

m.m.memos

When it comes to picking summer vacation spots, our family tends to the traditional.

We've had some years of traveling with the gang, but for the most part we've picked a peaceful spot and returned to it year after year.

For a dozen summers (and a couple of falls) as the girls were growing up, it was a one-of-a-kind cottage on a small, beautiful lake about 200 miles north that gave us a second home each vacation time.

Then, after that paradise was turned into a subdivision, we found a spot near the shores of Lake Superior, and that's where we've done our swimming, fishing and relaxing for the last five years.

THAT WAS OUR destination this summer, but who could have guessed that our choice of cabin there would be the great triumph of many vacations.

By way of explanation, I should add that we went north this year with only one of our quartet of daughters. Of the others, one was vacationing in the west, one was just returning from an eastern trip and one had a summer job. So we were just a little worried about what kind of a week our youngest would have with only her parents for company.

Of course there are a lot of things we like to do together, but she's used to a gang of sisters or friends and doesn't go for quite as much reading and working of double-crosses as we do.

BUT WE WEREN'T letting this minor apprehension bother us as we checked into the pleasant resort that has been our summer site in recent years.

We noted that, of the several cabins there, the one we had drawn this year was not our favorite. It has a smaller kitchen than some others, and not the best refrigerator.

But all that didn't matter a bit, and it turned out that in years of lake-going we had never located in a more suitable spot.

BECAUSE, ABOUT the same time we arrived, a car pulled up beside the cabin next to us, and our daughter was quick to report there were a couple of appropriately-aged young men getting out with the rest of that family.

It didn't take long for my counterpart next door to let us know that her son and

his friend had noted just as quickly that "There's a girl there, and she's got a guitar."

Needless to say, it was a great vacation for all concerned. The cabin was absolutely perfect, small kitchen and all.

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Widowed persons called to meeting

Widowed persons, of any age or religion, are invited to hear Dr. Margaret S. Nowak, a counseling psychologist, who will speak in St. Fabian Church on Aug. 24 beginning at 7:30 p.m. The church is located on Twelve Mile, between Orchard Lake and Farmington.

The once-a-month sessions are led by Jean Peters who received 60 persons at the July gathering.

Admission of \$1 is asked at the door.

ONCE THE COURSE is satisfactorily completed, students will receive a certificate which for many will open up new career and leisure opportunities. For some it will mean the ability to try out for the National Ski Patrol or a position on a retailer's security force.

Whatever the reason for taking course the result will be the same—people trained to help.

As long as the people want this service, I will continue teaching it," she said. "What better way to serve the community than to educate them. If my teaching accounts for one life saved—then it is well worth it."

For more information about the first aid course, call 336-2100 during regular business hours.

Nova haircut star of fall

Hedri Brancheau, owner of Hedri's Salons at the Orchard Mall in West Bloomfield and in Southfield predicts the "Nova" haircut as "the bright star of the fall-winter season."

In its most popular form, the Nova is a short-all-over cut, with the ears exposed and the neckline tapered, according to Ms. Brancheau, who just returned with several of her stylists from the National Hairdressers and Cosmetologists Association annual convention in Minneapolis.

Extra volume is available with the Nova either in the front or back, with a straight look or curled by permantones. Choice of emphasis depends on the facial structure of each woman, said Ms. Brancheau.

"We realize it takes many women some adjustment time to switch from a long to a short tapered neckline," she said. "So there is also a mid-length Nova style as an alternative."

The mid-length features over-the-brow emphasis to balance extra sweeping volume at the back.

"Either look works well for women of any age," she continued. She also predicts that autumn shades are the hot items in hair coloring for fall to match the russet-wine tones of the fall fashions.

The Nova, said Ms. Brancheau, is a no-hassle haircut that "is perfect for the nation's disco-dancing craze. It falls back into place when the beat ends."

She said the Nova requires cutting every four or five weeks.

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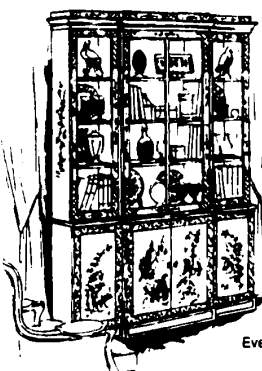
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Mary Ellen Janssen teaches people to save lives by using various rescue procedures. (Photo by Jim Hug)

Mrs. Janssen teaches detection of victims' tricky symptoms

By JANAN GRANNAM

Frequently mistaken for a heart attack, the early symptoms—aching in food-

roads with among the most common accidents in the United States.

Recognizing the tricky symptoms and how to treat the victim are some of the life-saving techniques Mary Ellen Janssen of Farmington teaches in her Red Cross First Aid and Personal Safety course.

Mrs. Janssen, a surgical nurse at Henry Ford Hospital Fairlane Center, has been a Red Cross volunteer for 10 years teaching people in the importance of accident prevention and life-saving procedures.

Currently, Mrs. Janssen is teaching a certified Red Cross class Tuesday nights at Henry Ford Hospital Fairlane Center in Dearborn.

THE COURSE will instruct participants in giving immediate care to the injured while medical assistance is being sought.

This means students will be equipped to handle temporary care of such injuries as poisoning, respiratory failure, heart attack, wounds, burns, fractures and frost-bites," said Mrs. Janssen.

She explained that often lay persons are afraid to give medical help after an accident, thinking their assistance may result in a law suit against them.

"I encourage my students to help accident victims," said Mrs. Janssen, "but to step aside as soon as professional help arrives."

Mrs. Janssen's students include skiers, swimmers, airline pilots, ski patrol instructors, detectives, housewives, businessmen and most abundantly, campers.

With the current trend in camping, we are glad to see so many campers take advantage of this course," she said. "Unfortunately though, there are still many campers who just take off into the woods without being prepared for accidents."

DEVOTING A SEGMENT of her course to "safe company," Mrs. Janssen urges her students to recognize the difference between choking on food and a heart attack. Often a person in a restaurant will be choking on food and will be treated for a heart attack," she said.

She explained the best way to determine the difference is by asking the victim: "Can you speak? If the victim has

swallowed food and cannot speak, it is safe to assume he is choking.

"We demonstrate the various ways to relieve the victim in this type of situation, making sure proper techniques are understood and implemented."

MRS. JANSSEN also stresses cardio-pulmonary resuscitation (CPR) and mouth to mouth resuscitation as life-saving techniques.

CPR is not required in a class of this format," she said, "but I believe it is important in any emergency situation."

How to stop bleeding, treatment of burns, head, arm and leg wraps and methods to treat poisoning are all emphasized.

As part of the poisoning prevention segment, Mrs. Janssen includes alcoholism and its treatment.

Many of the big companies are stressing treatment of alcoholism for their employees. It is the highest cause of absenteeism," she said. "I particularly focus on the treatment of alcoholism and its effects on youth."

A nurse for 20 years and mother of five children, Mrs. Janssen feels teaching first aid and personal safety is one of the most valuable contributions she can make.

"We've had such an overwhelming response to this course we will probably offer another session in September," she said.

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