

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 tiving. There is little contact with old folks who retell life from an other era. There are few community traditions. Even movies and television with old folks who retell life from any places.

So take for granted conveniences available to us today, Electricity, automobiles, indoor plumbing and air reverse of the contact with old folks who retell life from any places.

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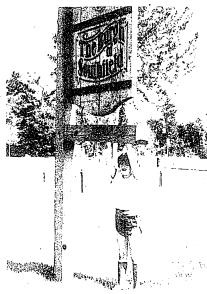
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Southfield Historical Museum holds area artifacts which show children the way things were. (Photo by Pat Bordman)

volunteers

The Oakland County Volunteer Bu-reau, a program of the Volunteer Ac-tion Center of United Community Ser-vices, has weekly listings of volunteer opportunities.

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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 assist-

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ance 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 daya week for six months.

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

citizens to art by hanging loaned paintings in Southfield municipal buildings.
Help provide a place for artists to receive recognition. Provide assistance on incirculating art work. The time commitment is \$\tilde{P}_{\tilde{A}}\$ am, until 2 p.m. one day to serve for six months:

INSTRUCTORS Volunteers with nursing background are needed to are \$2.15 a.m. to 4.30 p.m. for one day.

consumer mailbag

What is the difference between fiber

Beverly M., Trov

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 vetetarian 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, cheses 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 in-cludes minerals and complete protein requirements. A nutritionally sound diet is possible,

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 Nutri-tion — Fact or Fiction?" send a stamped self addressed envelope to Concern Inc., Detroit, 1 Northfield Pla-za, 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 0758 or 855-9423



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