

Police provide seniors tips on self-defense

By LOUISE OKRUTSKY
Learning to protect themselves from being robbed or harassed is part of some senior citizens' lives.

Working around their physical limitations, seniors can utilize some common sense tactics to ward off a mugger or purse snatcher, according to Farmington Hills Police Officers Jerry MacKenzie and Richard Murphy.

The two recently advised a group of seniors at the Gathering Place on ways to protect themselves. Instead of being fearful or doing the wrong thing during an emergency, seniors should keep a plan of action in mind, the officers said.

Women walking alone should hold their purse upside down. If someone tries to snatch their pocketbook, the officers advised the women to open the purse and allow its contents to spill over the sidewalk. Carrying a bag full of things adds to the affect.

While the contents are spilling over the sidewalk, women are instructed to yell for help, or use a whistle.

"If YOU yell for help, no one might come," MacKenzie said. "If you yell fire then someone is bound to run to the nearest phone or firebox and send in an alarm."

"You don't care. All we want is a siren," he said.

Both men and women should sit down during a mugging to prevent being knocked down and injured, said MacKenzie.

Purses can be left at home during trips to the supermarket, the policemen said. Carrying a wallet to the market can lessen the chance of a purse snatching.

On the other hand, leaving a purse in a shopping cart can serve as a temptation to the supermarket prowling thief, they said.

If a purse is a requirement in shopping and if it must be left in a shopping cart, women were advised to twist the straps around the cart's handle.

Men were advised to avoid showing their money and keep it in a wallet.

The officers advised against carrying large sums of money or walking alone. Seniors should stay in groups, they added.

"I tell that to the children," grumbled MacKenzie. "If you must drive alone, lock all the doors in your car."

IF A SENIOR walks alone, he or she should walk, "like you mean it," MacKenzie said.

Instead of a looking at the ground or clutching fearfully at a purse, seniors should hold their heads up and look alert.

Unlocked doors and open windows can show strangers into cars.

"Watch where you drive," MacKenzie said. "Evaluate the area in which you are traveling. Make sure there is plenty of light. And check your gas gauge. Try to put in an extra dollar's worth. I know it's hard sometimes but you don't want to run out of gas on a dark road."

When leaving the house for the evening, seniors should leave on a light and a radio, the officers said, to give the illusion that someone is home.

If a senior receives obscene phone calls, they should be reported to the police and the telephone company. Another way to discourage crank calls is use a police whistle on the phone.

The phone company will place a tracer on the line.

NUISANCE calls can generate into something more serious.

If the name and house number of a

senior are on a rural mail box, then it's a simple matter for someone to look up the phone number. Some series of nuisance calls have turned into demands for money. That is why

the police should be notified, according to MacKenzie.

Sometimes, a nuisance caller can switch from using the phone to knocking on the door and demanding money.



Isabelle Rennels listens while Farmington Hills P.U. Jerry MacKenzie gives seniors some advice on dealing with crime. (Staff photo by Harry Maute)



Dr. Dong Shin of Farmington is part of a team of scientists who work to reduce complications of surgery for patients with glaucoma.

Shin works to ease glaucoma surgery

Dr. Dong H. Shin, of Farmington, a Wayne State University School of Medicine ophthalmologist, recently participated in the development of a mechanical device to reduce complications of surgery for glaucoma patients.

Glaucoma, a common eye ailment which can lead to blindness, damages the optic nerve fibers of the eye through the build-up of fluid pressure. Although surgery is effective in more than 90 per cent of all cases, Dr. Shin says, this newly developed mechanical system can improve the surgical success rate.

Physicians treat glaucoma initially with medication and, in more difficult cases, with surgery. Surgery consists of creating artificial channels which drain fluid away and eliminate pressure.

The complications which sometimes occur during surgery are caused by sudden decompression at the time the surgeon begins work, when the high fluid pressure within the eye equalizes with atmospheric pressure.

AMONG THE complications which sometimes occur are cataract formation and what Dr. Shin calls "snuff out phenomena," the loss of remaining fibers which leads to total loss of sight. The normal procedure, according to

Dr. Shin, is to reduce fluid pressure by administering drugs. However, some patients suffering from other illnesses besides glaucoma cannot be administered the necessary medication which is why Dr. Shin's group developed the pressure reduction and regulation system.

Working with scientists from the National Aeronautics and Space Administration's (NASA) Lewis Research Center in Cleveland and Cleveland Ophthalmologist Dr. William J. McGowan, Dr. Shin tested the system on animals. The research was financed by NASA whose scientists designed the system.

The surgeon inserts a tiny needle which is connected by a tube to the rest of the pressure reduction system near the edge of the cornea. Pressure of the fluid supply is reduced in a controlled way, gradually, and maintained by the pressure regulator during surgery.

Dr. Shin, who joined the Wayne State Medical School faculty last year, has used the pressure reduction and regulation system in six operations at the Kresge Eye Institute and all the patients are doing well. None have suffered any post surgery complications.

Random tests, controlled studies of the system and further refinements by NASA scientists are planned.

THE INSIDE * ANGLE

*CAREER ENCOUNTERS 1978 may sound like a seminar on how to get into the science fiction business. But don't be fooled. The seminar, the sixth of its kind, will be held at the Orchard Ridge Campus of Oakland Community College, from 7:30 a.m.-12:30 p.m. Friday, April 14. Orchard Ridge is located at Orchard Lake Road and the I-696 expressway in Farmington Hills. The main purpose of the seminar is to make high school and career-bound women and men aware that OCC does have a secretarial and business department. The keynote speaker will be PAULETTE MARIENO, of Ford Motor Company personnel. Areas to be covered during the seminar will be secretarial (executive, legal and medical), business administration (accounting, finance, hotel and motel management, culinary arts and public administration), and allied health fields. For more information, contact Carol Stencel at 476-9400, ext. 331.

*GREGORY PETSKO, of Heritage Lane, Farmington, was among three Wayne State University scientists who captured a Sloan Fellowship for basic research. Sloan fellows are selected on their potential to contribute to scientific knowledge early in their careers. Petsko, 29, is a physical chemist and Rhodes Scholar, who earned his PhD from Oxford in 1973. He presently is researching the detailed atomic structure of proteins.

*"JOINT PROTECTION", a slide presentation on arthritis is featured at the Oakland County monthly "Mutual Support" program sponsored by the Michigan Chapter Arthritis Foundation next Monday, April 10, at 7 p.m. at St. David Episcopal Church, Twelve Mile, between Greenfield and Southfield roads in Southfield. The program is free.

*CHILDREN AT the Hillel Day School will have a chance to show off their literary skills at the Young Authors Book Fair at 1 p.m. Thursday in the school library, 2290 Middlebelt, Farmington. Every student in kindergarten through sixth grade has composed an original story with illustrations. They have also designed attractive book jackets. Two Hillel second grade teachers, JUDITH HERMAN and MARCIA FLAGMAN, are co-chairs and coordinators of the fair. RUTH GILL, the art teacher, directed the art aspect of the project.

*AVIVA MUTCHNICK, from the World Organization of Jews from Arab Countries, will be interviewed by Nancy Stein at 9:45 a.m. next Sunday, April 9 on the Jewish Community Highlights pro-

gram on WJBK-TV, Channel 2. Mutchnick was a Jewish refugee from Iraq and lived in an Israeli refugee camp. She will discuss the situation of Jews in Arab countries, particularly Syria and Iraq.

*GET OUT YOUR calendar and mark down these dates for some fine folk concert listening. The Orchard Ridge campus will present a free pop cultural series Tuesday at 8 p.m., May 9, at 8 p.m., June 5, at noon and June 6 at 8 p.m. Tuesday's offering will be in "12" building, room 306. Performing will be the Oakland University SLAVIC FOLK ENSEMBLE. The May 9 presentation will feature the OAKWAY SYMPHONY, while the June 5-6 presentations will feature URI SEGAL and his group performing Israeli folk music.

*SPEAKING OF important dates. Tired of letting someone else run the educational show. You can get in on the action by taking out nominating petitions to run as a trustee of Oakland Community College. All that's needed is at least 50 (not more than 200) signatures of registered and qualified voters of the district. The petitions must be turned in no later than 4 p.m. April 25 at the George Bee Administrative Center, 2480 Opdyke, Bloomfield Hills. Nominating petitions are available at that office. By the way, if you're elected, be sure to have six years of spare time, that's how long the terms last.

*DETROIT BIBLE COLLEGE on Franklin Road in Southfield will be presenting a free night of classical music at 7:30 p.m. Tuesday. Music by Bach, Faure, Debussy, Wagner and others will be performed, making use of the Harpschord, piano, voice and clarinet.

*OKAY FOLKS, here are some hints from the secret chef. Some you may like, others . . . Try these on for size. Whether it's hot or cold soup, serve bowls of garnishes on the side. Soups can be topped with grated cheese, lemon slice, cheese cubes, popcorn (yuck), toasted almonds, pretzels (double yuck), chives and bacon curls.

*THAT KING of eaters, DIAMOND JIM BRADY, had a gallon of orange juice for breakfast, followed by twenty grits, eggs, corn bread, muffins, flapjacks, chops, fried potatoes and a steak. And that was just the beginning of his day. Cholesterol city, for sure.

That's all for this edition, folks. We're waiting to here what goodies you have to offer for the INSIDE ANGLES, P.O. BOX 69, SOUTHFIELD, 48037.

HUDSON'S ANNUAL MOTOR CITY SALE

SAVINGS MAKE HEADLINES ON VESTED SUITS WITH UPDATED STYLING FOR SPRING.

SALE 139.99

Reg. \$180. Everything about this suit is front-page fashion news. Updated, traditional styling, softened shoulders, refined waist suppression, two-button front. All in cool polyester/wool. 50 units* in selected solids, stripes and plaids from Men's Clothing at Hudson's.

*Total units available while quantities last.



hudson's