

Winter clothing exchange can help less fortunate

With the cold weather now here, area residents are being asked to establish winter coat/clothing exchanges for the less fortunate. Parents at local schools, volunteers at community centres, church members, local libraries - all could set up a small exchange to encourage recycling while keeping living costs down.

The cost of clothing - coats, boots, even ice skates - is a financial burden for families or anyone living on a fixed or low income. Children of all ages, women and men could really benefit from exchanging or purchasing at a nominal price. Then more money would be available for other necessities like food, heating, medicine or transportation.


How to Hold an Exchange

This is not a money making venture. The idea is to provide a clean winter coat or snowsuit that fits anyone who either brings in a coat for exchange or pays a small fee for it, and to support community recycling and sharing.

- Seek the support of a group (your church, school, club, library) to supply the initial stock of used coats in good repair.
- Set the dates and place of the sale (preferably two days, a week apart, at least a couple of weeks ahead). Set the policy for the exchange and the price of the coats for sale (perhaps the approx. cost of cleaning a coat).
- Find a dry cleaner who will clean any coats that need it for a substantial discount (50 per cent). Snowsuits can be washed at home.
- Start to advertise the exchange/sale by asking for coats from the community, i.e. the school newsletter, church bulletins, local newspapers, cable TV, listing where and when coats may be dropped off and, if possible, an information number.
- Recruit staff to: sort coats and decide which need and are worth cleaning. Set a day to do minor repairs (buttons) if feasible. Recruit staff for the exchange day.
- Left over coats can be donated to a local outlet that supplies items free to those in need.
- Don't offer to pick-up coats. People will call from miles away!

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Improve appearance of facial skin without surgery

Wanting to look your best is much more than vanity. Often it's a step toward improved self-esteem - a step which can reap rewards in a person's personal and professional life.

Recent advancements in the treatment of fine facial wrinkles have made it possible for people to improve their appearance without having to undergo surgery.

In practice in the Scarborough area for 12 years, Dr. Steven R. Cohen is a cosmetic surgeon specializing in the face and neck area. An expert in his field, he performs non-surgical techniques which can significantly improve the skin's appearance: Collagen Replacement

Therapy and Chemical Peel, as well as nasal cosmetic surgery, facelift and eyelid surgery.

Collagen replacement therapy has been performed for the past 13 years, but recent technological advancements have made the treatment even more effective.

Using the finest needles known to man, collagen is injected into the skin, effectively lifting the skin's surface for a more youthful, even contour. The treatment takes 20 minutes or so and is performed in the doctor's office. Occasionally there is some swelling, but it is very short-lived and a patient can be back to work the next day.

Depending on the area of the face,

collagen replacement therapy is usually done once or twice a year.

Unlike the chemical peels of the past which could incapacitate people for weeks, the most recent procedures using glycolic acid usually result in slight swelling and/or redness which lasts only a few hours and can be concealed immediately by cosmetics. This procedure is also performed in the doctor's office.

A series of three to five treatments are spaced one to three weeks apart, with improvement visible after the first visit.

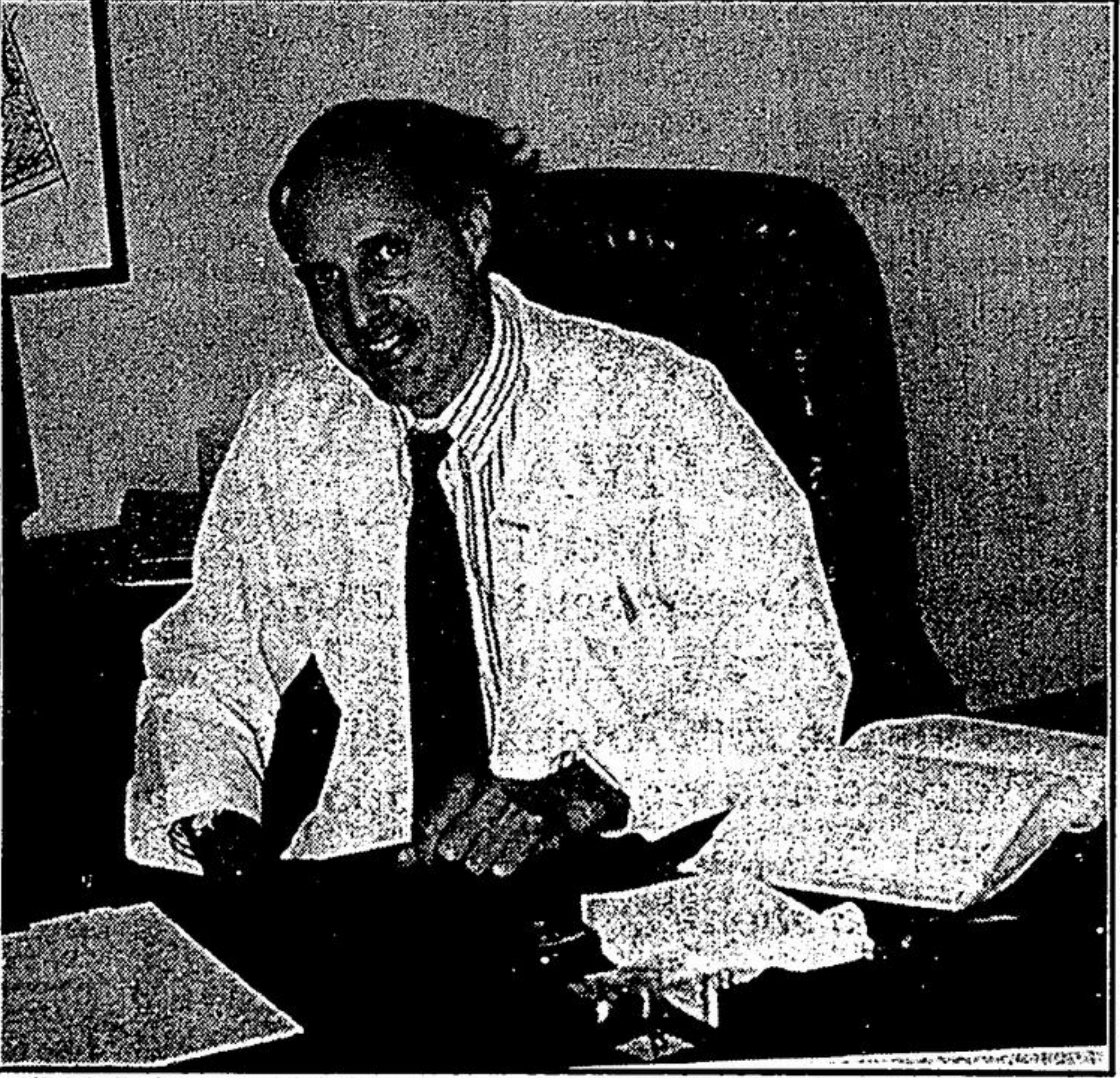
"The collagen replacement therapy and chemical peel can often supplement each other," said Dr. Cohen. "Each treatment is slightly better for different types of wrinkles and facial imperfections."

The collagen replacement therapy treats fine wrinkles, acne scars, larger creases and contour areas. The chemical peel treats fine wrinkles, improves the vibrancy of the skin and sometimes lightens the pigment on darker areas, giving the face a smooth finish.

Before collagen replacement therapy can be performed, said Dr. Cohen, a skin test is necessary to determine if the patient will have an adverse reaction to the collagen. Until February 15, 1994, the test is being offered free-of-charge to Dr. Cohen's patients.

"We try to individualize the treatment for each patient," said Dr. Cohen, who added that his staff make every effort to make the patients' visits friendly and comfortable.

For more information about Collagen Replacement Therapy, Chemical Peels or cosmetic surgery, call Dr. Cohen's office at 281-0300.



Dr. Steven R. Cohen specializes in facial cosmetic surgery and other non-surgical techniques to improve the appearance of the face and neck.

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