

Seniors prove cross country skiing is an ageless sport



Getting up after a fall requires a rolling movement, a boost from the ski poles and voila — back on the skis again. Gerald Richards of Pontiac demonstrates the technique during a cross country ski seminar conducted for senior citizens earlier in the week.



Winter took on a different appearance from last year's gray, bleak landscape. It snowed. And the folks at the Farmington Hills Parks and Recreation Department decided to give seniors a hand at doing something with all that white stuff besides shoveling it off their sidewalks.

The department along with instructors from the U.S. Ski Association in Vermont and the Nordic Division of the National Ski Patrol gave seniors an introduction to cross country skiing earlier this week at Glen Oaks Country Club in Farmington Hills.

Staff photos by
Randy Borst



Helping to adjust Gerry Hyde's boots (middle) is ski instructor Mark Douglass of Farmington Hills (left). Lynn Kopezynski of Farmington Hills (right) watches as the skis are adjusted. Douglass is with the Nordic Division of the National Ski Patrol.

INSIDE ANGLES

BY LOUISE OKRUTSKY

AN AFTERNOON with the art of the Detroit Institute of Arts is sponsored on Feb. 12 by the Farmington Hills Parks and Recreation Department. Registration deadline is Jan. 26. The afternoon includes a luncheon and a tour with a docent of the Institute's new galleries such as the Schwartz Graphic Art Galleries, the J.L. Hudson Co. and Webber Foundation Galleries plus the new Native American Gallery. Bus transportation leaves Farmington Hills City Hall at 10 a.m. and returns at about 3:30 p.m. Tickets are \$10 for general admission and \$9.50 for seniors. This includes transportation, luncheon and the tour. For further information or to register call the Hills Parks and Recreation Department at 474-6115.

START THE NEW YEAR by donating your blood to the Red Cross. Plucky plasma donors can donate from 1-7 p.m. Jan. 8 for the WKBD-TV sponsored drive at Mercy Center, 28600 11 Mile in Farmington Hills. For an appointment call 474-9726 during blood drive hours.

Another blood drive will be conducted from 2-8 p.m. Jan. 20 at First Presbyterian Church, 26165 Farmington Road, Farmington. For an appointment call 474-8170 during blood drive hours.

Donations are accepted also at the Oak Park Donor Center, 25900 Greenfield, Oak Park. The center's hours are from 10 a.m. to 4 p.m. Monday, Friday; 2-8 p.m. Tuesday, Wednesday, Thursday; and from 9 a.m. to 2 p.m. Saturday. For an appointment call the center at 968-2255.

Blood can be donated by anyone between the ages of 17 and 65. Donors who are 17 must have parental consent. The process takes less than an hour to give a pint of blood. That includes registration, a brief medical examination, the donation and a snack in the canteen.

BETTER WATCH out Santa Claus. Your territory's being usurped by comic book characters. Yes, as soon as the Jolly Old Elf left for the North Pole, Spiderman, that hero of Marvel Comics looked into Westland Center, 35000 West Warren, Westland. The Amazing Spidey will sign autographs and have his picture taken with youngsters from noon to 2 p.m. and 3-5 p.m. Jan. 3. Instant photos are available free but parents can bring their own cameras as well. (What will young Parker tell his aunt to explain his disappearance to Westland Center? Why hasn't his aged albeit not-that-dumb aunt figured out her very own nephew is the sometimes bumbling Spidey?)

YES, FRIENDS it's cross country skiing time again. And the Farmington Hills Parks and Recreation Department will conduct a seminar to introduce persons to the winter world of cross country skiing. (Abhh, nature.) The session conducted from 7-9 p.m. Jan. 7 in the Shawwassee Recreation Center, 30415 Shawwassee Road,

Farmington Hills, will include information on where to ski, what type of equipment to buy, clothing, waxing techniques and a movie. The seminar is presented by the Benchmark in conjunction with parks and recreation. For further information on the free seminar call the parks and recreation department at 474-6115.

FOR THOSE OF YOU who want to know how your Christmas gift books stacked up against others in the bestseller list, Publishers Weekly, a subsidiary of Xerox Publishing Co. released a list of the longest-selling best sellers for 1980.

Among the top sellers of 1980 listed are: "Princess Daisy" by Judith Krantz, which graced the list for 35 weeks; "The Complete Scarsdale Medical Diet," by Herman Tarnower, M.D., and Samm Sinclair Baker stayed on the list for 49 weeks but doesn't quite match the 51 weeks managed by "Mary Ellen's Best of Helpful Hints" by Mary Ellen Pinkham. Although the 1974 epic "Joy of Sex" by Alex Comfort was on the best seller list for 45 weeks this year, it lasted for 51 weeks the previous year.

ANGLES noticed the line snaking around the mall and to the card store the day after Christmas when rolls of wrapping paper and cards are snatched up by thrifty shoppers for next year. (How's that for looking ahead?) To the patient shoppers who waited and the even more patient salespersons: IA sends this salute: ★ ★ ★ ★ ★

FOR THOSE who handle exchange purchases in department stores as well as for those who exchange that too-small, too-loud or much too-large outfit, IA sends this salute: ♦ ♦ ♦ ♦ ♦ (think of them as arrows directing you to the exchange desk.)

FOR THOSE PARENTS who were forced to cope with mechanical toys knocking out on the very first day, IA sends this salute: □ □ □ □ □ (Think of them as empty gift boxes or if you're masochistic enough, used-up batteries.)

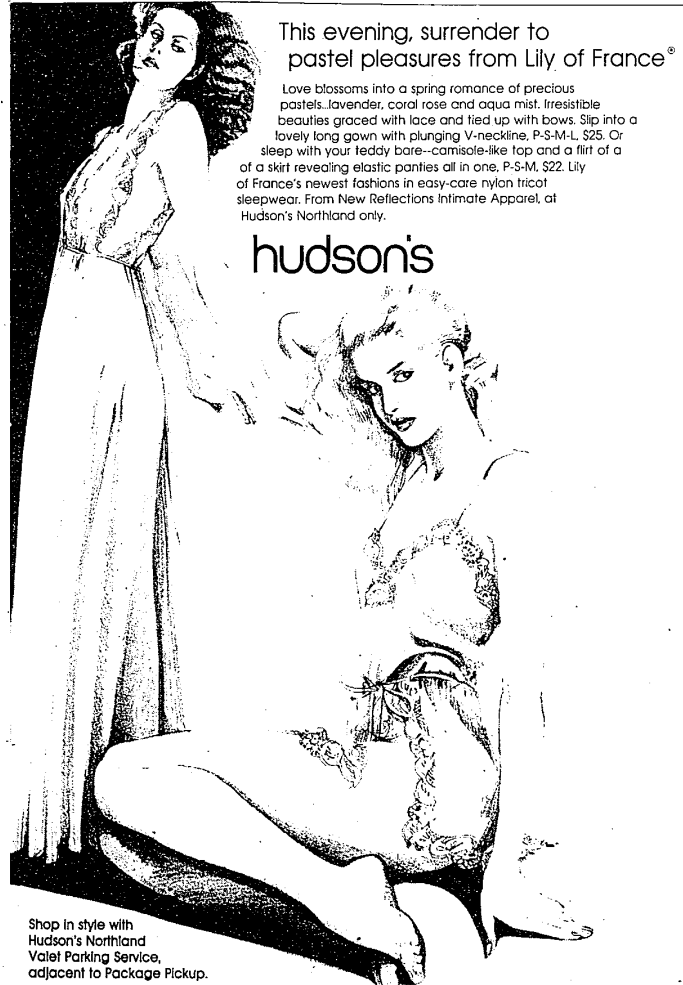
THERE IS STILL time to make reservations for "Institute Day" given by the Sisterhood of Beth Achim beginning at 10 a.m. Jan. 19 in the synagogue at 21100 West 12 Mile, Southfield. The speakers will include: Ruth Lefkowitz of the Detroit Institute of Arts, Cantor Chiam Najman of Congregation Shaarey Aedek and Dr. Lila Goldman, professor of English at Wayne State University. For further information call Millie Rosenbaum at 357-0575 or Fredell Whitman at 356-1854. Reservations should be made before Jan. 15.

ANGLES wishes everyone a Happy New Year.

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