



DanceFit

A physical fitness workout and the fun of dancing team up to create DanceFit, a cardio-vascular activity for the skeletal muscles, the heart and lungs. The novice and the advanced participant learn the Charleston, the shimmy, the twist and the cha-cha in classes sponsored by the YMCA, given in Mercy Center. Participants have a choice of dates, morning, afternoon or evening sessions, for the ten week, twice-a-week program which begins the week of Sept. 24. Reservations and information available by calling the Y, 553-4020. Above, Jenny Pederson instructs her students in how to burn up the calories and circulate the blood.

Pam Prichard places in Sweetheart Contest

Pam Prichard, Miss Farmington of 1978, who went on to become first runner-up in the Miss Michigan competition, has won the second runner-up position in the National Sweetheart Contest.

The contest, held every year on the Labor Day weekend in Hoopston, Ill., is a competition for the young women who were declared first runner-up in their state pageants leading up to the Miss America Scholarship Pageant.

The National Sweetheart Contest is 30 years old, held every year in the "sweet corn capital of the world," during that city's harvest festival.

Miss Prichard was sponsored by Pocal Point, in Farmington.

The young miss who is in the midst of preparing to go back to classes at Oakland Community College, looking for a part-time job, and still carrying on with ballet lessons in Busher School of the Dance, took time out this week to



PAM PRICHARD

be in Atlantic City, New Jersey, during the preliminaries for the Miss America Pageant.

Impaired are helped

The Human Services Division of League for the Handicapped/Goodwill Industries, a Torch Drive-supported agency, provided residential facilities,

work activity programs and vocational evaluation services for 1,378 physically, mentally or socially impaired individuals last year.

Room for Design

Include lighting in decorating plans

Have you ever wondered why your home seldom looks as glamorous or interesting as homes pictured in magazines — no matter how much time, effort or expense you have put into decorating and furnishing it?

The answer is simple. People who sell home furnishings and people who photograph room interiors rely on a tremendous amount of lighting. Can you imagine how successful they would be if they relied on a few portable lamps? Yet, that is precisely what most homeowners do. They try to keep their homes alive, vibrant and colorful with portable lamps, when the task really requires basic fixture lighting plus lamps.

It is a paradox in this day and age that so many people understand so little about the fundamental importance of adequate and proper lighting in decorating. This isn't to suggest that you plant a forest of floodlights in your home, but rather that it takes installed general illumination to capture the decorative elements of color, line, form, shape, pattern and texture.

If your's is the typical home, installed lighting is limited to utilitarian areas like the kitchen and bathroom, circulation areas like stairs and hall-

ways and perhaps over the dining table.

THIS IS a far cry from the planned lighting necessary for the impact and visual appeal you seek in decorating and furnishing your home. Planned lighting lets you manipulate impressions, attitudes, and emotions. The character and distribution of lighting is a major factor in defining the design concept and purpose of a home, whether it is dominated by the architecture or the furnishings.

By controlling shadows, areas of light, and color rendition, fixture lighting can make the most of a room's texture, color and design.

Fixtures on walls or ceilings are necessary, since they provide a flexibility and range of lighting effects beyond the reach of portable lamps.

Shadow patterns are easy to achieve with textured surfaces, such as carpeting, upholstery and building materials, if directional lighting is used. Spotlights are especially useful in highlighting the design of objects and the grain and finish of furniture. You can create dramatic effects.

Fixtures themselves play a dynamic role in decorating a home. The unparalleled galaxy of fixture styles, types and

sizes now on the market are certain to blend with and dramatize any motif. They can be used to integrate the plan of a room with dramatic visual impact. Fixtures can be the key elements in creating a transitional room, able to carry, strikingly, a modern or period theme.

We have all felt the mood of a sunrise or sunset, a mood far different than being captivated by a spotlight on a stage. Lighting is a beacon of the emotional climate of a home. It creates the environment that permits us to perform various activities in the home.

HERE ARE some pointers to help you decorate with light:

- Plan your lighting before you decorate. Plan your lighting when you plan to build your home. It should be an integral part of the design of your home. Good light can make even low-budget decorating look far more glamorous than its cost would indicate.

- Get help from an expert. Many lighting-fixture distributors have trained lighting consultants to help you plan your

lighting system and select appropriate fixtures.

- Dark colors and textured surfaces absorb light. Major areas should be light-toned. If you insist on dark furnishing, carpeting and walls, increase the wattage of your light source. Dark colors and dim light create a shrinking sensation while lighter colors and general illumination establish a mood of open space.

- With the exception of mixing fixture types to create a transitional room, fixtures should continue the mood of the room or accent its period, be it formal or casual, modern or traditional. The size of a fixture should be in proportion to the size of the room. A small fixture in a large room tends to be glaring.

- Most people regard color as a dominant factor in decorating, but color is really just a reflection of certain elements making up white light. White is a combination of all colors. Thus, a white object reflects all light. Black absorbs all color.

A TRICK employed by lighting designers is to in-

stall different kinds of lights on variable controls over a major area. This provides flexibility in manipulating color appearance by using one type of light or another

and dialing it up to full brightness or dimming it to a soft glow. Color and light work together to unify the home by coordinating the total decorative scheme.

Shower down

Consciousness isn't the only thing roller coaster riders lose. False teeth, wigs, hats, and keys regularly are found under the

tracks. Some operators reportedly find enough loose change to tide them over the winter months in style.

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