



Pat Bordman

Show kids how things used to be

Convertible tops. The soda fountain. These words may bring no more than a puzzled look from our youngsters. Having passed from the scene, these and other elements of our daily living are not recognized by today's children.

We live in a culture that generally deprives our children of exposure to other times, other places, and other styles of living. There is little contact with old folks who retell life from another era. There are few community traditions. Even movies and television deal with contemporary issues and places.

So take for granted conveniences available to us today. Electricity, automobiles, indoor plumbing and air travel are so common, it is easy even for adults to forget that these things were not always available.

But, imagine being a young child and actually not knowing how recent these innovations are. Children are egocentric and believe themselves to be the originators of thought and action. A child may believe that these inventions, so much a part of his life have just always been available. And if it isn't part of his daily living it didn't exist.

Unless we acquaint our children with times past, they may get a skewed idea of their place in the world. It is not so much to appreciate society's advances, as to gain a personal perspective.

In Southfield there is a little museum located in a house dating to 1850. Just seeing the exterior construction and grounds is an interesting outing.

But, inside there are artifacts from the area, tools, photographs, clothing, furniture. Browse with your child and wonder together at the way things were, long before either you or your child was born. Reflect out loud about the type of life people lived and the limits their environment placed on them.

Southfield Historical Museum, known as the Burgh, is at 26040 Berg Road, north of Civic Center Drive, in Southfield. Admission is free, but phone 354-4711 before going as the hours are erratic.

— PATRICIA BORDMAN

Mrs. Bordman welcomes suggestions and comments. Please write her, c/o the Observer-Record, Newspaper, 36251 Schoolcraft Road, Livonia 48150.



Southfield Historical Museum holds area artifacts which show children the way things were. (Photo by Pat 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 more than 200 agencies may be obtained by calling the bureau at 642-7272. Any non-profit organization needing volunteer assistance may also call.

ART IN PUBLIC PLACES COORDINATORS — Volunteers with some art background are needed to help expose citizens to art by hanging loaned paintings in Southfield municipal buildings. Help provide a place for artists to receive recognition. Provide assistance in circulating art work. The time commitment is 80 a.m. until 2 p.m. one day a week for six months.

INSTRUCTORS Volunteers with nursing background are needed to

teach a Preparation for Parenthood class at the American Red Cross in Bloomfield Hills. The hours are flexible. Training is provided.

MAIL CLERK Mental Health Association of Michigan in Southfield needs volunteers two or three times a year to send out large mailings. Bulk mail has to be sorted by zip code, bundle, and bagged according to destination, etc. No special training is needed. Hours are 8:15 a.m. to 4:30 p.m. for one day.

consumer mailbag

What is the difference between fiber and roughage?
Beverly M., Troy

Only the generation into which you were born. What we call fiber Grandma called roughage. High-fiber foods that act as "roughage" in the digestive process include bran, whole grains and most fresh fruits and vegetables.

What is a vegetarian diet? Is it healthy?
Mrs. F.J., Detroit

There are probably as many different vegetarian diets as there are vegetarians. However, most of these diets fall into three basic categories:

- The lacto-ovo-vegetarian does not eat meat, poultry or fish, but will consume milk, dairy products and eggs.
- The lacto-vegetarian will not eat meat, poultry, fish or eggs, but will consume dairy products such as milk, cheese and yogurt. The strict, or pure, vegetarian will not consume any food of animal origin — meat, poultry, fish, eggs or dairy products.

A nutritionally sound diet is possible, even among strict vegetarians, when attention is paid to balance. This includes minerals and complete protein requirements.

Where can I get a copy of The Inter-agency Nutrition Alliance of Oakland County pamphlet mentioned in your July 17 column?

For a free copy of "Food and Nutrition — Fact or Fiction?" send a stamped self-addressed envelope to Concern Inc., Detroit, 1 Northfield Plaza, Troy, 48098.

Eco-tip: When reading food labels, remember that ingredients are listed in descending order by weight — the main first, the least last. For example, if a presweetened cereal lists sugar as the first ingredient, there's more sugar in the food than anything else.

Consumer mailbag answers your questions on all consumer and environmental issues. Address mail to Concern, Inc., Detroit, 1 Northfield Plaza, Troy 48098.

Planners sought for reunion

Persons interested in helping plan the 10-year reunion for Oak Park High School's Class of 1971 may call 352-0758 or 855-9423

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