

# INSIDE ANGLES

BY LOUISE OKRUTSKY

**NARDIN PARK** Community Nursery School is sponsoring the Child Care Food Program, designed to provide meals to children in child-care centers, outside-school-hours programs and family day-care homes. Meals are available at no separate charge to children enrolled in the Nardin Park school. The program covers children who are 18 years old and younger without regard to race, sex, religion or national origin.

**LEARN AND SHARE LIFE-SAVING** information through volunteer programs of the American Red Cross. Hours are flexible and medical experience isn't necessary to be part of a cancer-education team. To join, call JoAnn Pope at 557-5353.

**THE MONKEYS**, lions, clowns and other denizens of the circus world have been scaled down and placed in the Plymouth Historical Museum for Christmas. The hand-carved collection is on display from 1-4 p.m., Thursday, Saturday and Sunday at 155 S. Main in Plymouth. Admission is \$1 for adults, 50 cents for youths 12-17 and 25 cents for children 5-11. School tours can be arranged by calling the museum at 455-8940.

**READY FOR A NEW** holiday tradition? Yes, friends, that's what the Farmington Community Center offers when it asks us to help them trim their tree this year. Residents are invited to join in on decorating the Center's tree for the holidays by adding one of their handcrafted ornaments to the Center's collection. Persons who want to add a little bit of themselves to the community tree can send their ornament to 24705 Farmington Road, Farmington Hills 48018 or bring it to the Center in person. The ornaments will be placed on the tree later this month.

**SWEETS FOR THE SWEET** will be the holiday theme of a cooking demonstration with Lois Thielke of Oakland County Extension Service from 7-9 p.m. tonight at the Farmington branch library auditorium, 23500 Liberty. Ms. Thielke will demonstrate how to make hand-dipped chocolates and fruit rolls, and then pass out recipes for these treats. The audience will have a chance to sample all those freshly made holiday goodies.

**THERE'S ART** on that Ridge and the Oakland Community College-Orchard Lake campus proves that point with its invitational exhibition and sale from 7-9 p.m., Dec. 5; 10 a.m. to 5 p.m., Dec. 6 and from noon to 5 p.m., Dec. 7 in J-Building, on campus. Artwork ranges from weaving to watercolors. Demonstrations will let spectators learn artistic techniques. A three-credit art course at Orchard Ridge campus and gift certificates from local art-supply stores will be given away. For more information call the campus, on Orchard Lake Road near 12 Mile, at 476-9400, extension 370.

**MUNCH, MUNCH, MUNCH!** If you want to join Overeaters Anonymous to help quit the munch munch, two local chapters of the group are at your service. One meets Wednesdays at 7:30 p.m. from Dec. 3 in the United Methodist Church of Walled Lake, 313 E. North Court, Walled Lake. For further information call Tova at 474-5604. Another group meets Thursdays at 7:30 p.m. from Dec. 11 in Holy Family Church, 24505 Meadowbrook Road, Novi. For further information call Pat at 349-3178.

**THE FARMINGTON BOARD OF** Education meets on Dec. 1 instead of Dec. 2 in the school administration building on Shawwassee near Farmington Road. The date of the meeting has been changed because Hanukkah begins the evening of Dec. 2.

**BRRRRR CHATTERCHATTER** Feeling chilly because your energy-conscious office lowered the thermostat? Our Lady of Mercy High School student Energy Awareness Committee is sponsoring a fashion show which illustrates dressing for warmth in a chilly office. The show will take place 10:30-11:30 a.m. Dec. 11 in the Mercy auditorium, 11 Mile and Middlebelt. The program is open to the public and admission is free. The clothing is provided by Ray's of Birmingham. Joseph Oliveri, a professor at Lawrence Institute of Technology, will be the master of ceremonies. For further information call counselor Jim McKee at 476-8020, extension 219.

**THE FARMINGTON HILLS Fire** Department wants to repay the Salvation Army for all those cups of coffee and hamburgers offered up by the army to cold and hungry firefighters during

the year. And the fire department needs your help to repay its debt. It's asking Farmington-Farmington Hills residents to contribute canned goods to the Salvation Army's pantry by dropping off a canned good one of the Farmington Hills friendly fire stations. The drive to collect the canned goods goes on until Dec. 12. Remember, the Salvation Army is more than just a Santa Claus on the corner during the holidays.

**ARTSTART** Preschool presents a Christmas workshop for children from 3 to 11 years old. The children will learn to make old-fashioned Christmas decorations, sing American carols and hear stories about the holiday in the U.S. There are two sessions: from 9:30-11:30 a.m. and from 1-3 p.m. on Dec. 13 in the ArtStart Preschool classroom in Mercy Center, 28600 W. 11 Mile, Gate 4. There is a \$8 fee per child. Reservations are necessary. For further information call Sue Ingram, 474-7175.

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## Student learns CPR

While standing in line at a bank, the woman in front of you gasps, clutches her chest and falls to the floor. What should you do?

Recently Farmington's Matt Abbar was among 57 Michigan State University students who learned the answer — apply cardiopulmonary resuscitation (CPR).

The students participated in a nine-hour life-saving course taught on the MSU campus.

CPR provides artificial circulation and respiration for a person whose heart and lungs have ceased functioning due to a heart attack, stroke or other causes.

External cardiac compressions and mouth-to-mouth resuscitation are alternated to simulate the heart and lungs in order to save the victim's life.

The course was divided into two sections. The students first attended a lecture session in which they learned the warning signals of a heart attack or shock and how to apply CPR.

Next came a practice session during which they used CPR on rubber training dummies.

Finally, the students were tested with a practical and written exam.

"In a community as large as MSU, I felt it was important to set up a CPR

class to train students," said Harry Stonehouse, MSU geology professor and program coordinator.

"This is the first time a class as large as this one has been offered on campus."

Stonehouse and Dr. Dave Druz, a Lansing-area physician, decided to start the CPR training program this year as a public service to the community.

Larry Appel, an MSU student and CPR instructor, said he tried to set up a campus program last year without success. Instead, Appel worked on his own, training 20 persons at a time.

He considered starting a program again this year but when he heard about the efforts of Stonehouse and Druz, he joined theirs as an instructor.

"Now we can train a great many people at the same time," said Appel. "We hope we can do it again next term."

The American Red Cross supplies the materials and the training dummies. The Red Cross also certifies students if they attend all nine hours and pass the exam.

"With classes as large as the one at MSU we can make better use of our instructor time," said Jan Yettaw of the Red Cross.

## DANCING

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**Grand Opening of the NEW Nautilus Form Fitness Facility**  
Court Time Racquet Club announces their All NEW Nautilus Form Fitness Facility will open on December 5th. This new facility is ideal for improving: Agility, Endurance, Strength, Body Contour or for Rehabilitation.  
Special rates for Pre-Opening memberships. Call for more information.  
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