HEALTH TIPS

Summer can be

harmful to health

By Frank Chappell

American Medical

If there are horses or cows

around, there is likely to be

tetanus, Tetanus, or lock-

tetanus toxoid. If your fam-

and ticks are troublesome in

hot months. Insecticides and

screens usually can keep

them under control. In tick

country it is essential to

make a close examination

after disrobing to remove all

Association

Your Neighbor says

Equal Rights Amendment should be voted down

With the issue of equal rights for women again raising its head, this time a vote on the Equal Rights Amendment by the Illinois legislature, Jane Raatz of 4694 State Street, Gagetown, has ome very definite feelings. . And those sentiments are very negative toward the

ERA movement. "They always want the good things in the ERA without looking at the whole thing," Mrs. Raatz said.

She feels there is very little good about equal rights for women. Aside from the fact women would be subject o'the draft along with men and possibly have to pay limony, she said the ERA and the women's movement takes jobs that rightfully belong to men.

"After all, they (men) are supposed to be the breadwinners of a family. You don't need to see a woman on a bulldozer, or a train.'

Additionally, it adds to the destruction of the family as unit, she claimed.

"If more women staved home and were mothers like they ought to be, there would be less juvenile delinquents. Kids would be able to come home to a hot meal."

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Mrs. Raatz said that if a woman must support the sneezes, but there are some family because her husband has died, then she believes it

"They're always complaining that they can't lift something. It's too heavy. Well, I say they should do



is alright for them to seek a job but not otherwise. She does agree that women should receive equal pay for equal work. But she claims women rarely do an equal amount of work as a man at the same job. the same work as a man if they want to be paid like

a physician at once. Sunburn has hospitalized many a vacationer, the American Medical Association reminds.

Winter is the favorite time

for colds and flu and

health and accident hazards

that do their worst in hot

Sun strokes and heat

Too much exposure and

too much exercise in hot sun

may produce sun stroke.

Prolonged excessive heat,

either in or out of doors, can

cause heat stroke. The

symptoms are similar and in

either case it is important to

keep the victim cool and call

strokes are more likely to

occur in July and August

than in January.

weather.

Everyone should know that gradual exposure to the sun, beginning with a few minutes a day, is the recommended course. But many of us forget to watch the clock and take precautions against sunburn in the excitement of the first day at camp or at the seashore.

Swimming is fine exercise and also is good for cooling off on a hot day. Those with sinus or ear troubles should be careful about swimming.

Swimmers should make certain that the water is safe from pollution. A clear mountain stream may look beautiful, and also be loaded with germs. Campers can disinfect water by boiling or by commercial tablets.

School Menu

JUNE 2-5

MONDAY

Cheeseburger Chips Fruit White Milk Cookie

TUESDAY

Chili - Crackers Celery Sticks Bread-Butter White Milk Apple Sauce

WEDNESDAY

Beet Ravioli Cheese Bread-Butter Peach Slices White Milk Cookie

THURSDAY

Hot Dog & Bun Buttered Corn White Milk Cookie

Menu subject to change.

5 on Delta dean's list

Five area students have been named to the dean's list

at Delta College. They are Steven W. Batts and Ellen M. Trischler, Cass City; Anthony C. Fritz and Keith A. McCreedy, Owendale, and Sidney W. Ber-

ridge, Ubly. Students must have a 3.5 or better grade point average and carry at least 12 credit hours to be named to the dean's list.

Potrykus back from Navy patrol

Navy Seaman Del M. Potrykus, son of Delbert and Beverly A. Potrykus of 1605 S. Crawford Road, Deford, recently participated in exercise "Dawn Patrol 80" in the Mediterranean Sea.

He is a crewmember aboard the oiler USS Caloosahatchee, homeported in Norfolk, Va.

More than 70 ships and 200 aircraft from Canada, Denmark, France, Germany, Italy, the Netherlands, Turkey, the United Kingdom and the U.S. participated in the two-week exercise.

The Caloosahatchee is 644 feet long and carries a crew of 300. It is designed to provide underway replenishment of aviation fuel, petroleum, ammunitions, plus dry and refrigerated stores for

ships of the fleet. A 1978 graduate of Cass City High School, Potrykus joined the Navy in June of

County energy society meets

The Tuscola County Energy Society will meet in the Akron State Bank basement

Thursday, June 5, at 8 p.m. Hairdressers

demonstration Thumb affiliate No. 25 of the National Hairdressers and Cosmetologists Associjaw, is very serious. It can ation met recently in Cass be prevented by injections of

see make-up

Guest artist was Mary ily hasn't had tetanus boost-Ann Wilson of Bay City. ers recently, get your shots She gave a demonstration before going to the country. of how to apply make-up Flies, roaches, mosquitoes

properly. Next month's meeting will be installation of officers and a guest speaker.

All licensed cosmetologists are welcome to join the association. Contact Helen's Beauty Shop, Cass City.

for the program and business meeting. The hour preceding this is

a get-acquainted period when persons selling, building, or promoting alternate energy systems or devices will have an opportunity to meet the public.
Paul Bondarenko of

Akron, agent for LPC Inc. of Richland, Minn., makers of an innovative solar panel for space heating, will explain the system. The possibility of sponsoring an alternate energy fair will be dis-

The public is invited. Contact either Louis Severance, Akron, telephone 691-5484 or Randy Burns, Caro, 673-7201, if more information is desired.

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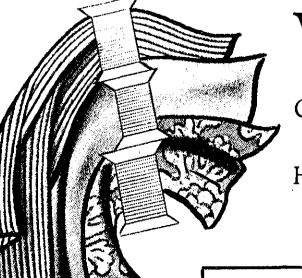
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