

Beware of cold when skiing

Thursday, January 31, 1985 O&E

(F)15A

For Jim Meloche, director of the Independence Oaks County Park Nordic Ski Patrol, one of the finest pleasures of cross country skiing is the "winter experience."

He describes this experience as the ability to seek out breathtaking hilltop views in the near-silence of a snow-capped woodland for five years, says that the transportation provided by cross country skis opens a totally new environment not accessible by foot or snowmobile.

But for those whose idea of searching for pristine winter vistas on skis means

cold hands, frostbitten feet and falling down, Meloche attempts to clear up the misconceptions.

If you're too cold, it's probably because you're wearing four pairs of socks making your boots too tight, says Meloche. And it's likely that your hands are wet because you're wearing cotton gloves that absorb rather than shed water.

HE ADDES that you don't have to be an Olympic athlete to cross country ski; you can proceed at your own pace. While it's inevitable that you'll take a few spills, instruction can show you

how to fall properly with less chance of injury.

Meloche also points out that by selecting an area where the trails are planned and marked, the facilities are supervised, rental equipment is available and a trained ski patrol is on hand, the "winter experience" is greatly enhanced.

Independence Oaks County Park, operated by the Oakland County Parks and Recreation Commission, is one such cross country ski facility, on Sashabaw Road, near Clarkston.

Independence Oaks gives skiers a wilderness experience under controlled circumstances, said Meloche, who directs the 35-member patrol which provides trail assistance and first aid when needed.

With more than 16 kilometers of marked and groomed trails winding through the 830-acre park, Independence Oaks appeals to first timers and experts alike.

THE PARKS system also offers cross country skiing at its golf courses including Glen Oaks in Farmington Hills, Red Oaks in Madison Heights, Springfield Oaks in Davidsburg and White Lake Oaks near Pontiac.

Skiers at Independence Oaks can

tailor their winter experience to their own personality, says Meloche.

"Racers can race, armchair athletes can put on their Christmas skis and feel confident, and families can enjoy being outdoors together," he said.

Along with the winter experience, there are other benefits to cross country skiing, says Meloche.

Cross country skiing makes people more fit physically, helps keep weight under control, is relatively inexpensive and less competitive than downhill skiing.

"It will cost an Oakland County family of four about \$48 for a day of alpine skiing while that same family can cross country ski at Independence Oaks all day for \$2.50," Meloche points out.

There is less peer pressure in cross country skiing than downhill skiing. Nobody's keeping track of your style, speed or performance."

Meloche notes that with appropriate clothing, a good understanding of the equipment and skills, and a solid dose of common sense, many more people can enjoy the pleasures of winter on cross country skis.

For more information on cross country skiing at Independence Oaks County park or the Nordic Ski Patrol, call 625-0877.

Architect to speak

President of the architecture division of CRS Sirlin Inc., one of the world's largest design/construction corporations, Paul Kennon is the next guest speaker in the Lawrence Institute of Technology School of Architecture's ARCHITECTURE series.

Kennon, who received a master of architecture degree from Cranbrook, will present "Conceptual Dialogue" at 7:30 p.m. Tuesday, Feb. 5 in the architecture auditorium on LIT's campus, 21000 W. 10 Mile, Southfield.

With 3,455 employees working in 46 offices worldwide, CRS Sirlin was listed in "The 100 Best Companies to Work for in America."

Kennon worked with Eero Saarinen from 1957 to 1964 as a senior designer.

Doner names vice president

W.B. Doner & Co., Detroit promoted Hugh Broder to vice president, director of broadcast production. He was vice president, administrative producer.

Broder is responsible for coordinating the production of the 3,000 commercials Doner creates each year.

"Broder has a difficult job," said Steve LaGutta, Doner executive vice president, creative. "All Doner spots go through him. He figures out what they should cost, who's going to do them, and then makes sure they get done well and on time. He has an astounding grasp of the production business and is a great help to young producers."

Broder started at Doner as a production intern. After earning his bachelor's in theatre arts and speech from Kalamazoo College, he joined Doner in 1977 as a producer.

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