

In the pursuit of a clean, close shave

By Mike Duncan
Of the Emerald

Ever thought of shaving as performing minor surgery? That's essentially what over 70 million men do every morning. Most use a manual razor to scrape away the upper shafts of about 12,000 facial hairs.

Only in the past two decades has the art of shaving turned into a science, with the invention of coated metals and effective electric shavers, and with recent advances in dermatological research. As a result, today's man can achieve a close, clean shave, free of nicks and razor burn. The following is a step-by-step guide to shaving, based on information about hair, skin and shaving from Portland dermatologist Dr. Richard Phipps, and tips from Eugene barber Ed Mayers, owner and operator of Kampus Barber Shop.

•When you rise, shine your shoes but don't shave. The face is a collection point for all kinds of bodily fluids — blood, sweat and of course, tears. A complex system of microscopic blood vessels, oil and sweat glands lies beneath each individual hair. When you rise from your sleep, your face may be puffed up to twice its fluid volume as when you're standing. Waiting at least 10 minutes to shave after getting out of bed allows the puffiness to go down, reducing the chance of getting nicked by the blade.

•Showering in the morning before you shave will give you extra time on your feet and will warm the pores on your face. Facial hair extends several layers into the skin. When you apply heat, the pores open, and the hair shaft moves more smoothly with the razor from the socket, allowing for a closer shave and lessening the likelihood of bleeding.

•Before lathering your stubbles with shaving

cream, cleanse your face. It is important to use a quality soap made specifically for your skin type — oily, normal or dry. Washing off the soap immediately will prevent the natural oils from leaving your skin, which can cause roughness, and make you more prone to injury.

•A thorough rinse with hot water, after cleansing, will prepare your face for the lather. Apply your favorite shaving cream in a circular motion against the grain of the hair so it completely penetrates the hair and skin. Shaving cream functions as a lubricant, reducing the drag of the razor and softening the hair strands. After about two minutes the cream has had enough time to work into your skin, and you are ready to go at your face with the blade.

•For smooth shaving, take long, easy strokes with a new, sharp razor. There is no significant difference between single-edged and double-edged razors, but sharpness is always a must. The sharp edge of the blade should always lead the swipe at your beard at the proper angle so it doesn't drag.

•A bit of discourse on technique: Hair grows with a downward grain on the cheeks and upward on the neck, with varying patterns along the jaw line. To avoid ingrown hairs, shave in the same direction as the hair grows.

•After completing the shave, feel for rough spots and go over them again lightly with the razor. Next, rinse and dry your face. After-shaves may be best to avoid, since most contain alcohols, or astringents, which remove natural oils from the skin.

And if you come out of the shave uncut and uninjured, and your face feels smooth and clean, you may consider medical school, the next step toward the major league in surgery.



Photo by Steven Wall

Technique and technology combine to make a close shave easy and effective.

New sports program planned

Because of the changing demographics of society, which means more leisure and activity time for many people, the University's department of Physical Education and Human Movement Studies has had to change its ways, says the department's head.

"Across the nation, there is a big push for sports management; it's a boom," says Becky Sisley. And the University will offer such a program beginning next fall.

Sisley says many aspects of the leisure athletic field have grown with little or no help from professionals. The sports management program will provide the education people need to fill these positions, she says. No longer will graduates of the department be confined to teaching physical education as a career.

"The kind of careers we are looking at include jobs like the program director at a (YMCA), working for a city parks department, or working for a city

sports program," Sisley says.

The program will offer an array of broad topics for students to choose from. It will be more flexible than the current fitness management program being offered by the department, she says.

"Students will specialize in areas according to the courses they decide to select," she says.

Students can choose classes

from departments in business, communication, science, psychology and sociology for their degree, she says. Both a major and a minor will be offered.

Sisley says students interested in the program are encouraged to attend a session that will explain the program on Monday from 4:30 p.m. until 5:45 p.m. in Room 105 Esslinger.

Photo conference slated

The Society for Photography in Education will hold its ninth annual northwest regional conference at the University Nov. 1-4.

Featured artist for the conference will be Judith Golden, whose black-and-white self-portraits are currently on display in the University Art Museum. Golden will give a slide-illustrated lecture Friday at 7:30 p.m. in Room 107 Lawrence Hall. The lecture is free and open to the public.

Registration fees for the conference are \$15 for students, \$35 for others with a \$5 discount for national SPE members. There is also a \$5 late registration fee.

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