotics
\$1 buys exercise books for 20 students
\$2.19 buys a shovel for a garden
\$22 buys a water-testing kit

May we take this opportunity of wishing each and everyone of you peace and joy this Christmas. You have certainly demonstrated that it is "better to give than to receive".

'Y' has ideal gifts

UNICEF stationery and calendars are available at the offices of the Georgetown YM-YWCA on Mountainview Road South. Proceeds from the sale of these items go to various UNICEF projects. The 'Y' is urging everyone to support UNICEF by picking up a calendar or some stationery. These items would make perfect Christmas gifts.

Red Cross seeks funds for Italy

Since the situation in Italy will continue to require emergency relief for the next 10 to 16 weeks, the League of Red Cross Societies in Geneva have urged all sister societies to continue their fund-raising activities.

Total collected funds in Canada to date is \$616,500. Conditions for relief workers are very bad, bogging down transportation and hindering efforts. Despite difficulties, it is reported that excellent work is being done by volunteer workers.

Tracer inquiries are still being sent to Geneva. Responses are coming back slowly. Death and injury lists are being released to the media in Canada by the Italian Embassy as they are received from the government.

The Southern Italy Earthquake Fund is studying the best method of offering assistance in the Italian disaster area. This fund has endorsed the donation of \$68,000 for immediate relief through the Red Cross. These funds have been teleaxed to Geneva in addition to \$66,500 collected by the Red Cross through various public donations.

Donations can be made to: Canadian Red Cross Society, 460 Jarvis Street, Toronto, Ontario M4Y 2H5, Tel.: 923-6692 or Southern Italy Earthquake Fund, 756 Ossington Avenue, Toronto, Ontario M6G 3T9, Tel.: 535-4446.

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