



**Pat
Bordman**

Plants, like kids, need nourishment



Fudgesicles and licorice whips,
Candy bars and potato chips.
Chocolate soda, chewy gum,
How about some bubble gum?

Circus peanuts, pizza pies,
Lik M' Aide and French fries.
Tollhouse cookies, marshmallow,
Mouth's too full to say hello!

The child's dream world often consists of these and other questionable "foods." Though their bodies take in these goodies, and though they enjoy them on the way down, how can we teach them that these foods are not ideal for fostering growth? By using plants as an analogy!

If a plant does not get the proper kinds of nourishment, it will not grow. So, too, if a child does not get the proper sustenance, he will not reach his full potential.

All a seed requires is the proper sprouting environment. Rather than mixing the necessary dirt

components for this beginning example, the seed's "complete meal" can be purchased from your local nursery and is called a peat pot. Peat pots are small, circular discs composed of compressed sterile sphagnum peat with fertilizer added and enclosed in mesh.

By using peat pots you add a bit of intrigue and wonder. If water is added to the peat pot, it will expand to several times its size. (The analogy for human growth and development is obvious.)

Simply drop some seeds on top, place in a warm spot, and keep slightly moist. Once the seeds have sprouted, the whole peat pot can be set out in your garden without the worry of transplant shock. Oh, for peat's sake.

Patricia Bordman has taught elementary school and conducted workshops and lectures on education. While attending Oakland University graduate school, she became interested in photography. She and her husband have two daughters and live in Farmington Hills.
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For Pete's sake! With the proper nourishment, those seeds, like kids, will grow to their full potential. (Photo by Patricia Bordman)

volunteers

The Oakland County Volunteer Bureau, a program of the Volunteer Action Center of United Community Services, has weekly listings of volunteer opportunities. Further information about these and other volunteer needs at over 200 agencies may be obtained by calling the bureau at 642-7272. Any non-profit organization needing volunteer assistance may also call the bureau.

ARTS AND CRAFTS SHOW CHAIRMAN — If you have a knowledge of arts and various crafts, and have organizational skills, then Farmington Community Center has a volunteer job for you. Time commitment is approximately two days per month from now until October.

CLERICAL ASSISTANT — Volun-

teers are needed by The League of Women Voters in Birmingham to organize a mail campaign, and telephone follow up. Volunteers should be able to type and have the ability to keep records. The hours are flexible.

PUBLICITY CHAIRMAN — Creative writing skills are the attributes needed for this volunteer position with Mature Mingle in Bloomfield Hills. Volunteers would write newspaper releases and assist with in-house newsletter. The time commitment is one day per week.

FRIENDLY VISITOR — Are you tired and wondering how to fill your days? Franklin Manor Nursing Home in Southfield needs volunteers to socialize with their residents. The hours can be arranged to suit volunteers.

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'Fight to Beat Diabetes' set

A boxing tournament, called the "Fight to Beat Diabetes," will be held on Saturday at Oakland Community College's Auburn Heights campus to benefit the American Diabetes Association.

The event will take place in Building H of the college, 2900 Featherstone Road. It will begin at 7:30 p.m. Tickets,

which will be sold at the door, are \$4 and \$3 for students.

Hilmer Kenty, world lightweight champion, will fight a three-round exhibition match with Alan Almond, evening disc jockey at WNIC-FM. The program will also feature 188 AAU sanctioned bouts.

MSU slates look at future

The Women's Day program April 29 at Michigan State University will feature speakers on the theme "Memories in Motion — a touch of nostalgia, a glimpse of the future."

The one-day program will feature a luncheon with MSU professor Eugene Jennings speaking on "How to Live Intelligently in an Obviously Insane World." He will take a look at coping with today's pace and pressures. Other speakers include

Lee Thornton, CBS White House reporter and MSU alumna; Ernest Du Mochele, authority on antiques; Walter Adams, past MSU president and nationally known economist and federal financial consultant, and Rich-

ard Brooks, of Oakland University, a specialist in the area of extrasensory perception and psychokinesis. Make reservations by calling Mrs. Stephen Hoff, Oakland County coordinator, 642-1957.

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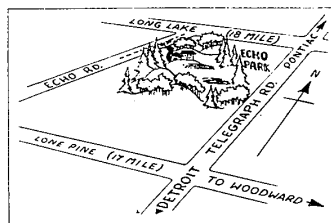
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