

Regular eye examinations a must for kids

Remember when you were a child and your vision was checked with the Big E eye chart? It's still used for school vision screenings, although it generally misses 70 to 80 percent of children's vision problems, according to a newsletter published by Family Eye Care of Farmington Hills.

For instance, it can tell you whether a child can see the chalkboard, but not whether he or she can see to read a book.

Undiscovered vision problems may be the cause of learning difficulties and a child's dislike of reading. Since 80 percent of learning in a child's first 12 years comes through the eyes, a youngster's vision problems may cause the child to fall behind in learning.

Regular eye exams should be a routine part of any wellness plan.

Olympic delights



Olympic Delights: Amity and Amanda Hough, sisters from Farmington Hills, were medal and flower bearers during the summer Olympics in Atlanta.

Run to raise funds for cancer research

It may be the first time two countries host an event to raise funds for cancer research.

On Sunday, Sept. 22, Canada and the United States will jointly host the Inaugural Windsor Detroit International Terry Fox Run for Cancer Research, a 10K race and 6K family event (including barbecue and entertainment) to benefit the Terry Fox Foundation of Canada and the Barbara Ann Karmanos Cancer Institute in Detroit.

The 10K course through Windsor will feature a trip across the Ambassador Bridge, from Canada to the U.S. and back, the first time the bridge has been used for such an event. The 6K fami-

ly event will be held in Windsor's Malden Park, the site of the 10K's finish line.

Windsor Mayor Michael Hurst and Detroit Mayor Dennis Archer are honorary chairmen. Sponsors include Chrysler Corp., Ford Motor, Alcan. Ltd., Lear Corp., NBD Bank, Tim Horton's, Windsor Factory Supply, Windsor Star and the Detroit International Bridge Co.

The Terry Fox Foundation was established in 1981 to raise funds for innovative cancer research through a series of running events. The 1996 Terry Fox Run, the world's largest single day fund-raiser for cancer research, will be held in more

than 3,000 Canadian cities and 300 international locations.

The Karmanos Cancer Institute is one of the nation's leading research, treatment, education and outreach centers. It is affiliated with the Detroit Medical Center and Wayne State University, and supported by several area United Ways.

The cost for the 10K race, limited to 2,000 runners age 16 and older, is \$25. The 6K family event is free, and welcomes pledges and donations. For more information or registration forms, call Jane Heey at 800-KARMANOS.

Blum tapped for schools position

Eleanor Blum of Farmington Hills has been appointed to the special education advisory committee of the state Board of Education.

Her term, effective immediately, runs through June 30, 1998.

Peace Corps from page B1

American may face some intolerance.

But the younger Perish has other concerns. "Even though they don't cover their heads as in some Muslim countries, I'm not sure if I will be able to exercise," she said, adding that she regularly works out here.

She will be living with a host family, yet to be determined, but knows that there will be no television along with dubious telephone and mail service.

"Mail takes 3-8 weeks," said Bedonne Perish, lamenting the foreseeable lack of communication.

Turkmenistan has given up communism for nationalism, with former communist party leader Saparmurat Niyazov being its president. But the government is far from a Western

model, with no freedom of the press or freedom of assembly.

As in communist times, rents and food have been subsidized. But that is changing as the country's vast petroleum and gas reserves bring little foreign exchange because its pipelines lead north to Russia and countries that can not pay world market prices for the resources.

"When I first heard where I was being sent, I asked, 'Should I be excited, where is it?'" she said. "But now I think it's exactly what I want."

Even though it is not Europe, there is air service.

Perish will bring cards, games, books, conservative clothing and plenty of gifts for her stay. What to wear has been a challenge in a country of 4 million Russian speaking people living in a sub-tropical desert climate with cold

winters, little arable land but large oil and natural gas reserves.

Perish is also trying to make contacts through the Rotary Club and Kiwanis Club in order to have goods sent to the country.

And the pay? Volunteers receive a stipend for living expenses as well as earning \$200 a month that is paid to them when they return.

Perish is both nervous and excited for the opportunity, and sees it as part of her career, not just a two-year lark. "I want to get into the field of international development," she said. "I don't know whether I will work at the grass roots level or administratively."

For now, it sounds like grass roots in a country of mostly desert.

Mommying from page B1

humiliation of using the idiotic thing, or getting soaked as I ran the 20 yards to the building. I chose the former. Not so bad if the windows of the staff room didn't look out onto the parking lot. All I could see was smiling faces. I was able to sell a humorous article to them, so perhaps my inanity paid off.

In church my three-year-old is quiet only if he's doing something wrong. One Sunday seemed particularly easy: I could actually listen to the minister and catch his subtle jokes. I'm so used to ignoring the small stuff, I didn't realize Matt kept lifting up the back of my skirt well over waist height to see how high up my "funny socks" went. I now understand why the people behind us reacted so much more effusively to Father's jokes than we did.

One night I was asked to give a presentation to 200 women on the topic of "adjustment to the new baby." Not entirely confident as a public speaker, I was nervous. As I began to talk, I shifted at the podium and noticed that my baby's fuchsia sock, missing for a month, was stuck to the inside of my black blazer! Realizing the audience consisted mostly of mothers, I shared my find with them, and they applauded wildly. I wasn't nervous after this.

Most moms can relate to my bank story. You try to nonchalantly sneak in your two toddlers while making a transaction. It's quiet as a morgue, of course, and the older child bellows "Mom, why is that man so fat?"

You try to distract him by showing him the gum-ball machine, promising him one on the way out, when the other kid says "But mom, why is that

man so fat?" Your transaction lasts 30 minutes and yours is the only teller available. Now three shades of red darker than your normal complexion, the teller has doubts about your driver's license picture really being you. Finally another window opens and the fat man is removed from the kids line of fire. You sink out to your car and try to explain that it's impolite to speak of someone in those terms. You give up your best shot when the older child shouts "Mom. The fat man is having trouble getting into his car."

You are quite aware that you are a mom when you find yourself humming catchy tunes like "Sonic the Hedgehog" and "Pinky and the Brain." When you dine in a Japanese steak house and your son recognizes the background music from Godzilla movies and is able to tell you from which ones. When you have five minutes to yourself in the bathroom and your child answers the phone and tells your obstetrician's receptionist "Mom's in the bathroom and can't come to the phone." When you and your husband are dining alone in an exclusive restaurant, and you instinctively reach across the table to cut his prime rib into bite size pieces. When you can recite Dr. Seuss books by heart. When you simply give in to your child's desire to eat peanut butter and jelly sandwiches three times a day.

Yes, mommying is a humbling experience but one I wouldn't trade for any other in the world. While your professional credentials may take a beating, you develop ways of looking at life and coping skills you never would have imagined. Kathy O'Donohue is a freelance writer and mother of five children in Farmington Hills.

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