

Seminar set on women with families who work

Keeping Your Balance, a program for working women with families, will be offered for the first time March 15 in Southfield by the Continuum Center for Adult Counseling and Leadership Training.

The one-day Saturday session will be held from 9:30 a.m. to 4 p.m. at the Holiday Inn, 26555 Telegraph Road, south of 11 Mile in Southfield. The fee is \$25, including lunch and materials.

Judy Hoppin of Beverly Hills, a private therapist and Continuum Center counselor, will lead the program with the help of a panel of professionals from the community.

"Women with two jobs, inside and outside the home, often put unrealistic demands upon themselves because they don't establish priorities," Mrs. Hoppin said.

"They work at the office, and then at home. Only after all that is done do they give left-over time to themselves, if they can find any such time. They end up exhausted and resentful."

The program is designed for a variety of women, from the young mother who is going to work for the first time, to the older woman re-entering the work force.



Pat Bordman

You'll score with kids on this game

Lots of wind. Quick wrists. Sure strokes. Steady eyes. Mostly love. You can score with your offspring by suggesting this easy-to-prepare project.

All that's needed is a balloon, two wire coat hangers, and a discarded pair of pantyhose. By pushing and pulling, the wire hanger can be shaped into a circle. Squeeze the hook together to form a small handle. Now cut off the pantyhose near the top of each leg.

Fit the hanger into the leg, circle first, handle last, until it reaches the toe portion of the hose and covers the hanger completely. Don't worry about changing the shape of the circle, it will squash slightly giving each one its own individual style.

Some pantyhose will be left dangling at the handle. This should be wrapped around the handle and tucked in providing protection for tender hands, a good grip and a secure racket. Encourage your child to do most of this project, it's easy and good for developing self-confidence and independence.

BECAUSE THIS toy is so lightweight, it can be used indoors without much fear of damage to child, home or equipment. Rainy days and vacation days are good times to pull out this active activity. It is also good for

the child who is nearly recovered from sickness and is too ill to go to school, but no longer willing to sit quietly at home.

Alone, with two, or with as many as have these crazy rackets, this game is fun. A balloon completes the gear and then play can begin. Different size balloons cause slight variations in the game. Basically, the game is played by throwing the balloon into the air. The idea is to keep it up, or bat it back and forth, or guide it to some goal by using the rackets.

THE EXACT rules are left strictly and entirely up to the participants, allowing for great inventiveness. Rules can also be changed at the start of a game or even during the play — as often as is agreed upon by the players — a real plus in our day of games whose rigid rules take longer to tread than the game takes to play.

In establishing the rules, very young players have a role that is just as vital and important to the success or the game as that of the older players. Each person's ideas and opinions count, and everyone must compromise and cooperate to have fun.

Love! The score for the parent who encourages this homemade game! Patricia Bordman has taught ele-



Let your children create their own racket and set their imaginations free to establish any rules they want for their tennis-type game. (Photo by Pat Bordman)

mentary school and conducted workshops and lectures on education. She also has studied photography at Oakland University. She and her husband have two daughters and live in Farmington Hills.



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Earth Day: Is it a thing of the past?

Is Earth Day still celebrated? If so, when?
Kevin M., Detroit.

The 10th anniversary of Earth Day will be celebrated on April 22 across the United States. It will commemorate environmental accomplishments of the past decade and focus on issues that still need to be solved. For information, posters, brochures, contact the Office of Public Information, U.S. EPA Region V, 230 S. Dearborn St., Chicago, Ill. 60604.

Are wood stoves safe to use?
Mark V., Berkley

Yes, however, wood stoves require extra care in operating in order to maintain a safe system. While other heating systems are automatic in their operation and control, wood stove heating requires manual

consumer mailbag

tasks, consequently safe wood stove use demands more attention and vigilance from a family than do conventional systems. Each wood stove is unique so it could take several weeks of use before your senses can do for your wood stove what the various controls and automatic safety devices do for other heating units. Wood stove safety depends entirely on the care and maintenance provided by its owner.

Are you having a conference again this spring? I enjoyed last year's and want to be able to attend any you may be planning for this year. Where can I get that information?
Betty D., Birmingham

ECO-TIP: Save energy, use the burner on your stove that is slightly smaller than the pan you are cooking in. This keeps the heat where you want it and reduces heat loss.
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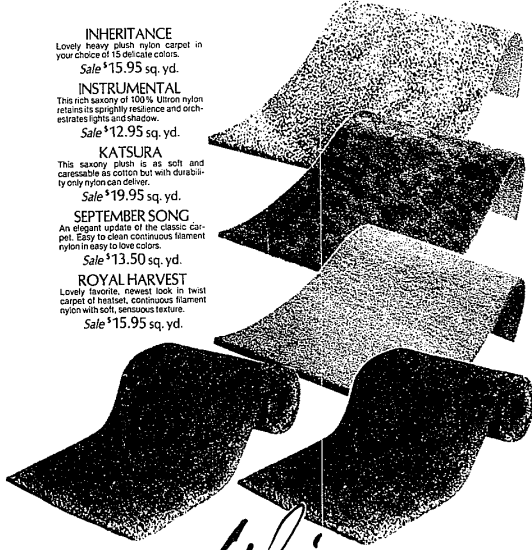


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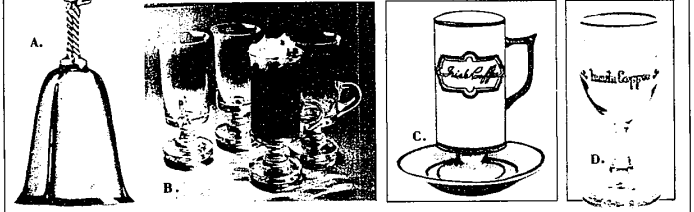
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Come, see what they left for you...

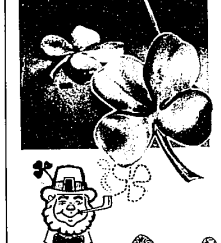


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