Ex-sunbelt driver adjusts to Michigan

Q. I just recently moved here from the Southwest. Can you give me some driving tips for Michigan weather?

L.M., Plymouth

A With our weather prone to sudden changes, driving can become a real confrontation between you and the environment.

To reduce potential problems during had weather, the American Automobile Association recommends a two step driving approach.

First, make sure your car is in top shape to handle poor weather conditions.

• Check tires. Make sure that all four are in good shape and properly inflated.

gerontology



A. Jolayne Farrell

How can elderly control weight?

Dear Jic I would like to know what is the hest exercise for controlling weight in women over 65?

Mrs. G.S., Victoria,
Dear Mrs. S.:

In a study headed by Dr. Grant
Grant and the content of the

ing.
Until there are more studies done and all the evidence is in, it may be best to select your own exercise program — for example, swim one day, cycle or walk the next. The important thing is to exercise every day.

Dear Jo:
What do you think of surprise birthday parties for seolor citizens? If or one hat them!
My wife and her family have celebrated this way for my 40th, 50th, 65th and 75th birthdays. Before each event I asked for the privilege of celebrating my birthday as I please. But no, the secret telephone coils start, conversations stop when I enter the room — and then on MY day they all get together and have a merry old time. Will you please print my letter as I'm going to be 80 in February and the plans are under way already.

Mr. H.H.

Dear Mr. H .:

Dear Mr. H.:

I agree that you should celebrate
your birhday your way. So cut out
this letter and post it on your fridge,
and maybe your wife and her relalives will take the blnt. Good luck!

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ont. LAE 1J3.

Teachers get retirement options

Retirement options for area Michigan Public School employees will be discussed at 2 p.m. and 430 p.m. Thursday, March 10, at the Oakland Thursday, March 10, at the Oakland Control of the Oakland Control of

Terry Gibb

Check windshield wipers, belts, heater hose, antifreeze, oil viscosity and the defroster fan.
Check that all lights are working properly. Make sure they are cleaned and clear before starting out

and during the trip, if necessary.

• Keep an emergency kit in the trunk. Include a shovel, battery jumper cables, matches, candles or canned heat, a metal coffee can, plastic garbage bags, sand and a

blanket.

• Check the battery.
Second set of steps:
• Be aware of the many changes in road conditions that bad weather

in road conditions that bad weather can cause.

• Remember the most slippery conditions occur when the temperature is right at 32 degrees because it's a guest as to whether the road it's a guest as to whether the road it's a guest as to occur when the temperature rises well above freezing. A light rain combined with oil on the road can result in a slippery film.

Show, fog and rain usually mean reduced visibility and less time to react because you don't see situations as soon as you normally would.

If you are having trouble seeing other cars, they're probably having the same trouble, so use your low-beam lights even during daylight as added protection.

One suggestion for reacquainting yourself with driving in snow; reactice to an empty parking lot to familiarize yourself with how your familiarize yourself with how your car bandes in slippery weather.

Keep a clean rag inside the car.

