

class reunions

The Observer & Eccentric will help locate classmates for school reunions. Submit announcements in writing to Margaret Miller, Observer & Eccentric, 28251 Schoolcraft, Livonia 48150. Full names must be used with telephone numbers.

- **GARDEN CITY EAST 1972**
The 10-year reunion of the Garden City East High School class of 1972 will be held Sept. 11 and reservations must be made by Aug. 17. Those interested in attending should call Deb Haller at 471-4308.
- **WAYNE MEMORIAL 1967**
The Wayne Memorial High School

class of 1967 will hold its 15-year reunion 7 p.m. to 1:30 a.m. Sept. 18 in Roma's of Garden City. The event will feature dinner, premium open bar, a handbook and entertainment by Steve King and the Ditties. Tickets are \$25 per person and should be reserved by calling Carl Goodney at 356-7910 or Vicki Porter Marshall at 595-1574.

- **PONTIAC NORTHERN 1962**
Pontiac Northern High School's 20-year reunion is scheduled for Oct. 2 at Mitch's II in Waterford. Reservations are required and can be made with Mary Lou (Highbaugh) Peterson at 673-3188.

Sinai holding workshop on exercise and fitness for medical professionals

The cardiovascular fitness and rehabilitation program at Sinai Hospital of Detroit will sponsor an Aug. 23-27 workshop on exercise testing and training.

The workshop is designed for physicians, physiotherapists, exercise physiologists, physician assistants, physical and occupational therapists, nurses, YWCA and business fitness directors and physical educators.

It will provide classroom, laboratory and gymnasium work to improve participants' knowledge of graded exercise testing, exercise prescription and the physical activities used in preventive and rehabilitative programs.

The workshops will run from 7:30 a.m. to 5 p.m.

Barry Franklin at Sinai Hospital's Cardiac Rehabilitation Unit.

Fee is \$225, and a \$100 deposit is required. Participants should have a basic knowledge and understanding of coronary heart disease risk factors, functional anatomy and exercise physiology as applied to exercise testing and prescription.

Certification exams will be given Aug. 27-28. Candidates for the practical exam certification must have six months' (800 hours) experience in cardiac rehabilitation programs — including exercise testing, exercise prescription and exercise leadership — along with current certification in cardiopulmonary resuscitation. They must also pass the written portion of the exam prior to the workshop.

For application forms, contact Dr.

'Mid-life crisis'

Working aids women's esteem and health, study says

A job may be a stabilizing force for middle-aged women facing the so-called "mid-life crisis," according to a new University of Michigan study.

"Middle-aged working women indicated higher self-esteem and better physical and mental health than homemakers," U-M researchers said.

For this age group, working outside the home proved a more significant predictor of self-esteem than marriage, ages of children, education or income.

The study was made by professors Lerita M. Coleman and Toni C. Antonucci, researchers at the U-M Institute for Social Research (ISR).

"THE FINDINGS suggest that working may minimize the psychological distress often associated with this critical stage of the life cycle."

Coleman and Antonucci compared survey data on 206 working women and 183 homemakers, aged 46-59, from the national "Survey of Modern Living" conducted by ISR in 1976.

"Working" was defined as any amount of paid employment, including part time. The employed women included 119 who are married, 10 single, 34 widowed and 43 divorced, while a majority of the homemakers were married. Most in both groups had teen-age or adult children.

"With greater numbers of women entering the work force, it is important to understand not only the impact of the 'working woman' on American family life but how working in turn affects the lives of women," Coleman and Antonucci said.

"MANY STUDIES have shown that occupational status is a key factor in the identity and self-worth of men.

'With greater numbers of women entering the work force, it is important to understand not only the impact of the "working woman" on American family life but how working in turn affects the lives of women.'

"But little research has examined how working affects the psychological well-being of women, particularly at different stages of the life cycle. There is also little research on how women cope with midlife in general.

"Traditionally, life-cycle stages for women have been linked to the stages in their families, with 'midlife' commencing at the point that the children leave home. The 'empty-nest syndrome' is reputed to be a traumatic event for women whose lives have evolved around their families," the U-M researchers said.

"We found, not surprisingly, that the 'empty nest' is not a major issue for women whose jobs provide another source of identity. Working diverts attention from the stresses of launching a family or an unsatisfactory marriage.

"THERE IS still much controversy about

whether working women are endangering the family and ruining their own health by taking on too many roles.

"This may be the case for some women with preschool children or non-supportive spouses. But the study points up the need to focus on women at various life stages — not just 'women' or 'empty-nest,'" Coleman and Antonucci said.

Coleman also is interested in extending the study to focus on black women at midlife, who have a long tradition of working outside the home. "We expect them to have different attitudes about combining family and job roles," she notes.

WHILE THEIR findings support other studies that working women generally are healthier and happier than non-working women, the U-M researchers said they should not be taken as a mandate for all women to enter the labor force.

"Every situation is different," they said. "Just as women should not be denied job opportunities, neither should they be denied the right to be solely a wife and mother.

"Future studies need to examine in greater depth both the topics of working women and midlife women, particularly as more choose to enter the work force after their children are grown," Coleman and Antonucci conclude.

"Due to their increased self-esteem, better health and less psychological anxiety, women who work may have a more positive effect on family life because they're more capable of coping with potential 'midlife crisis.' Future comparisons at other crucial life stages — newly married, early parenthood, divorce — may further demonstrate that employment can be a stabilizing force during an otherwise turbulent period."

SEMTEA installs equipment for deaf

A teletype device for the deaf (TDD) will aid hearing-impaired and deaf people in communicating directly with the Southeastern Michigan Transportation Authority.

TDD, a telecommunications device designed for hearing-impaired individuals to communicate visually, has been installed in the SEMTEA Customer Information Center and is ready for use by individuals who have compatible units.

TDD equipment is available through Michigan Bell. It uses a standard telephone and a small portable terminal to transmit and receive information.

The TDD unit features a typewriter-like keyboard for entering information, a video-display screen to observe information which has been entered, and a teletype unit which provides a permanent record on paper of everything that is typed into the unit as well as the responses.

"In addition to the TDD, a number of SEMTEA employees who work with the public have undergone an introductory course in sign language to help them communicate with the hearing impaired," said Gary Krause, SEMTEA general manager.

SEMTEA recommends that people use the TDD service from 10 a.m. to 2 p.m.

Support group talks on drugs

Prescription drugs will be the topic of a talk by Dr. Treana M. Smith for the Alzheimer's Family Support Group, which has scheduled an open meeting at 7:30 p.m. Monday in Room 7D at Providence Hospital, 16001 W. Nine Mile, Southfield.

Alzheimer's disease is marked by progressive and irreversible brain damage.

The hospital has parking available in the lot north of Nine Mile.

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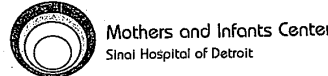
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Sinai Hospital Has The Answer

For free booklets dealing with pregnancy and prenatal health, or for more information on maternal/fetal medicine, write to: Sinai Hospital of Detroit, Hospital and Community Relations Department, 6767 West Outer Drive, Detroit, Michigan 48235. Or call 493-5500.



Can I Keep Working Until My Due Date?

If you are basically healthy and have had no problems with your pregnancy, there's probably no reason why you shouldn't work right up to your due date. Talk with your obstetrician about your plans to keep working, and make sure he or she approves. But, don't overdo it. Try to take short breaks a few times a day and put your feet up, if possible. Walk slowly. Wear low-heeled shoes. Take time to eat a well-balanced lunch. Compensate for the energy you expend at work by resting more at home.

