



## retirement memos

**Margaret Miller**

## Is there a doctor?

Retiring to a different part of the country, one needs to find all sorts of new helpers. Joe and I used assorted methods to locate ours.

The plumber, the electrician, the handyman were recommended by the condominium management. The yellow pages turned up a refrigerator repairman. A hairdresser I located by trial and error.

But how do you come by health care in a strange land?

BOTH OF US are in excellent health, and we considered it necessary to find in our new home city a doctor we could both like and trust to help us stay that way.

I absolutely need frequent dental checkups, and Joe has to see an ophthalmologist regularly. And though there is an abundance of people in these professions where we now live, we really had no idea which way to turn to find the right ones for us.

It's not easy to ask a fairly new acquaintance: "Who is your doctor and do you like the care you get?" I tried it tentatively on one occasion. There followed a group discussion on whether complete physical examinations are necessary every year. But no recommendations came out of the talk.

I became rather worried about finding a successor to the dentist who had taken care of my teeth since childhood.

That was because a friend, a longtime resident of this area, had a terrible experience trying to get emergency care for an infected tooth. And we really needed some kind of advice to choose among the myriad eye care specialists here.

BUT THE YEAR was wearing on and there was a test I need annually. I did what I should have done earlier and called the county medical association, which referred me to a Canadian doctor with a new practice in family medicine. I went to see him and liked him just fine. There, that wasn't so bad, was it?

Our daily newspaper led me to dental care. I read with interest the account of a young dentist who volunteered an afternoon every week to help residents of local nursing homes. That must be a good sort of person, I decided, and his office said he was indeed taking new patients. I liked him too, and Problem No. 2 was solved.

And recent conversations have twice turned up the names of the same ophthalmologist. Joe will get a visit scheduled soon.

And that should retire another retirement question mark.

Margaret Miller was Suburban Life editor for the Observer Newspapers for 16 years. She and her husband Joe have retired to Florida.

## Martin-Harper

Mr. and Mrs. Roy Martin of Farmington Hills announce the engagement of their daughter Wendy Suzanne to Brad Dennis Harper, son of Mr. and Mrs. Orville Harper of Farmington. The bride-to-be is a graduate of Western Michigan University, employed as office manager for Roy Martin & Associates in Livonia. Her fiancé studied engineering at Lawrence Institute of Technology and is a regional engineering specialist for Xerox in Southfield.

A late winter wedding is planned.



## Burbo-Zapolnik

Mr. and Mrs. Nelson Burbo of Farmington Hills announce the engagement of their daughter Linda Marie to Gerald Lee Zapolnik, son of Mr. and Mrs. Dan Zapolnik of Pentwater.

The bride-to-be is a graduate of Farmington High School now attending Oakland Community College. Her fiancé is a graduate of Davenport College and now a student at Madonna College.

An April wedding is planned.



# New item helps rooting

Here we are in the midst of Michigan's winter. It is a good time to play "catch up."

To keep your mind perking right along and increase your knowledge of our common interest you can visit the Cranbrook Institute of Science, your local library or read those garden books you have been collecting.

Remember our gardens and our minds don't come to a halt. Both keep changing due to exposures of new ideas.

A few years ago your columnist visited the jungles of Kenya. So I feel as though I'm on a second trip when the



## down to earth

**Alice Burlingame**

National Geographic takes us on location in its broadcasts.

Not only is there the enjoyment of the animals, but the natural growth relates to many of our indoor plants. Your winter reading can be enriched by studying about plant explorations.

# She will represent Farmington Hills

Michigan's Miss Charm Scholarship Pageant has announced that Christy Hicks, 14, daughter of Sharon Hicks of Farmington Hills, will represent Farmington Hills in the 1984 state finals to be held Friday-Sunday, Feb. 17-19, in Walled Lake Central High School. She will be competing with other representatives from across the state in the teen division.

Christy is a student at O.E. Dunkel Middle School and is in the eighth grade. Her hobbies and interests are downhill skiing, drama and creative writing. She has received outstanding honors in scholastic achievement, forensics, and cross country running.

Michigan's Miss Charm Scholarship Pageant is a youth development program to promote leadership and cultural arts in communities throughout the United States.



Christy Hicks

## Driving in darkness has additional rules

Night driving can be stressful, but that condition can be eased with some care. The Automotive Information Council (AIC) has compiled some tips pertaining to the car and to the driver.

It suggests that a driver sit in the car for a minute or two before starting to permit the eyes to adjust to darkness.

Don't look at the lights of on-coming cars, a practice that will change the focus of the eyes. Instead, look to the right of the lane marker or at the shoulder markings.

Don't wear colored glasses to avoid

headlight glare. They reduce needed detail in night vision.

ON A LONG trip, keep alert by moving the eyes, arms and legs and take occasional rest stops to reduce eye and body fatigue.

Watch your speed. Don't "over-drive" the distance you can see.

Regarding the car, make sure the headlights and tail lights are clean. Under adverse weather conditions, stop frequently to clean dirt, ice or snow from the lights.

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## Declaration of Rights

George Mason (1725-1792) is known for writing the Declaration of Rights. He was a member of the Virginia Convention of May 1776. Thomas Jefferson referred to this document in writing the Declaration of Independence. Ma-

son was the author of our Bill of Rights. Quakerstown Chapter Daughters of the American Revolution ask that you observe February as American History Month.

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