

Protective equipment

When it is not possible to make the work environment completely safe, it may be necessary to protect employees from the environment.

The Michigan Department of Labor urges workers to use personal protective equipment whenever necessary. Three of the most common types of protective equipment are eye and face protection, ear protection, and protective clothing.

Eye and face protection include safety glasses, goggles, face shields, and similar items used to

protect against corrosive solids, liquids, and vapors, and foreign bodies. Shaded lenses are used to screen out ultraviolet and infrared radiations. of the many types of eye and face protection available, there is a correct type for each job and it should be worn at all times on that job, the department states.

Ear protection against noise-induced hearing impairment may often present special difficulties. The real answer is to reduce the noise exposure. But this problem may be difficult to solve and the wearing of ear plugs or ear muffs would then be mandatory.

Protective clothing — gloves, aprons, boots, coveralls, and other items made of materials that can't be penetrated — should be worn to control or eliminate prolonged or repeated contact with solvents that cause inflammation of the skin or chemicals that may cause a general poisoning of the body through skin absorption.

By MARILYN FRUMKIN
Summer in the suburbs. The temperature is a sticky 84. Tennis and golf lessons are in progress, but the tempo is slow. Isn't there a cooler way to keep in shape?

Try skating. Some suburban rinks are open year-round. Here's what's happening under the high steel beams.

"Backslides in! Shoulders straight! Arms out! 'You in the red sweater — let go of the boards, honey."

"Will someone please unclench her fingers?"

"Okay — let's skate."

The uneven line of skaters begins a hesitant cold journey across the rink with nervous giggles, whoops and hollers. Few make it all the way.

"AND NOW that you're comfortably seated, watch while I demonstrate the first lesson: how to fall correctly."



WAYNE ASSEMBLY PLANT manager W. Dale McKeehan of Farmington Hills inspects the first of a new line of small luxury cars roll off the assembly line. The Granada is now being produced at the plant after the plant was converted from standard size cars in a record 55 days at a cost of \$75 million.

Skating helps keep cool

There is a "right" way to fall (go limp and bring derriere as gently as possible into contact with ice.)

Janice Fidler of Oak Park, an instructor at the Novi Arena, teaches that lesson and much more.

Janice, an attractive brunette who worked at the Oak Park Ice Arena for five years before coming to Novi last year, said age is no barrier to learning. She has taught an 18-month-old boy and a 65-year-old grandmother who took lessons secretly so she could surprise her grandchildren.

"She really did well, too."

Then there's the story about the 42-year-old woman who found herself the only adult in a beginners' class last summer. The oldest child was 11, the youngest 5. After mastering a one-legged glide across the ice, the woman turned to the five year old and proudly said, "Well, I think I did that one better than you."

arena will open in September.) Most rinks have lounge-like changing areas, restrooms, equipment shops and either food vending machines or snack bars.

OTHER ARENAS with summer programs are the Iceland Skating Center in Troy and the Oak Park Arena. All offer either lessons, open skating time or both.

Birmingham's Eaton Park rink is closed from early June to mid August because of a lack of participation in "free" skating or league hockey. The rink does offer a spring hockey league which runs until June 5.

But for those who want summer skating, it is easily found. To piped-in music of "The Skaters' Waltz," people can skate on ice all summer long.

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THAT'S BECAUSE it's not as far for you," the toddler replied, "cause you're bigger."

Kicking the ice from her blades, Janice enters the changing room of the arena. She joins a group that is just completing its preliminary figure skating course. Part of a class of 11, they sprawl on long wooden benches, pulling off wool caps and mittens, wiping skateblades dry, sipping hot coffee.

"Wow, just think, I'm ice skating in July. That's got to be some psychological effect," said student Linda Knusley. She's a petite blonde, a blood bank technician at Botsford Hospital in Farmington.

Josephine Narowski, a respiratory technician at Providence Hospital, was wearing a brightly striped sweater and warm slacks. She's a tall girl who is still a little gawky and unsure on the ice — she's only been skating one month.

"The first time out, sure, I was nervous, but I'm gutsy," she said. Ankle bending at strange angles, she practiced her lessons until she was turning circles (wobbly) skating backwards and having a fine time.

As is Harold. Harold? Well, why not? Men like to skate, and not all men want to play ice hockey.

HAROLD MAY is tall, husky, and the father of "two and a quarter" children. Looking like a huge, bearded teddy-bear, he is not distinguished by being the most graceful skater in the all-female class. But he is distinguished by having what must be the most understanding mate in town.

"Honestly," he said, "my wife isn't the least bit jealous. She knows I enjoy the exercise."

"You know," Linda said, "when I was a kid I thought skating lessons were for only the rich. There were few indoor rinks and lessons were expensive. But it's different now."

Today, almost a dozen ice arenas dot the area, and more are being built. (Berkley will have a rink ready this fall. Southfield's second

"Dad's more independent than ever since he moved to the Center."



Dad's always been one for living his own life. And he taught me a lot about the best way to live mine. When he retired, I wanted him to get the most out of his leisure years.

But it was tough. I used to worry about him. He didn't want to move in with me and my family. Said he was too set in his ways. Maybe he was right. But I didn't think he should go on living alone in that big house. It was just too much work.

That was just one of the reasons I was so pleased when Dad told me about the Center. It's the sort of place that's right for an active person like Dad. He can keep his independence and still have some of the rest and pampering I think he's earned.

Each resident has his own apartment on a Life Membership basis. It's theirs to furnish and use as they wish. It's their home. But with some important differences. At the Center, the staff takes care of the heavy cleaning and flat laundry. (And there are washers and dryers available for the resident's personal use, free of charge.)

Meals aren't a problem either. The main dining

room serves a varied selection of meals, three times a day. The meals are served in a beautiful setting by the Center's own staff. Not cafeteria style. And for special occasions, there are private dining rooms for entertaining family and friends.

I think that the key word for the Center is freedom. First, the freedom from the burden of maintaining a house. That leaves people like Dad free to pursue activities they really enjoy. Residents organize their own activities... and they're involved in just about anything you can think of. bridge games and hospital volunteer work, choral programs, lectures, group excursions and gardening. Some residents are still involved in the business world as consultants and part time workers.

On the whole, the Center is a resource as well as a place to live. There are hobby rooms, a library, lounges, meeting rooms, beauty and gift shops and more. Dad can even get a ride into town without waiting for me. The Center has its own bus service.

And finally, the Center is right here. Not ten states away. I can see Dad and he can see his grandchildren easily and often.

Oh, I'd never tell Dad how to live his life. But I must say I'm glad he decided to move to the Center.

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