



Pat
Bordman

Provide outlet for sibling rivalry



Games can turn sibling rivalry into a friendly competition. (Photo by Pat Bordman)

Sibling rivalry. It doesn't have to get as intense as the Hatfield's and the McCoy's to unnerve most parents. Yet, very often what looks like fierce competition for attention may actually be something else.

Sibling rivalry, in many cases, is nothing more than the desire to find out how far you can go, a test of ability, a measure of yourself against a close imitator. Although the measure may be taken against a stranger or friend, the sibling is always always there, a constant. If you will, a reference.

Combine some throwaways to produce a fun and challenging game that will siphon off some of the focus of that competition. Add the element of speed, and the excitement of a race to divert some of the intensity of personalities toward other amusements.

HAVE YOUR children gather a shoe box, two popsicle sticks, two small magnets, two strips of paper 1 inch wide and 2 inches longer than

the length of the shoe box, and two paper clips. Cut out the entire side of the shoe box on each side, leaving the ends intact.

Tape the paper strips over the top of the shoe box so that an inch of paper overlaps on each side of the box. Secure with tape being sure the strips do not sag in the middle. Glue the magnet pieces at the end of each popsicle stick. (Craft stores sell magnets by the strip. These are self adhesive and very effective.)

Place one paper clip on top of each strip of paper at one end. By placing the popsicle magnet under the paper strip, the paper clip can be guided along the strip to the other end of the shoe box. With a little practice, speed will improve.

A clip race game can now be played with two people, each holding a stick. If the clip falls off the strip, that person has to replace the clip at the starting position and begin again, while the other person continues.

Participants will get personal exercise prescriptions and will have plenty of free time for golf, tennis, swimming and exercise.

The fee is \$650 and registrations can be made by calling 377-3140.

Health, fitness seminar slated

Preventing illness and prolonging life are the objectives of an Oakland University oversight seminar entitled "Health, Fitness and You" planned for May 27-30 at Meadow Brook Hall.

The program will begin with a com-

plete physical examination, stress test and evaluation and feature meals and overnight accommodations at Meadow Brook Hall. Qualified experts will lecture on health, lifestyle, nutrition, heredity, exercise and weight control.

Participants will get personal exercise prescriptions and will have plenty of free time for golf, tennis, swimming and exercise.

The fee is \$650 and registrations can be made by calling 377-3140.

Wheelchair games slated

More than 250 athletes from 10 states are expected to participate in the 15th annual Wheelchair Games May 16 and 17 at Macomb County Community College, 12 Mile and Hayes, Warren.

The regional competition will determine who will compete in the national, and eventually international, wheel-

chair competition.

Contact Pat Nevin at 898-3494 to register. Competitions will be in several areas including archery, bowling, field events, swimming, weight lifting, and table tennis. The competition is designed for persons with spinal cord injuries and various orthopedic problems.

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, 642-7272. Any non-profit organization needing volunteer assistance may also call the bureau.

CONSUMER AIDE — Consumer skills and the ability to communicate with a wide variety of people are attributes needed for this volunteer position with Wayne County Extension Service. Volunteers will teach economical food shopping practices, nutrition, and accompany homemakers on one field trip per month to local markets and food coops. Volunteers are expected to give 20 hours per month between the hours of 9 a.m. to 4 p.m.

RECEPTIONIST — Volunteers with

a good telephone voice are needed by the Michigan Cancer Foundation at W. Seven Mile Road, Detroit. The time commitment is from 10 a.m. to 4 p.m. one day per week.

SENIOR COMPANIONS — Men and women over 60 who meet low income requirements are needed by Catholic Social Services in Oakland County. A stipend of \$2 per hour and a hot meal is provided. Volunteers will visit elderly homebound individuals on a regular schedule, and develop an ongoing one to one relationship. The time commitment is four hours per day, five days a week. Training is provided.

INSTRUCTORS — There are many openings for instructors with a variety of skills at The American Red Cross in Bloomfield Hills. Volunteers can teach expectant parents, seniors or junior high students. Training is provided. The hours can be arranged to suit volunteers.

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- B. Four Leaf Clover Wall Decoration or Paper Weight. Silver or gold reproduction of a Florentine original. 4" diameter... \$15.00.
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- D. Enchanting Figures by Royal Doulton... a most unique gift for Mother's Day! Beautifully modeled and hand-painted, these world famous Royal Doulton figures make a perfect Mother's Day gift... a colorful, enduring reminder of your love and affection, for years to come. From our collection... \$120 and up.
- E. We have a happy gathering of Royal Doulton Character Jugs... vigorously modeled with great detail, and meticulously hand-painted by Royal Doulton artisans. Famous the world-over... perfect for Mom... variety of sizes, from \$39.95 to \$59.95.
- F and G. Gorham Full Lead Crystal Princess Heart Pendant and Stickpin... multifaceted and polished to the highest brilliance to catch every light reflection. Pendant, complete with 16" sterling chain, \$10.95... Stickpin, \$9.95.
- H. The First Annual Mother's Day Silver Bell by Reed & Barton... features a delicately sculptured wild rose and pair of cherubs in honor of Mother's Gift Boxed... \$12.50.
- I. Bing & Grondahl 1980 Mother's Day Plate... "Motherly Love." Newest in this continuing series... 6" plate sculpted in relief and hand decorated underglaze in shades of Bing & Grondahl blue. \$29.50.
- J. From our Lenox Crystal Gallery, a sophisticated collection of fine quality gifts... 2 graceful Bud Vases: 7 1/2" tall "Felicity", \$15.00 and 6 1/2" tall "Newport", \$16. Each is gift boxed... beautiful gifts for Mother's Day!
- K. More from our marvelous collection of Figures by Royal Doulton... from \$120 and up.

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