

You really can float to dreamland

Everyone likes a bedtime story, so here's another one for you. It's all about mattresses, especially those you float on.

I used to think that waterbeds were a joke. So did a lot of other people. But, I am learning more and more that a flotation mattress may be the best type you'll ever have.

Surveys and consumer interest indicate that waterbed owners sleep better than ever before. Flotation sleep gives complete body support without concentrating any pressure on heels, shoulder areas or hips. Many confess to throwing away the sleeping pills and other insomnia remedies in lieu of the relaxing qualities of the waterbed.

The waterbed is still taboo to many apartment dwellers because management is timid about its durability. Given a little more time, the beds will prove themselves safe.

PEOPLE WITH ALLERGIES, insomnia and back problems are finding the flotation mattress aids these ills.

I did some research on the matter recently and came up with some interesting information. Simmons Beautyrest manufactures a flotation mattress with a 10 year limited warranty that is quite extensive.

The "Feelings" Flotation Unit, as it is called, has permanently encased Beautyrest individually pocketed coils in its perimeter, so each coil acts independently without affecting the others.

Consequently, they conform to body contour and spine and all parts of the body are supported uniformly.



design

Gloria Cohen

You can use standard sheets and linen. The pillowtop covering of the mattress insulates against cold and further conducts therapeutic benefits if the heater is included.

There are no telltale signs of flotation when you look at the mattress. I was pleasantly surprised to test one in a store and found it to be totally different from the raft I expected. There is no sound (I was listening for the squish) and no stress on the border when you sit on the edge. It solemnly promises to keep its shape and avoid functional breakdowns.

The flotation mattress will fit in a regular, standard, heavy duty bed frame. The mattress is covered with quality ticking and corner guards. To look at it, you've never dream what's inside.

Whether you go for the idea or not, do have a look. We all agree that a pleasant day is usually preceded by a restful night's sleep and the most important investment you can make is in the mattress you sleep on.

We are all guilty of pampering ourselves with new fashions. We wear the latest styles on our backs and feet. We

furnish our homes to include all the comforts we can afford. Yet, we forget about the innocent, unnoticed, not so new mattress, we place ourselves on every night.

IF FLOTATION ISN'T your cup of tea, do look for the best mattresses you can buy to suit your needs. With an innerspring it's a mistake to assume that a hard mattress is better. A firm mat-

trass mattress that gives support and conforms to the body is what is important. It doesn't feel like a board.

When you sit on the edge, it shouldn't depress more than about two inches. Generous padding cushions you from the coils below and that's an earmark of quality.

A six inch mattress or deeper is ideal, particularly if it is to be placed on a platform foundation. There should be handles on each side for turning the mattress over. The average lifespan of an innerspring or foam mattress is about 10 years.

Don't buy anything unless you can lie down on it and test its comfort. Compare before buying. And do something else — just LOOK at a flotation. Someday you're gonna own one. Everyone will. It's just a matter of time.

Lunch with Santa Claus reservations taken now

The Christmas season starts for children at Farmington Community Center's festive "Santa Claus Luncheons," Saturday and Sunday, Dec. 6 and 7.

The luncheons are an annual holiday happening for the entire family to enjoy together, highlighted by a magic show with Mike Frenkel and musical entertainment.

Santa will be on hand to pose for a photograph with the little ones and lis-

ten to their very special Christmas wishes.

Lunch is \$3 and will be served at either 11 a.m. or 1:30 p.m. Saturday and Sunday. Each individual or family collection with Santa Claus is an additional \$2.

Linda Schwehr is chairwoman of the event which is a benefit for the Center. Tickets are now available at the Center office, 24705 Farmington Road.

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Mechan joins church staff

Douglas H. Mechan is the new director of youth ministries at St. Andrew

Episcopal Church in Livonia. He will have full-time responsibilities for junior and senior high school and college age young people.

Mechan is 25 and a resident of Livonia. He has worked as a lumberjack, landscaper, painter, machine operator, auto mechanic and factory worker. He has also been a director of a Christian camp for youth.

A 1975 graduate of Schoolcraft College with an associate degree in automotive technology, he graduated in 1980 from the Detroit Bible College.



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