

My stars! June skies offer lots of them

The month of June brings us the longest days of the year and the summer solstice, the official start of summer.

The evening planets for June are Venus, Mars and Saturn. Mercury is in the pre-dawn sky. Jupiter is not visible this month.

The amount of sunlight we receive in June increases by 10 minutes. On June 1, sunrise is at 5:38 a.m. and sunset is at 8:32 p.m., allowing for a possible 15 hours and 11 minutes of sunlight. On June 30, these times are 5:59 a.m. and 8:13 p.m., for a possible 15 hours and 14 minutes of sunshine. The actual maximum amount of sunlight we receive will occur around the summer solstice, when we'll have 15 hours and 17 minutes of sunlight.

If you look toward the east-northeast horizon, about 45 minutes be-

fore sunrise on June 1, you will see the waning ("getting smaller") crescent moon. On the next morning, look for the "Old Moon" just above the horizon. The "Old Moon" is the crescent that is one day before the "New Moon."

New Moon is at 3:53 p.m. on June 3. The moon is located between the earth and the sun and is not visible. Perhaps it should be called "No Moon."

THE WAXING ("getting larger") one-day old crescent moon will be visible, 45 minutes after sunset, on June 4. Look toward the west-southwest. The bright "star" just to the left of the moon's lower cusp (the "point" or "horn" of the crescent) is Venus. You will never see stars or planets between the cusps of the moon. Think about why not. (Hint:



skywatch

Raymond E. Bullock

The appearance of the moon may change, but does its size change?

While close to the horizon now, Venus will become easier to see in the evening sky this month. It will be visible after sunset each night for the rest of the year.

Watch the moon for the next two nights as it passes through the constellation of Gemini and past Mars.

The moon is located between Venus and Mars on the evening of the 5th. Mars is the reddish "star" as far above and to the left of the moon, as

Venus is below and to the right of the moon.

On June 6 the moon forms a line with the stars Pollux and Castor, the "beards" of the Gemini twins. Pollux is the star to the right of the moon and Castor is to the right of Pollux. Mars is below and to the right of the moon.

Watch Mars drift past Pollux this month. In nine days Mars and the "twin" stars will form the same line up as the Moon does on the 6th. By

the end of the month it will be Venus' turn in the line up.

JUPITER IS IN conjunction with the sun on June 9 and is not visible. Jupiter is located behind the sun, as seen from the earth.

First Quarter Moon is at 2:59 a.m. on the 11th. The moon is one-quarter of its way around the earth. The moon passes through the constellation of Virgo during the next few days.

The bright star directly above the moon on the evening of June 13 is Spica (SPY ca), the brightest star in Virgo. Spica, a bright blue-white star, is classified as a first-magnitude star. It is the 16th brightest in the sky. Second magnitude stars are not as bright; third magnitudes are even fainter and the faintest visible to the naked eye, under the most fa-

vorable conditions, are sixth magnitude. In the twilight, light-polluted skies of the metro area, you'll probably be limited to seeing down to fourth magnitude.

Some stars are brighter than first magnitude. They are classified as zero magnitude, and objects brighter than that have negative numbers. (There are four stars that are brighter than zero magnitude.) Venus, one of the brightest objects in the sky, can be as bright as -4th magnitude. The full moon and sun are -12.5 and -26, respectively.

Raymond Bullock was formerly the coordinator of the planetarium and observatory at the Cranbrook Institute of Science for seven years. He currently works for a company that specializes in laser displays and effects.

County offers education, testing for syphilis, AIDS

A special outreach project to provide education and free testing for sexually transmitted diseases is under way.

The Oakland County Health Division identified an increase in certain communicable diseases in the past year. For example, syphilis in Oakland County has increased considerably during 1988: 85 cases compared with 32 in 1987.

Sexually transmitted diseases, particularly syphilis, are of concern to public health workers because of their association with the transmission of the AIDS virus. The same safe sex behaviors that are effective against AIDS are effective against sexually transmitted diseases.

"Sexually transmitted diseases, particularly syphilis, continue to be a serious problem. Anyone who believes they may have been exposed to syphilis should contact the health department in their area or their doctor for testing," said Dr. Thomas Gordon, manager of Oakland County Health Division.

A person can have syphilis without knowing it. The signs of the disease don't last very long.

Free testing and treatment are available at Oakland County Health Division. Call the Pontiac Office 858-1302 or the Southfield Office 424-7045 for more information.

CPR — a tool you need for life

How often, in retrospect, have you heard someone regretfully say, "I wish that I had known something that I could have done."

Unfortunately, literally thousands of Americans die suddenly each year. Although heart attacks and cardiac arrests are largely responsible, other causes of sudden death include drowning, suffocation, drug overdose, and automobile accidents.

For many years, there was virtually no hope for these victims. Yet today, sudden death can be reversed. Perhaps even more astonishing is the fact that this apparent miracle can be brought about not only by highly trained physicians, nurses, or paramedics, but by any of us, anywhere, using no tools but our hands, our lungs, and our brains — to perform basic cardiopulmonary resuscitation (CPR).

Should you learn CPR? Yes, especially if you have a family member with heart disease. The reasons are overwhelming:

- Most sudden deaths from heart disease occur outside the hospital,



fitness

Barry Franklin

often in the victim's home, in the presence of family members.

- CPR done immediately by bystanders, followed by advanced life support by trained professionals, can save lives.



This certifies that

has completed the

CPR: BASIC LIFE SUPPORT FOR THE PROFESSIONAL RESCUE COURSE

at

Date course completed

Sherry J. Moody
Chairman, American Red Cross

TO UNDERSTAND how CPR works, we must first clarify the difference between clinical and biological death. Clinical death, which is reversible, simply means that the heartbeat and breathing have stopped. Biological death, on the other hand, is permanent brain death due to lack of oxygen.

Promptly initiated CPR, involving opening the airway, mouth-to-mouth breathing, and external chest compression, can turn clinical death back to life. Without CPR, biological death will occur. This death is final.

Is CPR really effective in saving lives? The answer is a resounding "yes!" Research has now shown that up to 60 percent of sudden death can be successfully reversed if CPR efforts are initiated within 0 to 4 minutes. After these critical minutes, the likelihood of brain damage increases.

CAN ANYONE learn CPR? Absolutely, since the techniques are simple and straightforward. Numerous studies have now shown that most people can perform CPR adequately after only one training session (although periodic refresher courses are strongly recommended). Even

young teenagers can learn to perform effective CPR.

There IS something that you can do to potentially reverse sudden death — learn CPR through a local chapter of the American Heart Association, the American Red Cross, a hospital, or a local high school or college that offers adult education courses.

Someday, you may just end up saving the life of someone you love.

Dr. Barry A. Franklin is director of Cardiac Rehabilitation and Exercise Laboratories at William Beaumont Hospital in Royal Oak, and Associate Professor of Physiology at Wayne State University's School of Medicine.



UGLY KITCHEN CABINETS?

DON'T REPLACE... **"REFACE"**

MODERN & EUROPEAN STYLES

FORMICA
Solid Colors and Woodgrain

SOLID WOODS
Oak, Cherry and Birch

SERVING WAYNE, OAKLAND & MACOMB

• FACTORY SHOWROOM

• FREE ESTIMATES

1642 E. 11 Mile Rd., Madison Hgts. Since 1969

1 Block W. of Dequindre Daily 9-5, Sun. 10-4

Cabinet clad... 541-5252

NOTICE TO BIDDERS

Notice is hereby given that sealed bids will be received by the School District of the City of Birmingham at 550 W. Merrill Street, Birmingham, Michigan, until 4:00 p.m. June 8, 1989 for Coal Bunker Demolition work in the school district. Bids will be opened and read publicly at the board meeting that evening.

Bidders may obtain contract documents from Barton Malow Co., The Construction Manager at 3777 Franklin Road, Southfield, Michigan 48034. Attention: Jim Robertson. Telephone (313) 241-4500.

A \$50.00 deposit will be required to obtain documents.

Published: May 22 and 29, 1989



TASTE'S GREAT!

Every Monday

HAVE YOU PLACED YOUR CLASSIFIED AD TODAY?



Look for our new Spiral Perm

Special Rods — Soft • Curly • Very Curly

Special Price ***60.00 plus haircut**

Gerald's Franklin 626-7178

Gerald's Northville 420-0111

Gerald's Dearborn 274-9200

Gerald's Sterling 979-2570

Give yourself a hand against breast cancer



ONE MONTH'S RENT FREE!!

Call 350-1777



Active Seniors Come Home to security • warmth • friends your own private apartment

Come Home to...



22800 Civic Center Drive, Southfield, MI

LOSE WEIGHT FAST!

BE Thin BY SUMMER

2 FOR 1

OR

50% OFF

Program costs only offer expires May 31, 1989



LOST 35 LBS.



LOST 48 LBS.

Diet Center®

The weight-loss professionals.

CALL TODAY

Plymouth
453-3080

Southfield
569-2669

Troy
435-5555

All Major Credit Cards Accepted

Your Best Memorial Day Value



4 Stack Chairs with 48" table

\$399.99

MADE IN U.S.A. TELESCOPE SINCE 1903

Palm Beach

Patio Furniture

Hours: Mon., Thur., Fri. 10-6 Tues., Wed., Sat. 10-6 Sun. 11-4

NOVI

41226 North Town Center

Grand River & North Rd.

South of 190

347-4610

WATERFORD

7350 Highland Rd. (M-5)

7 miles West of Pontiac

near Pontiac Airport

666-2880

Breast self-examination is easy, takes only a few minutes and can be performed in the privacy of your own home. It's an important way you can detect early and highly curable breast cancer. Through monthly breast self-examinations, you will learn how your normal breast tissue feels and will be able to recognize a change if one occurs. In fact, most breast lumps are found by women themselves.

Take control of your body and your life.

Make breast self-examination a part of your monthly routine. And see your doctor regularly for clinical exams and advice on mammography.

For a free pamphlet about breast self-examination, call your local American Cancer Society.

We're here to help.

AMERICAN CANCER SOCIETY