

Berry season: short and savory!

While the daylight hours are long and the temperatures warm, the plants in field and garden continue to grow.

"We all anxiously await those juicy fresh tomatoes right off the vine, or those crisp cucumbers. But while we wait for the fall harvest, the summer months provide a continual succession of berry plants for us to enjoy.

Berry seasons don't last long, but they are delicious while they last. Strawberries start the parade in June and raspberries come close behind.

In some fields there are wild black raspberries that are related to the red and they taste like the red.

In July come the blueberries. Blueberry bogs are common in Michigan because of the terrain left behind by the glacier age. Large blueberry patches in grow in depressions that were once lakes or ponds.

Blackberries ripen in August and grapes and elderberries soon follow — all of which make excellent jellies.



Finally, the cranberries ripen in September, allowing plenty of time before Thanksgiving.

Every summer I give thanks for all the tasty berries that stimulate my palate.

3 from county named to service schools

Three Oakland County residents have been offered Senatorial appointments to the nation's armed services academies.

Kimberly Barton of Troy, Matthew Cadicamo of Bloomfield Hills and

James Webster of Birmingham were among 31 men and women from Michigan who received the appointments.

Barton and Cadicamo have entered West Point. Webster has entered the Naval Academy.

The Air Force Academy selected 10 cadets; West Point, 16; the Naval Academy, four; and the Merchant Marine Academy, one.

Applicants were chosen from those placed in nomination by U.S. Sen. Donald Riegle Jr. from more than 550 women and men who applied.

Riegle submitted 10 applicants for each of five Michigan vacancies. The academies picked 31 out of the total of 50 names submitted.

Cost of educating an academy student is \$25,000 per year. The 31 cadets and midshipmen from Michigan represent a federal investment of \$775,000 this year and \$3.1 million over four years.

The academies evaluated the nominees for their ability to meet physical and academic standards.

Applications are now being accepted for next year's appointments by Riegle's offices. The deadline for applying is Oct. 25.

Nature's in the spotlight at Stony, Metro Beach

Activities that focus on nature are featured at the weekend at the Metro Beach Metropark near Mount Clemens and at the Stony Creek Metropark near Utica and Rochester.

The events at the Metro Beach Metropark are listed.

- "Sunset in the Marsh," a 1 1/2-hour trip aboard the Voyageur Canoe to observe marsh and wildlife, takes place at 7 tonight (Thursday). The cost is \$1.50.
- "Morning Nature Walk," a naturalist-led walk to learn about edible foods and medicinal uses of plants, takes place at 9 a.m. Saturday.
- "Morning in the Marsh," a Voyageur Canoe trip with a description of the nature program's origins, takes place 9 a.m. Sunday.
- "Art and Nature," a nature sketching and painting program, takes place 1 p.m. Sunday.

At Stony Creek, the upcoming event includes the following.

- A "Bat Walk," a program explaining the lives of Michigan bats and their habitats, takes place at 8 p.m. Friday.
- "Saturday Morning Stuff," a nature program for youngsters ages 4-12, takes place 10 a.m. Saturday. The program will focus on animals of the pond and stream.
- "Splishin' and Splashing," a wet and watery nature walk into the stream and pond, takes place 10 a.m. Sunday. Participants should wear old clothes and athletic shoes, which will get wet.
- "Butterflies, Beetles and Bugs," a nature program about insects, takes place 1 p.m. Sunday. Persons should bring insect repellent.

Registration for the listed programs is required by calling 1-800-552-6772 (toll free).

Health-care refresher courses

Several courses for health care professionals will be offered in June and July at Madonna College, Livonia. Among them:

- Review sessions for persons taking registry exams for medical technology and medical lab technician will be June 25 through Aug. 6.
- A review of clinical chemistry, hematology, coagulation, microbiology, immunohematology, automation and quality control are scheduled 6-10 p.m. Tuesdays. The cost is \$100.

- A one-day seminar entitled "How to be a Health Care Consultant" is offered 9 a.m. to 3 p.m. Saturday, June 29. The cost is \$35.
- A one-day seminar entitled "Therapeutic Touch/Massage Techniques for Health Professionals" is scheduled 9 a.m. to 5 p.m. Saturday, July 13. The class covers therapeutic stroking to relieve pain, stress and irregularities. The fee is \$40.

For registration information, contact the college's Office of Continuing Education at 591-5188.

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