



Students dance, stretch and include a bit of yoga in their regimen, taught by Lori Perkins, who brings her know-how to Southfield Community Schools next week. (Staff photo by Gary Friedman)

Dynamic aerobics

By SHIRLEE IDEN

If you step into the auxiliary gym at Birney Middle School in the next few weeks and hear a cha cha or a charleston beat and see what looks like a Broadway show in rehearsal... well, it's not.

It will be one of Southfield Community Schools' newest classes in session. Called "Dynamic Aerobics," the class is so new it's not in the brochure the school's mailed out but it's a going thing. And will be for 10 weeks starting Sept. 26 when it begins meeting three times a week.

Lori Perkins of Southfield is the instructor. A trained dancer and the mother of a 3-year-old son, she took classes in aerobics herself two years ago and decided to become an instructor.

"Instructors are very badly needed," she said. "I was trained to teach aerobics by Steve and Donna Horowitz of Farmington and I love it. It's become an important part of my life."

Mrs. Perkins said dynamic aerobics is the fun way to physical fitness which she considers vital to everyone's well-being.

"My whole life is physical fitness," she said. "My father is a cardiologist and my grandmother teaches exercise classes. In my classes, I include information about nutrition and other fitness elements."

DYNAMIC AEROBICS is a form of aerobic dancing in which participants join in a set of dances to music. It is designed to push the heart's activity in a pleasurable way.

"We start with warm-up dances and go into more vigorous numbers," Mrs. Perkins explained. "Anyone at any level of fitness and dance ability can participate. We're gearing this class for both men and women."

"Our goal is to reach our maximum working heart rate, which is 220 minus your age. But the important thing is to come and enjoy yourself."

For those who may be self-conscious about taking such a class, Mrs. Perkins said there are no mirrors in the class and "no one's looking at you."

"My back is always to the class," she said.

"We take our pulse after each dance and at the end of the session the students are sweating and exhausted, but exhilarated."

There are no age restrictions for

participating but anyone over 40 or very overweight should check with a doctor, she said.

Mrs. Perkins said the classes are very popular and students "just can't wait to get to class."

"They always have a smile on their faces," she said.

Her students dance, stretch and include a bit of yoga in their regimen and Mrs. Perkins also encourages them to jog and exercise.

"If YOU don't use it, you'll lose it," she explained.

Aerobic exercise is designed to bring your heart rate way up and get your circulation going. Hopefully, the resting heart rate will become lower by the end of the session. That means the heart doesn't have to work as hard."

The price of physical fitness via the aerobic exercise route is \$35 for 30 classes given in 10 weeks. Students can choose how many times to participate.

If you like music, you will probably enjoy dynamic aerobics which can take the tedious out of getting and staying fit. Just call Southfield Community Schools for further information.



LORI PERKINS



By ALICE WESSELS BURLINGAME

Down to earth

Hints and tips for the fall

Gardening can be a peck of fun. Just for kicks, try this challenge. This is an idea that would be terrific for a classroom. Start children early in live

gardening projects and they are hooked for life.

This is the time to gather cones from white pine or hemlock—just

when they are beginning to open. Spread the cones out on a newspaper and as they dry, the seeds will fall out.

Let's make this dramatic—"time goes on." In a choice spot with sun, prepare a planting bed with some compost, sand if you need to break up the soil, and fertilizer. Later in the fall, make holes about six inches apart and one and one-half inches deep. Plant the seeds with not over an inch covering. Place some screening over the project to keep away those rodents, and you can include chipmunks and squirrels. Now you know how I feel about those "beasts."

How do you protect roses from winter blasts? This subject has had endless coverage. Henry J. Suppan of the Chicago area, a rose specialist, has developed this technique for the winter care of roses. He takes four sheets of newspaper and after laying them flat, divides the newspaper into thirds, the long way. In the fall he cuts his

bushes down to approximately 30 inches. The newspaper band is securely fitted around the base of the plant. It is secured with a staple.

When this step is finished, place a shovel of soil within the circle. On top of the soil, add some mulch. In the springtime, Suppan allows the soil to wash down naturally when he removes the folded newspaper. Sounds easy doesn't it, versus the many other methods you have read about through the years?

If you ever get in a jam and need a stunning arrangement for your hospitality table, select a silver or copper bowl and install an arrangement holder in the bowl. Cut off just a couple of

yew branches with interesting lines and smudge in among the dark green needles at the base as many shiny, red apples as the decor calls for. Then when dinner is ready light three

tapers beside the decorated bowl. Easy does it.

Here are some tips as you are out in the garden cutting flowers for home use. Cut roses in bud in the afternoon to take advantage of the day's exposure to the elements. Never cut flowers with scissors. To avoid clamping the stem closed, use a knife. Carry a small bucket of water to the garden as you gather your flowers. If you split the stems of mums three or four inches, you will expose the stems to a greater area of absorption. Don't place a flower arrangement near a sunny window and don't set flowers in a draft.

When you cut flowers allow them to be in deep water for several hours before arranging. Those which have a gummy tip (poppies, hydrangea, etc.) place in cold water first and then burn the tip with a match.

Many of our readers like to process the flowers from their gardens, even continually bring them inside until the last killing frost. Don't forget that three layers of newspaper can give frost protection or, of course, a cardboard box.

Asters can have extended life by placing them in a quart solution of two tablespoons of sugar and one tablespoon of salt. Begonias react to two tablespoons of salt in two quarts of water. Mums will respond to 10 drops of oil of clove in two quarts of water. Cosmos prosper when having one teaspoon of sugar in a pint of water. Daisies like eight drops of oil of peppermint in one quart of water and the Marguerites are so beautiful this time of year.

If you want to use a homegrown fern for decor in a bouquet, submerge in water for 12 hours and then shake well. Funkia will respond to a treatment of half a cup of vinegar in two cups of cold water. Salvia likes one tablespoon alcohol in one pint of water. Petunias will retain their glory when one teaspoon of sugar is added to a pint of water.

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Classes have career aim

Twenty-four classes to prepare persons for careers in child care, dietetic assistant work or in gerontology are scheduled by Wayne State University's Department of Family and Consumer Resources through the College of Lifelong Learning for the fall quarter.

Starting Sept. 25, the courses will be given in Detroit on the main campus; in Birmingham at the Birmingham Center for Continuing Education and in Southfield at the WSU Southfield Center.

Students need not be admitted to the university in order to register for any of the courses. For course counseling or registration information, call 877-3312.

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