



Roger of Finchley with a customer. Photo by Deirdre Walton

## Cream of the crop

Champagne flowed freely for a week in the hairdressing salon Roger of Finchley at 5 Fortis Green N2, and with good reason. Popular proprietor Roger Brown was celebrating thirty years of business in East Finchley, a record matched by only three other local businesses.

In 1970 he opened a shop in the High Road, above what is now "Club XL," where he stayed for 5½ years. This venture was with an old friend who became a silent partner, Mr Spickett, and the partnership still continues.

As a youngster, Roger became interested in hairdressing through his elder brother, who was tragically killed in a motorbike accident when he was due to become a salon manager. At fifteen Roger left school and was apprenticed for five years to Louis Crooks in North Finchley, where he lived. He moved to manage his other shop in Tottenham, but after eighteen months decided to fulfil a desire to travel the world and set off in a Land Rover with three friends.

### Homeward bound

Returning home after three adventurous years Roger felt that he had lost touch with what was in hair fashion, so took a job in an optical factory at Mill Hill, which he hated. An advert led to Roger being given a hairdressing job at Hillside by a friend of his brother. Six months later he set up his own salon and he is still going strong!

Customers and friends gathered for a party at Glebelands Indoor Bowling Centre. It was a double celebration because stylist Deirdre Walton was celebrating her fiftieth birthday.

Roger would very much like to say thank you to all his old, and maybe new, clients for supporting him for thirty years and to those who are unfortunately no longer with us.

### East Finchley Baptist Church

just off the High Road in Creighton Avenue N2

Sundays at 11.00 am and 6.30 pm

for more information contact 8883 5743

**Visitors always welcome**

**CONTACT** CONTACT, East Finchley's Good Neighbour Scheme, is appealing for **VOLUNTEERS** to support the elderly and housebound who need help in the N2 area. Expenses will be paid and training given. Please call the co-ordinator between 9am and 1pm on 020 8444 1162.

42 Church Lane  
London N2 8DT



Telephone:  
020 8444 6265

### EAST FINCHLEY ADVICE SERVICE NEEDS VOLUNTEER ADVISERS

Do you enjoy helping others?  
Could you give advice?

Are you a sympathetic listener?

Can you spare two and a half hours a week?

**Training given**

If you are interested contact the co-ordinator on 020 8444 6265.



## Dear Deirdre...

I have never had any problems with my back before but the other day, after watching television for the evening, I suddenly got this terrible pain in my lower back. I could hardly get off the sofa to go to bed! The pain has now gone away but I'm worried that it might come back again. What should I do if it does?

Percy in pain

### Dear Percy

It may just be that the way you were sitting caused your back to "lock" like that or it may indicate something more serious. If the pain does come back, it would be a good idea to check it out with your doctor just to make sure.

If you're actually in pain, there are several things you can do which might help any pain, not just back pain.

The obvious one is to take an anti-inflammatory such as paracetamol, Panadol or aspirin - if the pain's really severe, something like Neurofen (not aspirin or Neurofen if you are asthmatic) - but there are other more natural, less chemical things you can do instead.

Pain can be caused by dehydration and lack of lubrication within the body, so drink plenty of water. You should in any case be drinking six to eight glasses a day, but if you are in sudden pain, drink as much water as you can, adding some fruit juice to make it more palatable if it helps.

Other natural analgesics are ginger - either taken internally or applied as a hot compress - and lavender. Mix a few drops of oil in a teaspoon of vegetable oil and massage it into the area. Eucalyptus and peppermint oil are also effective. Or you can eat a handful of sunflower seeds!

Laughter is the best medicine

Do anything which helps you relax: our tendency to tense up against pain tends to make it worse, so a hot bath, deep breathing or meditation will alleviate it. And, as we aggravate pain by thinking about it, you can visualise a scenario as far removed from your pain as possible; see everything there, hear the sounds, feel the emotions . . .

Reading or watching a video that makes you laugh can also help, especially while eating chocolate. Both laughing and chocolate boost your levels of serotonin and endorphins and so counter pain and raise your spirits!

I hope you'll find something here that helps you, Percy, but maybe the pain won't come back at all.

*Deirdre*

The Dear Deirdre column is written by Jane Revell, therapist and stress management specialist. If you have a problem you think I can help you with, please write to Dear Deirdre at *THE ARCHER*. All replies will be treated

## word play

submitted by  
John Larimer

### Sour sweet

Why does sour cream have a best before date?

### Major jump

Who is general failure and why is he reading my disk?

### Exit visa

The light went out, but where to?

### Alpha and Omega

Why is the alphabet in that order?

### Wind down

If you got into a taxi and the driver started driving backward, would the taxi driver end up owing you money?

### In the chair

What would a chair look like if your knees bent the other way?



Winners Alan Fardhan and Kodo - photo by Eileen Cannon

## Finchley Elim Pentecostal Church

*Refreshing Spiritual lives since 1937*

### October Specials

Sunday 1st - 11.00 am

### Harvest Thanksgiving & Buffet

Guest Speaker - Linda Fraser

Sunday 22nd - 11.00 am

### Hopes & Dreams

Live Musical Presentation

Sunday 29th 11.00 am

### Linda Pearce

Sings songs from her latest Gospel CD

**Location:** Salvation Army Hall, Hertford Road (off High Road), East Finchley. **Enquiries - 020 8444 5472**

## It's a Dog's Life!

Another successful dog show was organised by Eileen Cannon, of the café in Cherry Tree Wood.

Categories were for the handsomest dog, the prettiest bitch, the best veteran, the best puppy, the dog with the waggiest tail, the dog that the judge would most like to take home, the best latecomer and the best in the show. This distinction went to Kodo, a German shepherd dog owned by Alan Fardhan.

Bran, the golden retriever who produced a single puppy in June, has celebrated her seventh birthday. Local children celebrated by singing Happy Birthday to her, accompanied by the Jazz in the Park trombonist Damien Martin.