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the reminder

ZONE 2 INDEPENDENCE & SPRINGFIELD TOWNSHIP VOLUME 5 NUMBER 26 MARCH 18, 1982

Potential Governors Square Off

by Mike Wilcox

"The Headlee Amendment was one of the biggest frauds ever perpetrated on you. It was the biggest giveaway to big money I've ever seen in the state..." claimed State Senator Edward Pierce.

"It was up to the Ed Pierce's, the Governor and the Legislature to implement the

Headlee Amendment. I went back to work, if there is resentment, it should be towards the Legislature. Put the heat on the Ed Pierces. The citizens and Dick Headlee are not the enemies of education," countered Richard Headlee.

This was only one of several interesting exchanges that occurred between ten candidates or their representatives at a "sub-natorial breakfast sponsored by the Citizens Legislative Committee of Waterford School District.

The breakfast, held last Saturday, and attended by a large contingent of people from the Waterford and Clarkston School Districts, as well as neighboring schools, featured State Senators Kerry Kammer and Edward Pierce, running as Democrats; L. Brooks Patterson, and Richard Headlee, running as Republicans; Dick Jacobs, running as a Libertarian; and Robert Tisch, who hasn't decided whether he'll run as a Democrat or Independent.

Also speaking at the breakfast were Greg Morris, representing U.S. Congressman James Blanchard; Nate Yonker, representing State Senator Gary Corbin; Al Zolton representing perennial candidate Zolton Ferency; and Dottie McIntosh, representing Lieutenant Governor James Brickley.

All are campaigning for the highest political office in Michigan, the Governor's seat. Governor William Milliken, announced earlier this year, that he would be retiring from the seat he has held longer than any Governor in Michigan's history.

What follows are excerpts taken from the candidates' prepared statements and "off the cuff" remarks they made during a question and answer session after the formal presentation segment of the program.

Richard Headlee, Republican - President of Alexander Hamilton Life Insurance Co. and Chief Architect of the Headlee Amendment.

"I'm an economic throwback to the 18th Century. I believe in a day's work for a day's pay."

The only significant piece of legislation in the last 15 years having to do with local government and education was the Headlee

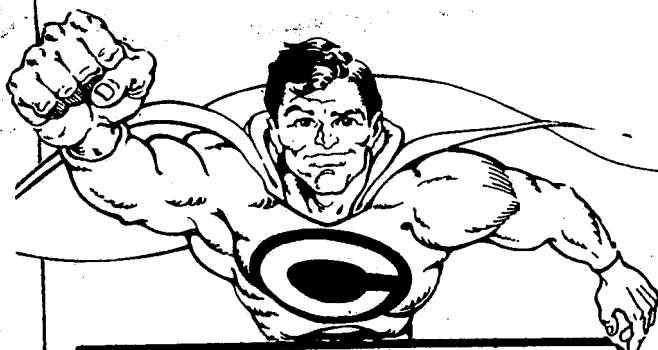


Dr. Robert Aranosian, above, and the Emergency Department at Pontiac Osteopathic Hospital are profiled in this month's Health News, inserted in this week's Reminder.

Amendment.
"When this Governor (Milliken) and Legislature tell you they are friends of education, don't believe them."

"If you subsidize something (welfare) you

Continued on Page 2



CAPTAIN COUPON Wants You to Note:

- A storewide 15% Off Sale at Bob's Hardware. See Page 1.
- A Lent Platter for \$1.99 at Wuv's. See Page 1.
- An \$18.95 Special on Leather Coat Cleaning at One Hour Martinizing. See Page 1.
- Feed 4 People for \$9.99 at Captain Dick's. See Page 1.
- Haircuts now only \$6.00 at Tina Marie. See Page 5.
- A 10% Off Grass Seed Sale at Regal Feed. See Page 5.
- Only \$19.95 for Ladies Spring Slacks at JB's Casuals. See Page 5.
- 2/\$15.00 Family Haircut Special at Hair Shapers Salon. See Page 5.

Ten Gubernatorial Candidates Square Off

get more of it. We have to reinstate the work ethic."

Dick Jacobs, Libertarian - Small Businessman from Grand Blanc.

"I'm circulating a petition to repeal the single business tax. If we are going to create

new jobs we have to improve our business climate and cut business taxes."

"I would cut the number of state employees we have and freeze salaries."

"I'm disenchanted with the empty promises of the Republicans and Democrats. A vote for them would be telling them you are doing a wonderful job...do more of the same."

"We should not be dependent on property taxes (to finance education). I would be in favor of a tax amendment to give back your money and allow you to decide where your children should go to school. I think it is appalling that the government controls so much of our schools."

"I think we need to abolish the Department of Social Services. The way to take care of those people is through the private sector."

"I helped Bob Tisch write the Part-Time Legislature Amendment. I think they are

overpaid. Texas pays theirs \$7200 and that state is doing just fine."

Kerry Kammer, State Senator representing the immediate area.

"Our Workman's Compensation rates remain too high. And the single business tax...it's just foolish. When we are endeavoring to create jobs, we tax payrolls. Businesses that lose money still pay a tax. How can that be?"

"Before we talk about diversification we have to hang on to what we got. Isn't it a shame that we export the greatest resources we have -- our young people."

"Do you know that in two years not a penny of the General Fund (if the state continues at its present rate), will go to education. I have pleaded and cajoled to get some of that money back. Now, I'm offering a constitutional amendment to guarantee 20 percent of the (general fund) budget to go to schools. I think that's our only hope."

"Every poll ranks education as the number one priority in the state. We must build up the state's share. They must get back in the business of being a full-fledged partner in education."

"I invite you back to civic classes where we learned about a balance of power. I wouldn't be comfortable in a Legislature where I worked 2 months a year and Bill Milliken worked 12."



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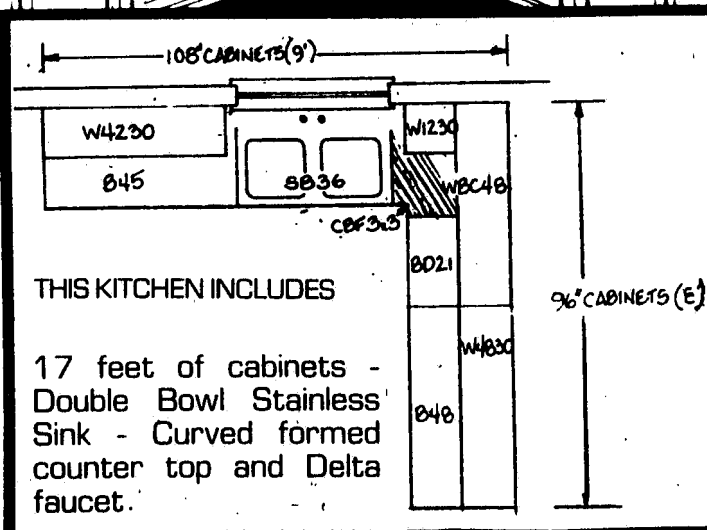
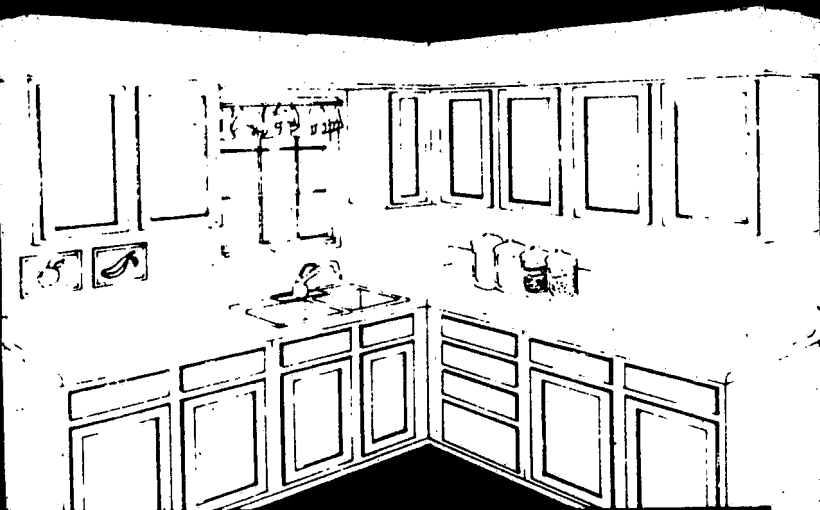
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Hopefuls

L. Brooks Patterson, Republican - Oakland County Prosecutor and a Small Businessman.

"Do we really need all the government? Let's put a freeze on state hiring. Just through attrition we would lose 11,000 jobs in one year (2700 would have to be replaced because of their essential nature) and the state could save \$171,000,000."

"The issue in this campaign is a 4-letter word -- jobs."

"We are going to have to come up with a new (State Aid) formula. We are going to have to rearrange our priorities and put them where we need them the most -- in education."

"All of us who are working are overburdened by taxation. You cut the cost of government to solve it, not raise the taxes."

"Anybody who believes in a temporary income tax increase (Senator Pierce's proposal) must believe in the tooth fairy as well. They don't exist."

"I know what's it's like to be a small businessman. I've had to make the payroll every Friday afternoon after paying Unemployment, Social Security, Small Business Tax, etc., etc. It's hostile. I'm not a flak for the Chamber of Commerce. But we are the only state with a Small Business Tax."

Edward Pierce, Democrat - State Senator from Ann Arbor and a Family Doctor who runs clinics for the poor and Methadone Treatment Centers.

"Mr. Patterson knows a lot about crime. Ed Pierce does too. Mr. Headlee knows a lot about welfare. Ed Pierce does too."

"When Tisch puts proposal that would cut state government in half and 43 percent of the people vote for them, I think we're close to chaos. I don't have the foggiest idea how to run this state on 50 percent of current budget."

"It (Tisch and 43 percent) shows people have a profound distrust in people like me. That saddens me and when I hear all the jumbled garbage out of there today (other candidates) I know why."

"I don't know how to cut all kinds of money out of our system. That's Voodoo Economics. We have to replace revenue."

"I think the responsible think to do (about the current state budget shortfall) is bite the bullet and have a temporary, slight increase (in income tax)."

Robert Tisch, Independent Democrat, Drain Commissioner of Shiawassee County and Author of Tisch 1, 2 and 3.

"In 1978 I told you so. In 1978 when Proposal A was on the ballot, K-12 education was bankrupt. Today we have the Apenas, the Harper Creeks, la-de-da-de-da."

"Don't believe these birds who tell you cutting taxes won't do great things for Michigan. That's all we have to do." Tisch 3 is designed to do the job. If we would have passed it (Tisch 1) in 1978 we would be rolling."

"Let me tell you where the hell the waste is. \$230 million dollars is unaccounted for in the Public Health budget. So what they did (Milliken) was promote the man who caused

the problem. We need to clean house with a big, big broom."

"Too damn bad that our politicians won't listen. We need less government period."

"If you think you have a choice for Governor up here today (excluding himself) then I'd like to meet him."

WHAT'S HAPPENING AT GRAND MALL

Corner Holly & Saginaw Road, Grand Blanc
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MARCH & APRIL

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Wed. Mar. 24 - 7:30-10:30

MALLROOM DANCE - HAL JAMES BAND

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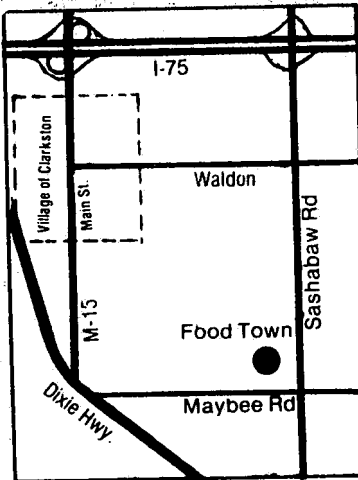
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CHS Hosts Careers

Students in grades 9-12 and their parents will have an opportunity to learn more about job opportunities at a Career Information Night sponsored by the Clarkston High School Guidance Department on Tuesday, March 23, from 7:30 to 9:30 p.m.

Among them will be Bud Temple, plumber; Chris McClure, broadcasting; Sandy LaReau, dental hygienist; Dr. Irving Kernis, doctor; Carl Holmyard, computer careers; Therman Nichols, air conditioning and heating; Joseph McMillen, lawyer; Lew Wint, funeral director; Dr. Michael Caston, large animal veterinarian; Sue Moyle, animal technologist.

Other career representatives will be here from Oakland Community College, Baker Junior College, Pontiac Business Institute, Carnegie Institute, Ferris State College, Motech, Pressley School of Cosmetology; all branches of the Armed Services and many others.

Historians Hear Gardening

Clarkston Community Historical Society invites all interested community members to their next program. Mrs. Jamison of the Michigan Herb Society will present "Gardening - Design, Planting and Cultivation" at the Village Hall, 7:00 p.m. on March 25. Any questions should be directed to Denise Symons, 625-8823.

Square Dance in Davisburg

A Family square dance will be held on Friday, March 19 from 7:30 to 10:00 p.m. at Springfield Oaks Activities Center in Davisburg. A dance contest and prizes are planned. The event is sponsored by the Oakland County Youth Assistance Advisory Council and the Oakland County Parks and Recreation Commission. Phone 625-8133 for information.

PTO Sponsors Dinner

The Davisburg PTO is putting on an Italian Style Dinner by Highland House on Thursday, March 18 starting at 5:00 p.m. For ticket information call Sandy Matteson at 634-4777.

Classes at Waterford-Oaks

Up-beat, dignified, or down-home -- the Waterford Oaks Activities Center has a dance class for all ages and interests including the four-year-old ballerina, the working woman exercising to music, or a grandfather answering square dance calls.

The Waterford Oaks spring schedule is filled with programs in art, dog obedience, psychology and bridge, but by and large the majority of the classes involve moving to music.

Registration is under way in person or by mail for spring activities which begin the week of March 27 at Waterford Oaks.

The Waterford Oaks Activities Center is located on Watkins Lake Road between Scott Lake and Pontiac Lake Road in Pontiac.

Phone 858-0913 for more information.

Pajama Party March 26

A pajama party for the mentally impaired will be held Friday, March 26 at Springfield Oaks Activities Center in Davisburg.

A scavenger hunt, outdoor nature walk and movies are planned.

The party runs from 7:00 p.m. Friday night until noon on Saturday. Transportation will be provided. Participants must bring a sleeping bag.

Volunteers are needed to assist at the party. A volunteer training session is scheduled for March 23.

Pre-registration is required.

Call Monica Walch at 858-1441 for information or to volunteer.

Historians Meet March 24

The Clarkston Community Historical Society will hold a board meeting on Wednesday, March 24, at 7:30 p.m. at the Village Hall on Depot Road. The public is invited to attend.

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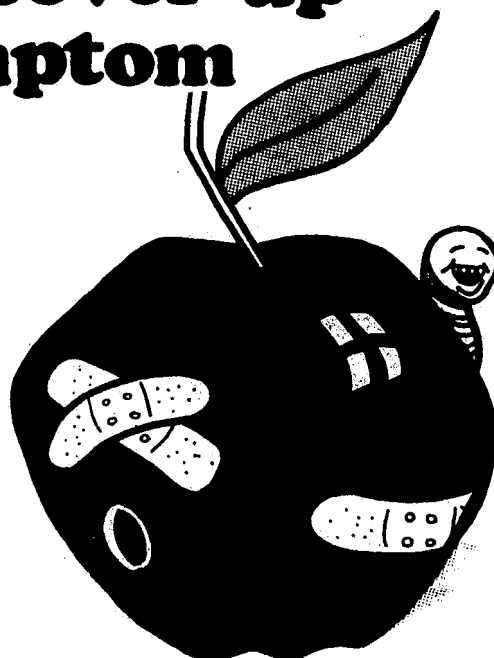
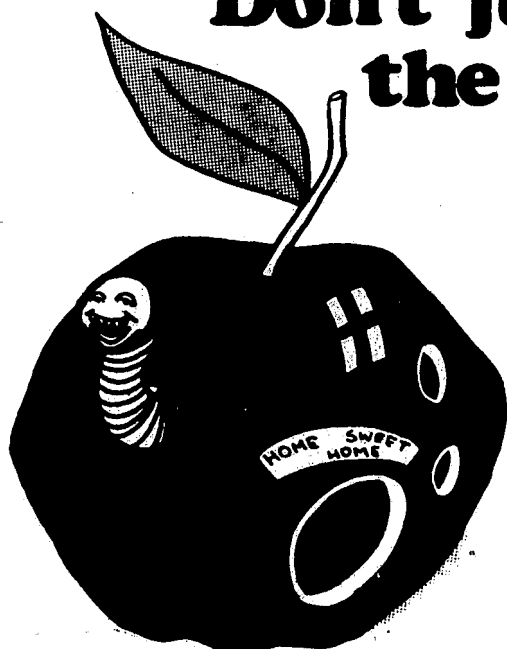
Clarkston, MI 48016

Hours: Mon-Fri 8:30-8:30 by Appointment

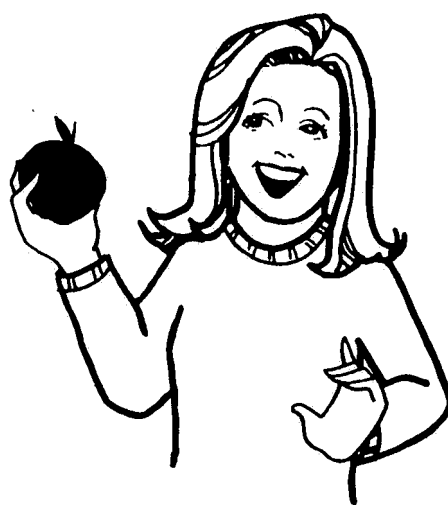
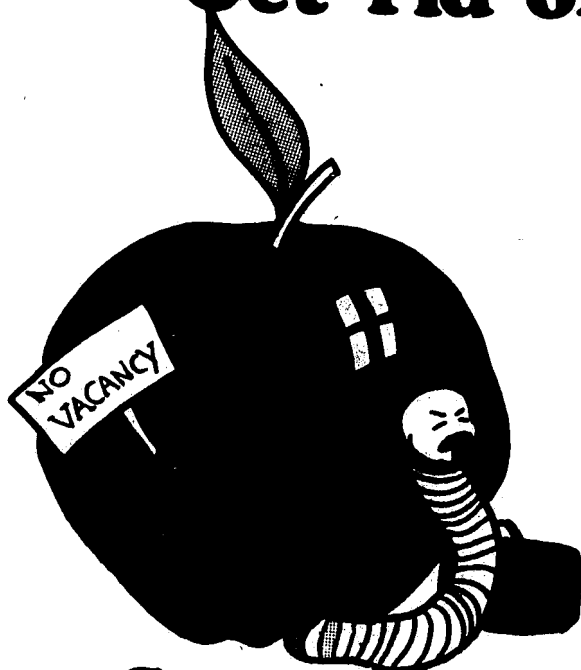
Saturday 9-6, Sunday 12-6

625-4222

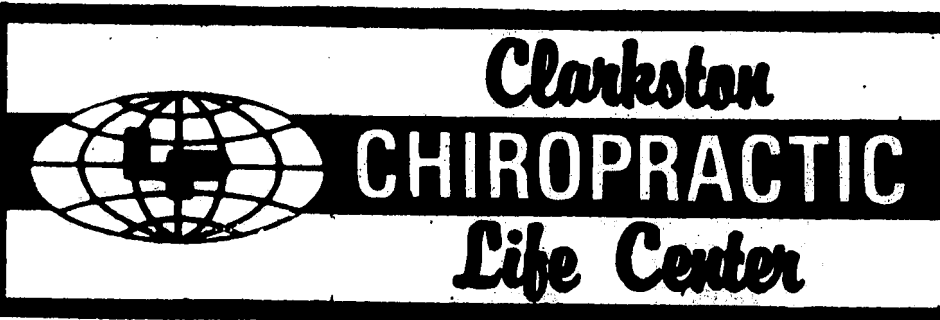
**Don't just cover up
the symptom**



Get rid of the cause!



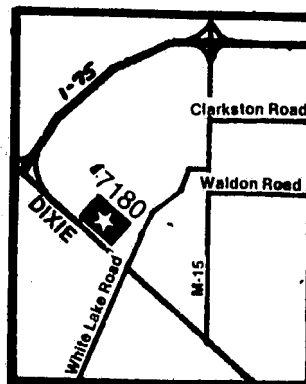
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Special
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 The Holly Senior High School

SPECIAL EVENTS

For more information call 623-1000 or write to The Reminder, 5897 Dixie Hwy., Clarkston, MI 48016

Sales Lecture March 31

Waterford School District's Dept of Community Education is sponsoring a lecture entitled "Persuasive Communication and Sales Techniques" scheduled 7:00 to 9:00 p.m. on Wednesday, March 31st at Cray Junior High School.

The speaker, Thomas L. Bleet, Ed. D., is presently the Director of Education for the Dale Carnegie courses.

For further information call Waterford Community Education at 666-3110.

Tractor Pull March 20

Nearly one million dollars worth of tractors will assemble at the Pontiac Silverdome on Saturday, March 20 for the seventh annual event known as the World's Largest Indoor Tractor Pull. Modified monster tractors meet in a special invitational competition that features 50 of the very best pullers from the Midwest and Canada.

Two completely different shows comprise this year's event. The action begins at 1:00 p.m. on Saturday with the 7,000 lb. hot rods and 9,000 lb. super stocks. The 8:00 p.m. show will feature the 9,000 lb. hot rods and 12,000 lb. super stocks.

Additional information may be obtained by calling 352-0155.

Society to Attend Regionals

The Colonel Stephen Mack Society, Children of the American Revolution will be traveling to Jackson on March 19 and 20 for State Regionals at the Holidome.

The new 1982 State Board will be elected. Candidates from this area are Sandy Vernot for State President, Michael Corbin for First State Vice President, and Kelly Corbin for State Registra, all from Clarkston and Waterford competing against others from the entire state.

The society welcomes Lori Corbin, a senior from Walled Lake and Rob McGlaughlin a senior from Clarkston, as new members of the club.

Auction Needs Donations

Sashabaw Presbyterian Church will hold a Time, Talent, Antique and ? Auction on May 8th at 2:00 p.m.

The proceeds from this event will go in equal portions for restoration of the Century Building, a national historical site, and for mission support including community projects.

If you have anything you wish to donate, contact Laura Bennawy 623-6471 or Gail Dickerson 625-5151.

PNH Schedules Reunion

Pontiac Northern High School Class of '72 is holding a 10-year Class Reunion June 19 at Airway Lanes. For information call 335-0407.

CJH Sponsors Auction

Clarkston Junior High School is sponsoring a Silent Auction with wine and cheese or coffee and sweets being served at St. Daniel's Church Hall, Friday, March 26 at 7:30 p.m.

Advance tickets will be on sale on the mornings of Wednesday, March 24; Thursday, March 25; and Friday, March 26 in the main lobby of Clarkston Junior High.

Any items to be auctioned may be brought to the school on these mornings also.

The proceeds from this event will be used toward purchasing a new sound system, lighting and a curtain for the music and drama department.

Not only items can be up for auction. We are hoping for people to offer their time, talents and treasures. Housesitting, wallpapering, sewing, the cooking and serving of a gourmet dinner, knitting and crocheting are a few of the things that have already been suggested.

Spaghetti Supper March 26

The youth of Seymour Lake United Methodist Church will be sponsoring a Spaghetti Supper on Friday evening, March 26. They will be serving from 5:30 to 7:00 p.m. at Seymour Lake United Methodist Church, located at the corner of Sashabaw and Seymour Lake Roads. Tickets may be purchased from one of the youth or by calling 627-4406 or 628-4763. The proceeds will go to support programs and projects of the youth. The Youth Program at Seymour Lake United Methodist Church seeks to provide enriching youth events in a Christian context.

PTA to Discuss Reyes

Bailey Lake PTA will meet Thursday, March 18 at 7:30 p.m. Speaker will be Dana Allen on Reyes Syndrome.

PWP Meets March 18

Orion/Oxford Parents Without Partners Number 1049 will have their regular meeting on Thursday, March 18 with Orientation of visitors at 8:00 p.m. and meeting at 8:30 p.m. with guest speaker Margaret Berry who will demonstrate Card Readings; Astrology Forecasts and at 9:00 p.m. Tom Moyer is the D.J. for dancing and afterglow.

PWP is open to all single parents and meets at the American Legion Hall, 150 Drahner Road, just off M-24 in Oxford. For further information call 391-3384.

Mall Hosts Craft Sale

The 2nd Annual Rummage and Crafts Sale will take place Saturday, March 27 at the Grand Mall in Grand Blanc. For more information call 694-8211, extension 127. Reservation deadline is March 13. The sale is sponsored by Grand Blanc High School Student Activities.

"Birdie" at Holly High

The Holly Senior High School Music Department will present the musical "Bye, Bye Birdie" on March 18, 19, and 20 at 8:00 p.m. in the Senior High School Auditorium.

CPR Course in Rose

The Rose Township Jaycees in cooperation with Fleet Ambulance and American Red Cross will be offering a free course in Cardiopulmonary Resuscitation on March 23 and 25 at the Rose Township Hall. Classes will start at 6:00 p.m. until 10:00 p.m. Classes are limited. For further information call Jim Bates at 634-5977 or Rick Castle at 634-5275.

Soccer League Organizes

Independence Township Parks & Recreation will be taking soccer registrations for their 1982 Spring Soccer Leagues, thru March 19. League play will begin the end of April. Registrations will be taken Monday - Friday from 9 a.m. to 5 p.m. For more information, call 625-8223.



With
Lew Wint
 Funeral Director

WHO SHOULD PRE-PLAN FOR A FUNERAL?

It's so easy to avoid planning a funeral in advance. So often, people tend to ignore the subject, instead leaving to the last minute those important considerations which can be made carefully before they are needed.

Certain groups of people, especially, should consider pre-planning and pre-financing a funeral. For example, people living on a fixed income would be wise to plan in advance for funeral arrangements, so they can be assured that the cost of such services can be easily met. (Pre-planning, however, need not cost anything. You may simply record with us your final wishes in the matter.)

Retired people should think about planning arrangements so such decisions won't have to be made at the time of need. In addition, people who are caring for elderly parents would be wise to make funeral arrangements in advance.

Finally, if you travel or move your household frequently, pre-planning may save much confusion should you die. Planning in advance also saves the family from making many long-distance telephone calls to make arrangements at a difficult time for them.

As funeral directors, we can provide all the information necessary for you to pre-plan funeral services. Please stop by or give us a call.

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Springfield Denies Summer Tax

The Springfield Township Board voted last Wednesday to deny requests from Clarkston and Holly Schools for a summer tax collection. The Board had tabled the matter at their last meeting in order to have more time to think about it, and in turn to have the schools boards discuss the possibility of placing it on their June election ballots.

Holly has indicated summer tax will be on their ballot, but Clarkston School officials have been reluctant to place it on their ballot. They say it would take a major campaign to get the issue passed.

Supervisor Collin Walls said he was concerned with the "problems of hardship in the community, at least for the first year."

Walls also said the problem should be dealt with in Lansing, not here at Springfield Township. Summer tax would only be a short term solution to a long term problem.

Representative Claude Trim, D-Springfield

Township, was on hand to inform the township that on Tuesday the State Representatives had passed House Bill 4150, which would mandate a summer tax collection statewide.

Representative Trim said he voted against the Bill because he would have liked to have seen an amendment that would have retained the right of local townships to vote down a local summer tax collection if they so desired.

However, the Bill passed without the amendment, and is now headed for the Senate Committee on Education.

Summer tax is a provision whereby township governments would collect half of the school portion of property taxes in July or August and the other half at the regular time in December.

Area schools favor the proposal because often times they must borrow money to cover operating costs during the summer and fall months when they have very little revenue coming in. They figure they could save substantial amounts of interest money if taxes were collected twice a year.

Townships, however, sometimes balk at twice collection, because, although it is not a tax increase, it might put an additional burden on some taxpayers during the first year it is instituted.

In other action, an amendment to Ordinance No. 45, Mechanical Amusement Devices was discussed. Clerk J. Calvin Walters said he thought the amendment was too confusing and that it, or the entire ordinance ought to be rewritten and clarified.

Walls warned that the township is vulnerable in this area and if the ordinance is to be rewritten, it should be done fast.

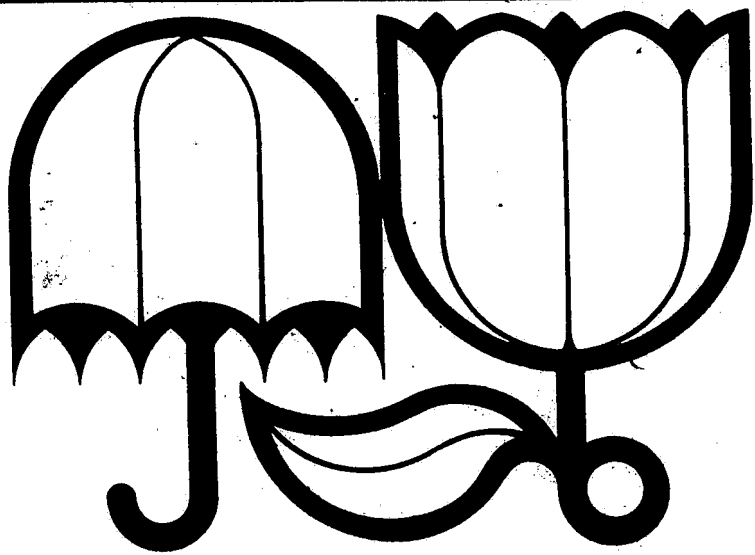
A motion was made and passed to rewrite the ordinance.

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SCA Wins Cheerleading Honors

The Michigan Association of Christian Schools crowned a new state championship cheerleading squad on Saturday, March 6th.

The Springfield Christian Academy cheerleaders of Clarkston were declared the 1981-82 State Tournament Champions by the judges with a margin of only one point over their own league rival Sterling Christian School of Sterling Heights, Michigan.

The M.A.C.S. represents over 60

schools, nine of which qualified for the competition. The Springfield Eagle cheerleaders are coached by Mrs. Vanessa Vanaman, a graduate of Waterford Township High School. Senior, Helen Davidson is squad captain. Other members are Juniors Nancy Walker, Debbie Sayre, Sophomores Tami Clark, and Cynthia Vanaman, and Freshman Amana Meeker.

Third place went to Temple Christian School of Detroit.

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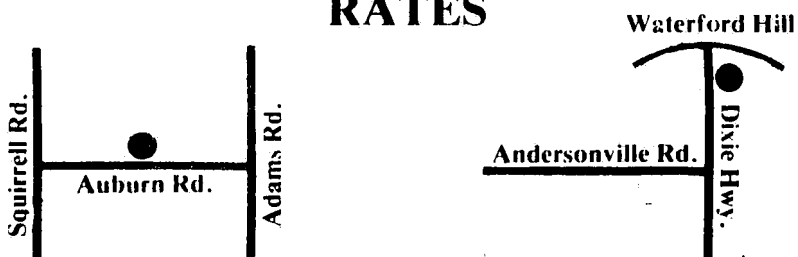


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EDITORIAL PAGE

Mike Wilcox - Publisher/Editor Kathy Wilcox - General Manager Renee Voit - Art Director
Sandy Vernot - Advertising/Sales Sales - Betty Kratt, Elaine Thornton, Jackie Nowicki, Carole Platt

EDITORIAL

I'm tired of hearing it. When Governor Milliken went on the tube last week to again tell us what kind of deplorable shape our economy is in I shuttered. That and his call for more income tax, I'm afraid will not be the answer.

Rather, in my opinion, one of the most important steps this state can take in getting

Worst Road Contest

(see editorial)

My nomination for "worst" road is

Reason why:

Use another sheet of paper if necessary. Please include your name, address, and phone number and send to

The Reminder
6569 Dixie Hwy.
Clarkston, MI 48016
Before March 15, 1982

out of what most state economists now admit is a depression, is a positive attitude.

It seems like everywhere one goes, everyone one talks to, everything one reads -- has to do with the economic woes of this area. Yet, right here in this area there are many people and businesses that have learned to live with the hard times, and there are others who are even prospering.

In talking to some of those people I've found a willingness to diversify and strict cost control efforts as reoccurring themes. Other have prospered from being at the right place at the right time. But by and large, the ability to experiment and change has helped most people and businesses weather the storm.

Most certainly the state could take a few lessons from these people, particularly when it comes to cost control. Hiring and wage freezes ought to have been initiated a long time ago.

But, we too can learn. Times are not like they use to be in 1978-80 when money was easy to be made and work was easy to find. It's out there to be sure, but one has to labor long and hard to find it and earn it.

But most importantly, we, as citizens, have to pick ourselves up, and begin enjoying life again. We have to set aside the gloom and doom of our economy and look forward to a recovery. Many economists have already

predicted it for the latter part of this year. But it won't come if the entire state is down in the dumps.

Because of inclement weather, we've decided to extend the deadline for our Worst Road Contest. So if you think your road is the "Worst" fill out the coupon on this page with your explanation and mail it to us by March 31st.

At this point and time, White Lake Road and Clintonville Road are leading the pack. One person on Clintonville Road said driving down that road is like "driving the Moon-Rover vehicle the astronauts used."

If you think your road needs improvement give us your entry. It just might win you a night on the town including two tickets to a Detroit Piston Basketball game and dinner for two at the Old Mill Restaurant.

Mike Wilcox

TRIVIA

by Mike Morrow

Smoking is a bad habit. Like every other bad habit on earth, I have it. I have smoked for a long time and often think about quitting. That is usually about as far as it goes however, I think about it. That doesn't mean I don't want others to quit though. That's why I devised the following quiz to let you see for yourself if your smoking has gotten out of hand and controls your life.

1. When I run out of cigarettes I:
A. buy more
B. get upset
C. attempt suicide
2. I will stop smoking when:
A. I don't enjoy it anymore
B. my doctor tells me to
C. life as we know it ceases to exist
3. I would rather smoke than:
A. bowl (I don't blame you)
B. eat snacks
C. anything, up to and including sleep

4. Smoking is:
A. a nervous habit
B. fun
C. my reason for living
 5. I smoke during:
A. meals
B. parties
C. life
 6. I have my first cigarette of the day:
A. in the morning
B. around noon
C. at the same time I take my first breath of the day
- Ha-ha, I fooled you. There are no right answers. No matter which answers you circled, if you smoke you should quit. But being realistic, I know how hard it is. I have to admit, it's the hardest thing I have ever done, all 300 times. Here are some tips that might make it easier if you have decided to give quitting another try.
1. Carry cigarettes but not matches. Carrying the cigarettes will give you a sense of security yet without the matches, you won't be able to light them. Of course this

After re-reading this article I am almost tempted to quit...not smoking you dummy, writing. I just realized I spent precious smoking time writing this.

may lead you to bumming matches off of strangers, offering your first born in exchange for a light.

2. Chew gum. A word of warning about this one though, never try to make the gum. It will just melt all over your clothes and make a mess. Take my word for it.

3. Jog. My theory is, you will most likely get hit by a bus which makes it awfully difficult to smoke because you will be in traction.

After re-reading this article I am almost tempted to quit...not smoking you dummy, writing. I just realized I spent precious smoking time writing this.

SMALL TALK

by Rebecca Roberts

A supermarket is like a foreign country, with white light falling over a frozen tundra.

Moving among loaves of bread, one can imagine soft crystalline boulders, lined up, made into pilant walls, given orderly existence by an invisible flurry of hands in the night.

Turning a corner is like crossing a border. The bread walls stop and ahead, spread like the giant wings of a mythical creature, a pantheon of fresh fruits and vegetables sprawl. They seem almost to breathe with their color, color so precise as to seem an unlikely product of the dark uneven earth.

The lettuce, peppers, bananas, apples -- eccentric companions, nevertheless residing together with at least tolerance, a conglomerate orchard of shapes and smells.

The potatoes, warted and lacking in lustre, are slumped in bags on the floor, or piled like a seawall at the far middle end of the aisle.

Beyond is a cave, the entrance of which is shielded by glass. Through the glass, one can see the bulging forms, looking like dwarfed bodies, filled with a white liquid. The forms remind one of comic sentries in pudgy resistance to the inevitable reduction of their ranks.

The meat section. Strewn along this stainless steel avenue of pound after pound of flesh, clean unearthly-bright flesh glistening beneath tightly-drawn sheafs of plastic. Sounds beyond a partition: blade on board; murmur of voices, like wind through a vacant house; sweep of a long broom through inches of sawdust.

There are languages here in this country, but they are rarely spoken. They are silent messages, printed on boxes, wrapped around cans, hidden within the dark unopened recesses of bran, or coffee. They are inert and alien passages telling our modern myths -- a spillage of small print on makeshift scrolls.

This trip is made with free will, but there is

the strange feeling one has of compulsion, as of being drawn to exotic flowers, to the unexplored, the untouched, the unowned.

One senses that this is a land of conjured laws and uneasy alliances. Of backroom transformations.

There, the potato, raw and whole.

Here, across the aisles, a crisp and salted token, a bare diminutive carved from what once was a clay-clotted root.

The rattles and chimes, crackles and purrs of this ultra-civilized country are so omnipresent that, after a while one ceases to hear them; instead, like harmonics that seep into one's cells and become part of one's own body rhythms, these sounds become vibration, more felt than heard.

The currency here is neither strange nor alien. One owns it for reasons great and small. It is simple and familiar. It is a language everyone knows.

It is readily exchanged at the end of the journey for life on the outside.



Charlie Heavenrich: The King of Exercise

by Mike Wilcox

By day, Charlie Heavenrich, with a MBA in international business and finance, is at the controls of his business, developing positive attitudes and goal-oriented programs for clients.

By early morning, Charlie Heavenrich, a resident of Clarkston, is at the controls of a very popular exercise program that is beamed to millions of households by WXYZ-TV (Channel 7).

How does a near 40-year-old man doing business with major corporations day in and day out get thrust into the middle of the aerobics craze?

As Heavenrich explains it, he's very ac-

tive in sports, in particular, baseball. Every summer, almost without failure, he pulled a hamstring or had a similar aggravating injury occur.

About four years ago, he decided to do something about those injuries. With encouragement from his girlfriend, he began attending exercise classes.

One thing led to another. His girlfriend, who was teaching the classes, came down with an injury that prevented her from exercising. As a favor, Heavenrich took over the teaching chores.

At many a class, Heavenrich was the only male present. At first, he said, it was hard to

Continued on Next Page

NOTICE SPRINGFIELD TOWNSHIP

Notice is hereby given that the next Annual Township Meeting of the electors of the Township of Springfield, County of Oakland, State of Michigan, will be held at the Springfield Township Hall, 650 Broadway, Davisburg, Michigan beginning at one o'clock p.m., Saturday, March 27, 1982. Proposed budget for the fiscal year 1982-1983 will be submitted.

A Public Hearing will be held at the Annual Township Meeting on how Revenue Sharing Funds are to be used in relation to its entire budget before the budget is finally enacted. Revenue Sharing for the amount of approximately \$18,000 will be allocated to Springfield Township for a portion of Entitlement Period Thirteen (March 30, 1982 through September 30, 1982) and \$18,000 for one-half of Entitlement Period Fourteen (October 1, 1982 through March 31, 1983).



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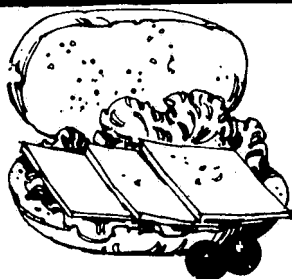
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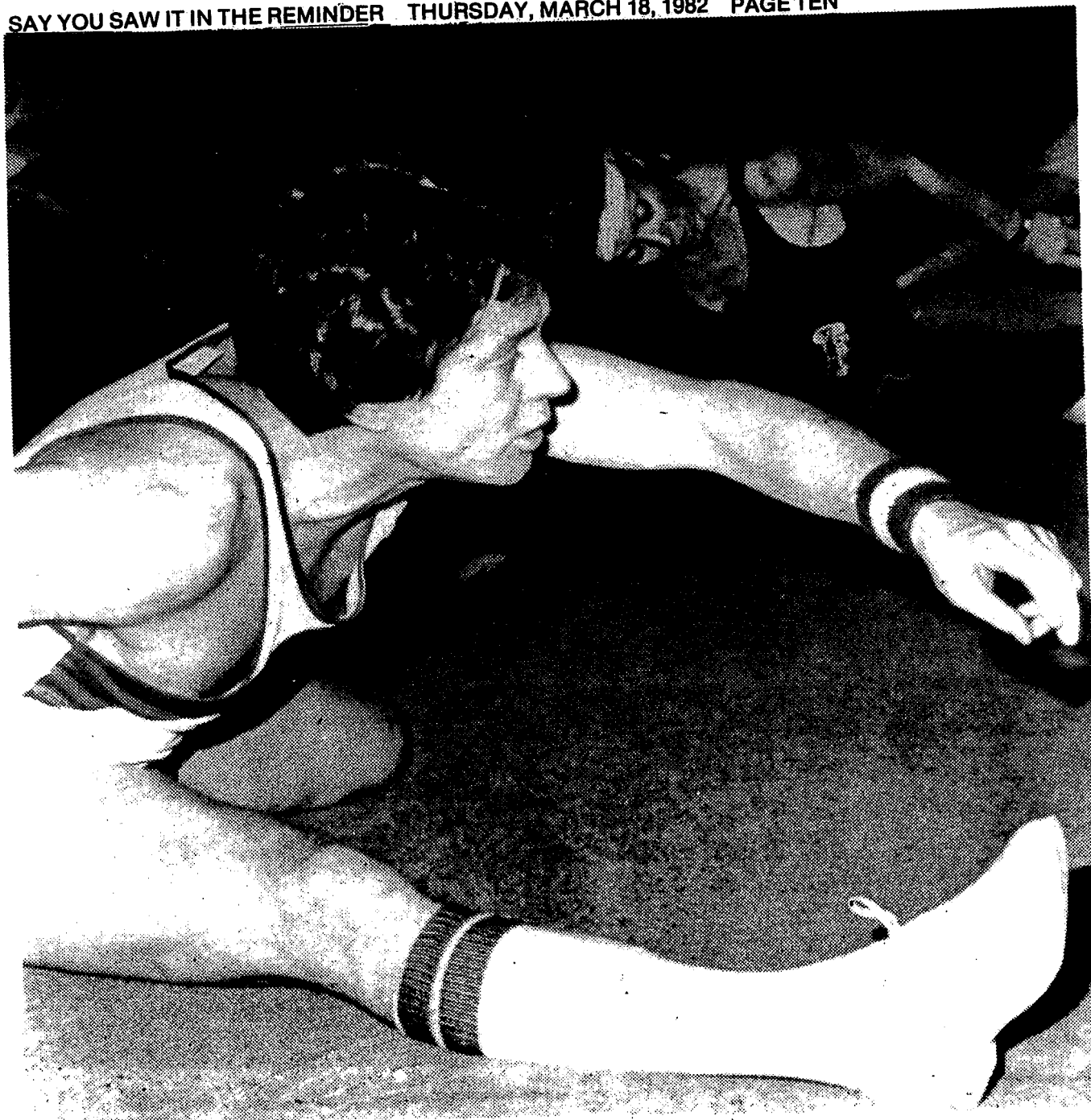
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Heavenrich

Continued

get used to, but later, he kind of liked it. As a teacher, he enjoyed widespread popularity.

Heavenrich explained the popularity simply, "There was more credibility on my part because I wasn't there to hustle the women, I was there to teach."

While teaching at Vic Tanny's Heavenrich was approached by WXYZ. They said they intended to open their morning programming with an exercise program and would like Heavenrich to host it.

In one breath, Heavenrich answered, "I'll think about it. Yes I'll do it."

When **The Reminder** caught up with the busy Heavenrich he was at Deer Lake Racquet Club where he now teaches aerobics three days a week as well as several nights.

His intention at Deer Lake Racquet Club, is to make the facility a fitness center. He approached Deer Lake Racquet Club owners Forest and Jacqui Milzow about the idea over the Christmas holidays and they decided to give it a try.

"North Oakland County tends not to get the benefits (of aerobics and exercising classes) that say Birmingham does. This (Deer Lake Racquet Club) is a great location."

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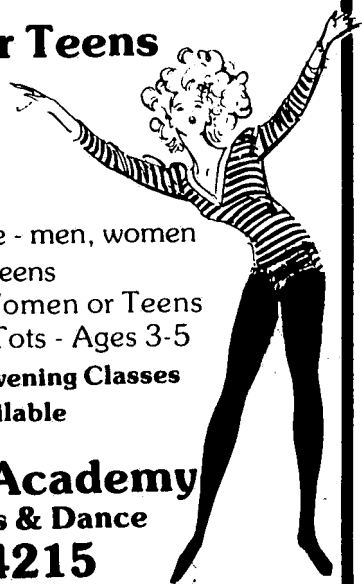
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scheduled five days a week. On many days classes are held in both mornings and evenings.

Heavenrich opens his classes by asking "Are WE Ree aa dd yy to-exx err cissee?" Invariably the response is an enthusiastic "yes".

In explaining the routine, Heavenrich says, "Our whole purpose is to have a good time while exercising."

The routine takes about an hour to complete. It's constant motion, beginning with stretching exercises, building up to a peak, and then bringing the heart and muscles back down. All the exercising is done to music. At the peak, it's hard-driving Rock and Roll encouraging the students on and at the end it's songs like Jackson Browne's "Running on Empty" that keeps them going, only at a much slower pace.

Aerobics, according to Heavenrich, "is the process of building the heart muscle so it can handle more blood." But in the process of achieving that, there are a multitude of other benefits that you can expect to occur. The exercising is likely to make you more fit, and trim, and make your skin look fresher. It's also likely to make you feel better and be less susceptible to the "blahs".

But don't expect all that to happen overnight. Heavenrich recommends an ongoing program. Unlike most classes that are set up for a limited period of time, Heavenrich's aerobics and exercising classes are on a continuous basis. You pay as you go and can take as many classes as you desire.

"We took all our lives to get in the shape we're in now..." explained Heavenrich. "So we might as well be patient in getting back into shape."

Despite the fact that most aerobic classes are 100 percent female, Heavenrich said the

classes are extremely helpful for men.

The main deterrent is the male ego. We as men have a stereo-type that we don't move well to music. Men as a whole don't like to look stupid, said Heavenrich.

He continued, "But every male that has gone into an aerobics class has found that they get a far better workout than they expected."

Heavenrich might have catapulted to success with his television program, but if all works out, he expects further success in a new venture. Called Charlie Heavenrich's Fitness Express, Heavenrich hopes to take advantage of his television exposure and build a nationwide aerobic organization.

If it's anything like his television program (on good days the program starts at 6:30 a.m. has as a high 72 percent of the people watching TV, watching it) the Fitness Express will be a highly successful venture.

Correction

An article in last week's **Reminder** said Independence Township trustee Larry Kozma did not receive amendments to the arcade ordinance until a day before the Tuesday meeting. Kozma says that statement is not true. According to him, he did not receive the amendments until five minutes before the meeting.

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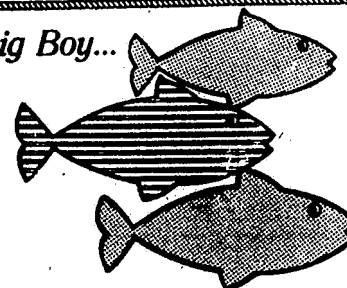
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Films for these dates are: "Kid", the adventures of a lonely boy who meets a raccoon, a horse and a fawn, and "When I Grow Up", about children who dress up as the people they would really like to be.

After School Movie Hour is Wednesday, March 24, 4:30 p.m. Films for this day are "Paddle to the Sea", depicting the journey of a hand carved canoeman from Canada to the sea, "If At First You Don't Succeed", "If Trees Can Fly" and a short entitled "Paddington Cleans Up".

Friends of the Library are still accepting donations of good used paperbacks and hardcover books for the April 29, 30 and May 1 book sale. These may be brought to the Independence Township Library. The sale will

be held in the Clarkston Mills Mall.

New mystery/suspense books added recently are "The Chosen Prey" by William Brashler, "Glitterburn" by Heywood Gould and "The KGB Directive" by Richard Cox. "Heirs of the Kingdom" by Kennedy Hudner is the latest science fiction. The newest fiction is "Tilly Alone" by Catherine Cookson, "The Ledger" by Joan Hurling and "666" by Jay Anson. "Brideshead Revisited" by Evelyn Waugh, first appearing in 1945, is now available in paperback.

"The Kissimmee Kid", the newest junior fiction, by Vera and Bill Cleaver is just in. Edison Electric Institute has recently published "Do-It-Yourself Projects That Save Energy and Money in Your Home". This booklet is now available.

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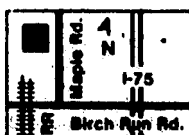
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on this Maintenance free ranch in Highland Twp. Features 3 Bedrooms, Country Kitchen, Huron Valley school, and is offered with immediate possession. Owner must sell & priced at \$39,400. LS 90-1

OXFORD VILLAGE
Picturesque & newly remodeled older home in the Village of Oxford. Features almost 1500 sq. ft. of living space, 3 Bedrooms, 1st floor laundry and walking distance to shopping & downtown. Long term Land Contract available. Priced at \$42,000. SV-12-B

LAND CONTRACT WITH \$4,600 DOWN!!!
Nice neighborhood in Holly with close access to I-75. Features 4 Bedrooms, Formal dining room, Attached garage, basement & 2 full baths. A steal at \$46,000. MS 01-W

HIGHLAND TOWNSHIP
Beautiful 3-Bedroom starter home all situated on a well maintained lot. Home backs up to woods and includes Stove and Refrigerator. FHA - VA - or Blend available on this home. Priced at \$36,900. NG-00-W

Earl Keim
Clarkston
625-0101

Reduce
current taxes
while setting
aside
retirement
money...

now just about everyone
can with State Farm's
Individual Retirement
Annuity



For details
call
Bud Grant,
CLU

Insurance Agency
6798 Dixie Hwy.
625-2414
Clarkston Cinema Bldg.

Like a good neighbor
State Farm is there.

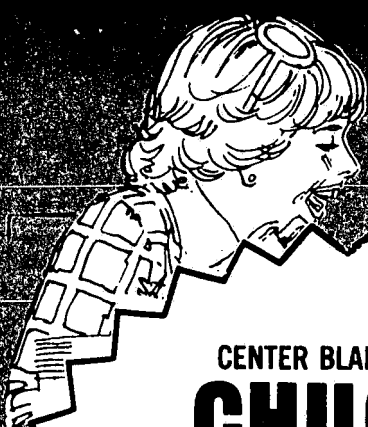
State Farm
Life Insurance Company
Huron Office Building, Huron, MI



MOST STORES OPEN
DAILY 8 A.M.-10 P.M.
SUNDAY 10 A.M.-6 P.M.

HAMADY

Complete Food Centers



CENTER BLADE CUT
CHUCK ROAST
1¹⁸
LB.



BOSTON STYLE-SHOULDER
PORK ROAST
1¹⁸
LB.



RIB STEAK OR
SIRLOIN STEAK
2³⁸



COUNTRY PRIDE-QUARTERED
CHICKEN LEGS
72^c
LB.

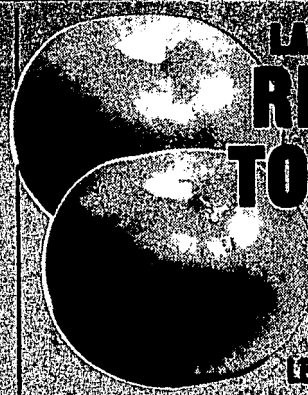
BREAST
1/4'S
82^c
LB.



CALIFORNIA
HEAD LETTUCE
59^c
LARGE 24 SIZE EACH



WASHINGTON
ANJOU PEARS
49^c
LB.



LARGE SLICERS
RED RIPE TOMATOES
69^c
LB.

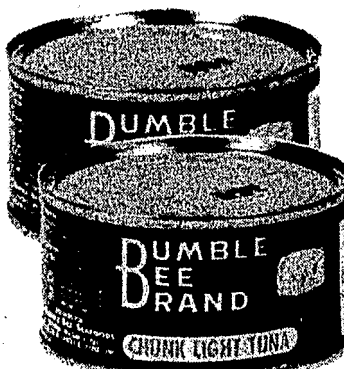
HAMADY COUPON



PEPSI LIGHT-MT. DEW OR
REG. OR DIET
PEPSI COLA
8 1⁷⁸
1/2-LTR. PLUS
BTLS. DEPOSIT
SAVE 61^c
WITH THIS COUPON

LIMIT 1 PER FAMILY. VALID THRU SUN. 3/21/82. H-51.

HAMADY COUPON

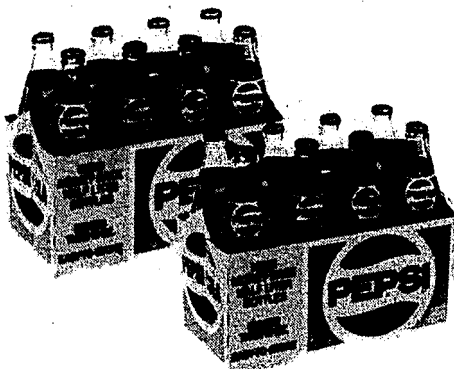


CHUNK LIGHT
BUMBLE BEE TUNA
68^c
IN OIL OR WATER
6 1/2-OZ. CAN
SAVE 29^c
WITH THIS COUPON

LIMIT 1 PER FAMILY. VALID THRU SUN. 3/21/82. H-52.

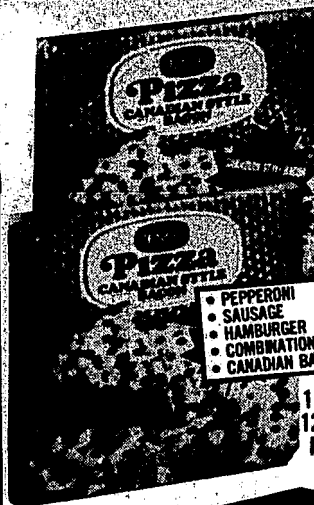
HAMADY

Complete Food Centers



PEPSI LIGHT-MT. DEW OR
**REG. OR DIET
PEPSI COLA**

8/178
1/2-LTR. PLUS DEPOSIT
BTLS. SAVE 81¢
LIMIT 1 WITH COUPON IN THIS AD



10-INCH
**JENO'S
PIZZA**

98¢
11 TO 12-OZ. PKG.

SAVE 39¢



UNSWEETENED
**TREESWEET
GRAPEFRUIT
JUICE**

95¢
46-OZ. CAN

SAVE 14¢



GREEN GIANT

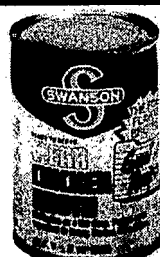
- CREAM STYLE CORN 17-OZ.
- WHOLE KERNEL CORN 17-OZ.
- NIBLET CORN 12-OZ.
- MEDIUM PEAS 17-OZ.
- CUT GREEN BEANS 16-OZ.
- FRENCH STYLE GREEN BEANS 16-OZ.

3/119
CASE OF 12 44¢
SAVE UP TO 18¢



DISINFECTANT
LYSOL SPRAY

198
12-OZ. CAN SAVE 11¢



SWANSON
CHICKEN BROTH

3/100
14 1/2-OZ. CANS



TREESWEET
ORANGE JUICE

115
46-OZ. CAN SAVE 12¢



SAVE 3¢
**VET'S
DOG FOOD**

39¢
26-OZ. CAN



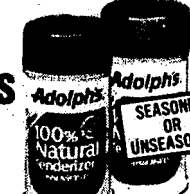
SAVE 20¢
**HAWTHORNE HOUSE
COFFEE CREAMER**

105
16-OZ. JAR



CRUNCHY
**MAUNA LOA
MACADAMIA NUTS**

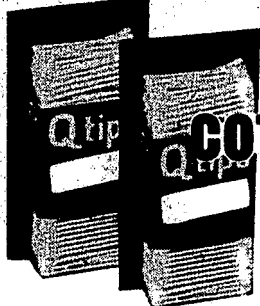
269
3 1/2-OZ. JAR



SAVE 14¢
**ADOLPH'S
TENDERIZER**

99¢
3 1/2-OZ. BTL.

HEALTH & BEAUTY AIDS

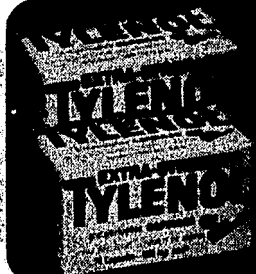


MULTI-USE
**Q-TIP
COTTON SWABS**

149
300-CT. PKG. SAVE 50¢

**DRISTAN
TABLETS**
50-CT. BTL. **349** SAVE 30¢

**LONG LASTING
DRISTAN MIST**
5-OZ. SPRAY **189** SAVE 30¢



EXTRA STRENGTH
**TYLENOL
CAPSULES**

299
50-CT. BTL. SAVE 50¢

We'll DOUBLE Pepsi's coupon in this week's paper when you buy any three 8-packs of half-liter bottles of PEPSI, DIET PEPSI, PEPSI LIGHT OR MOUNTAIN DEW.

FROZEN FOODS

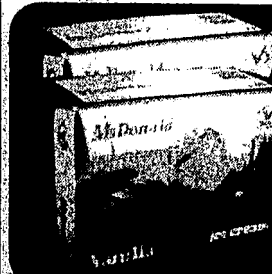


100% PURE FLORIDA
**TREESWEET
ORANGE JUICE**

98¢
12-OZ. CAN

**5-ALIVE
BLENDED JUICE**
16-OZ. CAN **129** SAVE 5¢

**MRS. SMITH'S PIES
IN NATURAL JUICE**
41-OZ. PKG. **248** SAVE 30¢



QUALITY CHEK'D
**MCDONALD
ICE CREAM**

179
1-GAL. CTN. SAVE 40¢

**JENO'S
PIZZA ROLLS**
6-OZ. PKG. **97¢** SAVE 10¢

**TREESWEET
GRAPEFRUIT JUICE**
12-OZ. CAN **88¢**

WINE



FROM CALIFORNIA
**GALLO CHABLIS
BLANC**

459
1.5 LTR. SAVE 40¢

**5 VARIETIES
PAUL MASSON**
3-LTR. BTL. **549** SAVE 30¢

**RIUNITE LAMBRUSCO
ROSATO-BIANCO**
750 ML. **309** SAVE 30¢



FROM CALIFORNIA
**CARLO ROSSI
BURGUNDY**

569
3-LTR. BTL. SAVE 1.00

**BLUE HUN
LIEBFRAU MILCH**
750 ML. **489** SAVE 30¢

**PAUL MASSON
NEW LIGHT WINE**
750 ML. **299**

BUYS FROM HAMADY!

MEAT-MUSHROOM-PLAIN
RAGU SPAGHETTI SAUCE
148
QUART JAR
TRADITIONAL OR REGULAR

SAVE 21¢

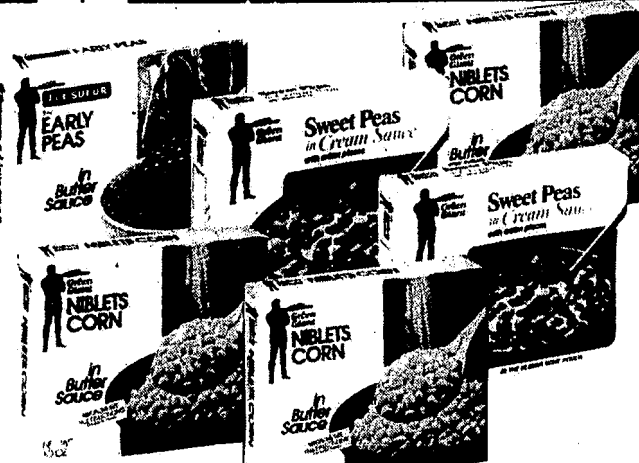
ALL FLAVORS
FAYGO POP
5/100
1/2-LTR. BTLS. PLUS DEPOSIT

SAVE UP TO 45¢

GREEN GIANT

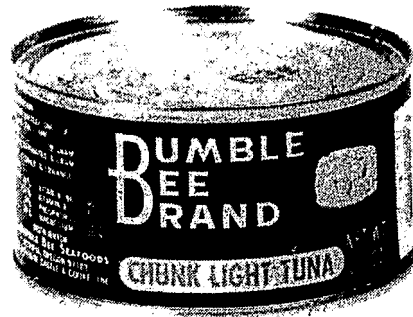
- CREAM CORN 10-OZ.
- NIBLET CORN 10-OZ.
- CREAM PEAS 10-OZ.
- MEDIUM PEAS 10-OZ.
- LEAF SPINACH 10-OZ.

78¢
SAVE 20¢



HAMADY

Complete Food Centers



CHUNK LIGHT
BUMBLE BEE TUNA

68¢
IN OIL OR WATER
6 1/2-OZ. CAN
LIMIT 1 WITH COUPON IN THIS AD
SAVE 20¢

LYSOL
BOWL CLEANER
99¢
24-OZ. BTL. SAVE 18¢

CREAMY
HENRI'S DRESSING
69¢
8-OZ. BTL. SAVE 20¢
FRENCH • BUTTERMILK • BACON & TOMATO

AU GRATIN-SCALLOPED
FRENCH'S POTATOES
53¢
5 1/2-OZ. PKG.

BIG "G"
WHEATIES CEREAL
98¢
12-OZ. BOX SAVE 11¢

SAVE 14¢
LYSOL LIQUID CLEANER
159
28-OZ. BTL.

SAVE 19¢
CHEER DETERGENT
208
49-OZ. BOX

SAVE 14¢
FRANCO AMERICAN SPAGHETTI
3/100
14 1/4-OZ. CANS

MILK

BAKERY & MILK

DAIRY

McDONALD
SOUR CREAM
89¢
PINT CTN. SAVE 14¢

McDONALD
SKIM MILK
95¢
1/2-GAL. CTN. SAVE 10¢

McDONALD
BUTTERMILK
108
1/2-GAL. CTN. SAVE 17¢

HAWTHORNE HOUSE
WHITE BREAD
2/95¢
20-OZ. LOAVES

HAWTHORNE HOUSE
RYE BREAD
2/109
16-OZ. LOAVES

HAWTHORNE HOUSE
PLAIN-VARIETY DONUTS
69¢
10-OZ. BOX

BUTTERMILK OR COUNTRY STYLE
PILLSBURY BISCUITS
4/88¢
10-CT. TUBES SAVE 20¢

SWISS MISS
PUDDINGS
4/99¢
4-OZ. CUPS SAVE 20¢

TASTEE GOLD
SPREAD
73¢
2-LB. BOWL

SMALL CURD
SEALTEST COTTAGE CHEESE
128
24-OZ. CTN. SAVE 41¢

HOSTESS
GREEN SNO-BALLS
2/79¢
2-CT. PKGS.

CHED-O-MATE OR
FISHER SHREDDED PIZZA-MATE
88¢
8-OZ. PKG.

McDONALD
HALF N HALF
109
QUART CTN. SAVE 10¢

McDONALD
ONION CHIP DIP
89¢
PINT CTN. SAVE 23¢

SCHAFFER
WHITE ITALIAN
79¢
20-OZ. LOAF

EARTH GRAIN
SWEET FRENCH BREAD
95¢
16-OZ. LOAF

KRAFT CRACKER BARREL
EXTRA SHARP CHEDDAR
177
10-OZ. PKG. SAVE 6¢

BAYS
ENGLISH MUFFINS
73¢
6-CT. PKG. SAVE 6¢

PRICES AND ITEMS VALID AT ALL STORES IN GENESEE, OAKLAND AND LAPEER COUNTIES.

HAMADY

Complete Food Centers

BUTCHER SHOP MEATS



ROUND ROAST
1.98



CHICKEN BREASTS
1.28



ENGLISH ROAST
1.78



COOKED HAM
1.98

BLADE OR ROUND BONE
LAMB SHOULDER CHOPS **1.48**
LB.
LAMB LOIN OR
RIB CHOPS **2.58**
LB.
TENDER
LEG-O-LAMB **1.98**
LB.

MRS. PAULS
FRIED CLAMS **1.18**
5-OZ. PKG.
2 VARIETIES
TINAS BURRITOS **78c**
10-OZ. PKG.
MR. TURKEY-SLICED
TURKEY BOLOGNA **88c**
12-OZ. PKG.

HORMEL
HAM OR CHEESE PATTIES **1.58**
12-OZ. CAN
MR. TURKEY
SLICED TURKEY HAM **1.28**
6-OZ. PKG.
THORNAPPLE VALLEY
RED HOT FRANKS **1.68**
12-OZ. PKG.

GLENDALE
GERMAN BOLOGNA **1.78**
LB.
LEAN STREADED
ARMOUR SALT PORK **1.28**
LB.
OSCAR MAYER
SLICED LIVER CHEESE **1.08**
8-OZ. PKG.

SLICED BOLOGNA
1.28
1-LB. PKG.

FISH FILLETS
1.18
1-LB. PKG.

T-BONE STEAK
2.98
LB.

FISH STICKS
1.28
8-OZ. PKG.

HYGRADE-GRILLMASTER CHICKEN
Bologna or Franks **88c**
1-LB. PKG.

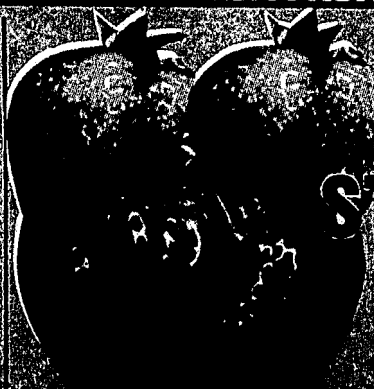
HIGHLINER OCEAN PERCH OR
Turbot Fillets **1.78**
12-OZ. PKG.

RED HOT BEEF-BEEF & BEAN-BEAN & CHEESE
Tinas Burritos **43c**
5-OZ. PKG.

DUTCH FRYE COMBINATION
Weavers Chicken **2.98**
24-OZ. PKG.

FRESH FRUITS & VEGETABLES

CALIFORNIA NAVEL 1/2 BZ.
SUNKIST ORANGES **1.99**
EACH
LARGE 95 SIZE
SUNKIST LEMONS **19c**
EACH
GARDEN FRESH
GREEN CABBAGE **33c**
LB.
GARDEN FRESH
LEAF LETTUCE **89c**
LB.
FARM FRESH
GREEN ONIONS **1.99**
1/2 BZ.



CALIFORNIA
RED RIPE STRAWBERRIES
1.49
1/2 BZ.

SHOULDER
FRESH MUSHROOMS **1.99**
1/2 BZ.
REAL B. CHILL
ROASTED PEANUTS **99c**
1/2 BZ.
EAGLE BRAND
MAPLE SYRUP **1.19**
1/2 BZ.
MORNING
CRACKED POTATOES **2.99**
1/2 BZ.

SAVE UP TO 60c
WITH THIS COUPON
TROPICANA
ORANGE JUICE
1.99
1/2-GAL. BTL.
LIMIT 2 PER FAMILY.
VALID THRU SUN. 3/21/82. H-53-54
HAMADY COUPON

MICHIGAN NO. 1
YELLOW ONIONS
89c
3 LB. BAG

3-Car Pile-Up

Main and Washington Streets in downtown Clarkston was the scene of an unusual accident last Monday afternoon when a 20-year-old Clarkston man turned on to Main, drove on the sidewalk and struck a parked car. The parked car was forced into another parked car, involving three cars in the accident.

The driver, then, left the scene, hurrying into Foxy's of Clarkston Mills. A few minutes later the driver's brother returned to the scene claiming he was the driver. Investigators, however, didn't believe his story, and went to Foxy's where they found the original driver, who admitted his guilt.

The 20-year-old man was charged with leaving the scene of a crime and wreckless driving.

Photo by Al Wieling



SAY YOU SAW IT IN THE REMINDER THURSDAY, MARCH 18, 1982 PAGE SEVENTEEN

BE HONEST...

How much have YOU saved toward retirement?

We are able to handle IRA's and offer a variety of funding possibilities.

North Oaks Insurance Agency

3 E. Washington St. Clarkston, Mi
625-9410

PONTIAC 3 S. TELEGRAPH PONTIAC 338-2665 OPEN 24 HOURS			CONCORD DISCOUNT DRUG & OPTICAL CENTER		
LAKE ORION 85 WEST FLINT ST. 693-8377 9-11 DAILY 10-8 SUNDAY		ORTONVILLE 1695 M-15 627-2888 9-10 DAILY 10-6 SUNDAY		BIGGER DISCOUNTS TO SERVE YOU BETTER	
DISCOUNT COUPON 33 oz. DOWNY Fabric Softner 99¢* *SAVE 30¢ (Limit 2) Expires 3-21-82		DISCOUNT COUPON KAL-KAN 3 FOR 14 Oz. size (Limit 6 Cans) \$1.00 Chunky Meat Stew, Chunky Kidney & Beef, Chunky Beef Expires 3-21-82		DISCOUNT COUPON MAALOX ANTACID \$1.59* (Limit 1) 12 Oz. Bottle Expires 3-21-82 *SAVE 20¢	
DISCOUNT COUPON CIGARETTES Most Brands \$5.59 100's \$5.69 (Limit 1) Expires 3-21-82		DISCOUNT COUPON DELSEY TOILET TISSUE 88¢ 4 roll pkg. (Limit 2) Expires 3-21-82		DISCOUNT COUPON CHARLIE COLOGNE 3 1/2 Fluid oz. *SAVE \$1.00 \$8.00* (Limit 1) Expires 3-21-82	

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and other retirement plans
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Charges
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- No interest penalties on
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*Although principal is not insured and
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only in high-quality, short-term securities.

For a free prospectus and descriptive booklet with com-
plete information on management fees, expenses, and
yield calculation, simply call the John Hancock Distrib-
utors Representative listed. Or, send this coupon. Read the
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Name _____
Address _____
City _____ State _____ Zip _____
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Turbo Seca 650 **SALES and SERVICE**
WHEELS of "O"
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Oxford, MI
Phone 628-5000



Jumping Rope for MHA

Rob Mortimore, Clarkston High School sophomore, exhibits his rope jumping ability in the CHS gym last Saturday as a number of students gathered to raise money for the Michigan Heart Association.

Photo by Jim Nichols



B. Bouck Pottery & Gifts
Now Open 10-6 Tues-Sat
3335 S. State Rd., Goodrich
Bring this coupon in for
free drawing for
ceramic slipware set valued at \$40-
name: _____
phone: _____




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JUNIOR COLLEGE OF BUSINESS
"Business Education for the Business Mind"

SPECIAL NIGHT SCHOOL CLASSES
Word Processing
9 weeks - 3 nights a week
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Associates Degree Granting
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Watch for the Opening of
New Life
WEIGHT CONTROL CENTER
Rapid & Safe Weight Loss
thru Good Nutrition
Clarkston Professional Center
5770 S. Main (M-15), Clarkston

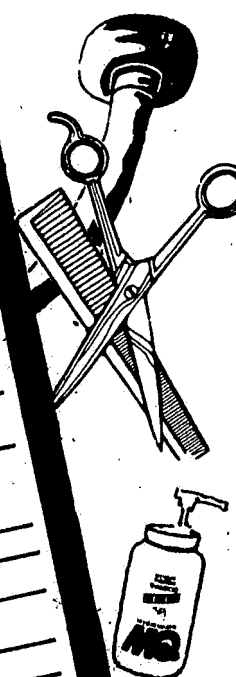
WATCH FOR A TOY
STORE OPENING SOON
IN CLARKSTON
Sanderella's
6 N. Main (Rear)



PINE KNOB UNISEX SALON
Sashabaw & Maybee
Medical Assessment for Hair Care

Patient's Name John & Jane Doe
Room Number 5559 Sashabaw, Pine Knob Plaza, 625-4140
Symptoms Dry - dull - fuzzy - static - electricity
overprocessed - split ends
Diagnosis Hair that won't do anything
Treatment An Intensive Hair Care session with a professional
To Include Precision cut - deep conditioning - support waving
Medication MQ Moisture Quotient Hair care products
Perm Guard Shimmer Lights
Prognosis When your hair looks good - You feel Good
Attending Stylists Jane Weyhing - Kelly Breckenridge
Deanna Cahoun

INTENSIVE HAIR CARE SPECIAL
Support Perms **20% Off**
Call for Appointment **625-4140**



**The Sale You've
Been Waiting For!**
Back Room
now at **75% off**
all Winter Merchandise

Winter Shoes
1/2 OFF

all Sales Final



Christie's
Of Clarkston Mills
20 W. Washington, Clarkston

625-3231

Hours: Fri: 10-9; Mon - Sat 10-6

Good thru April 30, 1982

Meet Your Community Businesspeople

Nichols Heating & Cooling — No Shortage of Experience

"Because of the lack of money, many people have neglected their furnaces. The lack of maintenance and check-ups have often led to major repairs," warns Them Nichols, owner of Nichols Heating and Cooling.

He adds, "Take care of it now, this is the slowest time of the year for heating contractors."

Nichols, who works out of his home at 6158 Paramus, Clarkston has the knowledge and experience to back up what he says. He's worked for Consumers Power 7 years; taught major appliance service at the Northwest Oakland Vocational Education Center for 5 years; and has owned his own business for 6 years.

That business, which primarily services residential homes and small businesses, includes heating and cooling sales, installation and service. Some of the products and brands Nichols features are furnaces, air con-

ditioners, air cleaners, humidifiers, vent dampers, gas barbeque grills and have parts on hand for Charnglow, Sears, Charbroil and Arkla.

"I try to use quality products - equipment that I believe will hold up and be as trouble-free as possible," said Nichols. "When I sell a product, I try to consider the availability of parts for future repairs if needed. When I install a product, I want it to function to its maximum potential and to be easily serviced."

He added, "I realize how short of money most people are these days and I try to work with them. I often work with the homeowner from giving advice or suggestions over the phone, to working with him in the replacement of a furnace."

Working with Therm is his wife Judy and Brent Gibson. Judy is primarily responsible for setting up appointments and some selling. Brent helps Therm with installations and service calls.

CLARKSTON

is Medicine Clinic
aniel M. Bielak D.O.

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specializing in

Athletic Nutrition-Pre-Season Conditioning
and

Rapid Rehabilitation of Sports Related Injuries
X-ray available

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681-3000

Las Vegas

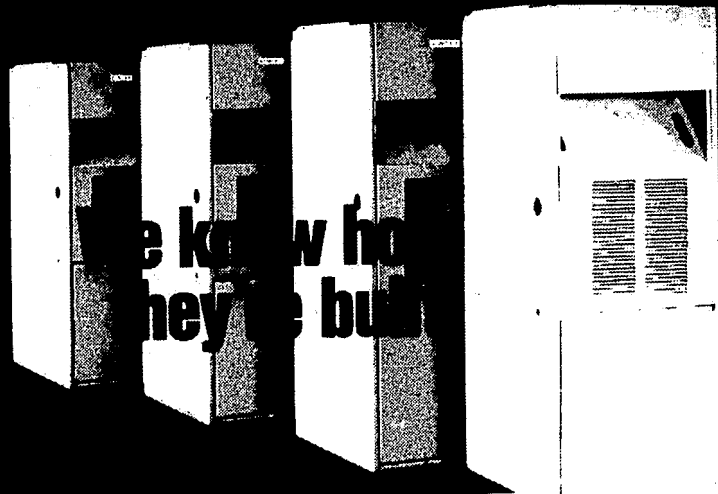
\$269
per person complete

Includes: round trip air accommodations for three nights, round trip transfer and baggage handling gratuities.

Cathy's
GREATWAYS CORPORATION TRAVEL

4205 Highland Road
Highlander Square
681-3000
354-1211

How can Singer warrant every Gas Furnace for 20 years?



Imagine a warranty on your gas furnace heat exchanger that's good right into the 21st century.

We can warrant them for 20 years because we've been building them reliably for 30. With a hefty 18 gauge heat exchanger, instead of 20 gauge like many other furnaces

To save fuel, Singer furnaces have a spark ignition instead of a continuously burning pilot

light. And an automatic vent damper that reduces heat loss up the chimney.

Also, we run-test every Singer furnace before it leaves the factory.

The Singer 20 Year non-prorated Warranty (Limited). It's like buying peace of mind for the next 20 winters. See your dependable Singer Dealer soon for a free replacement estimate.

SPECIAL

Example:

- 80,000 B.T.U. Input.
- Featuring Energy saving electric ignition
- Prepped for air conditioning
- 20 yr. warranty on heat exchanger

Model NBR GU-313080-12MPD reg. 449



\$375

NICHOLS HEATING & COOLING

625-0581

- Gas Appliance Installation
- Service
- Energy Saving Devices
- Electronic Air Cleaners
- Humidifiers
- Replacement

SINGER

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New York

WINE and DINE

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5171 DIXIE HWY. DRAYTON PLAINS 673-7751

Meet Your Community Businesspeople

Success "Frames" Ortonville Businesswoman

Marilyn Greve, owner of Frames By Marilyn, 431 Mill Street, Ortonville, opened her business five years ago with a display of 1000 frames in a multitude of sizes and styles. It was not long before this aspiring entrepreneur learned that custom framing was outselling her stock of ready-made frames. "Nine out of ten customers were interested in having their pictures framed by a professional, most often in a custom frame. They wanted help in determining the type of frame and many times what kind of picture to put in a particular frame they found appealing," states the frame shop owner, Marilyn Greve.

"I had to change my whole line of thinking," she said. Marilyn's previous experience as an interior decorator enabled her to help customers select frames, but learning about original art works and prints and proper mounting and framing techniques was a whole new arm of a business that began simply as an "instant" framing business. She took classes in framing, studied books on the subject, and began learning the techniques of a custom picture framer. This resulted in the purchase of more equipment and expanding her horizons in art and the display and proper preservation of fine art works.

The foundation of Marilyn's success is satisfaction guaranteed. "Often times a customer walks in with an armful of prints or a decorating problem. Our aim is to offer the best service possible at reasonable prices," says Marilyn. "Occasionally after working with a customer and choosing the most liked custom frame, the finished product may still not be exactly what the customer had in mind. The customer is not obligated to accept that particular frame. We're glad to try another. Sometimes, I even suggest a change in a mat or frame if it just doesn't look quite right," Mrs. Greve continues.

The majority of Frames By Marilyn's customers are from the Ortonville, Clarkston and Goodrich areas although the store has regular customers from Pontiac, Waterford, Sterling Heights, Grand Blanc, Davison, Flint and West Bloomfield. Satisfied customer referrals are an important part of the store's growth. "Making a sale is only the beginning of a relationship. When

a customer leaves a work of art to be framed, he may be assured that the finished product will be of the finest quality."

Frequently, Marilyn makes "house" or "office" calls to help the customer make a final determination on a frame or work of art and its most attractive placement in a room. "When hanging a new print or original, it is important to consider what is already in the room," states Marilyn.

Another tangent of Frames By Marilyn's business is classes in oil and watercolor painting. Many art exhibits are also arranged in conjunction with community events.

Marilyn has expanded her gallery over the past few years to include originals in oil by North American and International artists and Limited Edition prints. Limited Edition prints of wildlife are particularly popular today including those by Leonard Wades, Pontiac Orthodontist, Robert Bateman, Maynard Reece and Roger Tory Peterson, all available at Frames By Marilyn.

"Art is an investment and quality framing will ensure the preservation of this art and retain or increase its value through the years," owner Marilyn explains. Originals, Limited Edition prints and heirlooms should all be museum mounted. That means using 100 percent rag board, an acid-free board, in front and behind the subject being framed.

One of the most unusual pieces to frame was recently brought to Frames By Marilyn by a local restaurant...a Detroit Lions football jersey. Marilyn has also mounted and framed other unusual pieces including an extremely old beaded handbag and is expert in displaying needlework and quilted pieces. Other sort of out-of-the-ordinary items for sale at Frames By Marilyn include a wide assortment of nostalgia frames with "matted" glass, convex glass frames for displaying locket and various other keepsakes, glass domes for pocket watches and display frames with a shelf for a treasured cup and saucer or figurine.

For a custom fit for that family room wall or a special arrangement and treatment of objects d'art, Frames By Marilyn is qualified to satisfy the most discerning.

A Message of Appreciation

A friendly "Thank you" for your patronage, and for the confidence you have placed in us throughout the past five years. Our people are conscientious and are here to serve you in any way possible.

In celebration of our Fifth Anniversary we are offering special savings to you.

Five Dollars Off...
purchases of \$25.00 to \$49.99 with this ad at time of purchase.

-Not valid on orders in process-
(Labor and tax not included) Expires March 31, 1982

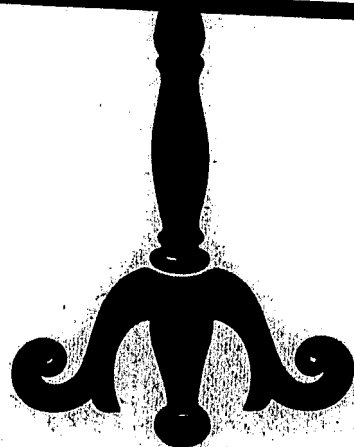
We are looking forward to many more opportunities of serving you in the future.

Sincerely,



frames by Marilyn

431 Mill Street, Ortonville 627-4006



Meet Your Community Businesspeople

Hair Scene Sees Many Changes in 7 Years

"There seems to be a return to wash and sets rather than the blowdry look. Women are wanting hairdos now that stay in more than a day or two."

Sandi Rafferty

Sandi Rafferty has noticed substantial changes since she first began in the hair care business 7 years ago.

The owner of the Hair Scene, says the public has become more hair conscious. In particular men now take more interest in their appearance - not only hair styling, but mustaches and beards.

Sandi's been in her Clarkston location at 32 S. Main for the past 1½ years. Before that, she was located in the Harvard Plaza in Waterford and in another location in Drayton Plains.

Working with her in Clarkston are five very capable stylists. They are Dianne Donnelly, Salley Benefiel, Rosann Morrow, Eva Martin and Kathy Jewell.

Although the Hair Scene

specializes in personalized consultations, they offer a full range of services including hair cuts and styling, perms, coloring, waxing, manicures, pedicures, nail extensions, etc. etc.

In discussing what's new in hair care this year, Sandi said, "There seems to be a return to wash and sets rather than the blowdry look. Women are wanting hairdos now that stay in more than a day or two."

The staff at the Hair Scene make it a point to attend as many hair shows as they possibly can. This spring they are attending the international show held at Dearborn's Hyatt Regency and the Canadian Hair Show.

The Hair Scene, open 6 days a week, is a full service salon catering to entire families.

Waterfall Jewelers Aims to Satisfy

"We've built our business on customer satisfaction and you can bet we'll do everything possible to keep our customers satisfied."

Tom Brown, Sr.

"We've built our business on customer satisfaction and you can bet, we'll do everything possible to keep our customer's satisfied."

Those are the words of Tom Brown, Sr., owner of Waterfall Jewelers in the Waterfall Plaza on Dixie Highway in Waterford.

Brown has been in the jewelry business for 20 years, first in Pontiac, before moving to Waterford 3 years ago. In Waterford, he was joined by his son, Tom Jr., and daughter Sue.

The store offers a full line of jewelry including diamond rings, pendants, necklaces, fine gold, watches, silver plates and mantel clocks. In particular, Waterfall Jewelers is designated as a Times

Service Station, which means it will honor all Timex warranties, regardless of where the merchandise was purchased.

But it is the service, and not the merchandise that distinguishes Waterfall Jewelers. According to Brown, the store will make "any repairs pertaining to jewelry."

And those repairs, whether they be large or small, have provided Waterfall Jewelers with a substantial number of referrals. Brown claims the majority of his business is related to customer referrals.

Waterfall Jewelers is open from 10-6 p.m. Monday, Tuesday, Wednesday and Saturday. On Thursday and Friday, hours are extended to 8 p.m.

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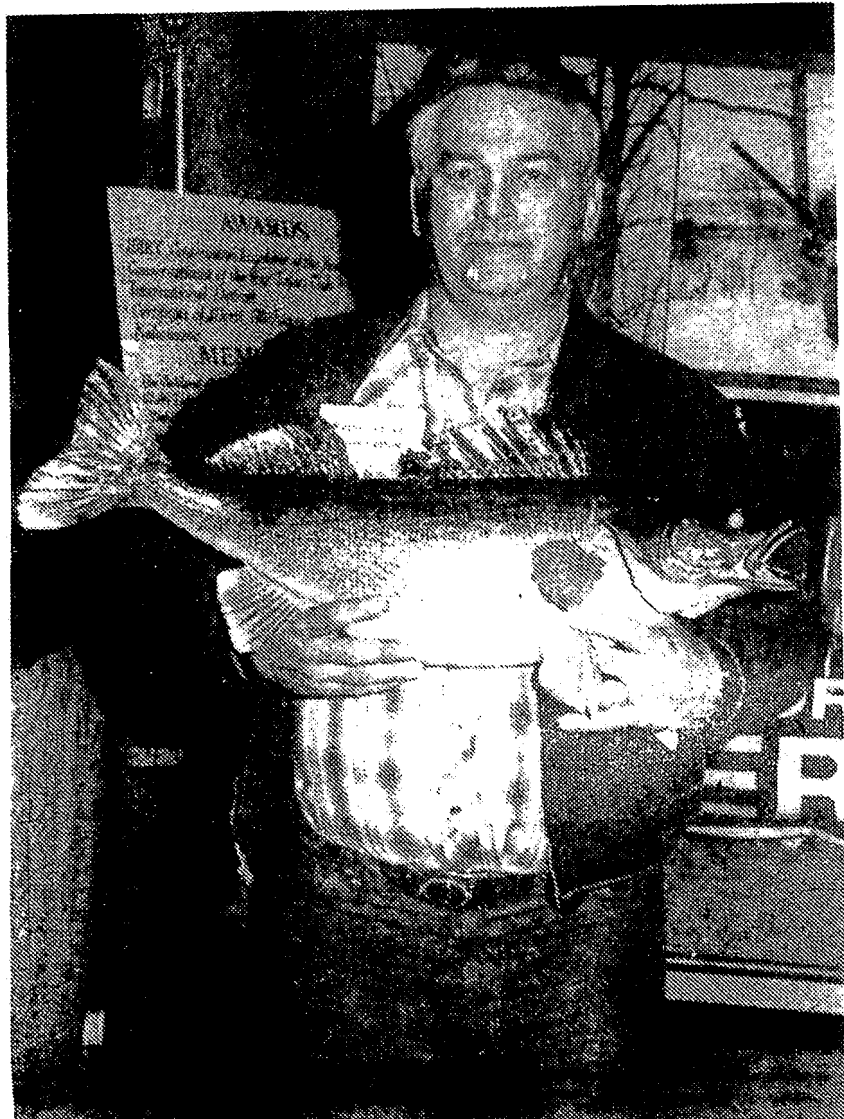
623-9422

Tues., Wed., Thurs., Sat. 10-6
Mon. & Fri. 10-8



SPORTS

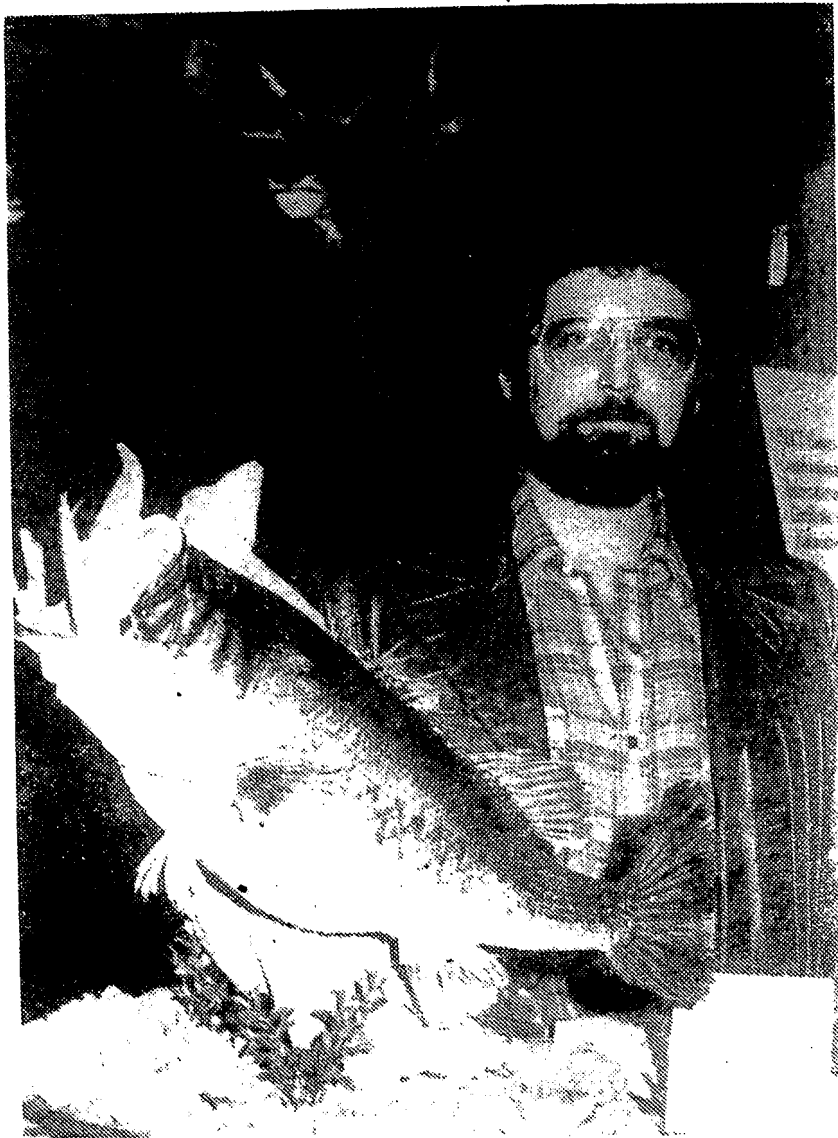
Three From Clarkston Have Largest Fish



Sportsmen from the Clarkston area placed three people in the Master Angler Program with award-winning fish. They were Ron Vachon of Clarkston with a 6 lb. 4 oz. Large Mouthed Black Bass, 24 inches in length taken from Lake Oakland; Ed Balling of Delmas Street, Clarkston, with a Walleye weighing 10 lb. 14 oz., 33 inches long taken from the Up's St. Mary's River; and Al Wieling with a Blue Channel Cat, 8 lb. 14 oz., 27 inches long taken from Woodhull Lake. Master Angler awards were presented to the trio at Michigan's Outdoorama held at the State Fair Colliseum.

Ed Balling, left and Ron Vachon

Photos by Al Wieling



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Mott Ends Wolves B-Ball Hopes

by Ron Wagner

The Clarkston Varsity Basketball team was eliminated from the post-season tournament early with a loss to Waterford Mott 53-40 last Wednesday. The game, played at Mott, was Clarkston's first one of the tourney.

"We looked nervous," said Coach Gary Nustad. "We showed the effects of not having played before in a district game."

The Wolfpack saw themselves handicapped going into the contest as starters Rick Williams and Craig Kulaszewski were sick with strep throat and bronchitis, respectively. Williams was unable to play and Kulaszewski was performing at about 50 percent, according to Nustad.

The first half of the game was relatively low-scoring and ended with the two teams tied at 16 apiece. Mott came on in the third quarter and had a 30-23 lead in the final seconds of the quarter. They sank a shot which was obviously taken after the buzzer. The referees and the timekeeper all said the shot was good and Mott had a nine-point lead to start the final period.

Turnovers by Clarkston in the third quarter helped Mott to assume the lead and they continued in the fourth. This enabled Mott to boost their lead to thirteen by the end of the game, and they won 53-40. Mike McCormick had a fantastic game, scoring-wise, with a career high of 27 points. Ray Kubani scored 10 points, making all but three of Clarkston's points scored by the two juniors. According to Nustad, the Wolves just had an off night.

"They played as hard as they could," said the coach.

CHS Bands Receive "2" Ratings

by Ron Wagner

The Clarkston High School Bands traveled to Howell Saturday for the District IV Band Festival. The two bands, the Symphonic Band and the Winds Ensemble, each received a Second Division rating or a "II".

The Festival is comprised of two parts, the concert and the sight-reading. For the concert portion, each band is to play a march, a piece selected from a list of songs that are required for that class, and another piece of the band's choice. In the sight-reading, the bands are given seven minutes to look over a march and a concert piece and then have to play through them to the best of their ability.

The Symphonic Band played at 10:15 a.m. and performed "Proud Heritage" by William Latham as their march, "Prelude and Fugue in D Minor" by J.S. Bach as their selected number, and "Imperatrix" by Alfred Reed as their required number. They received ratings of I, II, and II from the three concert judges and a II in sight-reading.

"It was kind of a pleasant surprise that the Symphonic Band did as well as they did," said Band Director Cliff Chapman. The Symphonic Band competed in Class B.


The Winds Ensemble's 5:30 p.m. concert consisted of "National Emblem" by E.E. Bagely as their march, "The Second Suite in F for Military Band" by Gustav Holtz as their required piece, and "Alleluia! Laudamus TE" by Alfred Reed. The "Second Suite" was composed of four movements, 1. March, 2. Song without words, "I'll Love My Love", 3. Song of the Blacksmith, and 4. Fantasy on the "Dargason".

The three concert judges gave them ratings of I, II, and II. They received a I in sight-reading. Those ratings added up to a II overall, much to the dismay of many band members who felt they deserved a I.

"I don't have any problems with the rating," said Chapman. "We had our good moments and our problem moments." He did say that he was disappointed that the band was not awarded a First Division rating. After the concert performance, before they found out what their marks were, Chapman told his kids that he was not concerned with the rating, that he just wanted to remember how they played.

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Between Davisburg & Holly Rds.

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Armed Services News

Marine Pfc. Frances L. Jasso, daughter of Francis J. Jasso of 9160 Eston Road, Clarkston, and Janet E. Hendrix of 1153 Ironwood Court, Rochester, has reported for duty with Support Battalion, Camp Lejeune, N.C.

A 1981 graduate of Lake Orion High School, Lake Orion, he joined the Marine Corps in September 1981.

Kevin H. Bartlett, son of Paul D. Bartlett of 70 Park Street, Oxford, and Margaret R. Wilson of 5127 Parview Drive, Clarkston, has been promoted in the U.S. Air Force to the rank of airman first class.

Bartlett is an electronic warfare systems specialist at England Air Force Base, La., with the 23rd Component Repair Squadron.

The airman is a 1980 graduate of Clarkston High School.

Marine Lance Cpl. Theresa D. Klempf, daughter of Charles D. and Nancy L. Farren of 6040 Ormond Rd., Davisburg, has been meritoriously promoted to her present rank while serving with Detachment B, 1st Force Service Support Group, Marine Corps Air Station, El Toro, Calif.

She received the accelerated promotion in recognition of outstanding performance, duty proficiency and demonstrated professional abilities.

A 1979 graduate of Holly High School, Holly, Mich., she joined the Marine Corps in December 1980. Her husband, Timothy, is the son of Robert H. and Carol A. Klempf of 720 Sherman, Holly.

Airman Seth A. Scott, son of Russell A. and Sharon L. Scott of 6624 Roselawn, Clarkston, has been assigned to Keesler Air Force Base, Miss., after completing Air Force basic training.

The airman will now receive specialized instruction in the communications-electronics systems field.

Scott is a 1979 graduate of Clarkston Senior High School.

Airman Loretta J. Cassidy, daughter of Richard A. and Norma J. Cassidy of 6310 Losee Lane, Davisburg, has been assigned to Keesler Air Force Base, Mississippi, after completing Air Force basic training.

The airman will now receive specialized instruction in the communications electronics systems field.

Cassidy is a 1981 graduate of Clarkston Senior High School.

Village Pet Shop

Fish, Birds & Small Animals

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BID NOTICE SPRINGFIELD TOWNSHIP

The Springfield Township Fire Department is advertising for bids for a standby generator to be installed at the Springfield Township Fire Station No. 2.

1 - 20KW generator
Natural gas power
To be connected into present electrical with all connections and wire hookups.

The Springfield Township Fire Department reserves the right to accept or reject any or all bids.

Bids must be submitted to the Springfield Township Clerk's Office, 650 Broadway, P.O. Box 38, Davisburg, Michigan 48019. The deadline for submitting bids is 4:00 p.m., April 2, 1982.

J. Calvin Walters
Springfield Township Clerk

Take a Class for the fun and health of it at **Waterford Oaks Activities Center**

**Most classes begin the
week of March 27**

**For Information,
Phone 858-0913**

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Special Events

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INDEPENDENCE TOWNSHIP PUBLIC NOTICE "DEMOCRATIC GOVERNMENT AT ITS BEST"

The Independence Township "Annual Meeting of Electors" will be held on **Saturday, March 27, 1982**, at 1:00 p.m., at the Independence Township Hall, 90 N. Main Street, in Clarkston. If completed in time, the remodeled barrier-free annex behind the Township Hall will be used for this meeting. At this meeting all voters of the Township have one vote. The agenda will include:

1. Discussion and review of the 1981/82 and 1982/83 budgets.
2. Setting of the salaries for the Independence Township Board members.
3. Schedule of 1982/83 meeting dates for the Township Board.
4. Reports from operating committees and task forces.

All residents are urged to attend. This will be your chance to talk with township officials and board members before and after the meeting. Refreshments will be served. Remember your vote is important.

Christopher L. Rose, Clerk
Independence Township

NOTICE SPRINGFIELD TOWNSHIP

The Springfield Township Fire Department is advertising for applicants for personnel to man Springfield Township's Fire Station No. 2.

Requirements:
Must be a resident of Springfield Township
Live in the area of Dixie Highway and Rattalee Lake Road
Be between the ages of 21 and 45
Pass a physical examination
Attend twice a month meetings
Take all training classes such as Advanced Red Cross, C.P.R., and the four classes of Michigan State Training

Prospective applicants can contact Chief Marlan Hillman until April 15, 1982, at his office, 13180 Andersonville Road, Davisburg, Michigan between 8:00 a.m. and 5:00 p.m. Monday through Friday. Phone: 634-4291; 625-4801.

Marlan Hillman
Fire Chief
J. Calvin Walters
Township Clerk

BID NOTICE SPRINGFIELD TOWNSHIP

NOTICE IS HEREBY GIVEN that sealed bids will be received by the Springfield Township Board for mowing of cemeteries in Springfield Township. Bids will be received until 4:00 p.m. April 2, 1982.

1. Davisburg Cemetery on Davisburg Road. Approximately 3 acres.
 2. Two cemeteries located on Bridge Lake Road. Total of approximately 1 acre.
- Certificate of General Liability and Workman's Comp. naming Springfield Township as additional insured.
The Springfield Township Board reserves the right to accept or reject any and all bids.
Sealed bids should be mailed or delivered to the Township Hall, 650 Broadway, P.O. Box 38, Davisburg, Michigan 48019.

J. Calvin Walters
Springfield Township Clerk

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1973 Winnebago - Dodge 318; 20', sleeps 6, good condition, Jesse Ruff, 3238 South Oak Road, Davison - (313) 653-6679. (2/1)

'88 Montego Mx; 33,000 miles; air, stereo; must see to believe; \$3,500 or best offer. 625-3413.

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1979 Silver Mercury Bobcat 35,000 miles, ps and pb. 20/25 mpg, 4 cyl. engine, two door, \$3,500.

1974 Pinto Wagon. 46,000 miles, excellent, \$1350.00 or b.o. 625-1119.

1976 Camaro - Air, power, good condition, extras, 625-3654 or 683-2330.

SURPLUS JEEPS, CARS, TRUCKS - Car-inv. value \$2143, sold for \$100. For information on purchasing similar bargains call 602-998-0575 Ext. 4367 Call Refundable. (2/1)

'70 Lemans - 2 dr. New tires, good new parts. Good transportation \$500/best. 627-3776.

'78 Nova - extra sharp; one owner; \$3,000. Evenings, 623-7893.

'75 Cordoba - AM-FM stereo, air, p.s., p.b., cruise, leather seats, 360 engine, tire like new, body damaged. \$500.00. 627-4251.

1977 Monte Carlo - 36,000 miles, loaded, \$3500 or best offer. Browning, Belgium made light 12qa mint cond. \$350 firm. Truck topper 8 ft. bed \$150. 636-7112.

Travel Trailer - 21 Foot Frolic, self contained, excellent condition. 682-0930.

1974 Monte Carlo - Runs good, good shape, asking \$950.00. 627-3411.

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1973 Winnebago - Dodge 318; 20', sleeps 6, good condition, Jesse Ruff, 3238 South Oak Road, Davison - (313) 653-6679.



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For Sale - Baby Crib with mattress in good condition. \$75.00. 625-9146.

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Boy's Hockey Equipment - used one season. Call 634-9422 after 3 p.m.

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Used Electric Water Heater - \$10.00; 3 hanging chain lamps, \$15.00. 391-1875.

Fasco electric baseboard heater - 10', 1875w, \$65. 625-9176 before 3.

Firewood - Split and delivered. 634-3940. (c)

Resale Items - Now being taken. Clean clothes only! No tears, holes or stains. Knick knacks, household items, furniture & antiques. Carriage Light, 105 M-15, Ortonville. 627-4733. (2/2)

Custom Wire Cages - Rabbits, birds, etc. 797-4448 after 5:00 p.m. (c)

Ortonville Sawmill - Split seasoned hardwood, pick-up & deliver, 627-3955. (4/2)

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2

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Wanted - Deer rifles at a price 673-6882. (2/2)

Found - Male Beagle 3/1 Holly Rec. Area, call 634-7114. (2/2)

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Wanted - Pigeons, must fly also looking for Homers Call 634-7114. (3/3)

Real Estate



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Home For Sale By Owner - Brandon Township, 3 bedroom, finished basement, 1 1/2 car garage, land contract terms, 627-2477. (3/1)

Eagle and Woodhull Lakefront Lots - Clarkston and Waterford area. Blacktop, sewer and water, from \$25,995. Easy L.C. terms Sheldon 674-4116.

Lot For Sale - 2 acres, paved street, UL utility and gas. Clarkston Schools. \$21,900. L.C. terms. 625-5613.

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Rentals



Room for rent on Big Lake. Clean, respectable, young man. 625-3317.

For Rent 2 bedroom. Ideal for couple, fireplace, appliances, garage, on acreage with creek and garden. \$395 plus deposit. 693-2652 or 693-8912.

Apartment in Goodrich - Ideal for single person, \$190.00 month includes heat. 636-7177.

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Ortonville Village - Very attractive, spacious 4 bedroom unfurnished flat for rent. C/Air Gas Heat, carpeted, & private parking. References & security deposit required. 627-4324. (2/2)

For Lease - 1900 square ft. 2nd story storage open floor plan 60 S. Main, Clarkston. \$250.00 per month, 625-2601.

For Rent - Lovely 2 B.R. Apartments, Ortonville. No children, no pets. 627-3947. (6/5)

For Rent - 2 Bedroom Ranch w/garage; furnished (opt) in town of Ortonville. 627-3425. (2/2)

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Weather Out - Inside storm windows. Low cost - efficient. The Energy Group. 394-0607. Free Estimates. Dealer Inquiries accepted. (26/3)

Refrigerators and Freezers Repaired - Licensed refrigeration man. Also dishwashers, trash compactors and disposals. 627-2087. (c)

Excavation - Dozer, trucking, backhoe work. Tom Nicholson. 634-3940. (c)

Concrete Drives - Slabs. Special price this Spring call Dave 627-4473. (c)

Work Wanted - Home repair & maintenance. All types. Chezik & Sons. 636-2633. (c)

Will give your child licensed loving care in my home. 623-6397.

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Snow plowing, Clarkston - Davisburg area. Reasonable. Jim Dunn. 625-3015.

Mature lady for house or apartment cleaning. Excellent work. References. 623-1571.

Income Tax Prepared - Evenings & weekends. Reasonable. Skip Vrooman, 625-8772.

Home remodeling & additions. Reasonable rates. Licensed builder. 623-2687.

Additions, garages, cement work. Free estimates. Licensed builder. 623-2687.

W.E. Weathers Co., carpentry, aluminum siding, gutters, storm doors, windows, 673-8022.

Will clean your house, \$35. Experience, references, 673-8734.

Beginner Oil Tole Painting - Starts Mar. 22, 7-9 p.m., 6 weeks. Hurry! The Little Red Craft House, 417 Mill St., Ortonville, 627-6327.

Make A Versatile - Quick and easy Heritage Star Quilt in one session. March 23, 10 a.m.-1 p.m. or March 25, 7-10 p.m., pre-registration required. The Little Red Craft House, 417 Mill, Ortonville, 627-6327.

Additions - House jacking for basement or footings, repairs (20 yr. exp.) 627-4473. (c)

Landscape Plans - Personalized plans drawn professionally. P.E.A.T.S. Nursery & Landscaping, 627-4364. (2/2)

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Punch Needle Embroidery Class - Requires 2 sessions. March 22 & 29, 7-9 p.m. The Little Red Craft House, 417 Mill, Ortonville, 627-6327.

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Income Tax Service - 455 Oakwood, corner of Sands Rd. 627-3924, 627-4216. Vell Tottingham. (13/10)

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Fabric Frame Workshop - March 24, 7-9 p.m., The Little Red Craft House, 417 Mill, Ortonville, 627-6327.

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Income Tax Returns - reasonable rates. 673-3635 after 5 or 674-0240.

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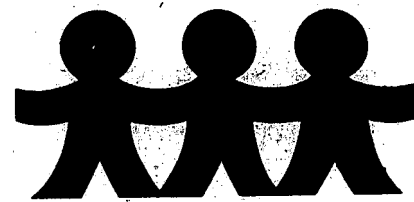
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Clarkston Co-op Nursery - Has openings for Fall 1982-83 season for 3 & 4 yr. olds. Call 625-5560. (2/2)

Babysitting In My Home - Weekdays by young Christian mother. 623-9877. (2/2)

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Plan Now For Spring Clean Up - Smith Bro's Yard & Lawn Care. 797-4390. (4/1)

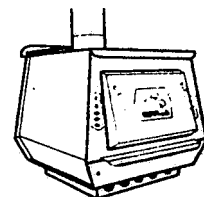
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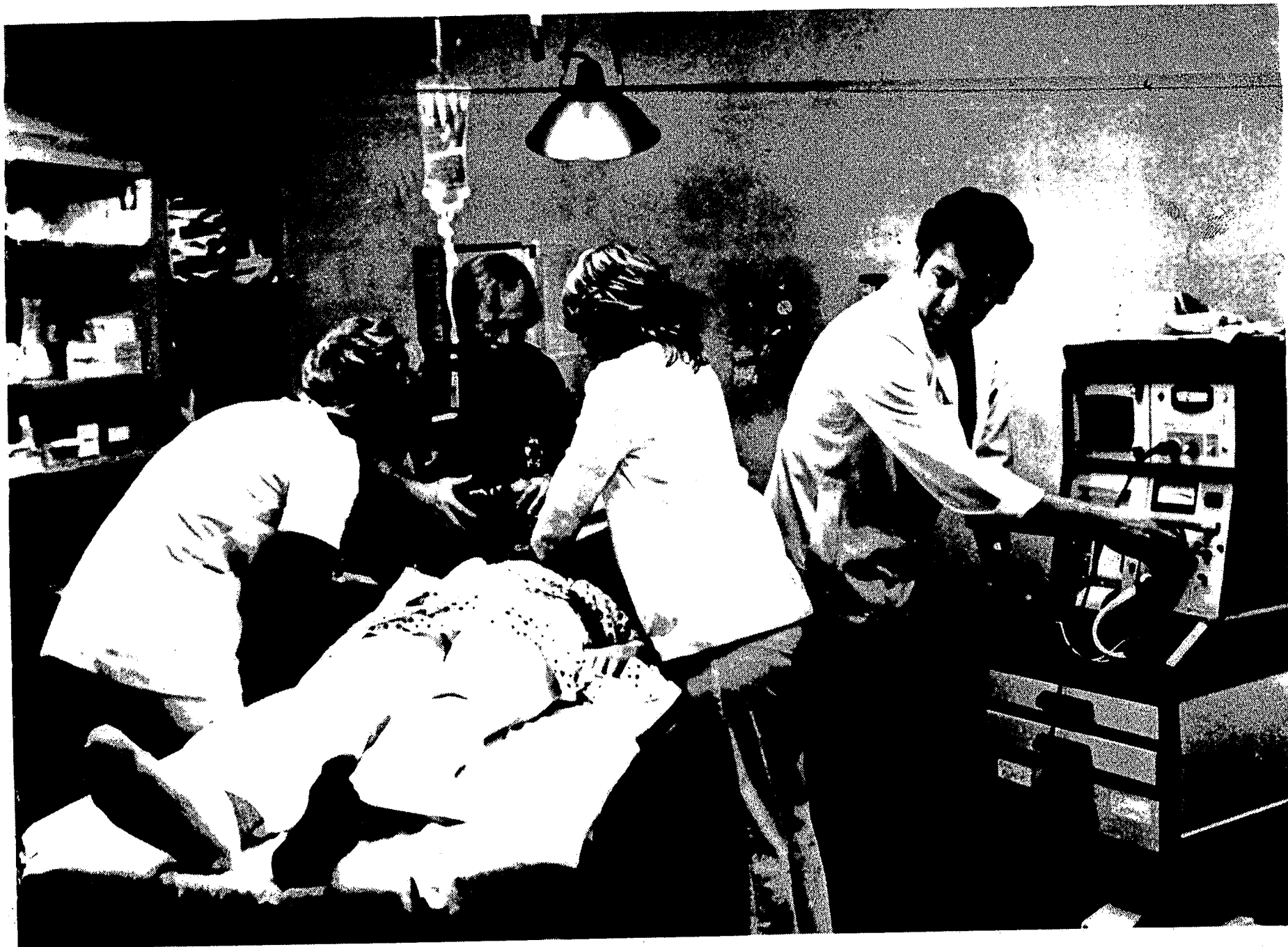
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HEALTH NEWS 82

ISSUE NUMBER TWO

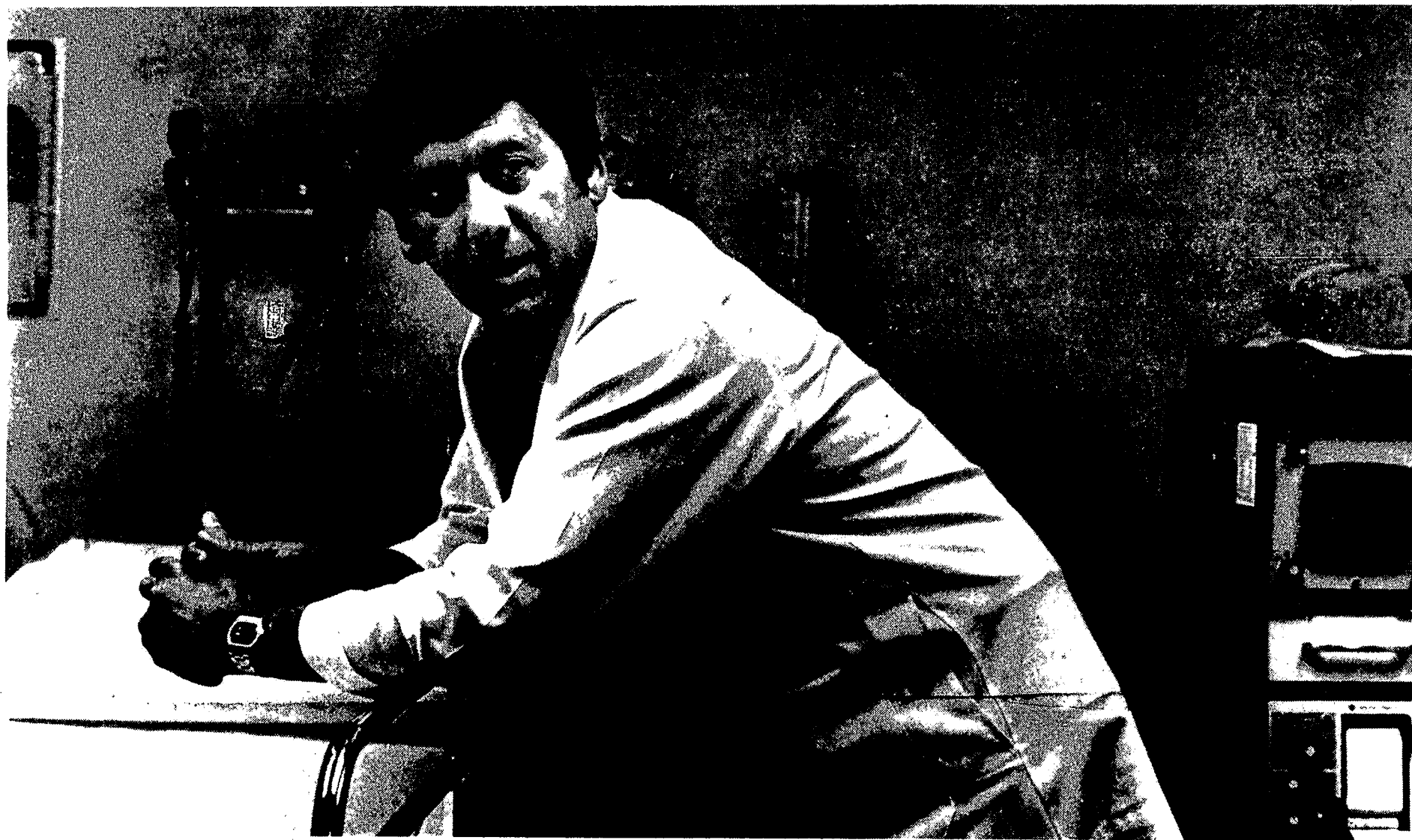
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Dr. Robert Aranosian, far right, and crew administer emergency aid.

Aranosian's Army

Crack Emergency Unit POH's Claim to Fame



by Mike Wilcox

If there is one area in which Pontiac Osteopathic Hospital has made their mark, it's in emergency medicine. The Emergency Department, under the direction of Dr. Robert Aranosian has pioneered a number of new emergency procedures and techniques since it began emphasizing emergency care in the early 1970's.

POH's emergency reputation earned them the honor of being designated the hospital to cover Vice-President Bush and other VIP's during their stay in the Detroit area over Super Bowl weekend.

According to Dr. Aranosian, the hospital had a life support unit with the Vice President's entourage at all times. We covered them with radio from the time they stepped off the plane until the time they stepped on again to return home.

"I think it (the Emergency Department) is the star of this hospital. We take a lot of pride in what we do."

It didn't always used to be that way. Before Dr. Aranosian set up shop at POH, emergency services were adequate, but no more. No hospital at that time, at least in the immediate area, had put a big emphasis on emergency service.

Enter Dr. Aranosian. After com-

pleting his internship in 1970 he chose POH to begin his emergency work.

He explains, "I tried to find a spot where we could make a mark in. Pontiac Osteopathic was probably the least known of the three Pontiac hospitals and I thought we could really improve its image by upgrading emergency."

Thus Dr. Aranosian set out to start the first area Emergency Department with a fulltime staff of doctors. "At that time I worked 12 hours a day, 6 days a week, just so they (emergency patients) could see a familiar face."

By 1972 emergency personnel at POH had gotten to know the police and ambulance workers in the area pretty good. Dr. Aranosian and staff were out to solidify their relations with these groups, in hopes of getting the majority of their business.

In 1972, said Dr. Aranosian, "The City of Pontiac decided to look into the wild and crazy idea of paramedics. They approached me about it and it was like the goose giving the egg. I grabbed it."

Thus POH became the center for training paramedics in Pontiac, Waterford and outlying areas.

"Our reputation just grew and grew," recalled Dr. Aranosian. "It got to the point that half our emergency

Dr. Robert Aranosian (above) takes a brief break before the next emergency arrives.

On another occasion doctors (left) attempt to keep a patient's heart going.

Aranosian

"We wanted them in and out. No waiting to see the final minutes of Marcus Welby for our emergency doctors. We didn't treat them (patients) like we were doing them a favor. We wanted them to know they were doing us a favor."

Dr. Robert Aranosian

patients were from other hospitals."

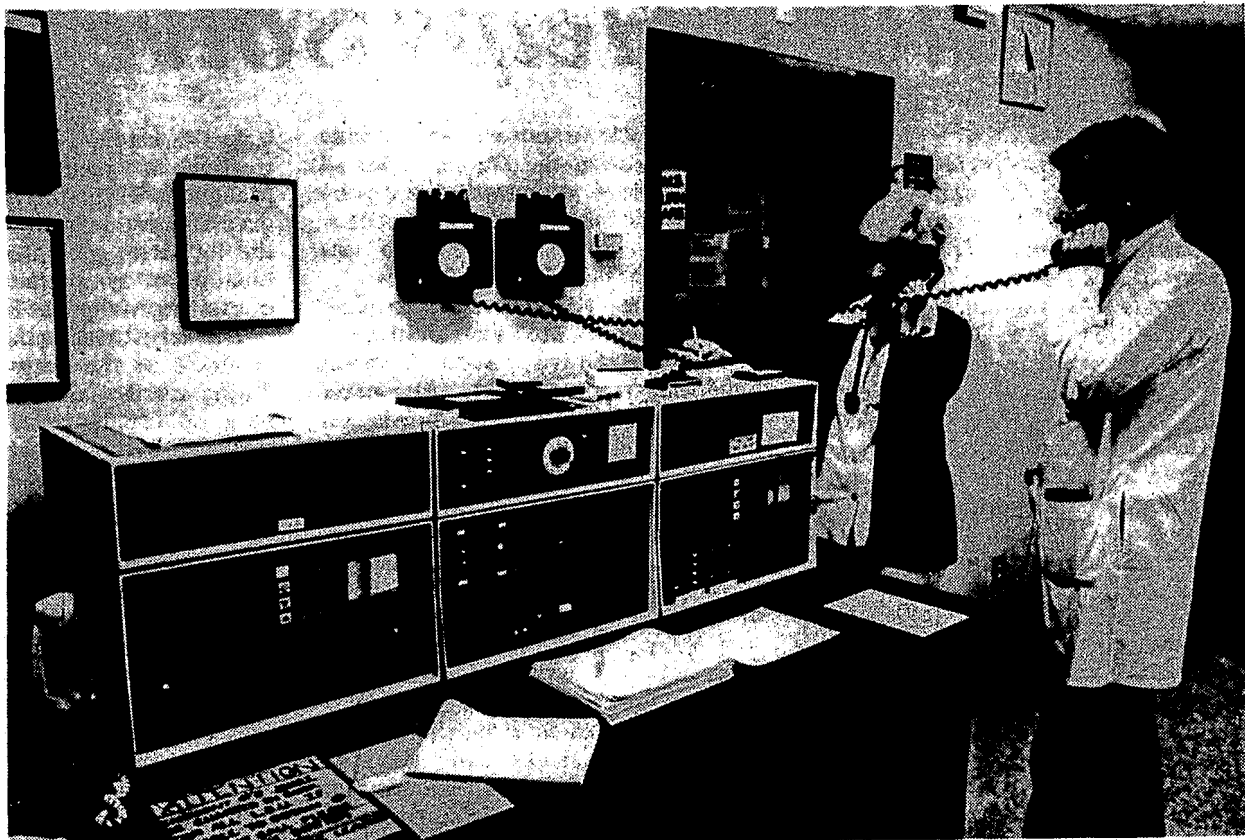
One of the primary reasons POH Emergency became so popular with police, ambulance and patients was service. At that time, according to Dr. Aranosian, other hospitals were taking up to 2-4 hours to treat emergency patients. Dr. Aranosian made sure most emergency patients at POH were treated and out the door within 20 minutes.

"We wanted them in and out. No waiting to see the final minutes of Marcus Welby for our emergency doctors. We didn't treat them (patients) like we were doing them a favor. We wanted them to know they were doing us a favor."

That philosophy still exists today. Dr. Aranosian continues to actively solicit patients. "We go after every shooting, every rape. We don't refuse to go to court."

And it's paid off. POH's radio, which handles between 20-25 calls a day is the busiest advanced life support radio in the state.

POH's radio control center looks like NASA's Mission Control in Houston.



But quantity doesn't always make quality. However, in Dr. Aranosian's opinion, fulltime emergency doctors do. Currently he has six emergency doctors. They average nearly 7 years in length of stay in the Emergency Department. That's a lot of hours working under severe tension.

"An average guy might last 3-5 years in emergency," said Dr. Aranosian. "It's a real burn-out. However, we

have been lucky. We try to make sure they have a life outside the department."

To help make work a little more bearable, Dr. Aranosian has tried to make the Emergency Department a tight-knit group. "We have eliminated the punch the clock syndrome. We're like one big family."

He continued, "This Emergency Department has got the finest set of

emergency nurses. They can handle just about anything."

Treatment areas in the Emergency Department include Cardiac and Trauma rooms with full resuscitative capabilities, medical examination and treatment rooms, a cast room and holding area.

Like other area Emergency Departments, POH operates 24 hours a day, seven days a week.

ORTHODONTICS WHAT COMES FIRST?

From The Office Of • Dr. Charles F. Munk • Dr. J. Richard Dunlap

5825 S. Main, Clarkston • Clarkston Professional Plaza • 625-0880

Many new patients wonder what to expect from their first visit to the orthodontist and what steps are necessary to begin a treatment program. Although each office can vary slightly, there is a standard set of procedures that most orthodontic offices follow. Essentially, there are three steps or appointments that must be completed before braces can be placed on the teeth. These are an initial examination, a diagnostic records appointment, and a consultation.

The initial examination is a visit where information is gathered about the patient. A thorough dental and medical history of the patient is first taken. Factors such as finger habits, accidents to the jaws, or chronic mouthbreathing can have a significant bearing on the development of the jaws and teeth. The patient's reason for seeking an orthodontic examination is then discussed. A patient and/or a patient's parents may have a specific concern about the teeth or jaws. The orthodontist must know the patient's goals in treatment to be sure that treatment can indeed satisfy these goals. A thorough examination of the teeth, jaws, and facial form is then performed. A preliminary diagnosis is formulated from the above. Treatment recommendations are then given to the patient and/or patient's parents along with an estimated treatment time and treatment fee. If the patient is not ready to begin treatment, he or she is placed on a recall list.

When treatment has been recommended for a patient, the next visit is the diagnostic records appointment. At this time,

impressions or molds are taken of the patient's teeth. Plaster models are made from these impressions so that an exact replication of the patient's teeth can be studied. In addition, orthodontic X-rays, facial photographs and oral photographs are taken of the patient. This material is analyzed and a conclusive diagnosis is made. A detailed treatment plan is then formulated. These diagnostic aids are used to verify or modify the orthodontist's preliminary diagnosis and recommendations made at the initial examination.

The third visit or consultation appointment involves a presentation of the final diagnosis and treatment plan. The patient's obligations while wearing braces are also discussed. Orthodontic treatment is a team effort which involves the patient and patient's family as well as the orthodontist and his or her staff. Excellent patient cooperation is a must if a desirable result is to be achieved. Proper oral hygiene and appliance care are essential. The treatment time and treatment fee, along with a payment plan, are also finalized at this time.

Following these three steps or appointments, orthodontic treatment can begin. It is essential that all of the aspects surrounding treatment be fully understood by all concerned parties before treatment commences. This will ensure common treatment goals and clarify treatment responsibilities.

by J. Richard Dunlap, D.D.S., M.S.

Genealogy Helps Solve MH Mysteries

by Virginia Block

Mrs. Block was instrumental in establishing the Pontiac Area Historical and Geneological Society and is currently a major force behind the start of the Michigan Malignant Hypothermia Association. She has been a columnist for the Oakland Press for several years.

One can easily see that genealogy as a hobby might not offer the thrills that could be found bowling a 300-game, catching a prize-winning marlin, or even getting honorable mention in the Pillsbury Bake-Off.

Science has sent man to the moon and back, developed robots to do the work of a whole crew of workers and found that computer games have replaced grandmas for entertaining the kiddies.

Yet the answers to curing cancer, and even the common cold evade them. Now we are on the threshold of discovering new answers to many health problems through a very untechnical process, that of doing one's family history.

In the past few years Dr. Beverly Britt of Toronto has made a great deal of progress in identifying Malignant Hyperthermia through her work in Anesthesiology.

It was actually brought to Canada some three hundred years ago by Michael Dupris and his wife Marie when they immigrated from France in 1651.

Dr. Britt's discovery that today families bearing the Dupris name all suffer various symptoms caused by genetic defects handed down for generations still cause death increasingly.

Researchers feel the answers to many diseases such as Muscular Dystrophy, Myasthenia Gravis, Sudden Death Syndrome (crib death), Malignant Hyperthermia and Cystic Fibrosis can be found by using a new tool - genealogy. By studying death records of ancestors, much proof can be found that genetic related patterns causing deaths of relatives of all ages may help solve some of the mysteries so far undiscovered under the microscope.

If Aunt Nellie and Grandma on Momma's side both had high blood pressure, and died of strokes - today's modern lib-oriented grandchild, niece or daughter still can die of "stress" filled living. If one can go to a dentist and die from the administration of an anesthetic for oral surgery, maybe medical family histories indicating the high risk involved can begin to save lives in all areas of unexplainable deaths in "healthy" people.

Incidence of Malignant Hyperthermia in dogs, horses and swine have doctors practicing veterinary medicine doing research in the animal world and just maybe public knowledge of your genetic background could someday save your life by investigating and recording the information now.

In Clarkston, Dr. James O'Neill is treating a young patient having Malignant Hyperthermia and has a deep interest in probing further into the mysteries presented by the combination of symptoms that appear in one having Malignant Hyperthermia.

The term Malignant refers to the swiftness of the occurrence of death during anesthesia, rather than the connotation usually attached to cancer. Characterized by muscle cramps; nerve muscle damage; congenital inguinal hernia, umbilical or hiatal hernia; curvature of the spine; muscle weakness; joint hypermobility; abnormal temperature control; and stress from physical exercise or emotional stress which induces fever, muscle stiffness, or muscle cramps, the immediate need to check further is mandatory.

Eleven area families have come to find they share a common Malignant Hyperthermia diagnosis, yet each felt they alone suffered the problems dealing with the disease. As the study becomes more of an educational problem than one of treatment, a group of the families are currently setting up the Malignant Hyperthermia Association of Michigan.


Attention was drawn to Malignant Hyperthermia by Ken Dupris of Auburn Heights when he stopped by a booth in Meadowbrook Mall in Rochester, where the Pontiac Area Historical and Geneological Society sought new members as people passed

by. Confronted with his story of Malignant Hyperthermia in his family, he referred to a story in the Detroit Free Press by Dolly Katz that told the story of how it has taken over three hundred years for the "Seeds of Death" to genetically travel through intermarriage to where statistics increasingly rise in incidence. The fact that the Dupris line involves other family names such as Caza, Comartin, and LeBlanc makes doing one's family history imperative.

Now other nationalities have emerged as being affected, including Welsh, Norwegians, Italians, and Central European natives. It is rare in Blacks but especially high among Japanese.

Nancy Coxen, mother of twelve children is of Italian background, but having a son with Malignant Hyperthermia finds that the other eleven have to wear Medic-Alert I.D.'s to ward off an episode that means death if it were to appear following an accident or proceeding a surgery as simple as a Tonsillectomy.

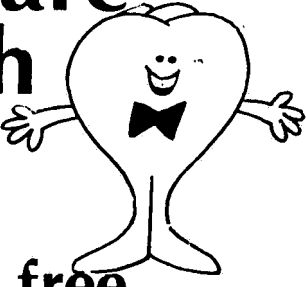
She is willing to discuss the problem with anyone feeling they would like to contact her at 3030 Elizabeth Lake Road, Pontiac, Michigan 48054, or call her at 682-2880. The next meeting of the Malignant Hyperthermia Association is March 17 at 7:00 p.m. and will be held at the David Ewalt Community Center, 1460 North Perry Street, Pontiac.



George E. Krull
D.D.S.

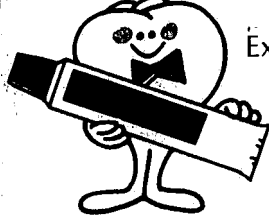
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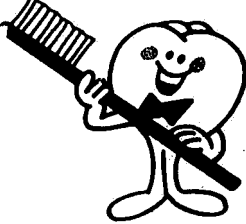


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Health Care and the Recession

by Susan Coleman, M.D.

I remember once as a medical student many years ago, I was examining an older gentleman in preparation for surgery. In the course of the exam, I had noticed an unusual nickel-sized scar at the angle of the jaw. On further questioning he told me that, as a young adult during the depression he could not afford dental care, and his abscessed tooth had eroded from the gums through the jaw. Later on, when I worked at an inner-city clinic as a new Doctor, one of my patients was a young woman from the South. Her left arm was markedly deformed. During her childhood if the Fifties, this had been broken when she fell out of a tree. With no money for medical care, her enterprising grandmother had made her a cast of red Georgia clay. Being rather naive during those days, I thought (rationalized shall we say) that medical care was a fact of life then as today. (Maybe this is also a rationalization.) It was both enlightening and depressing.

Times have changed but not as much as we would like to think. Michigan is one of the twelve states designated by President Reagan as being in the throes of a severe recession. Though there has been tremendous progress in the standard of living, as well as health care coverage, (such as Blue Cross/Blue Shield and the HMO's) no coverage is available for unemployed patients; unless they pay premiums from

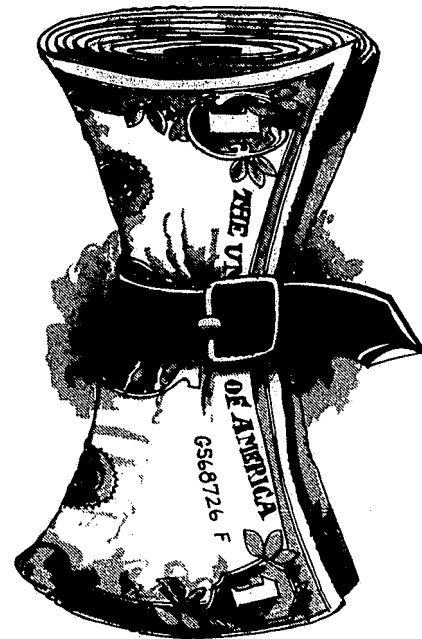
depleted funds. Also, via the usual mode of coverage, physicians office visits, non-critical emergency room visits and most medications are not reimbursed. Consequently, delivery of health care is affected during bad economic times. Lack of funds does not comprise the whole situation. Hard times create their own health problems. Economic woes engender a state of futility with the result being increased rates of divorce, addiction, depression and alcoholism. Counseling which is difficult to afford and reimburse during the best of times becomes even harder to finance now.

Though I have not done a detailed study, trends of medical care and treatment have changed during these times. Visits to local emergency rooms are decreased in number with a higher percentage of hospitalizations. In other words, people are waiting longer for treatment and becoming sicker, most likely worse off than if they had sought medical care sooner. Also, community physicians are seeing a decreased number of office visits. People are trying to make do without the doctor, often with disastrous results. A mother, for example, will give her feverish child antibiotics left over from a previous visit. What usually happens is that either the antibiotics are not indicated as in a viral infection, or are given improperly and for too short a time. When the child is finally brought into the doctor's office, after she has suf-

fered a relapse and is much sicker or the short course of antibiotics has obscured the picture of the illness and the doctor has less resources by which to treat.

As another example, patients treated for high blood pressure must be seen regularly for medication adjustment and checkup. In order to cut down on doctor visits and costs, return visits are neglected and medication runs out. High blood pressure treated ineffectively is as bad or worse than not treating at all. More subtle changes are occurring in the community. Patients are getting free blood pressure checks at local schools and drug stores, and are more cost conscious of medication. Some of them are postponing complete physicals, and are reading on health topics rather than seeing the doctor.

From my standpoint, the practice style has inadvertently changed to fit my patient's needs. Lab results are given over the phone, as are instructions and sample doses of medications are dispensed whenever possible. If a patient being treated for high blood pressure is well known to me and is stable, an office visit can be postponed, and a blood pressure check taken elsewhere. Blood tests are, or always, ordered prudently. However, there is a limit beyond which the cutting of corners may compromise health care, as for example, inadequate follow-up of medical problems. Phone calls are no substitute for the proper



examination of a patient or detailed explanation in the office. The postponement of office visits may eventually lead to a sicker patient, hospitalization, loss of income from work and severe discomfort.

Health care costs during bad times is not a happy topic and there are no easy solutions. Obviously prudence in the care of one's body should not change with economic times, and applies now more than ever. Common sense and a good working relationship with your own physician can help immensely. Though of minor consolation, good times usually get better.

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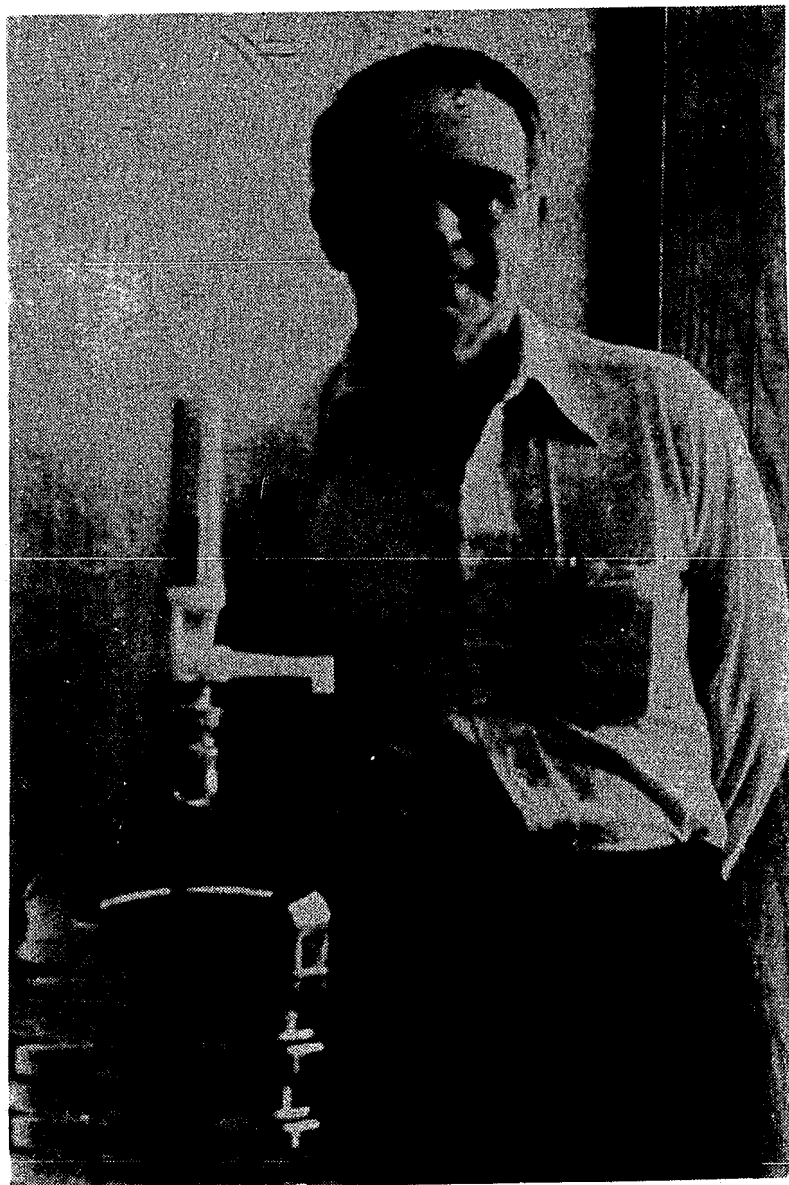
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Ken Thomas

Beware of Drinking Water - It Could Be Dangerous to Your Health

by Mike Wilcox

More and more people are coming to the conclusion that drinking water can be dangerous for their health.

In cities like Asheville, North Carolina; Gulfport, Mississippi; and Haverhill, Massachusetts, normal drinking water has become so contaminated at times, the Environmental Protection Agency has refused its use aboard planes, trains and buses.

In Stamford, Connecticut, water is sometimes so discolored with iron, manganese and other heavy metals that citizens cannot bathe in it, or use it for washing dishes or clothes.

In Danville, Vermont, people sometimes fall ill with diarrhea from giardiasis, tiny one-celled animals that pollute the water supply.

Locally, Springfield and Rose Township residents feared dangerous chemicals had seeped into their water wells when toxic wastes were uncovered at two dumping locations a

couple of years ago.

And near US23 in Livingston County the state has quietly been supplying homeowners with bottled water after they found salt, that had been stored for winter road use, had contaminated three lakes.

One of the area's most outspoken critics of our drinking water is Ken Thomas, a Pontiac Motors retiree, who recently began selling water distillers.

Thomas claims most people aren't aware of the health problems normal drinking water can create. In fact more often than not, he hears "I drank water for 50 years and it hasn't killed me yet." People seem disinterested in hearing about water's ill effects.

But Thomas expects that attitude to change. "I think in the next ten years, you are going to find more and more people aware of their health, and this is certainly part of it," he said.

What can be done to assure your

To Your Health

by Dr. Shelby Baylis

Everyone knows a person who always has a smile on their face and seems to be untouched by the everyday things that get most of us down - high prices, bad weather, poor health. If you ask them how things are going, their answer is usually "great!"

Do you suppose nothing adverse ever happens in their life? Not likely. I think you'll find the difference is their attitude. A positive attitude can do much to smooth out the wrinkles in life. Dwelling on the negatives cannot only affect your actions, but your health.

All of us have good reason, at one time or another, to become angry. The object of an anger could be a family member, a fellow employee, someone with whom we have done business, or even something as omniscient as the government, the postal service or the IRS.

Anger is a normal emotional response. It's when we carry this anger inside and redirect it toward other phases of our lives that it does damage.

It can cause us to needlessly strike out at those we love, have an automobile accident, or perform our jobs unsatisfactorily. But, more importantly, it can result in the building of internal stress that can explode in any number of physical ailments.

Developing a positive attitude toward life's encounters cannot only be rewarding, but fun. It will spread through every aspect of your life, and it's contagious. Wouldn't you rather associate with a positive person, than a negative one?

Somewhere inside, we all nurture a warm, happy holiday spirit. Let's try to perpetuate that feeling throughout the rest of the year. I guarantee it will pay you many satisfying dividends.

Shelby M. Baylis, M.D.

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"NUCLEAR MEDICINE SCANNING"

by Elizabeth A. Welch RT (CNMT) (ARRT)



So, your doctor has ordered

a nuclear medicine scan to be done on you and, like so many other people, you teeter on the verge of sheer PANIC! "NUCLEAR" rings in your ears as you leave the doctor's office. As the Nuclear Medicine Technologist at Physicians Nuclear and Diagnostic Consultants, I deal with these fears every day. In this article I hope to clear some of the air and mystery surrounding nuclear medicine. And, while I couldn't possibly cover EVERYTHING about ALL the nuclear medicine procedures currently being done in one article, I would at least like to try to cover the basic questions most people ask.

First of all, what IS nuclear medicine? It is a utilization of radioactive materials for diagnostic and therapeutic purposes. The procedures are non-invasive, involving only a needle stick in a vein (similar to having blood work done) and, for those of you who are modest, doesn't even require that you remove your clothes. For those of you who are allergic to X-ray contrast media, rest assured, there are no ill side effects from any of the materials used in nuclear medicine. So, if you want to come to the facility alone, go right ahead because the examination will not have any effect on your driving capabilities.

In X-ray, an image is produced by positioning the patient between a sheet of photographic film and an X-ray beam. The resulting images shows skeletal structure in fine detail. With the aid of contrast media, other organs can also be viewed. In nuclear medicine, an image is generated by injecting the patient with a radioactive agent that can be made to localize in various types of cells or organs. After a predictable period of time, an image of the desired structure is made by an electronic/photographic process. Interpretation of these images, combined with other clinical and diagnostic data, results in a nuclear medicine diagnosis.

With as much publicity as "Three Mile Island" received, it's no wonder so many people come to a nuclear medicine facility concerned about their safety in an environment that contains radioactive materials. Not having sufficient information about nuclear medicine adds to apprehension a person already faces while under his (her) physician's care. The fact is, radioactive agents employed in nuclear medicine are administered in such small doses that no harm is caused to the body. Your hair WILL NOT fall out and you definitely WON'T glow in the dark! The radiation exposure one receives from a nuclear medicine procedure is extremely low...comparable to a chest X-ray, and the most impressive part is that once injected with the radioactive material, multiple images can be obtained without any further exposure!

Well-informed and prepared patients who have visited the nuclear medicine department are more confident, co-operative, and most of all, more reassured and hopeful for better recovery on departure. We at Physicians Nuclear and Diagnostic Consultants strive to maintain and improve high standards of integrity in the field of nuclear medicine and it is my sincere hope that this article has helped to inform you, the public, of how painless your visit to a nuclear medicine facility can be.

*This column is presented by the staff at Physicians Nuclear and Diagnostic Consultants in the interest of public awareness.

physicians nuclear & diagnostic consultants
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Drinking Water

family pure and safe drinking water?

According to Thomas, there is only one answer -- distillation. "Distillation is nature's way to make pure water -- by evaporating contaminated water into water vapor and condensing the vapor into pure distilled water."

Elizabeth Stoltz, M.A., backs that up when she says, "Distilling water is still the most complete form of purification. The distillation process boils the water to kill bacteria, and as the water is vaporized, chemicals and minerals are left behind."

Thomas said distilled water can easily be purchased at most grocery and health food stores. If you're real serious about keeping a supply of distilled water around at all times, he suggests, purchasing a distiller (they cost from \$300 to \$1000). According to Thomas, a distiller can make distilled water for about half the price one can buy it at a retail store for.

A common misconception is that bottled water and distilled water are one of the same. According to Ms. Stoltz, bottled water offers many advantages, but there is a great variance in the quality."

Eric Johnson, Executive Director of the American Waterworks Association, is more critical. He claims that much bottled water is merely tap water, filtered and sold at prices up to 1600 times their initial cost.

A study by Eugene Bowers for the Metropolitan Water District of Southern California showed that ten popular bottled water brands lacked sufficient minerals to qualify as

"It's time people became more aware. We can't expect our government to provide us with pure water. It's something we are going to have to do for ourselves."

Ken Thomas

mineral water under California law.

This standard, explained Bowers, "is 500 parts of total dissolved solids or minerals per million parts of water." The best selling perrier water had 479. Popular Poland water tested at 41. Southern California tap water was higher at 720.

"These tests mean that mineral waters are kind of a gentle hoax," said Dr. Jack Sheneman, Food Technology Specialist for the California Department of Health Services.

"People are not aware of the difference," said Thomas. "They see water is bottled and figure automatically it must be pure."

A recent study by Ralph Nader tells why it's time we should begin paying more attention to what we drink.

In the study Nader claimed drinking water is passing chemicals and viruses into our bodies that cause cancer, birth defects and genetic damage. Other studies show that drinking water has been responsible for kidney stones, gall stones and hardening of the arteries.

Ken Thomas echoes Nader's concern. "It's time people became more aware. We can't expect our government to provide us with pure water. It's something we are going to have to do for ourselves."



St. Joes Opens New Child and Adolescent Psychiatric Unit

St. Joseph Mercy Hospital - Pontiac, will open its new Child and Adolescent Psychiatric Unit at a special ceremony on Monday, March 22 at 2:00 p.m.

The unit is one of four special units housed in St. Joseph Mercy's new Harold E. Fox Center, a one-story residential and ambulatory treatment facility that opened in January.

This 25-bed child and adolescent psychiatric unit is designed to help emotionally disturbed children up to 18 years of age make a healthy positive adjustment.

At the Center a special team of professionals work with the young people and evaluate each one within the first few days of their arrival.

Patients participate in one-to-one counseling, group therapy sessions and family counseling activities. An ongoing recreational and occupational

program helps patients improve their social skills. Staff members consult with the schools and help patients return to an appropriate educational program. Also, special arrangements are made for each patient to receive proper care after discharge.

The Fox Center's 25-bed alcoholism and other substance abuse unit opened on January 27. The remaining two units, a day hospital and an outpatient psychiatric clinic, are scheduled to open in April.

As part of St. Joseph Mercy Hospital, the Fox Center is completely integrated with the main hospital, offering all the advantages of this 531 bed health care facility.

The Harold E. Fox Center is located just south of St. Joseph Mercy Hospital on Woodward Avenue between Fulton and Bassett Streets.



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by Jack Alan
Kennedy Optical Centers

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Company

Do you feel comfortable calling a company because you have a question or a problem, only to be passed around from the switchboard to the auto department, to the homeowners department, to the secretarial pool, to the janitor and be put on hold, never to be heard again. They are all probably very nice people, but not much help. First you must find an agent that will be your personal answerman. He must be knowledgeable in the health field. Not just holding a license to sell. If he cannot answer your question, then let him get lost in the shuffle at company level. I also find it very handy and helpful, to deal with a Michigan based company. They are more familiar with our economy, and they are putting money back into our struggling economy. A large Michigan based company, that does not sell auto, home or commercial casualty, but specializes in health and

life, is American Community Mutual Insurance Company. They are located in Livonia, formerly in Plymouth. You can be very comfortable with them.

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There are basically two kinds of hospital programs that are most familiar to you. First, your base plan will pay room and board, hospital extras, doctor's charges, emergency outpatient accident, usually on a first dollar basis. No deductible. Some programs, however, have a first dollar deductible as an option at a reduced premium. The second kind is called Major Medical Coverage. This can be added to your base plan, to pick-up anything that is not covered under the base plan, and it will cover the balance that is not paid under the base plan. This Major Medical program, can be purchased by itself also. Your health program can be completed with a life insurance coverage at a very low rate.

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speech therapy

by Karee Weber, MA

Therapy: The Answer to Speech Defects

A person with even the slightest speech defect may consider his problem to be one of great magnitude. It may change the way he feels about himself, and in turn effect his performance in school, at a job or with his friends. The result is a person who tends to withdraw. This doesn't necessarily have to be the case. A speech problem once corrected can change a person's whole outlook on life. For example, Julie, a 17-year-old, came to my office with the complaint that her friends and teachers couldn't understand her. Often she would have to repeat herself. Her mother stated that she sounded as if she had "lazy speech". Julie corrected her speech problem in just a few months of therapy. She is a changed person. Her mother phoned to tell me Julie is happy, is dating, learning to drive a car and has a part in her school play. In short, she is much more confident and sure of herself. She holds her head high and speaks clearly now.

Mike is an intelligent, handsome, 24-year-old who has stuttered for 20 years. Mike viewed his stuttering as a tremendous obstacle in life that was

preventing him from succeeding careerwise and socially. He felt that his life could not be enjoyed while his dysfluent speech controlled him. With therapy, Mike is learning to control his stuttering. He understands what we mean by "easy speech" and he practices it. He is now able to voice an opinion and make suggestions at his job and is being considered for a supervisory position in the company.

This is not to say that all people with speech problems also have related personality problems. However, if a person feels his speech is a handicap and is impairing aspects of his life he may choose therapy to correct the problem. In this age of rapid communications, it is important to be able to express one's self in speech with clarity and comfort. Why carry the handicap of a speech related problem when these can often be corrected through therapy?

Certain speech behaviors are expected and considered normal in young children. These are called developmental problems, that is, a problem that is minor and one that the child will outgrow. These are several points parents and educators should under-

stand about children's developing speech and language.

1. Some speech sounds don't develop until about age six. For instance it is common for 5-year-olds to have a problem articulating v or s sounds.

2. It is normal for very young children, 3-4 years old, to be dysfluent or stutter in their speech. All children go through this period of "normal dysfluency". We consider it best not to pressure the child to slow down. It is best not to label this behavior as "stuttering".

3. Encourage young children to talk. Insist that they verbally express their wants and needs. Provide good

language models for them to learn. It is normal for very young children, 3-4 years olds, to be dysfluent or stutter in their speech. All children go through this period of "normal dysfluency". We consider it best not to pressure the child to slow down. It is best not to label this behavior as "stuttering".

language models for them to learn.

4. If you suspect your child has a speech problem that is not developmental, consult your child's teacher or a speech specialist.

Health Insurance *Continued from Page 8*

good coverage. Low premiums sometimes has surprises when you turn in a claim, and you're not covered for that type of loss. Sometimes I find people paying for something they may never use, and not be covered for the things they may use all the time. You can reduce your cost by using deductibles on different parts of your program. If you are self-employed, you may qualify as a group. Check your premium and call your agent to find out how you may reduce the cost, and not hurt the program. Or, call another agent and see what the rest of the industry has to offer.

Company - Coverage - Cost

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Choose a company and an agent with a good track record. Call the hospitals and ask about a certain company. Your agent should be knowledgeable. Make sure you get the coverage you want.

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Karee Weber, M.A.

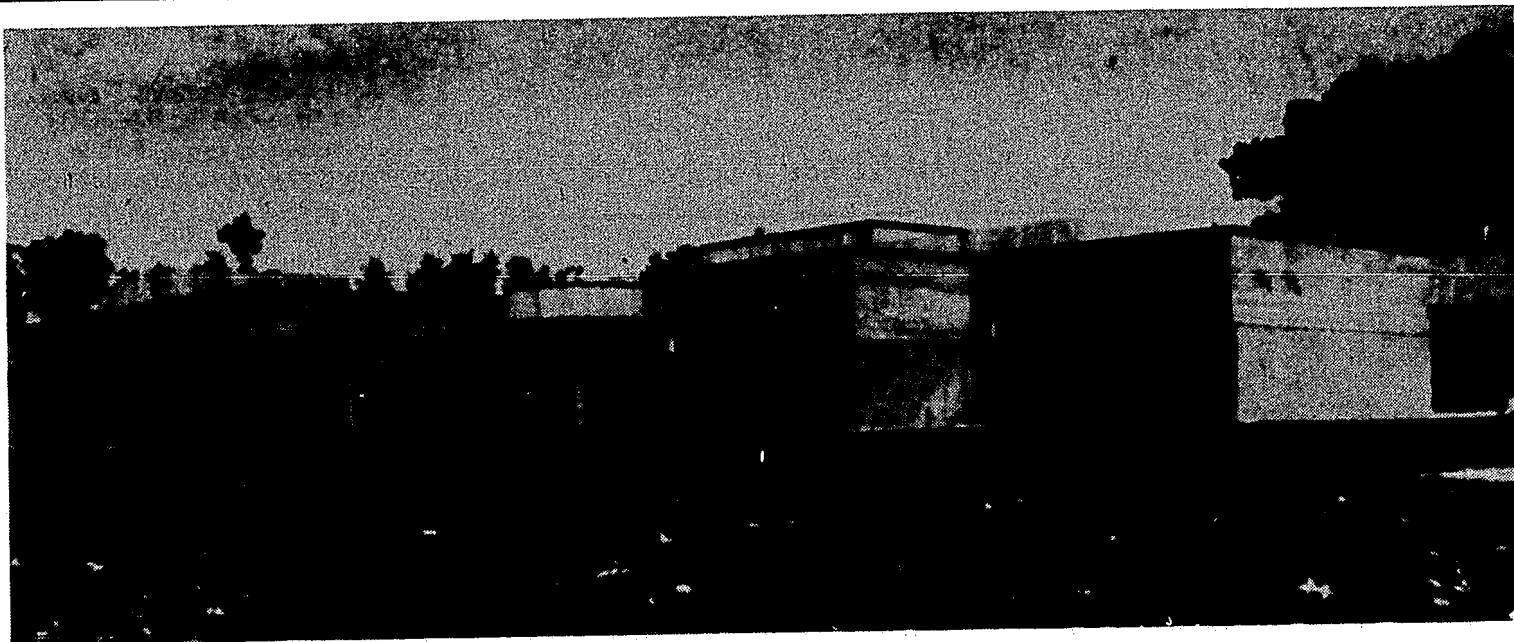
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General's Suburban Center Offers Variety of Services



Meeting the health care needs of one of Michigan's fastest growing communities is truly a 24-hour-a-day, 356-day-a-year challenge. It's one that's being met by the Ambulatory Care Center of Waterford, Pontiac General Hospital's first suburban outpatient facility.

"Some people are confused by the word 'ambulatory,'" says Roy Powell, Assistant Vice President in charge of Pontiac General's ambulatory programs. "By definition it means that the patient is well enough to walk or to be transported. 'Ambulatory care' and 'outpatient care' are synonymous. In contrast, 'inpatient care' refers to patients receiving care that requires overnight hospitalization."

Powell points out that outpatient

care is generally far less expensive than inpatient care. According to Powell, patients can help put a cap on their own health care costs by knowing these differences and making informed choices regarding their care.

"In the past, many patients have used the Emergency Room at Pontiac General for problems that were not life-threatening emergencies. And they've paid a high price for using a facility that is designed and staffed for the treatment of major traumas.

"Now, however, they have an alternative that offers the same 24-hour-a-day care at less cost in a convenient, attractive, stress-free setting." Unlike a typical emergency room, the Ambulatory Care Center of Waterford resembles a modern medical office

complex. Set on ten wooded acres on North Oakland Boulevard just south of Highland Road (M-59), the facility features departments for family practice, mental health, and 24-hour outpatient care and offers radiology, laboratory, physical therapy, and orthopedic services.

The Ambulatory Care Center's 24-Hour Outpatient Department provides diagnosis and treatment for non-critical emergency patients. In the event that a critically ill patient is brought to the Center, the patient will be stabilized before being transported to the main facility. Services in the 24-Hour Outpatient Department include treatment for burns, control and cauterization of nasal hemorrhages, reduction of dislocations, fracture and

laceration repair and care, and incision and drainage of abscesses.

In the Family Practice Department, comprehensive family-oriented health care is provided, including diagnosis and management of common medical disorders, pre- and post-natal care, management of normal pregnancies, family planning and counseling, health maintenance, preventive medicine, minor surgery requiring local anesthetics, pelvic exams, EKGs, wound suturing, removal of sutures, wound dressing, and fracture treatment.

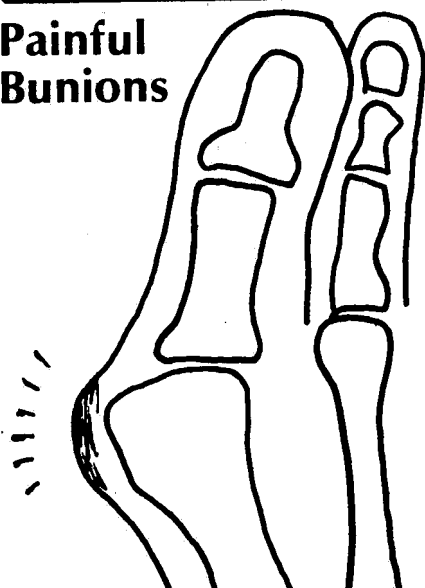
A broad range of diagnostic treatment, and referral services is available in the Mental Health Department for adults with behavioral or emotional problems.

FOOT NOTES!

By: Dr. Allen J. Zimberg



Painful Bunions



A Bunion is a dislocation of the bones that compose the big toe. It may be of heredity origin but, mostly is due to a mechanical imbalance of the foot. Your podiatrist has the skill and technology to correct this deformity in his office which avoids unnecessary and costly hospitalization.

*This column is presented in the interest of better foot health
From the offices of*

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Drayton Plains, MI

and

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Pontiac, MI

Phone 858-7221

Creating A Better Future

Pontiac Osteopathic Hospital provides a full range of quality in-patient and out-patient health care services in an acute general-care 308-bed teaching hospital with a staff of 200 physicians and more than 1,000 employees.

The Emergency Medicine Department is staffed by full-time physicians working around the clock who are in contact with advanced life support radio telemetry paramedic units serving northern and western Oakland County. All emergency department physicians and nurses are trained in Advance Cardiac Life Support (ACLS).

To meet the medical needs of Oakland County's expanding population Pontiac Osteopathic Hospital Health Care Centers opened in the communities of Milford and Oxford. The Centers are open 24 hours a day, seven days a week to provide family practice medicine, emergency care, and ancillary services for the residents in the respective areas.

For Your Medical Needs.... Call

Pontiac Osteopathic Hospital, 50 N. Perry Street, Pontiac, 338-7271
POH Milford Health Care Center, 1155 N. Milford Rd., Milford, 685-0921
POH Oxford Health Care Center, 385 N. Lapeer Rd., Oxford, 628-3000

**Pontiac
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(313) 338-7271

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Medical Director/DME

Chronic Bronchitis a Costly Disease

Spring is nearly here but your winter cold lingers on. You cough. And if you're a heavy smoker, too, it could be chronic bronchitis.

Chronic bronchitis is nearly always associated with heavy cigarette smoking. It's likely to start in middle age and get worse as the years go on unless you seek help from a doctor early on. About three times as many men get chronic bronchitis as women. Most people with chronic bronchitis live in cities where air pollution can also be a problem.

The American Lung Association of Southeastern Michigan (ALASEM) says that because people don't consider bronchitis a killing disease, it is often neglected until it is in an advanced stage and there is serious damage to the lungs. But in 1981, about 7.1 million people suffered from chronic bronchitis. It brought death to about 3,900.

Physicians report more than 330,000 new patients with chronic bronchitis every year. The Social Security Administration grants disability benefits to about 1,500 victims a year. Undoubtedly, chronic bronchitis is one of the nation's costliest diseases in terms of manpower, money and misery.

Since people who get chronic bronchitis are nearly always smokers, the cough is usually dismissed as only "smoker's cough". As time goes on, though, colds become more damaging. Coughing and phlegm production last longer after each cold. Soon they're with the victim all the time -- before colds, during colds, after colds. Generally the cough is worse in the

morning and evening and in cold, damp weather.

If your winter cold lingers, or if you seem to cough and spit a lot, see your doctor. He or she can help you enjoy the spring.

For more information on chronic bronchitis or any lung problem, call the American Lung Association of Southeastern Michigan (ALASEM) at 961-1697.

Project Health-O-Rama Offers Free Health Tests

The second annual Project Health-O-Rama will be held in the seven counties of southeastern Michigan March 17 through April 7.

Sponsored by United Health Organization, WXYZ-TV Channel 7 and Blue Cross-Blue Shield of Michigan, Project Health-O-Rama offers free health screening tests and information to residents in Wayne, Oakland, Macomb, Monroe, Livingston, Washtenaw and St. Clair counties.

Project Health-O-Rama will include nearly 60 screening sites throughout the area in a variety of locations including major shopping malls and hospitals. At each location, nurses, medical technologists and other health professionals will administer tests to detect signs of anemia, high blood pressure, glaucoma and vision problems.

Further information may be obtained by calling the United Foundation at 965-7100.

Contributors to Health News '82

A sincere
thanks to
all the health
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professionals
who advertised
this month.

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We'd like to know what you think about **Health News '82**. Please take a minute to fill out this form.

Did you enjoy **Health
News '82**

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Please list any suggestions you might have to improve the magazine, we're particularly interested in article ideas:

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