

Home economics receives a new look

Lynne Cohn is a sophomore at North Farmington High School.

By Lynne Cohn
special writer

"Consumer Home Economics" is the new name for the old course of home economics. However, today's home ec classes have to fit today's needs. More importantly, they have

to fit the needs of tomorrow. That is how this significant change came about.

Home economics is 70 years old. The new home ec program is geared to change with the times. The Smith-Hughes Act is the law that first instituted home ec in the schools. Its main purpose was to prepare young people for the vocation of homemaking. When the law was instituted,

most women did not work. Today, homemaking is the smallest part of the home economics program.

The National Institute of Vocation asked the question, "What do people need to know in the future to be an effective economic consumer?" They answered that question by saying we need to know how to improve and maintain problems and family lives. That includes both male and

female.

The old home ec made people think of only sewing and cooking. Earl Baumunk, Farmington Public Schools director of vocational and career education, said he felt the new home ec needs a name change.

A good choice would be the "Life Management Program" because the new home ec deals with managing your future life. Sewing classes are now fashion design. Food classes now include diet, nutrition and exercise. Overall, home economics teaches students how to cope with life.

IN JULY 1984, the state approved the new standards for the Consumer Home Ec program. The new standards were mainly to strengthen and improve the home economics program.

They were presented to the school boards by the federal government, the state and the state Board of Education. According to Mrs. Dahlgren, North Farmington's home ec teacher, "They told us that if we did not institute these new policies in our school system, our government funding for cooking and sewing would be cut off. However, we agreed with the new policy."

Farmington Schools adopted a process to institute the new requirements. They took a good look at student needs and tried to present the program so it would appeal to coeds. They also looked at facilities and equipment to make sure that new things they would need to purchase.

The local committee that was in charge of putting the new plan into action wrote a book entitled, "The New Home Economics" and presented it to the school board. As Baumunk said, "We haven't arrived, but we are on our way."

HERE IS a brief synopsis of each new class.

• **Teen Issues** — This is the newest class in Farmington. It is offered only to ninth and 10th graders, much to the upperclassmen's dismay. Its main point is to improve one's self-concept. The class features discussion, which causes students to become quite close. They discuss the problems of peer pressure, substance abuse, suicide, mental illness and stress. They bring visitors to class, such as parents, and the class travels to many of the students' homes.

• **Personal finance** — This course teaches students how to manage financial resources. They learn how to buy wisely and how to rent a home

or start a savings plan. This class invites outside speakers in, mostly career people. One learns to use the computer for budgeting and how to make investments. It is an important class because more and more teenagers today are already starting savings plans and making investments.

• **Parenting/child development** — This class is probably the most popular Home Economics class at North Farmington. The students who take this class especially enjoy home and learning about children. It teaches kids how to deal with being a parent and how to handle children in a wise way. Students are also invited to bring little children to school, which is always a nice diver-

sity from the regular school routine.

• **Family sociology** — This class teaches the kids about communication, dating, marriage and all the problems involved. The class takes field trips to various student homes to talk to parents. This is also a discussion class.

• **Houseing and interior design** — Creative students take this class because it teaches how to decorate homes in a creative way. Different architectural styles are demonstrated, and a field trip to Greenfield Village is planned, as well as trips to very old homes and the opposite, very modern homes.



C.D. STOFFER/in staff photographer

Seniors help

Residents of Detroit Baptist Manor in Farmington Hills recently donated more than \$1,000 to the Home Meals for Seniors program through the Area Agency on Aging. Resident Services Director Bobbie McQuaid (center) is

shown collecting the money, which will go to help more than 4,000 older adults in southeastern Michigan get a hot meal this holiday season. For more information, call 569-0333 weekdays.

Think warm

Keep your pet cozy in winter

Long-range weather forecasts call for a cold and snowy winter. Pets can be comfortable and happy during the cold months — if their owners observe a few cold weather rules.

An indoor pet needs only a few extra precautions against cold. His outdoor trips should be of a shorter duration, of course.

For extended stays outdoors such as a walk, a coat or sweater may be in order — especially for a short-haired breed. Keep a towel handy to dry him off when he comes inside.

Be sure to wipe his feet thoroughly, as rock salt can cause paw irritation.

Outdoor pets are really the ones most affected by the cold. While the Michigan Humane Society discourages the keeping of animals outdoors, we are aware that many of them are outdoor pets. Here are

some common-sense tips on care for the outdoor pet.

- Be sure that the pet's doghouse is in good repair. No leaks or gaps.
- Have the house elevated four-five inches off the ground to allow the flooring to dry.
- Have the doorway facing south-east away from prevailing winds.
- Have a flap over the door to keep out drafts.
- Use clean straw as an insulating material and change it frequently.

Now for the dog himself. As with humans, animals expend more calories keeping themselves warm in cold weather. Therefore, increase the animal's food intake by 15-20 percent during cold weather. Food and water dishes should be checked frequently and replaced if frozen. When the temperature or wind

chill is zero degree or below, consider bringing the pet inside for the night. Never bring him into an extremely warm area because his heavy coat will make him uncomfortable.

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Your eyes should be dilated at the time of your eye examination for many reasons. Sometimes patients request that their eyes not be dilated, but if they have certain symptoms such as, flashes and floaters, have a history of a blow to the eye, or diabetes it becomes very important to dilate the eye. I also dilate eyes of patients having laser treatment or cataract surgery with lens implant.

Dilation is not a treatment, nor will it improve your vision. Your eyes should be dilated during your eye examination so that the doctor can see more in the back of the eye. As my patients know, I always preach that an eye examination does more than tell you about your eyes. Many diseases such as diabetes, anemia, leukemia, thyroid disease, and high blood pressure are but a few of the problems that may be discovered during an eye examination. The eye doctor can make these discoveries much better through a dilated pupil than through a small pupil. The

difference, of course, is like looking through the keyhole as compared to opening the door when looking into a room.

Today the modern drops, which I use, dilate the pupil within fifteen minutes and begin to wear off quickly, within an hour. This makes it much easier for my patients because there is only a short waiting period before the examination can be completed. Also, the patient doesn't have to leave the office with blurred vision. As a matter of fact, in patients over the age of 35, I employ a different drop that dilates the eye but does not blur vision at all. These days when a patient had to wait for two to three hours in the office and then put up with blurred vision for one or two days after, are happily gone forever.

For a FREE brochure of Dr. Fishman's "Eye Care" Call or Write to: 7777 Park Rd., Troy, MI 48064 • 648-3535 or 23700 Orchard Lake Rd., Farmington Hills, MI 48024 • 476-0571.

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