

The Reminder

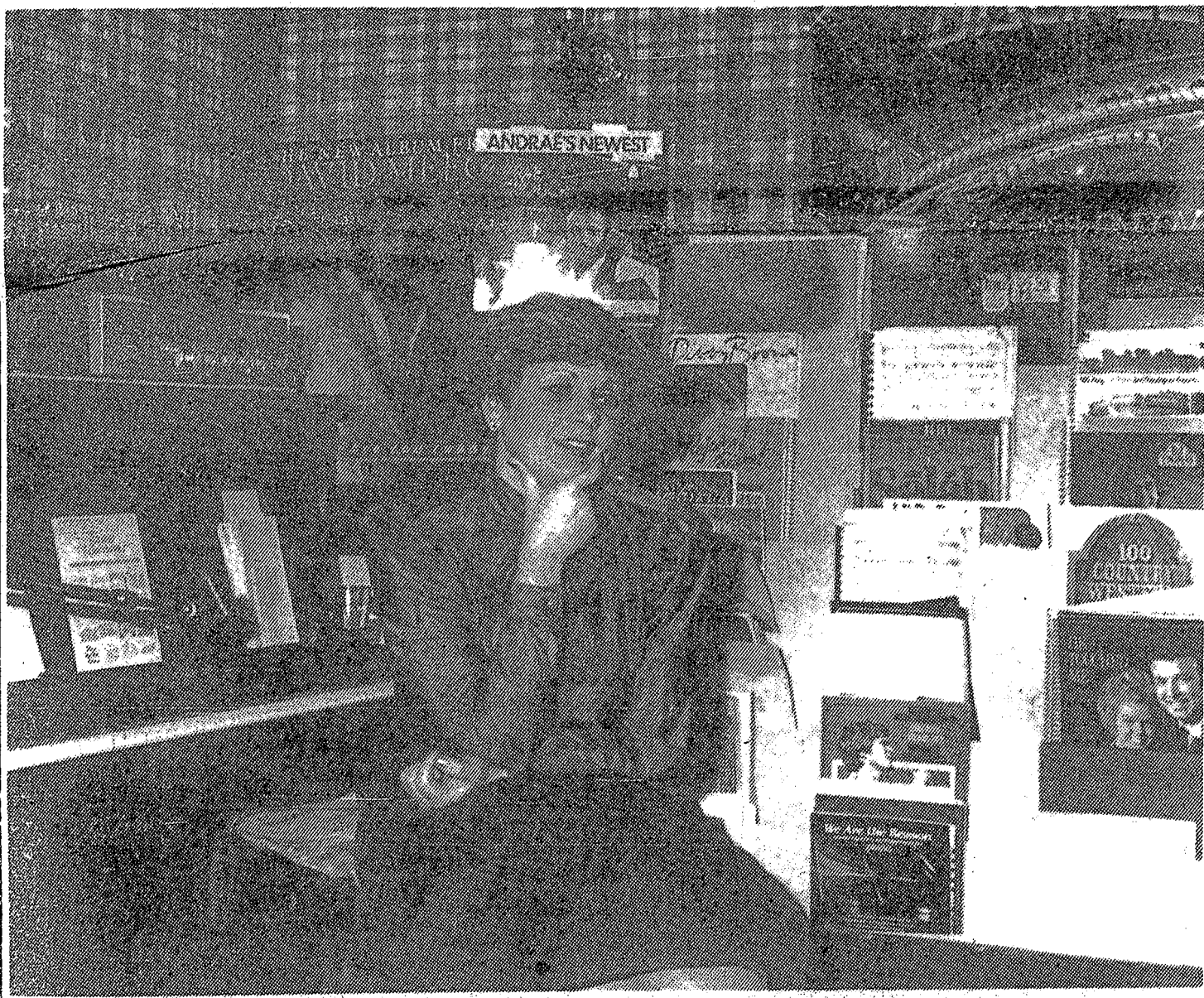
A Free Circulation Weekly Newspaper Zone 2 Independence & Springfield Volume 6 Number 16 January 13, 1983

Tammi Flood

Gospel Music is Her Ticket to Stardom

Photo by Al Wieling

See Page 8



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623-7377

Claudia Brazel's accent on Education this week focuses on the School Board and administrative structure of Clarkston schools. See Page 14

The Waterford Hill Race Track controversy rear's its ugly head again when residents complain that Race Track officials fail to negotiate in good faith. See Page 2

The all new 1983 Clarkston Community Phone Book debuts inside. A full color cover, updated listings and many pages of local advertising are included.

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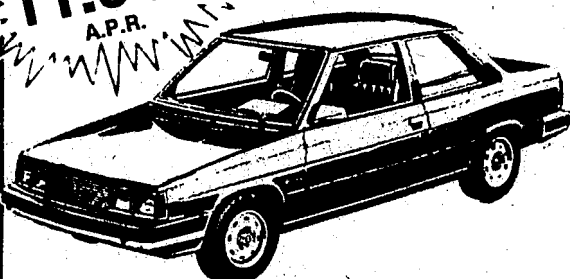
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Residents Voice Disenchantment With Race Track Committee

by Claudia Brazel

Members of the Race Track Committee were on hand at the Independence Township Board's January 4 meeting to hear a presentation from Township attorney Jerry Fisher on the progress being made within that committee. The committee was formed to try to absolve sound level problems emanating from the race track and also safety concerns of the residents nearby.

Residents, who serve on the committee, were present and voiceful of their disappointment and fading patience concerning the attitudes of certain race track committee participants.

Included in their list of grievances were references to the race track's refusal to discuss all of the matters listed by the Board for consideration. It seems race track officials have excluded many of the agenda items as not warranting discussion.

Residents were also angered over an unsigned letter which they thought contained some rather inflammatory accusations of vandalism and negativism on the part of neighbors.

Board Trustee, Dale Stuart, was quick to point out that the letter was unsigned but agreed that track officials were making it very difficult to come to an agreeable decision. At one point, resident Robert Vargo resigned himself and his neighbors with having to assume a much firmer position in dealing with the race track problem. Vargo, early on in the evening's discussion of the matter, intimated that full Township

authority would be requested by residents with no compromise forthcoming.

Vargo and his fellow committee member, Robert Hall felt no compromise would come about based on the race track's attitude thus far. No choice would be left to area residents but to ask for full and complete enforcement of Township variances and codes regarding the matter.

Trustee William Vandermark was very adamant in his expression of disgust over the race track's lack of good faith and willingness to compromise. Vandermark wondered aloud if a denial of the race track's licensing by the Township would make it quite clear that the Board and residents want this matter settled and soon.

Township Clerk, Chris Rose underlined the Board's intent to have all matters listed by the Board, discussed, completely.

Treasurer Fred Ritter stated a refusal to repeat last year's piece by piece license renewal and extension process again this year.

After much persuading by Stuart to stand firm and approach the idea of compromise again, with a promise of open discussion of the attitudes and lack of participation to be fully announced to race track officials, Vargo and Hall agreed to give the committee another try.



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Announcing: A Special Neck & Headache Clinic

During January the Cowan Chiropractic Clinic will have a special clinic for those who suffer from neck and/or headache pain, either simple or migraine, acute or chronic. The clinic will include a complete chiropractic work-up, nerve and muscle testing, along with other differential examinations to establish the cause of your neck or headache pain. Over the years we have helped thousands of people free themselves of the misery of neck and headache pain.

The best part is . . . the examination fees not covered by your insurance will be FREE of charge to you during January only . . .

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Stablex Plans Toxic Waste Plant

by Claudia Brazel

Stablex Corporation is back in the area again, seeking yet another site approval to construct a toxic waste disposal plant in Groveland Township. The company sought similar approval, a few years ago, on a nearby thirteen acre site. That proposal's presently under review at the Michigan State Supreme Court.

Stablex presented its disposal process at a public meeting held at Holly High School, January 5. Eleven speakers addressed a large group of citizens representing Groveland, Springfield, Independence and other neighboring communities.

Extolling the virtues of its process, Stablex referred to its Canadian plant site as an example of community acceptance; suggesting the Canadian plant has improved that area financially and in its growth margin. Many citizens reacted voicefully when Stablex representatives intimated that an increase in property value had occurred in that Canadian community due to the plants existence.

Stablex is hopeful of site approval allowing construction of its plant on a fifty acre site off Grange Hall Road, one half mile west of I-75 and one half mile east of Dixie Highway. The southern twenty acres would be utilized for actual construction. A lab to test all water processed through the plant, as well as its area surface waters, would be constructed on the site.

Although Stablex assures a safe and well monitored process many residents are not inclined to accept that assurance as a realistic probability.

Calling attention to the fact that Michigan is already number two in the nation, for

existing and known toxic waste sites and presently is suffering in several areas from existing, abandoned plants the state cannot afford to clean up; residents have begun to circulate petitions asking the Site Approval Board to deny Stablex site approval.

The Site Approval Board is made up of five state selected representatives, two Oakland County Commissioners, and two Groveland Township residents.

State Representative, Matthew Dunaskiss will speak with citizens interested in the Stablex proposal at the home of Connie Warchock, March 17th at 2 p.m. Anyone interested in attending may call Connie at 625-7840.

Stablex will present further opportunity for citizen information and interest at a meeting March 19th, 7 p.m. at the Groveland Township Hall.

No Citizens At Independence Hearing

If the public hearing on Community Block Development Grants had been a social invitation, as hosts, the Township Board would have been disappointed.

No citizens were present to offer ways in which to spend the Township's allotted grant of \$88,600.

A final draft, of possible township uses for the grant, will be sent along its usual channels without direct citizen input.

Board members did well, however, in coming up with projects for use of grant funds.

Trustee William Vandermark favored road improvement, feeling it tied in nicely with drainage considerations now under Board observation. Pine Knob Road near Clarkston-Orion Road and portions of Maybee Road drew particular interest.

Township Clerk Chris Rose expressed a growing concern over the available police protection afforded the Township and suggested grant funds be allocated to the Police Fund.

Trustee Dan Travis suggested applying a portion of the grant to increase the Township's support percentage in chloriding the Townships roads. The Township makes available to its citizens a reduced rate for chloride, as it is able to buy it at a larger volume and at a reduced township rate.

One citizen, though requesting funds for his department, was present. Township Librarian Jim Hibler made sure he was in attendance to request that a portion of the grant went to the Library. Hibler asked that a sum of \$15,000 be considered for Library use.

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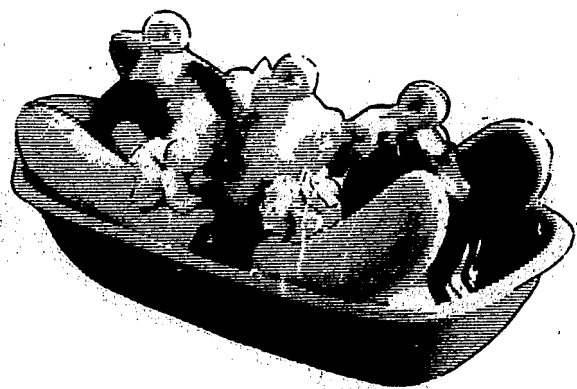
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STAGE Holds Auditions

Brandon S.T.A.G.E. will hold auditions for their forthcoming musical comedy "A Funny Thing Happened On The Way To The Forum," a farce by Burt Shevelove and Larry Gelbart set in the days of ancient Rome, at the Ortonville Township Hall (corner of South and Church) on Sunday, January 16 from 2-5 p.m. and Monday, January 17 from 7:30-9:30 p.m.

There are parts for both men and women ages 16 and up. Some parts require a good singing voice, others emphasize projection and personality.

Also, S.T.A.G.E. is in need of stringed instrument players for the orchestra.

Bible Class Resumes

The Clarkston Area Family Living Bible Class will resume their winter classes Thursday morning, January 20 at Drayton Heights Free Methodist Church at Maybee and Winnell Roads, Clarkston, at 9:30 a.m. Nursery provided. For information call 625-1088.

Pre-School Sign-up Jan. 24

Registration for the second semester of Preschool will take place the week of January 24 at the Waterford School District Administration Building, 6020 Pontiac Lake Road. Waterford Residents may register on January 24 and 25. Out-of-District residents may register on January 26 and 27. Hours of registration are 9 to 11:30 a.m. and 1 to 3 p.m. each day. Classes will begin the week of February 7 and conclude the week of May 23.

To be eligible children must be 3 or 4 years old on or before December 1, 1982. The child's birth certificate, up-to-date immunizations and a physical examination are required.

Symphony to Perform

The Pontiac Oakland Symphony will perform at the Pontiac Mall Shopping Center on January 22.

These concerts are sponsored by The Pontiac Mall and The Music Performance Trust Fund. A. F. of M.

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**Family
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**Chiropractic Helps More
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Penny Hefner

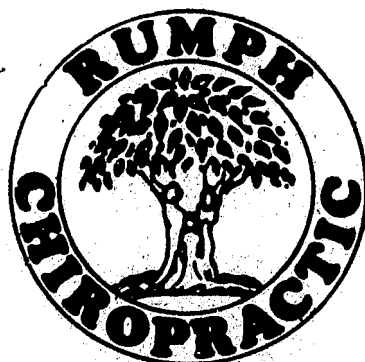
I started working at the Rumph Chiropractic Clinic in June of 1982, and at that time I thought Chiropractors just dealt with backaches. Since that time I've begun to learn that Chiropractic is and what it can do for people.

When I began working I had been having terrible migraine headaches for 2 years and had numerous other health problems. These headaches were with me every day. I went through so many tests and so many medications and nothing seemed to help. When I had these migraines I was unable to function in any way and I usually had to remain in bed.

I noticed a big change in my migraines immediately after starting Chiropractic care. Now I rarely have a headache at all.

I also noticed other changes like I have much more energy and I sleep much better. My health is better in general.

Chiropractic has helped me in more ways than I thought it could. I didn't realize that Chiropractic could deal with physical problems besides a back problem or neck problems, but now I know that it can.



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Ballet I
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China Decorating
Dog Obedience
Golf Lessons

Guitar

(children, adults,
beginners, intermediates)

Jazz for Girls

Ladies Tap Dance

Mom's Jazz Exercise

Photography

Puppy School

Round Dance

Slimnastics

Square Dance

Special Events

Square Dances,

first & third Fridays of the month

Round Dances,

fourth Friday of the month

Ballroom Dances,

second Friday of the month

Most classes begin week of January 24

For information, phone 858-0913

Waterford Oaks Activities Center

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SPECIAL EVENTS

Special Events and Club Notes should be sent to The Reminder, 6569 Dixie Hwy., Clarkston 48016

Widowed to Hear Attorney

Widowed Coping Together, an inter-community group for newly-widowed people of all ages, will meet at the Waterford Senior Citizen Drop-In Center 3101 W. Walton Blvd., on Wednesday, January 19, at 7:30 p.m. Their guest speaker will be Mr. Gerald Gavette, an attorney from Waterford, who will be speaking on the importance of wills and estate managements. For further information, 674-2928. All interested persons are welcome to attend.

Skiing at County Park

Ski the trails at Independence Oaks County Park under the full moon on Friday, January 28 from 7:30 to 9:30 p.m. Participants should bring their own equipment and meet at the boathouse. Call 858-0903 to pre-register.

Florida Trip Offered

Independence Township Parks & Recreation is offering a two week trip to Florida from April 2 thru April 15. The price of the trip will include: round trip motorcoach transportation, hotel/motel accommodations, to your room baggage handling, sight seeing enroute, and admission to Everglades Airboat ride, John F. Kennedy Space Center, Disney World, and the Epcot Center. For additional information call 625-8223.

Unemployed Can Meet

Catholic Social Services of Oakland County (a United Way of Pontiac supported agency) will begin a No-Charge group for the under & unemployed on Mondays, 10:30 a.m.-12 p.m., 53 Franklin Boulevard, Pontiac (1 block South of W. Huron).

For information call Carol, 334-3595 or 548-4044.

Student Aid Workshop Set

Financial Aid Workshop for Seniors and parents will be held January 18 at 7 p.m. in the Theater at Clarkston High School.

John Sloan, Financial Aids officer at Orchard Ridge Campus of O.C.C., will explain the Financial Aid Form (FAF) and other financial aid procedures for all colleges.

Parents of seniors planning to attend college **should** attend this meeting.

Call the counseling office at the high school at 625-0904 if you have questions. The program is sponsored by the Guidance & Counseling Department of Clarkston High School.

Seniors Host Supper

The Waterford Senior Citizen Drop-In Center will be having a pancake supper on Thursday, January 20 from 4 p.m. to 6 p.m. The menu will consist of pancakes, sausage, coffee-tea, and applesauce. For further information call 674-4775.



See Ernie and Bert

Jim Henson's "Sesame Street" Muppets take to the road to entertain children of all ages in the all-new stage spectacular, "Sesame Street Live!"

"Sesame Street Live!" will appear live, on-stage February 2 through 13 at Cobo Arena.

In its Detroit debut, this all-new "Sesame Street Live!" is packed with music, songs, dancing and laughter. Everybody's favorite Sesame Street residents -- Big Bird, Cookie Monster, Grover, The Count, Oscar the Grouch, Bert, Ernie and Prairie Dawn -- step off the TV screen in a delightful musical theatrical presentation called Big Bird's Super Spectacular Totally Amateur Show.

For information call 567-6000.

Group Studies Finances

The Waterford Senior Citizen's Financial Study Group, meets every third Tuesday of the month to discuss financial concerns, etc. Their first meeting of the new year is scheduled for Tuesday, January 18, 1983, 1:00 p.m., at the Waterford Senior Citizen Drop-In Center. Any interested persons are welcome to attend. For further information, call 674-4775.

CORRECTION

Because we received incorrect information from the Oakland County Sheriff's Department, an article in last week's **Reminder** stated that Gil Nowicki had driven a car off Holcomb Road in an apparent suicide attempt. Nowicki was not the driver, but only a witness of the accident.

Show Rush Scheduled

On Saturday, January 22, the Blue Cross/Blue Shield Snow Rush Ski Race takes place at Springfield Oaks Golf Course. Novice races for new skiers begin at 11 a.m. Races for experienced skiers begin at 2 p.m. Call 858-0915 for registration information.

Chamber Sponsors Contest

Amateur photographers who would like to use Orion Township to sharpen their skills can enter the Orion Chamber of Commerce "Whats good about Orion" Photo Contest now through January 28.

Photos can be color or black/white prints - no smaller than 5 inches by 7 inches and up to 11 inches by 14 inches in size. Photos must be mounted on a mat with your name typed and pasted on at bottom of mat, all photos are to be taken to Orion Township.

Each photographer is limited to three photos that will be judged in January on the 29th at the Orion Township Hall at 11 a.m. There will be \$200 given out as cash prizes, 1st - \$100, 2nd - \$50, 3rd - \$25, \$5 for honorable mentions and awards and a display featuring all entries.

Free entry forms are available from the Orion Chamber of Commerce office at 2 West Flint Street in Lake Orion. For more information call 391-3300.



With
Lew Wint
Funeral Director

The Grieving Child, 7-to-9

Children between the ages of 7 and 9 are beginning to understand more of the nature of death. They can comprehend the finality of passing on, and can realize that all living things must eventually die.

As parents, you can help the child to come to terms with this new knowledge. You might also discuss grief with the child, let him know that you perhaps might cry if you are sad; and point out that this is not a sign of weakness, but is a normal, healthy reaction.

A useful book for parents to read is "Helping Your Child to Understand Death," by Anna W.M. Wolf (New York: Child Study Press, 1973). The author responds to questions commonly asked by children about death.

Reading stories dealing with death often helps both parent and child better understand the child's feelings. If you would like more recommendations of books to read with your grieving 7-to-9-year-old child, please call us or stop by.



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Patti's New Image
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Penny Beardslee - Steven Sawyer Engaged

Mr. and Mrs. Lee Beardslee of Ortonville Road, Independence Township, are proud to announce the engagement of their daughter, Penny Lee to Steven Lynn Sawyer, son of Mr. and Mrs. Gordon Sawyer of Church Street, Independence Township.

The couple are both Clarkston High School graduates. Steve is a 1981 graduate of Ferris State College, Big Rapids. Penny is currently employed by Foxy's at The Mill, Clarkston, and Steve works for E.R. Mandilk Construction Co., Ortonville.

A July, 1983 wedding is planned.

Obituaries

Meggitt, Raymond E.; of Clarkston; January 7, age 60; husband of Rosemary; father of Suzette Shindorf of White Lake and Mrs. Rick (Marjorie) Bradford of Baldwin; grandfather of Ronnie and J.J.; brother Mrs. Nolan (Mabel) Davis of Clarkston and Mrs. Paul (Gladys) Brane of Indiana. Mr. Meggitt retired in 1977 as a Captain with the Pontiac Police Dept. after 31 years of service. He was a member of the International Association and the Michigan Association of Chiefs of Police, one of the founders of the Oakland County Police Academy, a former board member of the Pontiac Boy's Club and a member of the Pontiac Elks No. 810 B.P.O.E. He was also a veteran of WWII and served in the United States Marine Corp. Funeral services from the Lewis E. Wint Funeral Home, Clarkston with Rev. Edwin Jones officiating.

Denton, Charles L., of Clarkston; January 1, age 37; survived by mother Mrs. Charles (Roberta) Mann; brother of Beverly Rathbun of Oakdale, Conn.; George Denton of New London, Conn.; grandson of Mrs. Joy B. Danley. Mr. Denton was a past employee of Bob's Trenching and a Past Sergeant of the Marine Corp. in Vietnam. Cremation has taken place. Graveside memorial service at the Lakeview Cemetery. Rev. James Balfour officiating. Arrangements by Govette Funeral Home.

Cleveland, Ethel M. (Phillips); lifetime resident of Independence Twp.; January 8, age 84; wife of Theodore; mother of Mrs. Charles (Helen) Kennedy of Minnesota and Lillian Johnson of Clarkston; also eight grandchildren and one great-granddaughter; sister of Mrs. Edith Longmuir of Lake Angelus and Mrs. Mary Ingamells of Drayton Plains. Mrs. Cleveland graduated from Clarkston High School, took teachers training in Ypsilanti and taught in Keego Harbor, Hunter and Clarkston Schools. She then worked in the Oakland County Register of Deeds office and in 1925 accepted a position as Abstractor at Union Title Company, latter known as Abstract and Title Guarantee Co. When Lawyer's Title bought Abstract and Title she was transferred to that company where she worked until her retirement in 1963. She was a member of the D.A.R. and a charter member of the Sashabaw Presbyterian Church, joining the congregation in 1920. She served in many capacities including Secretary of the Women's Association, Sunday School Teacher and as Elder. She also served as Secretary of the Plains Cemetery Association and was a member of the W.C.T.U. Funeral services from the Sashabaw United Presbyterian Church with Rev. William C. Schram officiating. Interment Sashabaw Plains Cemetery. Memorials may be made to Mrs. Cleveland's church.

99¢ Breakfast Special

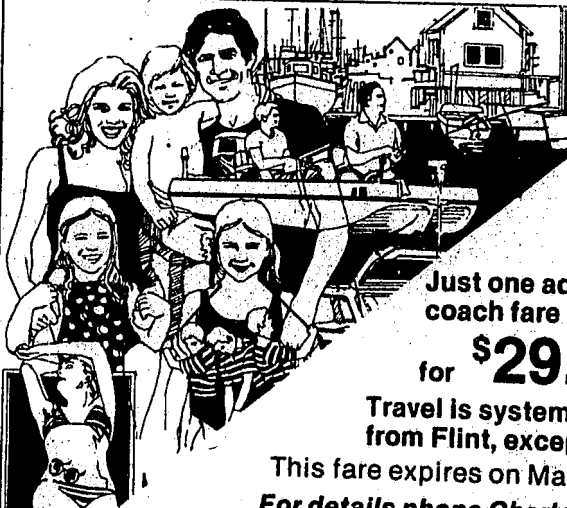
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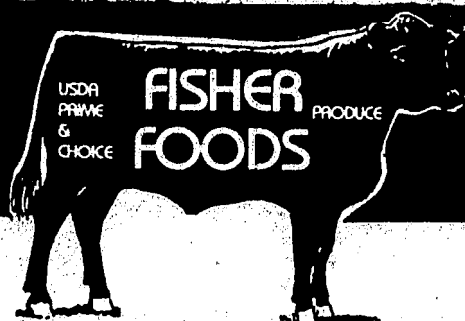
Just one adult family member pays full coach fare and the other members travel for **\$29.00** each way.

Travel is systemwide on Piedmont Airlines from Flint, except for Texas and Colorado. This fare expires on March 31, 1983.

For details phone Charlene or Nancy

Greatways Travel Corporation

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HIGHLANDER SQUARE 4205 HIGHLAND RD. PONTIAC, MI 48054

**WATERFALL PLAZA**

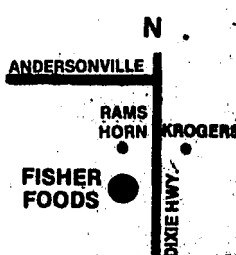
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STUFFED PORK CHOPS**\$2.29** LB.

GOOD JANUARY 13 THRU 19, 1983
Good Only at Waterford Store

1983 Reader Survey

The people at The Reminder are eager to know what kind of newspaper you want. We have listed below several regular features. Would you take a few minutes of your time to check the appropriate spot and make any comments you would like? If there is more than 1 person at your home who would like to fill out the survey, that's fine. We welcome everyone's opinion. There is no need to sign your name. Thanks very much.

	Never Read	Sometimes Read	Usually Read	
Editor's Note				
Trivia by Mike Morrow				
Township Government News				
High School Sports News				
A Moment with Marie				
Small Talk				
Letters to the Editor				
Obituaries				
Classified Ads				
Lil Pro				
Special Events				
Nitelif Magazine				
Sports Call				
Services				
Meet Your Community Businessperson				
Friend of the Court				
Poets Corner				
Grocery Ads				
Health News				
In Depth Interviews				

What do you like best about The Reminder? _____

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Tammi Flood Yearns to Be a Singing Star Gospel's Her Bag

by Al Wieling

Tammi Flood has accomplished a great deal in her young life. The twenty year old Clarkston High School graduate is currently riding high as the host of her own television show on Channel 62, a gospel music hour in which she sings, as well as is the star of numerous singing engagements at churches all over Oakland County. Reminder Reporter Al Wieling caught up with the busy Ms. Flood at her home one night last week and filed this exclusive interview:

Reminder - Do you sing fulltime?

Flood - No. I am a fulltime secretary for MTS Systems Corp. in Bloomfield Hills.

Reminder - When did you begin singing?

Flood - I began playing the piano in 6th grade. I never really sang because everybody

said that I always could play the piano well. Then in the 10th grade I tried out for a group. It was at my church and the first time I had sang into a microphone. I was scared to death.

In 1980 I was in the Junior Miss Pageant. I performed a song where I sang the melody and on a tape I played the piano and sang the harmony part. It just so happened there was a lady in the audience who asked me to sing at her church with three other girls.

So that is how it happened. Somebody told somebody else and from there it started to bombshell.

Flood - I sing songs about God, my Mother and my Dad. I try to tell people not to think about my Mother and Dad because they have been really super to me. Rather they should look at their example and be an example to their kids too. I am not a profound songwriter. My music is inspirational and it does have a beat.

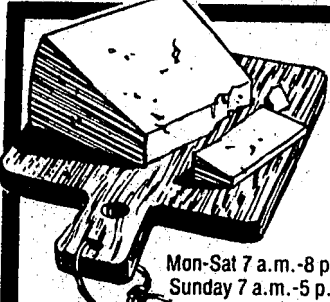
Reminder - Have you ever thought of branching out into other kinds of music besides gospel?

Flood - I have had a lot of people ask me to go into different kinds of music, but other kinds of music can put you into moods and I don't want that. I really feel that I have something to tell the people. I can tell them about Christ and what he has done for me. You can sing all you want about John loves Susie, but it is Christ that came down off the cross.

I probably could sing other styles but I don't want to. The guy that taped my studio tape has taped for Olivia Newton-John, and he says I should go popular music. But that doesn't go with my morals.

Reminder - Couldn't you make a lot more money singing popular music versus gospel?

Flood - I know a lot of performers that have kept in gospel and are doing just fine. I'm not out for the money at all, however. I just want



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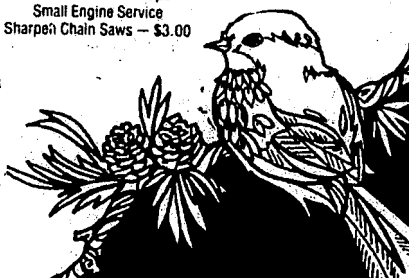
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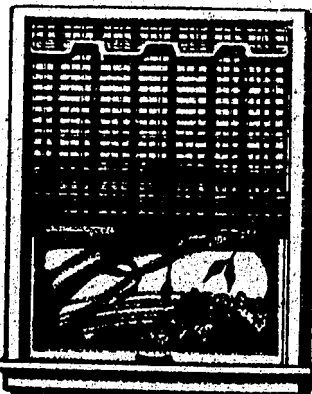
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to share the message that Christ has given to me. I'm not out to say I have a contract and I want this and that. That isn't the way I am.

Reminder - Do you get nervous performing on television?

Flood - It is scary when you watch it, but it isn't scary at all when you are doing it. You have to look at the camera and think of it as your friend.

Reminder - What was the first song you ever wrote?

Flood - It was Mother's Day and I wanted to do something special for my mom. I didn't have very much money at all so I decided to write a song for her. I wrote a song named "A Mother Just Like Her."

Reminder - And your other songs. How did they come to you?

Flood - They come to me just like that. They usually take 5-10 minutes to write. Sometimes I just get a piece of paper and I have the melody and very quickly I put them together and this is how it happens. However it usually takes a couple of days to polish them up to the way I like them.

Reminder - Do you rehearse a lot before a TV show?

Flood - I never use Q cards. I never rehearse what I am going to say. This way I say what is there and it is real. It is like the Holy

Spirit tells me what to say.

Reminder - What age group do you appeal to the most?

Flood - I relate to all of them. Little kids



look up to me like you are an idol to them. The kids my age can relate to the things I am saying. There isn't one particular age group that I center on. I am lucky because I reach all of them.

SAY YOU SAW IT IN THE REMINDER. THURSDAY, JANUARY 13, 1983

Reminder - Why do you like to sing in churches?

Flood - Sometimes when I go in a church, the people are cold. They don't know me and I don't know them. But after I sing it is like we are the best of friends. This is an inspiration to me. They don't know what a blessing they are to me. I go home pumped up with energy.

Reminder - Doesn't your singing career cut into your social life a great deal?

Flood - Sometimes after going home after work my friends want me to go out with them but I would rather come home and practice. A lot of your social life is cut out and your friends sometimes don't understand that. I love to do it and to me it is worth it to share what Christ has done with me. Sometimes it is a bit lonely with just me and my piano.

Reminder - Do you have a steady boyfriend?

Flood - Boyfriends are something I usually meet at the churches. In the last two relationships I've had, I haven't found the right man. I almost married the last one but I am glad that I found out that he was jealous of the time that I spend with my music. I am only 20, so I have a long way to go. Men are very demanding. I need a guy that is going to be understanding and may be involved with me and my music.

PUBLIC NOTICE

The Independence Township Board will hold a public hearing on the use of approximately \$85,400 in Community Development Block Grant Funds, Tuesday, January 18, 1983, 7:30 p.m. at the Independence Township Hall.

Some possible areas of expenditure are, parks, senior citizens, safety paths and road improvements. Suggestions for phased projects covering up to three years will also be considered.

All citizens are urged to attend.

Frederick P. Ritter, Treasurer
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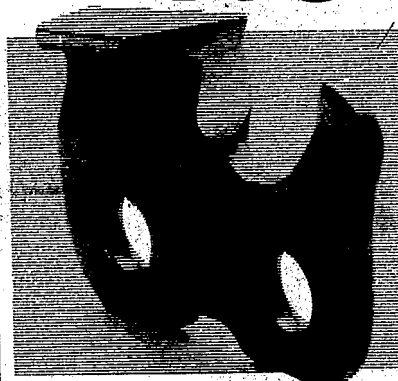
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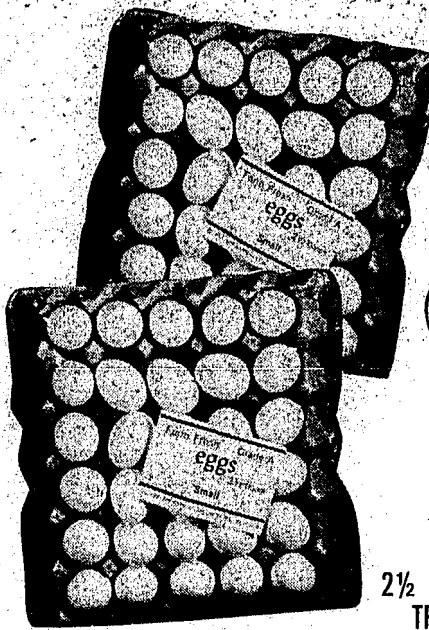


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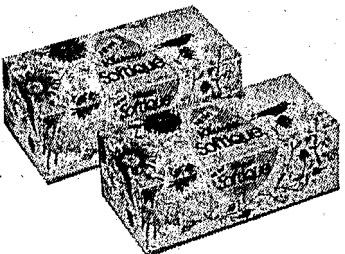
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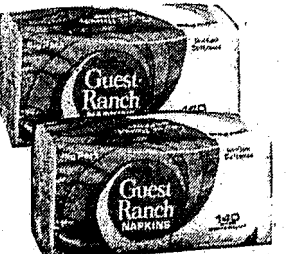
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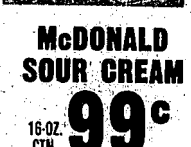
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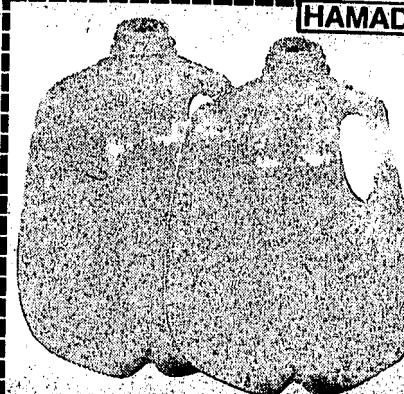
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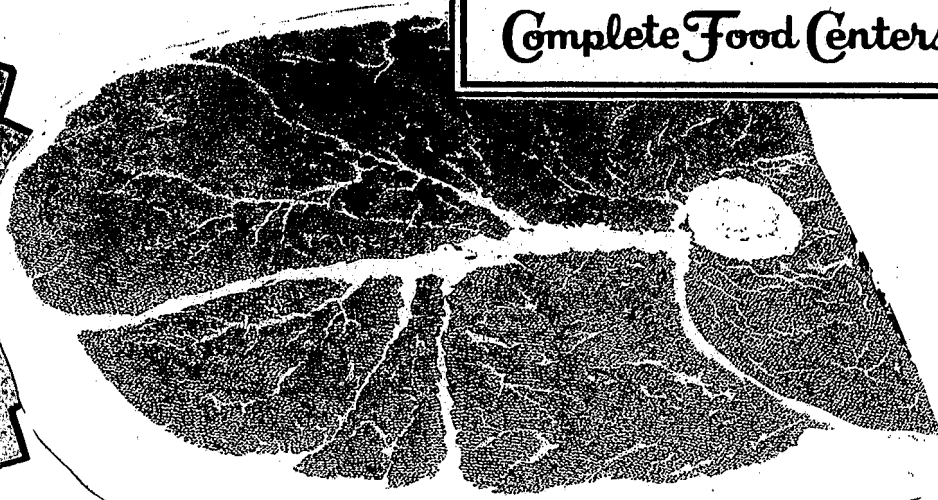
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Rumblings from both the White House and our new governor in regards to additional taxation to solve government budget crises were heard last week.

President Ronald Reagan was sending out the message that additional taxes might be the best way to insure a balanced budget in the near future.

New Governor James Blanchard announced that his blue ribbon panel of business experts had decided that an additional tax was the best way to get the state out of its colossal fiscal problems.

Several weeks ago I advanced the theory that cutbacks in state spending could go a long ways in making our government solvent. I cited well-documented examples of major accomplishments in this regard by Governor's Brown and Thornburgh in Kentucky and Pennsylvania.

My theory was later the subject of debate on a radio talk show. Listeners seemed to agree that cutbacks aided by more efficiently run departments could do more for Michigan than additional tax.

Frankly, I'm disappointed with the Governor's blue chip committee. Additional taxation is the easy way out. There are millions of dollars being wasted in our state government every year. We need a leader with backbone to ferret out this waste. We need department heads that are trained in fiscal management and are charged with the specific duty of weeding out waste in their departments.

Despite all his promises, President Reagan, has not set a good example at the national level in this regard. How can our states be expected to act responsibly when the Pentagon is allowed to spend dollar after dollar on posh offices and other items not remotely related to the defense of this country.

More taxes won't solve our government's prolific spending problems. They will only serve to fuel the fire.

This week, many of our readers in the Clarkston area will find the all new Clarkston Area Phone Book inserted inside The Reminder. The book is the result of many long, laborious hours of many people. We hope you like it.

In addition, we would like to thank the hundreds of businesses that made publication of the book possible through their generous advertisements. We hope readers will not only use the book to look up local numbers, but to also use it when in need of goods and services.

Additional books can be purchased at The Reminder for a nominal fee.

Mike Wilcox

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A Moment With Marie

SMALL TALK

by Rebecca Roberts

I got a phone call in mid-December from those I have come to call the Light Bulb People.

The call, coming just before Christmas like that, forced me into a sort of gritty benevolence. Not an easy thing. Usually, I just hang up.

The voice was that of a young man. The voice was sincere, a little faint, tense-like a thin rubber band, not oily like the pros.

He was either inexperienced or sincere. He explained he represented an organization called NOVAH (Network of Vocationally Able Handicapped). With a name like that, hanging up would have constituted the eighth deadly sin.

Still, the call had interrupted me. I was annoyed.

Impatiently, I waited for the man to get through his spiel. They were not a charity, he said. They were an organization of handicapped people who maintained independence through working. Though their purpose was to provide an arena for productive lives, he explained that the goals of NOVAH were equally geared toward making a living.

He was telling me about the light bulbs with their five year guarantee when I remembered something. My husband bought your bulbs last year, I said.

Not being an avid light bulb watcher, I honestly couldn't say whether or not his bulbs were still lighting our house.

Grinchingly, I told him I thought they hadn't lasted.

Earnestly, he told me their bulbs are absolutely guaranteed to last five years, and if they didn't, all we had to do is call. And (except for breakage) they'd honor the guarantee by sending off a replacement.

Yesterday I got the bulbs. They're not cheap. The 150 watt spotlights cost over nine dollars each. But -- five years. It's an investment.

I hope they're good. Five years is a long time to shine.

Shelby M. Baylis M.D.



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EDITORIAL PAGE

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LETTERS

Hunger In Holly

Dear Editor & Concerned Citizens:

The residents of the Village and Township of Holly have seen economic times grow worse and worse. The lack of jobs and the gradual reduction of supplemental income have reduced many of our fellow citizens to a condition of having no food for themselves or their children. We in America have always believed no one went hungry if they would only work; however, we find ourselves in a depression where there is not work available for many.

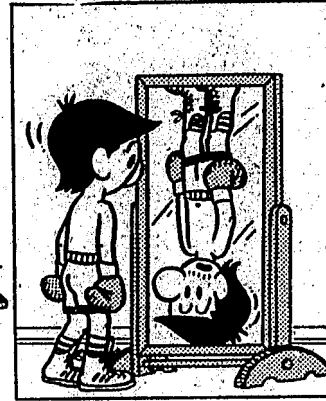
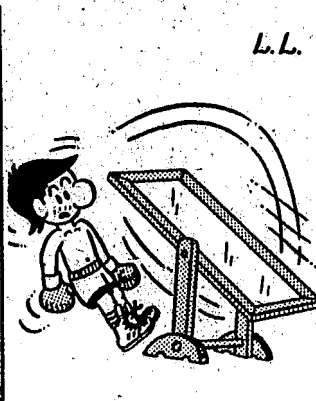
The hunger in our town is not going to be assuaged by the County, State or Federal Government. If our neighbors are going to eat, we must be responsible for helping them.

The Kiwanis and Bruce Dryer as well as others have met the needs of our less fortunate friends temporarily; but their resources are being exhausted. Over 130 food baskets were delivered at Christmas; but now those people are running out of food again and there is nowhere to turn—except to us their friends and neighbors.

The Village has assumed responsibility for coordinating efforts to help out. The Village has told the State Government we will go wherever we have to to collect surplus food; but the food is simply not available. We must help one another. In order to explore possible solutions, we are inviting representatives from all churches, service groups, and other concerned citizens to a meeting at the Holly Village Council Chambers, 504½ East Maple Street, on Monday, January 17, 1983 at 7:00 p.m.

Only if we work together can we hope to have the resources needed to help our neighbors. Your ideas, your participation, your help are vital! Please, attend this meeting.

Sincerely,
Ardath Regan
Village President



Lil Pro by Larry Lancaster

Union Should Leave IGA Alone

Dear Editor,

I read an article in your January 6th issue of *The Reminder* regarding Union Sympathizers picket Hiland I.G.A. This spurred me to write you a note.

I am a regular shopper at I.G.A. It's the only place I can afford to shop.

These Union Sympathizers are wrong in my opinion. They should not try to force this independent grocer to join the Union.

My husband and I are both layed off auto workers. Because of restrictions on my han-

ds, I was layed off out of seniority. Our dear Union said, "They have that right." I also according to contract had the right to a job I could do. I fought it for a week and gave up.

Unions are supposed to be so great, HUH!

So, I say to you I.G.A. Manager-Owner and employees tell the Union and sympathizers to go mind their own business. It (the Union) sure isn't doing the auto industry workers any good.

Thank you,
Carolyn Reynolds

Dear Editor:

A resolution was presented to the New York State Parent-Teachers Annual Convention on November 8, 1982, regarding school-based fluoride rinse programs. The resolution states:

"Whereas, fluoride mouth rinse programs have been encouraged by the Bureau of Dental Health, and

Whereas, legislation has been proposed to require fluoride mouth rinsing programs in the schools, and

Whereas, there is conflicting evidence from experts about the safety vs. the dangers of fluoride, and

Whereas, fluoride mouth rinses are not available without a prescription; and

Whereas, school personnel are not allowed by law to dispense an over-the-counter medicine, such as aspirin, without a

prescription and should not be involved in a mass distribution of a prescription drug, and

Whereas, the consent form that parents sign may not indicate that the solution is poisonous when swallowed; therefore be it

Resolved, that the New York State Congress of Parents and Teachers urge units to discourage the establishment of, and eliminate the existing fluoride mouth rinse programs in the schools, and encourage parents to provide the fluoride they wish at home or in the dentist's office."

The resolution passed overwhelmingly with only about 15 nay votes out of 1031 delegates.

Parents and teachers, you should be as concerned as the parents and teachers in New York about what drugs the children are receiving in the classroom.

Andrew J. Craig, Sr., Retired Science teacher
Member: Mich. Pure Water Council & MEA

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649 Broadway Davisburg Hours: Tues-Sat 10-5
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SPRINGFIELD TOWNSHIP NOTICE OF HEARING

Notice is hereby given that the Construction Board of Appeals will meet on Thursday, January 27, 1983, beginning at 7:00 p.m. at the Springfield Township Hall, 650 Broadway, Davisburg, Michigan for an appeal related to the following:

1. Request by the Springfield Township Historical Society for a variance from the BOCA Basic Building Code to:
 - a. Occupy a building under Section 516.1 of the Building Code.
 - b. Waive requirement for architectural sealed blueprints.
 - c. Occupy a building without plumbing.
 - d. Provide minimal electrical service in lieu of code requirements.

The building in question is located at 627 Broadway, Davisburg, Michigan. The proposed use is a feed store under the operation of Mr. Steve Dice of Davisburg Building & Landscaping, Inc.
J. Calvin Walters,
Springfield Township Clerk

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Monday - Friday Classes
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Saturday, 8:30-9:30, 10:00-11:00
Sunday 10-11, 2-3

Drop-In \$3.00 per Session

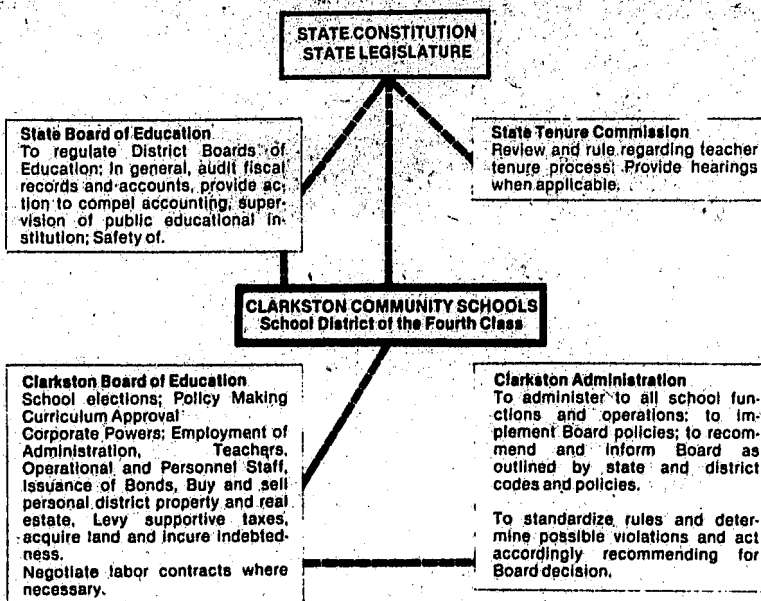
666-4890 or 623-2223
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**Bring This Coupon For
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Good Jan. 13 thru Jan. 20, 1983

Accent on Education

Clarkston's Fate Rests with School Board, Administrators



by Claudia Brazel

"The sky is falling! The sky is falling!" Perhaps many of us, in reading that one small phrase, had our memory jogged back to days when we, as schoolchildren, first heard Chicken Little's cry of alarm.

To imagine the sky, as falling, was a mighty scary thing to do back then, before we had learned what 'sky' was.

So often, we find, that the ability to eradicate fear is devised from knowledge. And knowledge, we know of course, requires education. Education in its broadest and narrowest terms.

The imagination of childhood, quizzically growing into maturity as knowledge, is the basic human assurance of a future. It should not be threatened or disallowed to any generation.

Today, a piece of that falling, childhood sky is clearly descending down upon education by way of fiscal disaster. A community paints a characteristic picture of itself and its future in the way it chooses to support its educational system.

For this reason alone, we cannot run as Chicken Little did, one from the other and asking, "What shall we do? What shall we do?" Instead, as a community entity, we must stand and challenge; not asking, "What do we do but rather, How do we do it?"

This week's accent on education will take a look at the Clarkston Community Board of Education and its appointed Administration which must deal with the perplexing task of maintaining an effectual, functional and growth oriented system of education amid budget cuts, community and population growth declines and a generally dismal economic climate.

All public school districts are systemized according to State laws and codes; beginning with a State Constitutional decree that states, "Being necessary to good government and happiness, schools and the means of education shall forever be encouraged by the State of Michigan." (Const.

XI, I Art, 8, Sec. 1)

The State Legislature is compelled by the Constitution to maintain and support a system of free public elementary and secondary schools, as defined by law.

The outcome of a multitude of legislative codes, laws, mandates and directives is a system of school districts; bound by state defined requirements, based on population for classification and governed by school district Board of Education with recommendations from a board appointed Administration.

Also defined in district structure are supportive operational, instructional and personnel staffing. All facets of the school system are themselves, governed by a State Board of Education.

Clarkston Board of Education

The Clarkston Board of Education, like other Fourth Class Districts, consists of seven members, each serving four terms on a rotating basis. Two terms expire each June and one seat expires the fourth year.

Members are laymen from the district community and are nominated by petition, self-initiated or otherwise, and elected by voter approval.

At its initial organizational meeting, elected members vote for a President, Vice President, Secretary and a Treasurer who

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Now that the temperature is down and heating bills are up, think insulate. We can add ceiling insulation to your home and make it more comfortable, more energy efficient. Sounds good but you can't afford it, right? Wrong. It's simple. To use less energy and enjoy it more, call us today. You may be eligible for Consumer Power's interest-free loan program. If you qualify, you can borrow up to \$1,000 for adding ceiling insulation. And over the five years you'll have to pay it back, you won't have to pay a penny of interest. No interest. No foolin'.

This contractor is approved under Consumers Power Company's Energy Conservation Financing Plan. This plan provides zero-interest loans to qualified gas heating customers who need ceiling insulation.

Consumers Power

must be bonded.

The President resides over meetings and countersigns all financial documents and most documents of correspondence. The Vice President presides in the absence of the President and must remain familiar with those duties.

The Secretary is the chief election official, responsible for public announcements concerning elections and public hearings and meetings.

The Treasurer must become bonded, to an amount specified by the Board. It is the Treasurer's duty to maintain financial stability and propriety, for the school district.

Although the Board is considered to be primarily a policy making body, it does possess powers authorized by state legislature to: Initiate and act as a corporate body; able to buy and sell personal district properties and real estate, acquire land, incur indebtedness, issue bonds and it may utilize state Building Authority Acts to construct.

The Board of Education may also levy taxes to maintain, support, provide for and expand its school system.

Employment of an Administrative staff, by the Board of Education, to implement policies within all school functions and to administer to all school operations is required by state legislature.

Throughout the process of operating the school district, the Board and the Administration work in partnership. The Board, provided with the power of decision, acts, based upon recommendations provided by the Administration.

Together they reach decisions concerning such things as: Labor negotiations, curriculum changes, program additions, student or staff violations, extra-curricular, but school related activities, community fellowships. The list, constantly changing, as the community needs and interests adjust to the prevailing community environment.

Board Members are not salaried individuals. They are private citizens, elected

to serve, reimbursed for meetings they attend at a rate of thirty dollars per meeting. The Clarkston Board Members average twenty-four meetings a year. Additional compensation is received, accordingly, for verifiably Board related expenses.

Board members are expected to: Comply with state laws and codes regarding public education; to promote adherence to educational community standards; to prioritize community educational goals and concerns; to respond to interests of electors by maintaining adequate knowledge of community and educational need, changes, attitudes and performance.

The Board also appoints a Citizens Advisory Committee. Consisting of a representative group of citizens, as wide ranging as possible, the committees duty is to relay and represent community interests and concerns regarding education.

Clarkston Board of Education Members

Janet R. Thomas, President; Dr. Stephen Werner, Vice President; Mary Jane Chaustowich, Secretary; Fernando Sanchez, Treasurer; Addison H. Hubbard, Trustee; C. Vincent Luzi, Trustee and Carolyn Place, Trustee.

The Board of Education meets at 8 p.m. on the second Monday of each month at the Administration Office, 6389 Clarkston Road.

Clarkston Community Schools Administration

Referring to a 1982 Gallup Poll of Public Attitude, toward Public Schools, we find a general trend to reduce school spending by cutting Administrative personnel.

This concept of reducing administration size, as an initial budget cutting step, has remained prevalent in the public's attitude since the early 1970's. It is considered to be a result of the public's reluctance to make cuts in other school areas such as curriculum, in-

SAY YOU SAW IT IN THE REMINDER THURSDAY, JANUARY 13, 1983

struction, and special services, and in part, to an over-all belief that all institutions acquire unneeded personnel unless halted.

Occasionally, a conflict between the Administration, that makes the system work and the people for whom the system is provided, can arise because of this general attitude. It is in the public's best interest to familiarize itself with the size and effectiveness of its Administrative staff to avoid unpleasant disruptions within the school system.

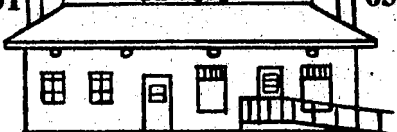
School Administrations are not restricted by law, to any particular number of staff members but may be increased or decreased according to the communities present needs. They are required however to include the position of Superintendent. All school administrators are employed by the Board of Education.

School Superintendents are required, by state code, to have at least a bachelors degree, from a college acceptable to the State Board of Education and must possess or be eligible for a teachers certificate or have educational qualifications equal to the certifications. Clarkston Comm. Schools, Superintendent eligibility, requires a masters degree.

A contract limit of three years with the possible addition of one year is made bet-

Continued on Page 16

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Hall Open 12:30 P.M. - 6:00 P.M.
CONTINUOUS SHOWS
Tickets \$3.50

Drawings will be held for twelve valuable gifts donated by participating professional wedding services.

Bridal Concepts 1983 — An opportunity for those planning a wedding to receive professional consultations and beautiful gifts. Fashions will be shown for the complete Bridal party. Gowns, Tuxedos, Photography, Wedding Cakes, Jewelry, and Catering Services. Beautiful flowers, both fresh and silk will be on view. A panel of professional people with their experience of thousands of weddings will answer your questions.

Bridal Concepts 1983 will be at Meadowbrook Hall which is the 100-room mansion donated by Mrs. Matilda Wilson to Oakland University. The entrance is off Adams Road just south of Walton Blvd. on the east campus of Oakland University.

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100% WOOL Pants
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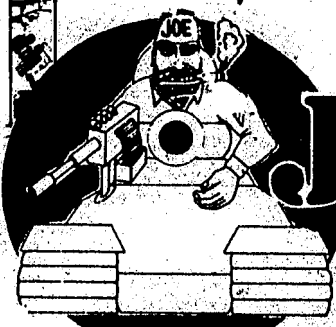
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Accent on Education

Continued from Page 15

ween the Superintendent and the Board of Educations.

A Superintendent's duties encompass all general functions required to administer daily school operations, as well as, reporting

to the local school board and state agencies. The Superintendent's recommendations are critical to board policy making decisions.

Other positions that fall under the Administrative heading are: Assistant Supervisor(s), Principals, Assistant Principals, Instructional Directors, Operational and Personnel Staff.

The position of Administrative Staff is a salaried position. Clarkston salaries range from a Directorship salary of \$31,744 to the Superintendent's salary of \$49,700.

Superintendent, Milford Mason

Qualifications: Clarkston Community Schools; Necessary certificate as required by law; qualities of professional and civic leadership; specialized training in the educational and business administration of public schools, with at least a Master's Degree from accredited college.

Duties: Areas of responsibility; Business and finance, construction, maintenance and operation, instructional services including curriculum improvement, child accounting and special education, school interpretation (including research and public relations).

ALSO: State responsibilities, under law; Local responsibilities to the local school district, accountable directly to the Board of Education.

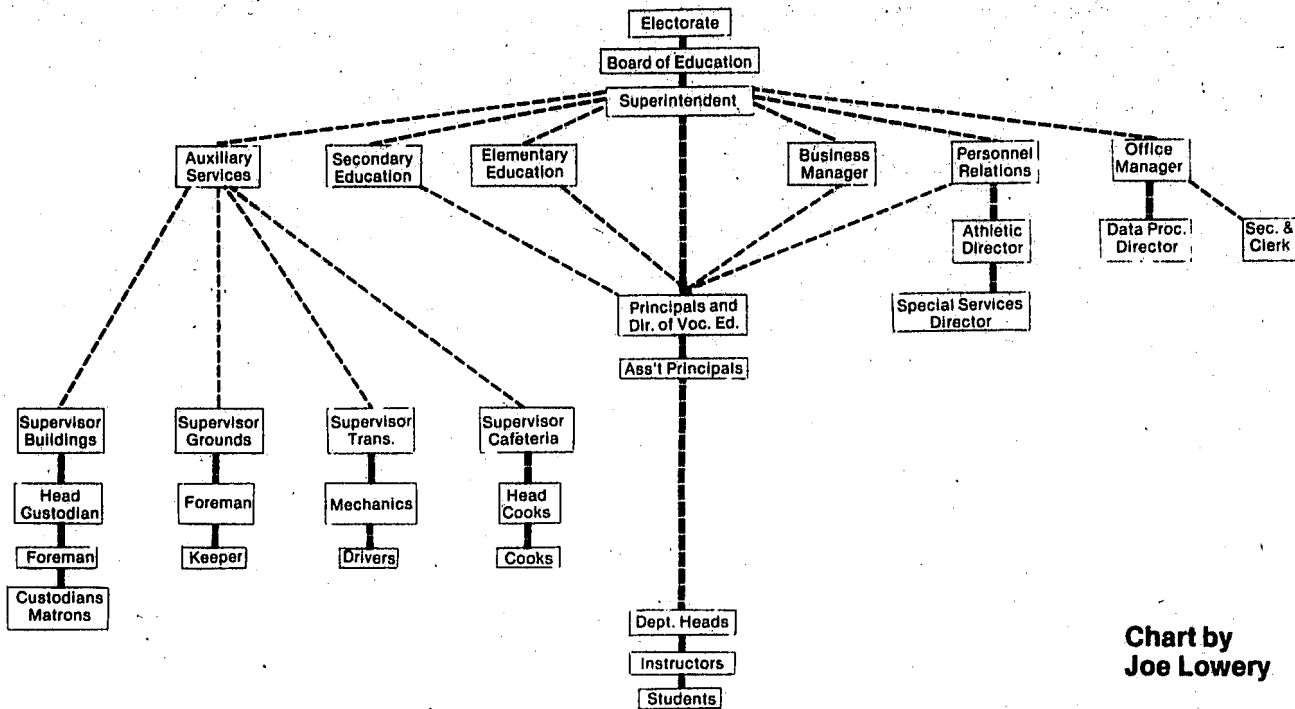


Chart by Joe Lowery

January Tire Clearance Sale

STEEL RADIALS

Size	White Wall	Black Wall	P.E.T.
P155/80R13	\$44	\$1.43	
P165/80R13	45	1.64	
P175/80R13	47	1.80	
P185/80R13	49	1.81	
P195/75R14	51	1.98	
P205/75R14	53	2.11	
P215/75R14	55	2.26	
P225/75R14	58	2.39	
P185/75R15	61	2.60	
P205/75R15	55	2.23	
P215/75R15	57	2.44	
P225/75R15	60	2.52	
P235/75R15	63	2.63	
P235/75R15	66	2.88	

4-PLY TIRES

Size	Black Wall	White Wall
600-12	\$22	
A78-13	25	
B78-13	27	
C78-14	30	
D78-14	31	
E78-14	32	
F78-14	33	
G78-14	34	
H78-14	35	
I78-14	36	
L78-15	45	
M78-15	48	
600L-15	52	

SAVE

LIGHT TRUCK TIRES

Size	Tubeless	Ply	Speed	Load
700x15	6	352	35	
750x16	8	624	64	
800x16.5	8	614	64	
875x16.5	8	684	72	
920x16.5	8	754	72	

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\$3500

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ALL SEASON RADIAL

Size	Black Wall	White Wall
P155/80R13	155SR13	\$9.70
P165/80R13	AR78R13	\$9.92
P185/80R13	—	\$4.40
P185/75R14	CR78R14	\$4.40
P195/75R14	ER78R14	\$4.40
P205/75R14	FR78R14	\$4.40
P215/75R14	GR78R14	\$4.40
P205/75R15	FR78R15	\$5.00
P215/75R15	GR78R15	\$4.40
P225/75R15	HR78R15	\$4.40
P235/75R15	LR78R15	\$4.40

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Village Pet Shop

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Miami \$668	Boston \$542

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6 N. Main, Clarkston,
Across from Main Street parking lot

Mo-Fri 9:30-5:30, Sa 9:30 a.m.-1:00 p.m.

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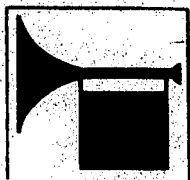
If you get NO phone calls after 2 weeks of advertising call us and we will repeat the ad at no charge for two more weeks. If still no phone calls come to our office call us out a request for a refund.

Remember we guarantee you will receive phone calls. We cannot guarantee you will sell a particular item because The Reminder has no control over selling price or quality of the item.

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Cross With Chris - Personally escorted two week tours. East, West Germany, Austria, Switzerland, Belgium, Holland June 14, 28. Scandinavian Adventure July 14. Price from \$1472. Detroit includes two meals daily, first class hotels. Free brochure. Mrs. Chris Press, 7369 Berne Rd., Pigeon, MI 48755, 517-453-2202. Try a Chriscross! (3/3)

APPEALING LACE - FEMINE LINES TO FLATTER EVERY FIGURE. SOMETHING FOR EVERY TASTE, SIZE AND PRICE RANGE. JOIN YOUR FRIENDS AND NEIGHBORS AT A FREE UNDERCOVER WEAR LINGERIE SHOW FRIDAY JAN. 14, 7:30 P.M., 345 BALL ST., ORTONVILLE. 30% DEPOSIT REQUIRED ON ORDERS. VISA AND MASTERCARD ACCEPTED. FOR MORE INFORMATION, CALL 627-4724.

Learn Candlewicking - In an hour at The Little Red Craft House, Ortonville. Jan. 20, 11-12 a.m. and 7-9 p.m. Advance registration. 627-6327.

Folded S or Quilt - Workshop Jan. 18, 10-12 a.m. or 7-9 p.m. at The Little Red Craft House, Ortonville, 627-6327. Register in advance.

Class Schedules - Now Available at The Little Red Craft House. Valuable coupons on each one. Ortonville, 627-6327.

Did You Know - That Undercover wear sells quality lingerie? We are not a "sex-aid" company.

Bloomfield Hills Transfer - Needs daily ride. Phone Goodrich, 636-2286 or 636-2144. (4/1)

Classes in counted cross stitch begin Jan 17. Morning & evening classes available. Call for day of your choice. This is an old, beautiful and fun form of needle work.

Susie Stitchery
9:00 to 6:00 Mon. thru Sat.
Groveland Twp.
off Dixie & Tripp Rd.
634-5915



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Buick Limited 81 20,000 loaded excellent condition, \$7,195, call after 5:00, 557-7156, 623-0771.

1974 Mustang II - AM/FM cassette, 4 cyl., 4 speed, good condition, \$1,100 or best, 627-3466.

1973 Opel GT \$800 or trade for? 334-0756, 673-7661.

1979 Honda Prelude - 5 speed, air, sunroof, immaculate, \$3800, 674-3322.

1976 Mustang Cobra II, \$1800 firm, 4 speed, 4 cyl., blue, one owner, 623-0921.

1955 Massey-Ferguson farm tractor, front end loader, exc. condition, 634-9558.

1973 Jeep Commando with blade, runs good, \$1800, 625-3103.

Attention collectors: 1982 Z28 Camaro, Indy 500 Edition, loaded \$13,000.00, phone 673-8988.

1973 Volvo with overdrive, nice, best offer, after 6, 673-9403.

'71 VW Super Beetle - runs, needs work, \$400/offer, 625-2110.

Are you paying too much for auto insurance? Call Joe O'Connor at Farmers Insurance for a quote, 625-6892.

Mustangs - '67 Fastback \$3800; '66 Coupe \$2300. Also parts, 338-0574.

1981 Mazda GLC Hatchback \$4850. 634-8510.

5-10.00 15" Good Year radials on wagon wheels, \$260. 625-8948.

'68 Chevy Pick-up - \$850, '67 Pontiac Firebird \$1500, 674-3827.

4 VW Rabbit tires & wheels, 1 Camaro rally and tire. 625-0872.

'81 Chevette - 2 Door, 4 spd., AM-FM stereo, rust-proofed, R-window defogger. Exc. condition. 636-7109. (2/1)

For Sale - 1977 Vega 4-speed. Excellent condition. \$950.00, call 636-2734.

Is It True - You can buy jeeps for \$44 through the U.S. Government? Get the facts today! Call 312-742-1143, Ext. 1344.

'77 Ford LTD - Wagon very good condition. Evening 636-2881. (2/2).

1977 Ford Pickup - F250 Custom. Call after 6 p.m. 627-3706.

1974 Mustang II - AM-FM cassette, 4 cyl., 4 speed. Good condition. \$1,100.00 or best. 627-3466.



EMPLOYMENT

Babysitter Wanted - Wednesdays and Fridays, 3-11 p.m., Sashabaw-Pelton Rd. area - must be completely dependable with own transportation and recent references, \$2.00 per hr. weekends only. 674-3061.

Management Trainee - Full or part-time, C & H Associates. 673-8091.

Part Time - evenings. Bakery & counter help. Apply in person after 6 p.m., 5999 Andersonville Rd.

AVON

Do something special for yourself and others. Become the Avon Representative for your neighborhood or one close by. Call Avon Dist. Sales Mgr. M.L. Seelbinder for details. 627-3116. (2/2).

Cruise Ship Jobs! - Great income potential. All occupations. For information call: (312) 741-9780, ext. 2583. (2/1)

Queen's Way To Fashion - No investment for samples. Call 674-2540, 674-4596. (c)

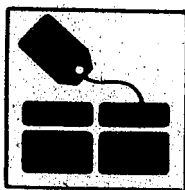
Process Mail At Home - \$30.00 per hundred. No experience. Part or full time. Start immediately. Details, send self-addressed, stamped envelope. Haiku Distributors, 115 Waipalani Rd., Haiku, HI 96708 (c)

Former Emerald Direct - Distributor from the Big A have started new, more realistic and profitable business. For more information call 313-647-4622 between 6 and 10 p.m. (4/2).



"A-1" Snow Service
Plowing And Removal • Residential Or Commercial • Contract Or By Job • Radio Dispatched
623-0082

Need Money? - We pay \$50.00 for each alarm lead which secures an Altron Alarm. Information, 422-8489. (4/1)



MERCHANDISE

Split firewood for sale, \$30 per face cord, 627-3191.

Size 7 Kastinger ski boots - never used, \$80; size 7 Munari Ski Boots - good condition, \$20 or best offer. Ask for Jenni, 634-7540.

8N tractor loader backhoe, 2 wheel trailer, refrigerator and gas stove, copperstove, furniture & misc., 4034 Hummer Lake Rd., Jan. 8-9, noon til dark.

Four new 15" Pontiac wheels - good for snow tires, 2/\$16, 625-3897 after 6:00.

All occasion musical greeting cards, \$6.95 ea. Order now for Valentines Day, 394-0362.

Ford Mag Wheels - set \$80; Chevy chrome wheels, set \$100, 625-1945.

Whipple Tree, 30 inches long, good condition, \$5.00, phone 682-6046.

Play pen, wood \$10.00, boys 20 inch bike, \$10.00, 625-3867.

Police scanner, 16 channel Bearcat, 2 months old, 623-0378.

Antique carnival glass, 8 pc. punch bowl set, platform rocker-coffee table, beveled leaded glass, 623-0378.

Preway red conical freestanding fireplace, excl. shape with pipe to 8 ft. ceiling, \$250.00, 673-8022.

W.E. Weathers Co., aluminum siding, gutters, replacement & storm windows, carpentry roofs, 673-8022.

Utility company-type toolbox, for pick-up, \$75, 334-0756 or 673-7661.

19" freezer, 5" BW TV and CB w/antenna, reasonable, phone 673-8988.

Marantz stereo stack unit - direct drive turntable model 5000 cassette deck, model 2110 tuner, model 1122DC amplifier W/120 watts, per channel and matching cabinet \$1100.00. Call 673-8988.

7 Horse Simplicity riding lawn tractor and snow blade, \$350, 887-6306.

Lowrey Magic - Genie 88 Organ, 4 yrs. old, \$1,500.00. Applause Guitar, 3 yrs. old, \$150.00. Singer Deluxe Zig-Zag Model 600 with cabinet, \$125.00, 627-4164.

Electric guitar/amp, 4-piece bedroom set. All excellent condition, 625-0644.

Kodak Super 8 movie camera & projector \$125, 673-9142.

Very large fireplace insert \$600, 625-4813.

Seasoned Firewood - Hardwood \$45.00 a cord \$50.00 delivered. 627-3394 or 636-2160. (c)

Pure Raw Honey - \$12.50 per gallon. 2 ton garage jacks, \$55.00. Tow chains, \$18.00. Work gloves. Dave Steiner Farm Equipment, 694-5314 or 695-1919. (4/3)

New 3 Point Snowblowers - From \$595.00. Used cub blades. Used super A blades. Wheel weights, tire chains. Dave Steiner Farm Equipment 694-5314 or 695-1919. (5/4)

Stereo with AM-FM 51" cherry console, Motorola, \$49, 625-3867.

Fashion Two Twenty Skin Care Products, call after 6, 674-3580.

Amway Home Care Products, jewelry, cosmetics, personal shopper, 625-0365.

Wanted - laying hens, 625-5884, ask for Pat, Tony's Auto Parts.

Wanted - Amyway distributors, 625-0365.

ANTIQUE WROUGHT IRON - FLOOR LAMP WITH CANDLE CHANDELIER ATTACHED (COULD BE WIRED), \$75.00. PARLOR BENCH \$60.00, ASH TRAY STAND \$25.00. ALL VERY ORNATE. 627-4058 AFTER 6.(c)

Custom Draperies - Blinds, re-upholstering, free in-home estimates. Phone 625-0999. (c)

Firewood - 100% Oak and Maple \$45.00 a face cord. Call 634-8112 or 625-6677. (c)

WRITE YOUR OWN ACTION AD

It's easy! Fill in the blanks below with what you want to see in print. Complete and clip coupon sending it along with your check or money order, 10 words or less, just \$4.00 for two weeks; 25¢ each additional word. (Zones 2 and 3 prices only.) To run your ad in Zones 1, 2 and 3 papers, the price is \$6.00 for 10 words or less, 35¢ each additional word.

Please Run the Following

_____ 2 _____	_____ 3 _____
_____ 5 _____	_____ 7 _____
_____ 8 _____	_____ 9 _____
_____ 4.2 _____	_____ 4.50 _____
_____ 4.75 _____	_____ 5.00 _____
_____ 5.50 _____	_____ 5.25 _____
_____ 5.75 _____	_____ 6.00 _____
_____ 6.75 _____	_____ 7.00 _____
_____ 7.50 _____	_____ 7.25 _____
_____ 7.75 _____	_____ 8.00 _____

PLEASE PRINT CLEARLY:

NAME _____
ADDRESS _____
CITY STATE ZIP _____
PHONE _____

ENCLOSE CHECK, MAIL OR BRING TO:

the reminder

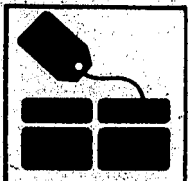
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Clarkston, MI 48016

guaranteed action ads

Call 625-9346

The Only Newspaper in Oakland County to offer guaranteed results.

Distributed to 23,000 Homes Weekly



MERCHANDISE

5 foot wagon wheel chandler, (from restaurant) \$50.00, 625-1119.

Trade - Trundle beds w/mattresses for twin bed w-mattresses. Call 623-2989.

Water softener - automatic, exc. condition, \$300, see it work, 625-5244.

1971 Honda 450 - needs repair, \$300 or trade, 887-6306.

Womans new x-large coats, jackets, dresses, robes, pant suits, 623-9427.

Stereo console, TV, BW, phono, radio AM/FM, cherry finish, \$65.00, 623-9515.

For Sale - Interact computer with tape drive, 18 tapes, \$60, call 628-1486

Schwinn BMX bicycle - must sell, \$100, 625-4082.

Firewood for sale - \$30/face cord, 625-4082

46 Oliver Green hard back books, sermons & commentary, 50¢ each, 391-1875.

For Sale - Electric dryer, skies, bindings, poles, color TV, ladder, 625-9244.

Decorative vertical & horizontal blinds woven woods, custom drapery, shutters and shades, huge discounts, commercial and residential, free estimates. Your home or office. MasterCard and Visa. Decorative Window Designs, 391-1432.

Bicycles (2) - 3 speed his & hers - good condition, \$95.00/both, 634-7555.

7 Wallace Nutting prints in frames, make offer, 623-0018.

Round 40" formica walnut table and 4 chairs, \$100, 625-3867.

Electric guitar/amp. 4-piece bedroom set. All excellent condition, 625-0644.

Buying used woodworking tools, 391-3514 after 7 p.m.

Want To Buy - 4 house trailer axles, 673-5096.

Bassett Double Drop-Side Crib-Dark pine, complete, \$80, 625-8468.

1975 VEGA HATCHBACK

"BEST OFFER"
Runs & looks like new!
4 cylinder, 30 mpg. (Regular gas) Good tires - 636-2531

Necchi Dial-A-Matic - Zig Zag sewing machine in modern walnut cabinet. Makes designs, appliques, button holes, etc. Repossessed. Pay off \$53.00 cash or monthly payments. Guaranteed Universal Sewing Center, FE4-0905.

Singer Dial-A-Matic - Zig Zag sewing machine. Embroiders, appliques, button holes, etc. Late model school trade in. Monthly or \$59.00 cash. New machine guarantee. Universal Sewing Center, FE4-0905.

Antique Gateleg Table - \$150. Beautiful. 636-7099, must sacrifice.

New Carpeting - 12x8 pink/beige pastel swirl, \$129. Sacrifice, \$55.00. 636-7099.

Sears Console Humidifier - Excellent condition, \$60.00. 1972 VW Beetle. Like new condition, \$2000. 627-3451.

White Monarch - Wood-burning kitchen stove. \$125.00. Call 636-2611.

For Sale: - McCullough 16 in. chain saw. Call 627-3892.

Firewood - Split, seasoned hardwood. Delivery. 627-3955, Ortonville Sawmill.

For Sale - 6 HP AMF Snowthrower. 26 in., electric start. Good shape, \$375.00 or best offer.. 627-3215.

YOU ARE CORDIALLY INVITED TO ATTEND A FREE UNDERCOVER WEAR LINGERIE SHOW ON FRIDAY, JAN. 14, 7:30 P.M., 345 BALL, ORTONVILLE. 30% DEPOSIT REQUESTED ON ORDERS. VISA AND MASTERCARD ACCEPTED. FOR MORE INFORMATION, CALL 627-4724.

Firewood: - Hardwood, guaranteed seasoned. \$40.00 face cord, \$45.00 delivered. 627-3014, 628-2102. (c)

Cow - 3 years old half Angus and Durham calf due June first. 79 Dodge customized, 634-7191.

Two Rupp Snowmobiles - With covers and trailer, \$675. Runs good, 627-2718.

Homespun Tablecloths - On sale from \$15.79. Boothby's, White Lk. and Dixie, - Clarkston.

Fireplace Insert - Best offer. 45 cal. pistols, 2 at \$150.00 each. 2 at \$200.00 each. Make appt. to see. Phone 627-3067.

I'M ALLERGIC TO WOOL - WHITE CURLY LAMB JACKET SIZE MEDIUM. EXCELLENT CONDITION. \$250.00, PHONE 636-2505.

SNOW THROWER - SEARS CRAFTSMAN 5 H.P., 20 INCH W/CHAINS. VERY GOOD CONDITION, \$350.00, 394-1014. (2/2)

For Sale - Mixed Hardwood. 5 face cord \$175.00 in 15 mile radius. Split & delivered, 627-2015. (4/1)

Vantage Electric Guitar, case, ampeg amp like new, \$300. 623-0294.

Wheat And Oat Straw - \$1.50 per bale. Delivery available at extra charge. No Sunday sales. Bud Hickmott, 4625 Noble Rd., 3 miles NE of Oxford. 628-2159. (4/1)

Seasoned Oak - & Maple Hardwood. \$40.00 cord. Delivery Available. 634-5535. (2/1)

Seasoned Oak Firewood - Ready to burn \$45.00 face cord delivered 625-6578. (2/2).

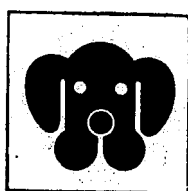
Firewood Logs - By the truckload. Call evenings, 634-9057. (c)

SPA's - Drayton Swimming Pool & Spa Supply Co. 4763 Dixie Hwy., Drayton Plains. 673-6734, 673-7811. (8/1)

Firewood - Oak and Cherry split and dry \$40.00. Delivered. 338-6812. (4/4).

For Sale - Firewood, split and delivered. 634-3940 (c)

Hay \$2.00 - Per Bale. 694-0029 or 694-3771. (2/1)



PETS

For Sale - Nubian billy goat, \$50.00, 627-3773.

Deventa Un Cabron, Cinquenta pesos Americano, 627-3773.

German Shepherd pups - purebred, \$50, call 627-4129.

Arabian grey gelding - 2 years, professionally trained, gentle, \$3000, 625-7105.

As your local neighbor, I am here to serve and please you and your pet. Try us first!! Village Pet Shop, 333 Mill, Ortonville, 627-3383.

Bigger Isn't Always Better! - We are small enough to care about your individual needs and you!! Village Pet Shop, 333 Mill, Ort. 627-3383.

Registered Hampshire Sheep - 625-7351.

Free puppies - part Irish Setter, 673-7397.

Found - 3 cute puppies. Vassar and Baldwin Rd. area. Will give to good home. 634-3940 (2/1)

For Sale - 6 wk. old AKC Toy Poodle. 636-7716.

For Sale - Wicker 5 tier bird cage. \$15.00, 627-2708.

Australian Shepherd Puppies - 7 weeks old. Intelligent and obedient, \$120.00. 673-3752. (2/2).

Buying Horses - Of any size and conditions. 313-732-0865. (c)

Dog Grooming - By Martha. 627-6050. (c)

Wanted - Used English and western saddles. 628-1849. (c)

Free Collie Pups - 625-7351.



REAL ESTATE

Mobile Home - Family section, 3 bdrm., 2 baths, \$7,500.00. 625-5275. (2/2).

2 BAY GAS STATION - W/HOIST, COMPRESSOR, ETC. IN GOODRICH ON M-15. CALL 636-7733. (2/2).

Hadley-Metamora Area - Owner selling this spacious 3 bed. walkout ranch on 5 1/2 rolling acres. Stone fireplace, lg. family room, lg. country kitchen, 3 car garage, 4 stall barn, wood shed, playhouse, completely fenced. Land contract, \$30,000-\$40,000 down. \$129,000, terms available. Interested parties only, 797-4768. (2/2)

By Owner - 3 Bed., 2 fireplace, basement, garage, 1 acre, in Village of Ortonville. \$59,900.00, 627-6327.

Village of Clarkston building site 83'x265, sewers, a great place to build that dream house only \$16,900, call Prime Real Estate Group, 674-0971.

Great Waterford location - 3 bedrooms, 2 full baths, full basement, 2 car garage, formal dining room and even a fireplace to burn your rent receipts in, only \$39,900.00 Call Prime Real Estate Group, 674-0971.

Owner transferred - this great 3 bedroom brick ranch in beautiful Twin Lakes Village Sub. will sell for only \$70,500.00 you name the terms! call: Prime Real Estate Group, 674-0971.

Lakefront home - 6220 Waterfront Drive, Waterford, Mi. 85' frontage.

Thinking about a condo? See Michigan's most complete and unique condo, 2 bedrooms, 2 1/2 baths, walkout basement, fireplace, garage, \$62,500. Waters Edge, 6601 Andersonville Rd., 623-1117.

Non-smoker. See Joe O'Connor at Farmers Insurance for substantial discounts on Homeowners Insurance, 625-6892.

Clarkston ranch - 2.24 acres, perfect family home, \$79,000 negotiable, 625-2016.

Will trade 2 large lots in Houghton Lake for what have you, 673-8058.

Lot 80x100, Clarkston area, wooded, connecting acreage possible! Call 394-0430.

3 1/2 acres in Clarkston with 3 bedroom ranch priced at \$59,900. Agent 391-1731.

Owner - 6 acres fenced, large barn, horse stalls, 4 bedroom, 2 bath, extras, 634-1493, terms-trade.

Owner - good location - brick, woody lot, 10 acres, 4 bedroom, 3 1/2 bath, deluxe kitchen, many extras, terms, 634-1493.

VA Terms \$33,000 - Waterford ranch with 3 bedrooms, family room, and a huge lot, Group One, Inc., 681-3700.

Land contract on golf course - unique ranch home on Silver Lake Golf Course, stone fireplace, also formal dining room. This is a show place, excellent retirement home, priced in low 50's. Water and sewer in. Group One, Inc., 681-3700.

Clarkston Schools - well kept home in Clarkston. Simple assumption. 2-3 bedrooms, finished basement, garage, fireplace and triple lot, \$59,900. Group One, Inc., 681-3700.

Beautiful tri - custom built home with large family room, 1 1/2 bath, 3 bedrooms, \$61,900, Land Contract. Call Evans & Associates, 674-4191.

\$125,000 Clarkston - beautifully treed lot, custom built colonial, 3 bedrooms, family room close to I-75, Call Evans & Associates, 674-4191.

Country Quad - spacious 3 bedroom home, family room, fireplace, 6 acres, \$75,500 Land Contract, Call Evans & Associates, 674-4191.

Lakefront. All brick ranch, walkout lower level to sandy beach, 4 bedrooms, 2 1/2 baths, \$139,800. Land Contract. RDR-253, Durbin, 625-0200.

Tudor in Deer Lakes. 4 bedrooms, 2 1/2 baths, 2 fireplaces, 2 decks, \$245,000. Land Contract terms available, RDR-237, Durbin, 625-0200.

\$3,300 down on Land Contract. No money down on VA/FHA, 2 bedrooms, Judah Lake Sub, \$32,900, RDR-258, Durbin, 625-0200.

Affordable solar home. Will build on your suitable lot or help you find one. Priced as low as \$46,900, McCabe & Assoc., 625-4611.

2 building sites available in Waterford. One qualifies for solar construction, \$6800 each on Land Contract terms, McCabe & Assoc., 625-4611.

Not just another pretty ranch - a real custom built beauty with quality. Clarkston close to the village at only \$64,900, McCabe & Assoc., 625-4611.

Like new! Home is a 3 bedroom ranch completely renovated. New kitchen cupboards, carpeting and new bathroom, can't beat this for a starter home at \$29,900. Real Estate One, 623-7500.

New English Tudor in prestigious Deer Hill! This home has 4 bedrooms, large dressing room off master, den off the impressive foyer and many extras! Priced at \$169,000.00. Real Estate One, 623-7500.

This beautiful colonial located in Keatington surrounding Voorhees Lake has 4 bedrooms, island kitchen and family room with custom fireplace. Priced at \$82,500. Real Estate One, 623-7500.

Clarkston contemporary - new 4 bedroom 2 1/2 bath decorated in earth tones, 2 fireplaces, decks, & 2 1/2 car garage with 3 acres, Max Brook, 625-9300, MBR 550.

Great assumption! Beautiful 3 bedroom built in 1979, large lot, \$62,900, Max Brook, 625-9300, MBR 551.

In Clarkston's finest neighborhoods, 2 large bedroom suites, sunken living room, \$94,898, Max Brook, 625-9300, MBR 553.

Orion Twp. ranch (CH-680) 3 bedrooms, attached garage, \$37,500, \$5,000 down, \$380 monthly, 11% interest, Clarkston Hills Real Estate, 625-9500.

Union Lake (CH-678) neat two bedroom ranch across from the Lake, full basement, garage, only \$29,500. Clarkston Hills Real Estate, 625-9500.

Lake Oakland (CH-561) clean three bedroom lakefront ranch, 2 car garage, \$64,900. Negotiable terms, Clarkston Hills Real Estate, 625-9500.



3700 Sashabaw
Drayton Plains
673-2520



RENTALS

Eagle Oaks Apartments - executive, spotless, 2 or 3 bedroom, 1 1/2 baths, appliances, balcony, patio, laundry, excellent neighborhood, \$375.00 per month, security deposit, no pets, 634-3298.

For Rent - ski chalet, Ortonville, available monthly, weekly or weekend, 1-882-6711.

For Rent - 2 bedroom house in Holly, large lot, 634-1355.

For rent - Apt., 2 bedroom \$60.00 week, plus utilities, village Lake Orion, after 5:00, 693-8216.

Hall Rental - Clarkston American Legion Post No. 63. Phone 625-9912 after 3 p.m.

Rent with Option - 3 Br. Ranch, many extras, Clarkston. 391-1079.

3 Room Apt. - On Oak Hill Rd. \$200/mo., security. 666-4375. (2/2).

Wanted: Alterations And Tailor Shop - In greater Ortonville area. We have the building available for rent. Contact Barry Young & Co. Real Estate. 627-2838. (c)

Nice 3 Br. Apartment - Carpet, kitchen, dining room, living room. Goodrich Area. 636-7200. (c)

Clarkston Area - Waldon & I-75, 3 BR ranch on country lot. Lease with option to buy. Quaker Realty, call Tommi, 678-2215.

GOODRICH - SMALL HOUSE IN GOODRICH ON M-15, \$45.00 PER WEEK. CALL 636-7733. (2/2).



SERVICES

Concrete Drives - Patios, footings, brick-block. Design, build decorative decks. 627-4473. (c)

Additions - House jacking, pole barns, all mason work (20 yr exp). 627-4473. (c)

AUTO BODY REPAIR - AND PAINTING, RUST REPAIR AND LIGHT CRASH WORK. FREE ESTIMATES, GOOD FOR THIRTY (30) DAYS. CAN RESTORE YOUR OLD HEAP TO THAT NEW CAR LOOK, FOR LESS. CALL 627-4605 ANYTIME. SPECIALIZED IN ACRYLIC ENAMEL FINISHES, LACQUER ALSO AVAILABLE. (c)

Karate - 3 workouts free. East Highland, call 674-4248 or 887-8099.

Babysitting - Clarkston licensed home. One child. Bailey Lake Schools. N. Eston area. 394-0653.

Backhoe, Trenching, Sewer Lines, Stump removal, sand, 5 yds, \$30. 628-5537.

Wallpapering - we specialize in cold air returns, 10% disc. to senior citizens, call Connie (625-1262) or Judi (625-8066).

Refrigerator & Freezer Repair Service - evenings, weekends, 625-4469.

Handmade wooden gifts for all. Wooden rocking horses, cradles, coat racks, table for kids and adults. Special orders taken, give a call & come see, 625-6084.

Licensed Day Care - opening for one preschooler, M-15 & I-75 area. 625-4992.

Experienced voice teacher will coach and teach voice all ranges, 625-5680.

Child care in my home by experienced mother creative activities. 623-7651.

Daycare babysitting in my licensed home, Sashabaw/Maybee reasonable, 623-2194.

New credit cards! No one refused! Also information on receiving VISA, MasterCard with no credit check. Guaranteed results. Call 602-949-0276 ext. 667.

Discover the undiscovered psychic readings, \$5.00, call 9 a.m. - 11 p.m., 674-0234.

Income tax prepared - evenings and weekends, reasonable, Skip Vrooman, 625-8772.

Massage by graduate male masseur. Professional, relaxing, Flint (313) 235-9081.

Wanted Junk Cars - Towed away free. 625-8790 (8/6)

Dance - Classes for children and adults. Jazz, tap, ballet, aerobic exercise. Pine Hills Academy 625-4215. Call mornings or after 8 p.m. (2/2).

Young Drivers - Bet we can beat your auto insurance rates. DAD Agency 335-7270. (4/2).

Gymnastics - Classes for all ages and abilities including pre-school and boy's tumbling, girls floor and apparatus. Pine Hills Academy 625-4215 mornings or after 8 p.m. (2/2).

Professional painting - work guaranteed, bargain rates, 666-4389, 673-3146.

Typewriters repaired - reasonable rates, 625-5238.

Horse Boarding - \$75 month, Clarkston area, hay & grain twice daily, 625-8948.

Child care provided by responsible mother, days, my home, 625-1266.

Decorated Cakes - Reasonable, also weekly cake and cookie baking. 634-1571.

Karate 10 weeks for \$35 - starting Jan. 24th, Waterford, 674-4248.

Experienced mother wishes to care for your preschooler days. 625-6080.

Credit Help - Obtain A Mastercard Or Visa. Guaranteed even if you have bad credit. No credit, Divorced or have been Bankrupt, for Free Brochure send self addressed stamped envelope to Credit Research, P.O. Box 901953, Dallas, Texas, 75390-1953 or Call: 214-324-5944, 24 HRS. (4/4).

Piano, Organ Lessons - Beginners, advanced, children, adults. Ortonville area, \$5.00. 627-3189. (3/1)

House-tilt - Reasonable references, honest lady located in Davisburg. 634-1571.

Pole Buildings - For garages, horsebarns, workshops, storage farms, etc. Priced \$3,550 for a 24x40 building erected with overhead & service door. Also, larger sizes. Call 8:00 to 8:00 toll free, 1-800-632-2725. Phoenix Buildings. (c)

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

10% Off - To all 4-H members. Covered Wagon Saddlery, Oxford and Lapeer. 628-1849. (c)

Post Frame Buildings - 24'x40' Completely erected only \$3395.00. Overhead & entrance door included. Call collect anytime, Chaparral Buildings 616-676-0544. (c)

Art Lessons - Some openings for youngsters. \$3/hour. Sue Howard. 627-3111. (2/2).

Snow Plowing - Reasonable rates - Monthly billing. Drives, Commercial - Private roads. Firewood. 627-4665. (4/2).

Snowplowing - Reasonable rates. Call 627-4196 or 627-3174 anytime. (4/2).

SAY YOU SAW IT IN THE REMINDER THURSDAY, JANUARY 13, 1983

Custom Wedding Photography - By Robin. 1980 Prices till January 31 Goodrich, 636-7109. (8/6)

Buying Standing Timber - Sawlogs and veneer. Free forest management advice by registered forester. Tri-County Logging, Clinton, Mich. Ph. 313-784-5178 evenings. (6/6)

Installation - Wood burning stoves, metal chimneys, dishwashers, disposals, etc. Ets. call 627-2289. (c).

Snowplowing Services - In Ortonville/Clarkston area. Excellent equipment, fast service. 627-2838, ask for Barry. (c)

SNOWPLOWING 625-1738. (c).

Carpet Installation - Interior painting, textured ceilings, 625-1667.

Van Pool Forming - Ortonville Area-New Center Area. 7:30 to 4:30, Call 627-2637.

Snowplowing - 24 Hours. Reasonable rates. Call Everett, 627-2231. (8/1)

flower adventure

14 S. Main, Clarkston
Mon. - Sat. 10-5:30

625-9520

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Flowers Do It.

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

Horseshoeing - Fred Lentz, Master Farrier. Expert full-time service on all breeds. 627-4346. (c)

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ALUMINUM - CAST

Hi-Tech Mobile Welding

ORTONVILLE, MICH.

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Horse & Farm Animal Practice

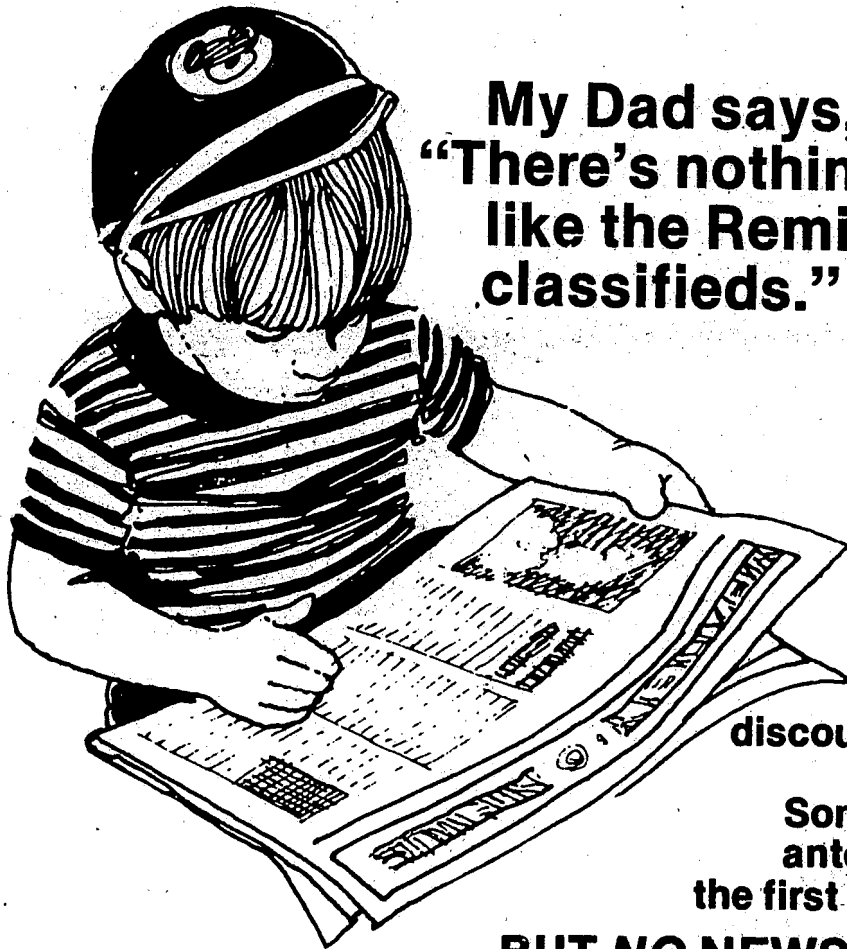
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24 Hour Emergency 363-8863

NICHOLS HEATING & COOLING

Service, Installation & Replacements
Humidifiers • Electronic Air Cleaners
Gas Appliance Installation
Energy Saving Devices

625-0581



My Dad says,
"There's nothing
like the Reminder
classifieds."

Some newspapers offer free ads if you're giving away free merchandise.

Some newspapers offer discounts if you buy 2-3-4-5 insertions at a time. Some newspapers guarantee their ads (we were the first to do so in this area).

BUT NO NEWSPAPERS OFFER UNLIMITED* CLASSIFIED USAGE FOR A RATE OF \$15 A YEAR

Action Ads Unlimited allows you to place as many classified ads as you desire for a year's time. The only limitations are: 1. Ads cannot be used for commercial purposes. 2. Only 1 ad per week will be allowed. 3. Ad cannot run over 10 words in length. A voluntary subscription means that we would like your help in offsetting our huge delivery costs. However, if you decide not to contribute, don't fret, The Reminder will continue to be delivered to your home each week. If used every week, your membership could save you as much as \$146.00. Not bad for a \$15 subscription, right?

Please enroll me in the "Action Ads Unlimited" club. I enclose \$15 for each membership or charge to my MasterCard or VISA card.

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Signature _____
_____ MasterCard _____ VISA
Card No. _____
Exp. Date _____ Interbank No. _____
Check or M.O. Enclosed _____

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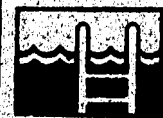
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JANUARY 1983

NORTH OAKLAND COUNTY

HEALTH NEWS 83

A Publication of The Reminder Newspaper

Volume No. One, Issue Number Twelve

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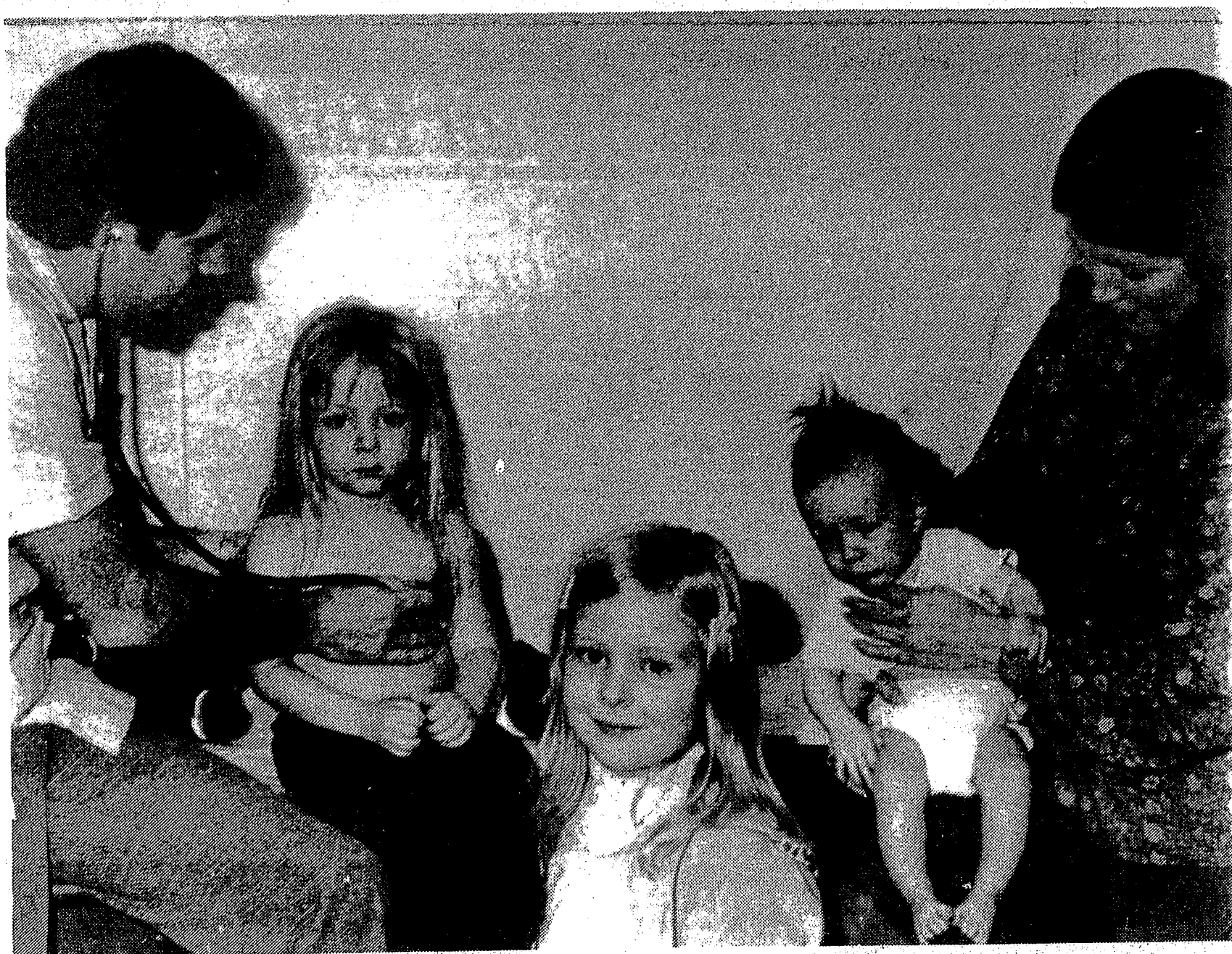


Photo by Al Wieling

Dr. Bucknek listens to the heart beat of Jane Breckenfield while her mother Debbie and sister, Jill, and brother John watch.

Egads! The Flu Season is Upon Us

by Theresa Catalano

With the coming of winter weather, comes the cold and flu season.

"The flu for the most part is a virus infection," stated Dr. Alan Cline, who specializes in pediatrics in his Drayton Plains office, "that is more severe than a cold."

Most of us have encountered the flu at least once in our lives, but what is this thing called a virus that causes us to have a sore throat, headache, fever, coughing, and just plain feeling miserable.

A virus is a micro organism which transmits an infectious disease. Unlike bacteria, which lives and reproduces independently from outside energy, a virus is parasitic depending completely upon the human cell to survive.

In making its home to reproduce, the virus attaches itself to the outer membrane of the cell. It then moves toward the center of the cell making a gulf. After penetrating the cell by enclosing itself in a bubble of cell membranes, the virus becomes sealed in the cell.

The bubble soon dissolves and the virus then begins reproduction. Weakening the host cell by this process, the viruses leave and begin the process all over again. The host cell then separates from the healthy cells and dies.

The discomfort felt while having the flu is the body working to correct the malfunction.

Influenza is the disease of the upper respiratory track is more commonly known as the flu. The influenza virus is acquired through breathing in of



aerosol particles containing viruses produced by an infected individual.

Incubation period is between 24 and 48 hours when the infection takes place.

The influenza virus has been categorized into three types: A, B, & C, where B and C have been isolated only in humans, A type has been found in horses, swine, and birds as well as in man.

These types have been subdivided in-

to strains which are named after the geographical location or origin of the virus, e.g. Hong Kong flu.

Treatment is symptomatic, according to Dr. Cline and should usually run its course with plenty of liquids, lots of rest and cough medicine if needed.

"Antibiotics aren't going to change the flu. They are used to cover the complication of the flu."

Medication that would attack the virus would damage or destroy the cell or the surrounding tissue because by the time the symptoms appear, the

virus had already entered the cell. Antibiotics interrupt the reproductive and metabolic process of bacteria which lives by its own means, the virus depends on the cell, antibiotics have no effect.

The flu vaccine is generally not used except for those considered to be at a high risk.

"They can have a flu vaccine made and if they're lucky — works. Lots of times, there will be a different kind so the vaccine that is out covers the standard flu, may not cover that particular one."

Straight Answers About Influenza

What kind of disease is flu?

Influenza is a family of contagious respiratory diseases caused by viruses. It is most prevalent during the winter season and afflicts people worldwide. Outbreaks in local communities are called endemic, while those affecting a state or country can become epidemics. A rare outbreak that strikes worldwide is called a pandemic.

How severe a flu season do experts expect this winter?

Keith Tait, Oakland County epidemiologist, anticipates a typical year of influenza activity.

"It is really too early to tell," said Tait. "At this point, it looks like it will be similar to other years."

But he is warning parents to remember Reye's syndrome.

Parents should watch children recuperating from a viral infection, such as the flu. Should excessive vomiting, behavior changes, irritability, combativeness or excessive lethargy occur, the child should be taken to the family physician or the nearest hospital's emergency room.

The federal Centers for Disease Con-

Continued on Page 3

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Dr. Seo "1" of Only "3" PMRs in Area

One of only three Detroit area Physical Medicine Rehabilitation specialists (PMR) is a Korean who has offices in Bloomfield Hills and Rochester.

Dr. Young Seo is the only PMR with a private practice in the Detroit area. The other two, he says, conduct their work out of hospitals.

Despite the relative rarity of the specialty, Dr. Seo keeps a busy schedule and sees a growing trend in PMR.

Dr. Seo claims physical medicine to be one of the oldest types of medicine known to man. It was used long before drugs. Since WW2 many disabled veterans have turned to physical medicine and PMR's in an effort to rehabilitate injuries.

PMR, explained Dr. Seo, is the process of mobilizing functions to their optimal potential. In administering the process he treats many chronically handicapped people. But the treatment is also excellent for stroke victims, diabetics, and those with severe back pains.

The remedies used are many including exercise, medication, elec-

tricity, heat and cold, and even acupuncture.

Dr. Seo calls PMR, "a really fascinating field." He says he became involved with PMR while following the progress of a multiple sclerosis patient while interning at Pontiac General Hospital.

"They treated the person as a whole person, using a team approach. It was new to me and I really liked it," recalled Dr. Seo.

He added, "There is not a single moment that I have regretted since I got involved with PMR."

Dr. Seo graduated from medical school in Seoul, Korea. His PMR training was taken at Tufts University. He is fully board certified and is affiliated with Pontiac General, St. Joseph's Mercy, Crittenton, and Lapeer County General hospitals.

Dr. Seo has had a private practice on Woodward in Bloomfield Hills since 1977. He opened another office in Rochester two years ago.

Married, Dr. Seo is the father of two children. The Seos make their home in West Bloomfield where he enjoys cooking and sailing.

Straight Answers About Flu

trol says the 1981-82 season was unusually mild. There were relatively few reported cases and widespread activity in only four states compared with 32 states the previous year. Experts say no new flu strain has appeared so far to suggest a bad upcoming season, but it's too early to tell.

Are the risks and consequences of flu the same for everyone?

No. While everyone is vulnerable to flu, serious complications such as pneumonia and death are more likely in certain high-risk groups. These include people 65 years of age or older, those chronically ill with heart, lung and kidney diseases, those suffering with sickle cell or other severe anemias, severe diabetics and patients whose immune systems are depressed because of organ transplants or cancer therapy.

What are the symptoms of flu?

Common symptoms begin to appear 24 to 48 hours after infection and may last from a few days to more than a week. They include fever, chills, sore throat, cough, respiratory congestion, nasal discharge, headache, water or burning eyes, muscle ache and loss of appetite.

How do you treat flu?

Common flu treatment basically involves easing the symptoms while your body rides out the disease. This involves taking aspirin or acetaminophen to control fever and aches, antihistamines for congestion and cough medicines. Bed rest, nutritious foods and plenty of liquids also are recommended.

What else can you do to treat or, better still, prevent flu and its complications?

Flu vaccines, made from the viruses themselves, can prevent the disease. Since most flu-related deaths stem from subsequent pneumonia, new anti-pneumonia vaccines also can help. And a drug called amantadine hydrochloride can be used for both prevention and treatment of flu.

If people had flu shots in the past, do they need another?

Yes. Because flu strains constantly mutate, protection against one type does not automatically ward off another, even if it's closely related. Even if strains remain stable from the previous year, immunity from shots decreases with time and should be bolstered.

How much do the shots cost?

Industry figures indicate flu vaccinations cost between \$10 and \$12 each, and pneumonia shots between \$12 and \$15 apiece, including handling and administrative costs.

Eating & Cancer

Right now, scientists are not sure about the role eating habits play in cancer. Studies have shown that people who eat a lot of fatty foods and who do not eat much dietary fiber may be more likely to get cancer of the colon. For more information, call the Cancer Information Service of Michigan, and ask for the free booklet, "Cancer - What to Know, What to Do About It." Toll-free, 1-800-482-4959.

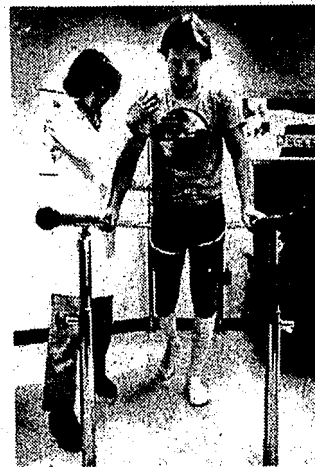
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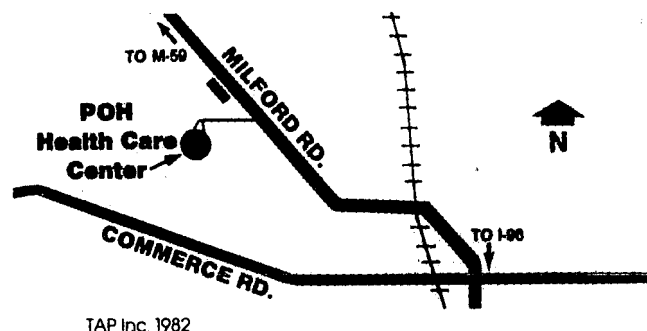
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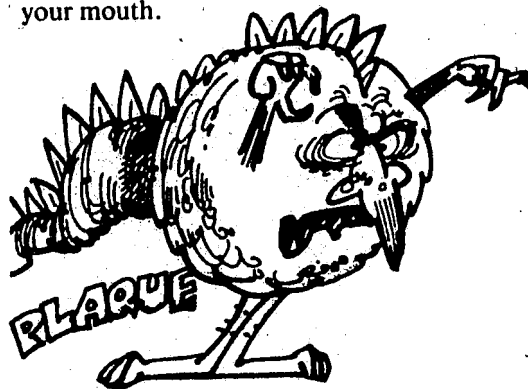
Your Child's Teeth: A Comprehensive Primer

Submitted by Dr. George Krull

BEFORE THE BABY IS BORN

Your child's teeth begin to form about the fifth to sixth week of pregnancy. The baby needs calcium, phosphorous, and other minerals and vitamins as he grows and develops. Contrary to an old belief, however, the baby does **not** absorb calcium from the mother's teeth. Nutrients must be supplied from the foods you eat. Therefore, it is essential for you to follow your physician's and dentist's advice about diet.

It is **not** true that you lose a tooth for every child. If you have more dental caries (tooth decay) while you're pregnant, you may be eating sweets more often or not taking proper care of your mouth.



Plaque, a sticky, colorless layer filled with harmful bacteria forms constantly in your mouth. If you don't thoroughly clean it off each day by brushing and flossing, the germ-ridden plaque can cause tooth decay and periodontal (gum) disease. The beginning stage of periodontal disease is an

infection of the gingiva (gums) called gingivitis. While the infection is caused by the plaque, it may be stepped up by changes in your hormone system — a so-called **pregnancy gingivitis**. Daily brushing and flossing and proper diet are most important at this time.

You should continue to have regular dental examinations, but **do** tell your dentist you are pregnant. The dental staff may want to give you special instructions about your oral care or that of your baby. Almost all dental procedures can be performed during the fourth to sixth month since the fewest problems of pregnancy occur during this period.

During pregnancy, as always, you should try to prevent dental problems from developing by brushing and flossing thoroughly every day, eating a balanced diet, and getting regular care from your dentist.

THE FIRST TWO YEARS

We usually think of a newborn as being without teeth. Deep in the baby's jawbones, however, are the 20 primary teeth which began to form early in prenatal life. Shortly before birth the enamel of the first permanent (six year) molars starts to form. At birth the crowns of the primary teeth are almost complete, even though some of the teeth won't come into the mouth (erupt) for almost three years.

The four front teeth (central incisors) will come through the gums first, when the baby is from six to twelve months old. By the time your child is

two to three years old, all the primary teeth will be visible.

A baby's jaws are only partly formed at birth. They continue to grow throughout childhood and adolescence. A well balanced diet and good oral health are necessary for this proper growth.

Eating is a big part of your baby's life. What, how, and when you feed him can affect his mouth.

Drinking water with the right amount of fluoride in it from birth will help your child have decay-resistant teeth. If your community water supply does not have enough fluoride, your child can get fluoride in other ways. Some bottled water is fluoridated. Your child may also get the needed fluoride protection from prescribed fluoride tablets or 'drops, both available through your dentist or physician.

The method of feeding also has an effect on teeth and jaws. If you plan to bottle-feed your baby, ask your dentist or physician about nursing bottles and pacifiers designed to stimulate optimum development.

You should start cleaning your child's teeth as soon as his first tooth comes in. Use a gauze pad or clean wash cloth. Proper positioning of the child is important to provide support to the child and visibility to the person cleaning the infant's teeth.

THUMBSUCKING

Sucking is one of the baby's inborn reflexes, like grasping and eye movement. Without it he would not

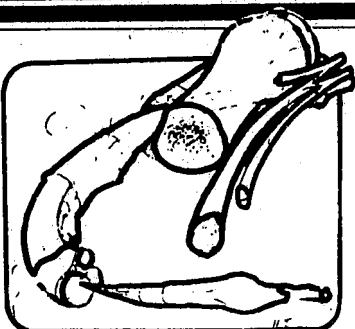
seek food. A baby's thumbsucking is a natural part of this instinct and makes him feel secure and happy. After a child is about two years old, thumbsucking may decrease, appearing only at bedtime or when the child is under stress. Even up to age three or four you probably need not worry about your child's thumb or finger sucking unless it is practiced often, or with heavy pressure.

If your child continues thumbsucking beyond age four, it can affect the position of incoming permanent teeth and the shape of his jaws. The pressures of thumbsucking may force the teeth out of position and bring the upper teeth too close together. Eventually orthodontic care (with "braces" or other appliances) may be needed to make the mouth look normal and work well again.

Don't scold or punish your child for thumbsucking. Rather than helping stop the habit, you may increase anxiety and sucking. If you are worried, consult your dentist. There are many training aids, techniques, and types of therapy available today to help a child overcome this habit.

TEETHING

Teething is natural. It does not cause any illness. However, some children may have sore or tender gums and be irritable while their teeth are coming through the gums. Rubbing your baby's gums with your finger or with a small, cool spoon can be soothing. Or, let him chew on a clean teething ring or piece of toasted bread. If your baby is



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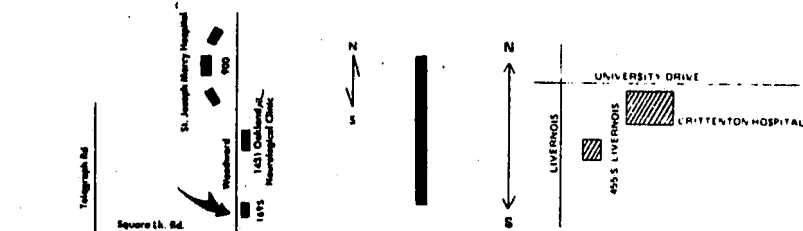
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still uncomfortable, your dentist or physician may prescribe a medicine that numbs the gums. If your child appears to be sick while teething, see your physician.

NURSING BOTTLE MOUTH

As soon as your child's teeth appear (from six months of age) they are susceptible to decay. The teeth can be badly damaged if you regularly put your child to bed for naps and at night with a bottle filled with sugary liquids. Milk, fruit juices, or formula, as well as sugary soft drinks are all very dangerous in a bedtime nursing bottle. The liquid pools around the teeth and stays there. Then the bacteria in the mouth changes the sugar into decay-causing acids. While milk normally does not cause tooth decay, when it is frequently left in the mouth for a long time it becomes harmful. The result is "nursing-bottle mouth," where certain teeth are destroyed by decay. They become so weakened that they break or become impossible to fill. Even though the child is a toddler, a number of his teeth may have to be removed. You can help prevent this problem:

—Clean the baby's mouth after each feeding with a clean washcloth or gauze pad.

—Don't give your child any milk or sugary liquids in a bedtime nursing bottle. Use only water at bedtime.

TWO TO FIVE YEARS

By the time they are three years old, most children have their full set of 20 primary teeth. And surveys show that half of these same children have one or more decayed teeth!

TOOTH DECAY

Tooth decay is not just a hole in your child's tooth. It is a bacterial infection. For tooth decay to occur there must be

plaque, sugar, and a tooth susceptible to acid attack.

Plaque is the layer filled with harmful bacteria that forms constantly on almost everyone's teeth. When you eat foods containing sugar, acid is formed by the bacteria in plaque. The plaque then holds the acids to the tooth surface for about twenty minutes after you eat. These acids can dissolve enamel. Then bacteria from the plaque invades the dentin (the body of the tooth) and can destroy the whole tooth structure. If the tooth is not restored by a filling, the decay will spread. If the decay destruction is very advanced, the tooth may require endodontic (root canal) treatment.

Your child's primary teeth are just as important as permanent teeth — for chewing, speaking and appearance. In addition, children need these first teeth to hold the space in their jaws for the permanent teeth. If a primary tooth is lost too early, nearby teeth can tip into the vacant space. When the permanent teeth try to come into the mouth there is no room and they must erupt out of their proper position. These maloccluded teeth are difficult to clean and are therefore prone to decay and gum disease. In addition, they can affect the way your child's whole mouth and lower face grows.

When you start proper dental care very early, you, your child, and your dentist can prevent almost all your child's dental problems.

CLEANING THE TEETH AND GUMS

An almost invisible film is constantly forming on our teeth. It is plaque. Most tooth decay and gum disease can be prevented by thoroughly removing this bacterial plaque with dental floss and a toothbrush. Since children are

prone to tooth decay, you should clean their teeth with a fluoride toothpaste right after eating, and especially every night before going to bed. Parents should brush and floss their children's teeth until such time as the children are capable of doing it themselves. Preschool children can be taught to brush and floss effectively, but you will need to help and/or supervise for several years. Even after they are on their own you will want to check up on their plaque control skills periodically.

Since plaque is hard to see, it helps to "disclose" or color it before trying to remove it. You can do this by using disclosing tablets or solutions which you can get at your pharmacy or from your dentist. With young children the solutions are easier to use. Use the disclosing tablets or solutions before or after your child has brushed and flossed to check effectiveness. When all the stained material (the plaque) has been removed, the teeth are clean.

Plaque forms on all sides of the teeth. To remove the plaque between teeth you must use dental floss every day. Children may find it easiest to hold the floss when it's been tied in a circle, about 10" in diameter. Slide the floss gently between the teeth until you feel resistance. Don't snap the floss! This can injure the gums.

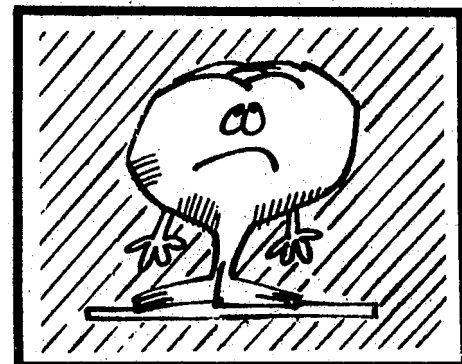
Toothbrushing removes plaque from the inner, outer and biting surfaces of the teeth. Most dentists recommend a gentle, back-and-forth scrubbing technique with short strokes. With the brush bristle tips at a 45 degree angle against the gum line, the brush cleans the teeth and gums at the same time. Chewing surfaces should also be brushed with soft, scrubbing strokes.

FLUORIDES

One of the most effective steps you

can take to protect your child's dental health is to see that your community fluoridates its water supply. Children who drink fluoridated water from birth have up to 65% less tooth decay. The benefits are life-long. Fluoride is incorporated into the structure of the enamel as it is being formed. The teeth become more decay-resistant because fluoride makes the enamel less susceptible to acid attacks.

Indirectly, fluoridation helps reduce the incidence of malocclusion. Some malocclusion and improper contact of the teeth in chewing are the result of premature loss of the primary (baby) teeth. With less decay because of



fluoridation, fewer primary teeth are lost too soon.

There are other ways to get fluoride. Although they are less effective, you get some additional protection from them even in a fluoridated community. Fluoride is most effective when it is used daily.

—School water supplies may be fluoridated in areas where fluoridation of the community supply is not feasible.

—The new special fluoride

Continued on Page 10

The Harold E. Fox Center

In February of this year, St. Joseph Mercy Hospital opened a new ambulatory and residential facility just south of the main hospital complex. We would like nothing more than for this unit to stay empty. Unfortunately, it will not. The special programs that it offers are in great demand. If you or someone you care about needs help in the following areas, call us. Don't wait.

Alcoholism and Substance Abuse

The Fox Center offers an intensive residential treatment program providing individualized care (including detoxification, rehabilitation and aftercare) in a drug free environment.

Child and Adolescent Psychiatry

Sometimes young people are unable to handle the many pressures and problems of childhood and adolescence. Without proper assistance, these individuals may very well be crippled emotionally for life. The Fox Center offers a comprehensive inpatient program designed to help a child or adolescent make a healthy, positive adjustment.

For more information about the programs offered at the Harold Fox Center, call 858-3177.

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by Mike Wilcox

Pontiac Osteopathic Hospital seems to have a good thing going with their satellite health care centers in Milford and Oxford.

The two 24-hour triangular shaped medical centers were first opened in 1980 and were built to meet the medical needs of north Oakland County's expanding population.

The Milford facility (Oxford is virtually the same architecturally) will be the subject of this report. Located on North Milford Road it is only 17 minutes driving time from Davisburg.

The Milford Center provides walk-in emergency care, industrial/occupational medicine and family practice services in the futuristic type building which includes 18 examination rooms, a radiology department, a full service laboratory, a physical therapy department, and a host of other services.

Richard Albrecht is the Milford Administrator. He has been a member of the Pontiac Osteopathic Hospital staff since 1977. Before that he was an administrative assistant at Harrison Hospital in Mt. Clemens.

Albrecht is an instructor for the Michigan Heart Association and a lecturer on various phases of emergency medical services.

He is a member of the American Hospital Association and former president of the Macomb County Cancer Foundation.

Albrecht is a Alpha Kappa Psi graduate of Eastern Michigan University and an officer in the United States Army Reserve.

"The uniqueness of this center is that you can come in anytime and be treated," said Albrecht. "You won't find that anywhere else . . . Providence,

Henry Ford, etc. . . they don't have it."

Anytime means 24 hours a day, 365 days a year. The Center is always open and staffed with qualified personnel.

And that doesn't mean you have to have an emergency to be treated. Persons suffering from insomnia or an aggravating cough would be welcomed at 3 a.m., just as well as 3 p.m.

Albrecht calls the health care center a "one-stop total family health care center." All the services provided by a doctor in his office or a clinic are available at Milford.

An integral part of the one-stop service is the 24-hour emergency care. If you have an illness or injury that requires immediate attention, Albrecht encourages you to come to Milford.

"Rather than drive a half hour to a hospital, or wait in an emergency room for a long time, come here," said Albrecht. Our in and out time here averages 32-47 minutes. That's hard to beat. In an hour you could be back home."

Persons with extensive injuries are stabilized then transported to the hospital of their choice.

Albrecht emphasizes "their choice." "There is no pushing or arm twisting to go to Pontiac Osteopathic," he adamantly stated.

Family practice services are available on a scheduled program. Appointments to see a staff physician can be established by phone or in person. Patients are able to establish a doctor/patient relationship.

Physicians, which are licensed MD's and DO's, practice on a full-time basis at the center. Together they see from 100-200 patients every day.

Albrecht said the Center guarantees one day service. If you can't get in

One Stop H

That's What POH's

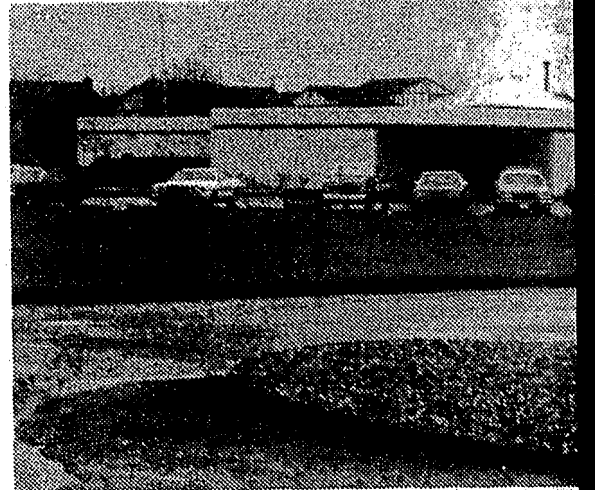
within a day, you won't have to pay, he claimed.

Albrecht is especially proud of the Center's waiting area. It was designed with the patient in mind. The triangular shaped skylight provides an abundance of natural light. A relaxing atmosphere is created by a fountain in the center and by the extensive use of plants throughout.

Another important aspect of the "one-stop" service are the specialists available. Albrecht said only on rare occasions will patients of the Center be required to travel outside of the Center to receive medical care because specialists in nearly every field of medicine are available to practice within the Center.

The Center currently has specialists available in radiology-ultrasound, pediatrics, immunology, internal medicine, general practice, dermatology, speech pathology, pulmonary functions, obstetrics, gynecology and podiatry. In addition there is a full-service pharmacy located in the Center.

Albrecht said the Center is also the



sponsor of several community programs including CPR, blood pressure clinics, Lamaze classes and first aid classes.

Albrecht seems very confident that once you try the Milford Center, you'll always like it. He sees the Center being the best of two worlds — the small clinic atmosphere with big hospital services.



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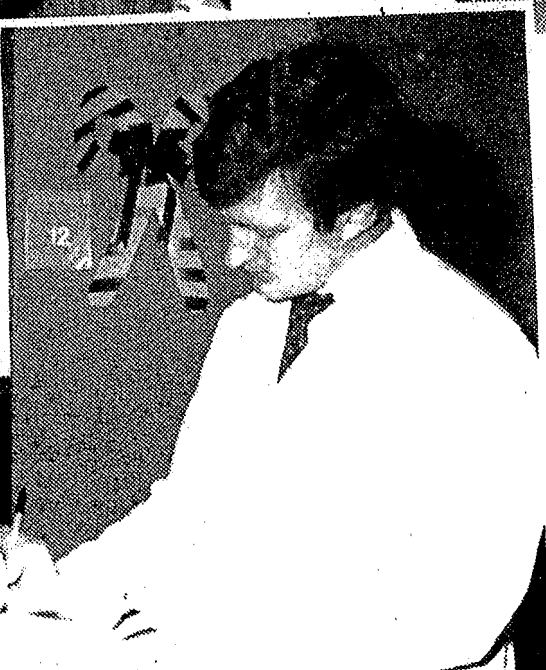
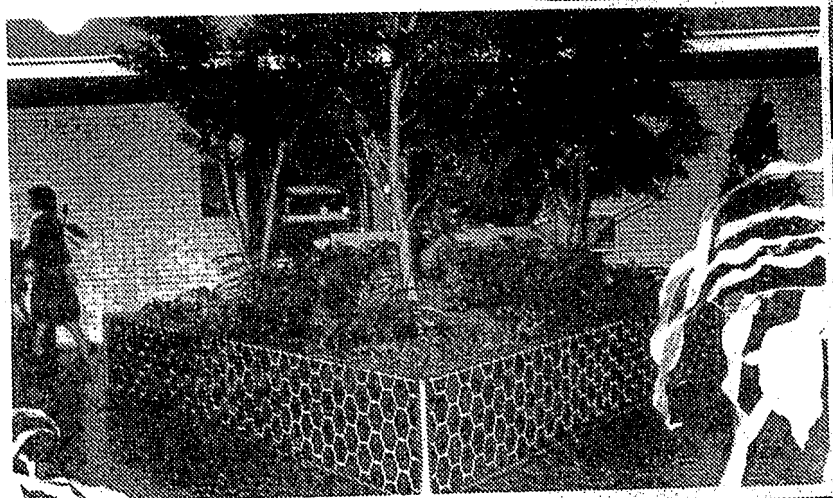
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Health Care

Milford Center Is



Photos Clockwise: Linda Hawley uses a microscope to view a blood sample; Dr. J. Rosella fills in a chart; and Nancy Mulligan, an ultrasound technician, tests a patient.



Cancer Myth #3

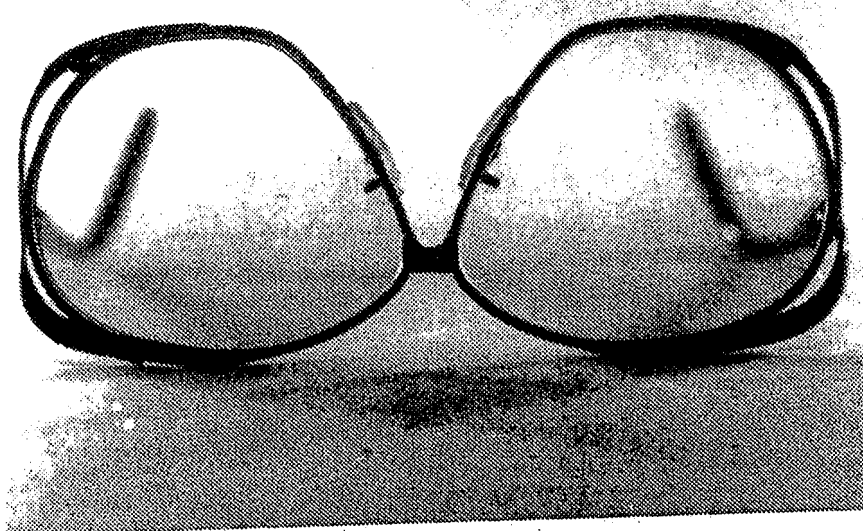
"Breast feeding prevents breast cancer."

Some people believe that nursing a baby protects a woman against breast cancer. That's a myth. It's not true. Breast feeding does *not* protect against breast cancer. Every woman should have a

In Michigan Call
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regular breast exam by a doctor, then learn and practice breast self-examination. Some women are more likely to get breast cancer than others. To learn the facts about breast cancer, call the Cancer Information Service.



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Carpal Tunnel Syndrome: A Common Nerve Disorder

Carpal Tunnel Syndrome is one of the most common peripheral nerve disorders encountered in the medical practice. Carpal Tunnel Syndrome is not an emergency or life threatening disorder by any means, but nonetheless it causes various degrees of disability and extreme constant discomfort and depression.

Through its course, the median nerve is compressed in several areas. The most common area is the wrist where it travels through the carpal tunnel.

The mechanisms of median nerve compression at the carpal tunnel could be from arthritis, fracture of wrist healed with a scar, born with a narrow

carpal tunnel, edema from thyroid dysfunction, pregnancy or cardiovascular condition. Also from occupational causes such as frequent strong gripping, repetitive trauma using power tools or handicrafts, etc.

The most common complaints are numbness, burning, tingling of the first three fingers or a different combination of those fingers or entire hand. This condition is most common in females. Ironically, the symptoms mostly occur at night while the patient very often complains of coldness and clumsiness of the hand which is accompanied by weakness and "dropping things". The hand may also

become numb while driving.

Diagnosing Carpal Tunnel Syndrome is confusing because tendonitis, small joint arthritis, nerve root involvement can cause very similar clinical pictures and it requires special differential diagnosis.

Electrodiagnostic study, for instance an EMG and nerve conduction study, is the best possible avenue for positive diagnosing of Carpal Tunnel Syndrome. The EMG reveals the presence of the condition, evaluates its progress and can also assist the physician in arriving at a decision as to what course of treatment to take.

In treatment of an early case, con-

servative measures should be utilized first. This may consist of day and night splinting of the wrist to relieve the symptoms. Also, if there is an obvious occupational relationship to the condition, this should also be eliminated. When conservative treatment fails or there is further progression of the syndrome, the patient may be a candidate for surgery. There is a high success rate of improvement of the symptoms which are almost immediate following the surgery.

This article was written by
Dr. Young Seo

Many of Us Have Gallstones, But Don't Even Know It

About 15 million Americans have gallstones. However, many of them don't know it because their stones have never caused symptoms. Such persons are said to have "silent" or "innocent" stones. But although they may be silent, the medical discussion about what to do with such stones coincidentally discovered by x-rays is often loud and boisterous.

All experts would agree that someone with stones that are clearly causing symptoms should have them removed if the person can tolerate surgery. However, there is often sharp

disagreement about what to do with silent stones. Although each case must be judged individually, most non-surgeons would advise against surgery until the stones cause a problem. Such advice received support from a recently reported study (September 23, 1982, New England Journal of Medicine) from the University of Michigan which followed 123 people with silent gallstones discovered between 1956 and 1969. During a follow-up period that extended to 1980, only 16 of these people required surgery.

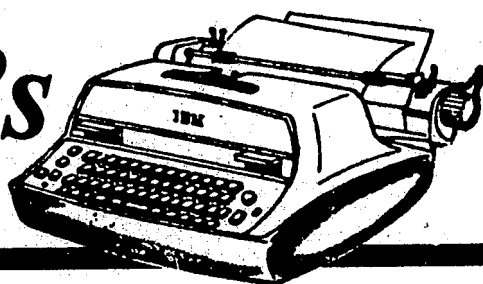
Old TV Sets May Emit Radiations

In a letter to the September 30, 1982, issue of the New England Journal of Medicine, three medical scientists from the Veterans Administration Medical Center in Washington suggest that TV sets manufactured before January 15, 1970, (the date after which radiation standards for TV manufacture went into effect) may cause excessive radiation exposure when used "close up" as computer or video terminals in the home.

Breast Lumps Don't Always Mean Cancer

The chances that a lump in a breast is NOT cancer are really excellent. In fact, eight out of ten lumps are found to be benign, or not cancerous. Ninety-three percent of women never develop cancer of the breast. For more information about breast cancer and breast self-examination, call the Cancer Information Service of Michigan, toll-free, 1-800-482-4959.

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See A Doctor When...

Q. I hate to bother my doctor when it's not necessary. When should you see a doctor for what you think might be a medical problem?

A. Actually, most physicians don't consider it a bother when patients tell them about changes in their physical habits or feelings. In fact, early diagnosis of many illnesses is accomplished when patients "mention" what seems to be a minor observation. And, early diagnosis is more likely to result in effective treatment for a variety of conditions.

There are some situations where a visit to the doctor is obviously in order: a high fever (104°F or more), fainting spells, severe pain, or an abnormal loss of blood from any of the body's outlets.

But, there are some less obvious symptoms that could be significant and should be brought to the attention of your physician:

- skin or mouth conditions such as a scab or ulcer that fails to heal or changes in size, color or shape, and swelling under the skin, particularly in the neck, armpit or groin.

- consistently swollen ankles
- blue skin color of the lips or fingertips

- increasing difficulty in swallowing.
- changes in bowel habits (particularly alternating constipation and diarrhea) and changes in bowel movements (particularly black and tarry stool).

- weight loss without conscious dieting, particularly if it is combined with abdominal pain or change in appetite or bowel habits.

- headaches that are new or particularly severe.

- a cough that won't go away.
- a hoarseness to the voice that is not related to a cold.

- urine that is an unusual color or is unusually cloudy or smoky, and discomfort or difficulty urinating.

- weakness of any part of the body or numbness with or without tingling.

- persistent feeling of sadness or unworthiness or of tension, apprehension, or edginess.

- a reduction in your ability to see or hear or taste.

Of course, some of these symptoms may turn out to be nothing, but your doctor will have to know that you are experiencing the symptom to tell you how significant it is.

And - even if your complaint isn't on this list - that doesn't mean that your doctor will not want to be aware of it. If you think you are calling your doctor too often, keep a list of your minor complaints and save them for your next office visit with your physician.

Two Reports for Consumers

1. In case some of you missed it, we bring to your attention an article in the July 1982 "Consumer Reports" which compares Bayer aspirin with other and cheaper brands. As pointed out in the article, only two companies, Sterling (which makes Bayer) and Norwich-Eaton, make their aspirin from beginning to end. Other companies buy aspirin in powder form from one of two large chemical firms (Dow and Monsanto) and then press it into their own brand form. "Consumer Reports" tested nine brands including Bayer for aspirin content, salicylic acid content, and dissolution in the laboratory. Their conclusion: "On no test did any brand - including Bayer - perform significantly better than any other brand." This laboratory testing would tend to confirm the suspicion of most physicians we know: that there is little difference between various aspirin brands - except price.

2. The June 25, 1982, issue of "The

Medical Letter" (a respected publication on drugs and medical treatments which can be found in most public libraries) contains a comparison of some liquid antacids in terms of cost for approximately equivalent neutralizing effect. Specifically, the amount of liquid necessary to neutralize 140 milli-equivalents of acid (a high dose regimen recommended by many specialists) ranges from 15 milliliters (approximately one tablespoon) to 110 milliliters (approximately seven tablespoons). The recommended costs of these comparable dosages ranges from approximately \$41.00 to over \$170.00 per month for the high dose regimen given seven times a day. Other considerations besides cost and strength - particularly composition - can be very important in choosing the right antacid for a given individual. But these comparisons are a graphic reminder that not all antacids are the same.

Mail Order Medical for Arthritis

A recent issue of the "Journal of the American Medical Association" (August 13, 1982) points out that a popular mail order drug for arthritis from Hong Kong -- chuifong toukuwan -- is nothing more or less than a combination of prednisone and indomethacin. Indomethacin is a standard anti-inflammatory drug that has the same potential for side effects of most aspirin substitutes. Prednisone is a steroid that may indeed bring tem-

porary relief of arthritis symptoms, but has the potential for serious long-term side effects. Therefore, while these mail order pills may be effective in controlling symptoms, their risks are the same as conventional drugs because they contain conventional drugs. There is nothing magic or mysterious about the ingredients, even if the exotic sounding name suggests a marvelous combination of herbs.

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TO YOUR HEALTH

by Dr. Shelby Baylis

While it might not have been our intent, many of us may find ourselves carrying around a few extra pounds after the holidays.

True, there are numerous diets that can be tried, but there are also some very common sense suggestions that can help you get rid of the extra weight, without a great deal of effort or expense.

You need not try them all, but why not look over the following suggestions and pick those that fit with your life style.

Try to determine when you overeat. If it's in the evening, plan something absorbing to do immediately after dinner. If it is in the morning, after everyone has left the house, try leaving when they do. Plan errands for the danger periods.

Keep regular mealtimes, and always sit down at a table, even if you're alone. Use a small plate and glass, to make less look like more. Plan ahead what you're going to have, and prepare and serve food on plates in individual portions. Serving family style encourages taking second helpings.

It takes your stomach 20 minutes to signal your brain that you're no longer hungry -- so eat slowly, and pause between mouthfuls.

Eat your favorite food first. Once you've eaten what you really want, you'll be less inclined to fill up on other less desirable foods. Some sweet lovers eat their dessert first. Will this spoil your appetite? Of course, that's the idea.

Don't cook more than you need for a meal. Many a left-over has not been left over for very long. Try to banish high calorie foods from the house, or at least store them where you can't see them.

Above all, set reasonable goals for yourself. Trying to cut down from 3,000 to 900 calories a day may be a little unrealistic. First, try cutting from 3,000 to 2,000. When you have managed that, then cut down another 1,000.

And, don't forget to relax. Stress, tension and anxiety are involved in almost every weight problem.

Finally, never shop when you're hungry, and only shop with a prepared list.

Shelby M. Baylis, M.D.

FAMILY PRACTICE
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Your Child's Teeth: A Comprehensive Primer

Continued from Page 5

mouthrinses can be used at home or in school.

—Chewable fluoride tablets can be prescribed by your dentist or physician. The success of this program in non-fluoridated areas depends on the child's taking the tablets continuously for 8 to 12 years.

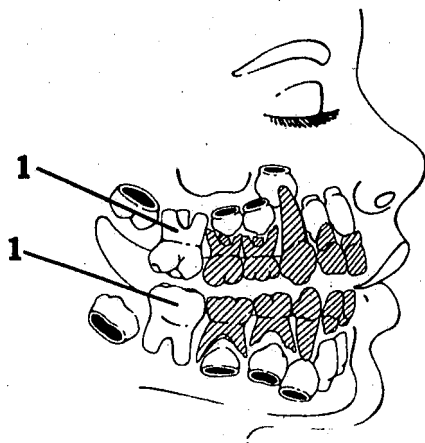
—Some fluoride toothpastes will provide protection. Those toothpastes which carry the American Dental Association seal on the carton or tube have been proven to help prevent decay.

Finally, your dentist or dental hygienist can put fluoride directly on your child's teeth. The teeth are usually cleaned and dried thoroughly. Then the fluoride is put on in a solution or in a gel in a mouthguard type tray. Occasionally children may apply special fluoride paste themselves under dental supervision. Fluoride does wear off however, and so it should be reapplied as often as your dentist recommends.

SIX TO TWELVE YEARS

As your child reaches age 6, his jaws grow and provide room for the permanent teeth. The roots of his primary teeth slowly dissolve (absorb) as the permanent teeth prepare to erupt. When a permanent tooth is fully formed, the primary tooth above it will loosen and come out of the jaw by itself.

Occasionally there is interference



This child has his primary teeth (shown by shaded lines) and his first permanent molars (numbered 1). The other permanent teeth have not yet erupted.

with some part of this process. The primary tooth may be lost before the permanent tooth is ready. In this case, your dentist may recommend putting in a space maintainer to preserve the space for the permanent tooth. Or, if the primary tooth does not come out when it should, your dentist may recommend that it be removed. Sometimes, when there is a lot of crowding of the teeth, your dentist may recommend early removal of some primary teeth to allow nature to do part of the straightening. This can prevent the need for extensive orthodontic treatment later.

Like the primary teeth, the lower

permanent teeth usually appear before the corresponding ones in the upper jaw.

SIX-YEAR MOLARS

When a child is about six years old he begins to lose his front primary teeth. About this time the six-year molars erupt. Since they do not replace any primary teeth they are often mistaken for primary molars. In fact, they are permanent teeth and should last a lifetime.

The position of the first permanent molars helps to determine the shape of the lower part of your child's face. Their condition affects the position and health of the other teeth. This is a good time to ask about putting fluoride on the newly erupted teeth to protect them. Ideally, your child can continue to drink water with an adequate fluoride content. Fluoride mouthrinses, tablets and toothpastes can still be of benefit. Topical fluoride treatments at your dental office may still be advised.

PIT AND FISSURE SEALANTS

The molars, including the six-year molars, and the bicuspids have an irregular chewing surface. The natural pits and fissures on the surface trap bacterial plaque that grows on the teeth. Since you cannot remove the plaque from these deep crevices, these teeth often decay.

Your dentist can help protect these tooth surfaces by putting on a special clear plastic sealant so that decay can't

start. These pit and fissure sealants may wear off after two to three years and may have to be reapplied to continue the protection. Your dentist will examine these teeth during recall visits to see if reapplication is needed.

SUMMARY

You can prevent dental disease. Your dentist and dental staff can help, but it is your responsibility to care for your mouth. And you can teach your child to do so, too.

- Begin your child's dental visits early (before age 2).
- Don't feed your baby any milk or sugary liquids in a bedtime nursing bottle.
- Start cleaning your child's teeth daily as soon as the first one comes in (at about 6 months).
- Get help. Ask for instructions on brushing and flossing, and for diet counseling.
- Brush and floss your child's teeth daily until he can be taught to do it himself.

Finally, you can help your child learn to

- brush and floss daily.
- use fluoride daily.
- eat a varied and balanced diet.
- avoid sweet snacks.
- prevent accidents.
- have dental examinations regularly.

With your help and the proper personal and professional care, your child can keep his teeth all his life.

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"Shapedown," a weight management program for overweight adolescents between 12 and 15 years of age, is being offered at St. Joseph Mercy Hospital, Pontiac.

The "Shapedown" classes are designed to help teens change their eating and exercise habits, improve their self esteem and lose unwanted pounds.

The program includes weekly meetings for the teens and two special meetings with parents. It puts the teenager in charge of his or her own weight loss while providing support and advice to parents.

The fourteen-week program begins Wednesday, January 19 at 4 p.m. To register for the class, call the St. Joseph Mercy Department of Outreach at 858-3155. Class size is limited.

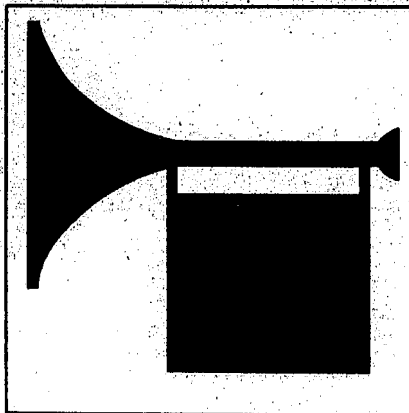
Pontiac Osteopathic Hospital Health Care Center, in cooperation with Riverside Ambulance as part of their ongoing series of Community Health Information Programs, will be presenting regular monthly classes to interested individuals on the life-saving technique of CPR.

Individuals completing the two-evening course, which will be held on the first and second Tuesdays of each month from 6:30 to 10:30 p.m., will be provided with the knowledge of knowing what to do in a breathing or cardiac arrest emergency. The course will also include the signs, signals and risk factors of a heart attack, and the proper care in attaining, and maintaining, healthy heart living.

To register, call the Health Care Center at 685-0921, Extension 224.

Health News 83

Calendar & Announcement Center



Individuals with Multiple Sclerosis who wish to join an organized group for help in dealing with their disease, can come to St. Joseph Mercy Hospital - Pontiac, for meeting.

ACT (Aid, Concern and Trust) offers programs designed to help the MS victim learn to deal with their life situations more effectively. They meet the third Wednesday of every month at 7:30 p.m. in rooms A and B of the Hospital's McAuley Building.

For more information about ACT, call 623-1559 or 674-3089 (before 4 p.m.).

St. Joseph Mercy Hospital, Pontiac, in cooperation with the Lake Orion Community Education Department, is sponsoring childbirth preparation classes for couples in their seventh and eighth months of pregnancy.

The series of five, two-hour weekly classes will be held every Tuesday, January 25 through February 22 from 7-9 p.m. at the Elizabeth Street School, 55 Elizabeth, Lake Orion.

Classes, led by St. Joseph Mercy's

"Think Thin" is a weight management program for adults offered at St. Joseph Mercy Hospital, Pontiac.

"Think Thin" helps participants identify their strengths in order to lose unwanted pounds and develop skills to maintain weight loss.

The nine-week program begins Tuesday, January 25, at 7 p.m. To register for the program, call the St. Joseph Mercy Department of Outreach at 858-3155. Class size is limited and early registration is advised.

professional registered nurses, include instruction in Lamaze breathing techniques, relaxation exercises and information on all phases of labor, delivery and post partum. A tour of the hospital, for those participants who will deliver at St. Joseph Mercy, is also included in the series.

To enroll for classes, call St. Joseph Mercy Hospital, 858-3528. Class size is limited to 15 couples. The program is free and open to the community.

The Oakland County Chapter of March of Dimes is planning its first Health Science Symposium for high school and college students on March 15, at Oakland Schools Kiva Auditorium from 10 a.m. until 12 noon.

Health Science Symposium invites young people from all of the Oakland County high schools and colleges to participate in a morning of learning about yourself from the stand point of nutrition and fitness.

The guest speaker this year will be Dr. Kuntzman author of Diet Free! and currently the National Program Director and Co-Owner of Fitness Finders, Inc. Charles Kuntzman, Ed.D is also National Program Consultant for the YMCA, and Adjunct Professor of Health Service, Spring Arbor College, Spring Arbor, MI.

Crittenton Hospital's oncology support group, "I Care," will meet on Wednesday, Jan. 19, from 7:30 p.m. to 9:30 p.m. in the Wessels Conference Rooms on the hospital's second floor.

The self-help group provides a supportive setting for cancer patients and their family members to discuss their concerns and feelings with others sharing a similar experience. The group serves to provide information, emotional support, education, and patient advocacy. Meetings are scheduled once every month and are moderated by professionals from the hospital's Social Work staff.

Information on Crittenton's patient and family programs dealing with cancer is available by calling the Social Work Department at 652-5373.

From the Office of
Dr. Charles F. Munk
Dr. J. Richard Dunlap

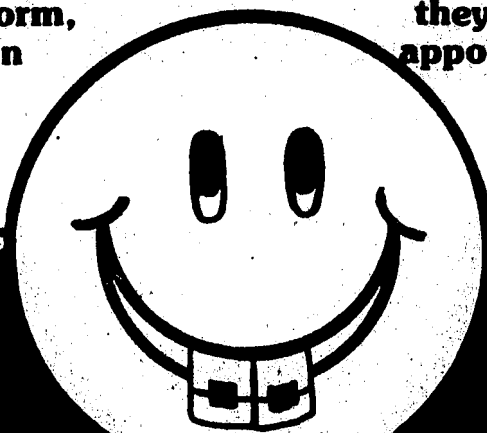
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625-0880

QUESTION

At what age should a child first see an orthodontist?

ANSWER

There is no age limit for orthodontics. Every problem is different and will determine the age at which treatment should begin. It is recommended that a child 4-7 yrs. should be seen for orthodontic evaluation. Many problems can be prevented by early diagnosis. If a parent notes that the child has any crowded teeth, a bad bite or a poor facial form, they should make an appointment for an orthodontic examination.



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- Sports Medicine

• Family Foot Care

- Infant Toe In, Toe Out
- Children's Orthopedic Foot Problems
- Senior Citizen Foot Health
- Job Related Foot Problems

January 1983 DIRECTORY

CHIROPRACTIC

Dr. Paul Rumph
5732 Williams Lake Rd.
Drayton Plains 673-1215

CLINICS

Davisburg Medical Clinic
12715 Andersonville Rd.
Davisburg, MI 334-9180 634-4461

FAMILY DENTISTRY

Metropolitan Dental Center
1018 Joslyn
Pontiac, MI 333-7831

David W. Regiani, D.D.S. P.C.
101 South Street
Ortonville 627-4934

Donald Wood, Jr., D.D.S.
5695 Dixie Highway
Waterfall Plaza
Waterford, MI 623-1044

PERIODONTIST

Mark E. Frenchi, D.D.S.
5825 S. Main, Suite 204
Clarkston Professional Plaza
Clarkston 625-7700

FOOT SPECIALISTS

Dr. Richard F. Cohen, DPM, PC
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Holly 634-1090
Pontiac 338-4075

Dr. Mark Warren
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Clarkston 625-3100

OPTICIANS

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2151 S. Telegraph Rd.
Miracle Mile Center
Bloomfield Hills
334-1911
22 West Huron St., Pontiac
332-2045

Mark D. Engelman, O.D., P.C.
113 N. Saginaw, Holly
634-3411

HOSPITALS

Pontiac Osteopathic Hospital
Health Care Center
385 North Lapeer Road
Oxford 628-3000

St. Joseph Mercy Hospital
Pontiac, MI 858-3000

POH Health Care Center
1155 N. Milford Rd.
Milford 685-0921

MEDICAL DOCTORS

Family Practice - M.D.
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M-15 Family Medical Center
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Clarkston, MI 625-5885

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113 N. Saginaw
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Pontiac 338-4075

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Clarkston 625-1110

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Medicine & Rehabilitation
1695 Woodward, Suite 102
Bloomfield Hills 334-6460

Dr. B.G. Patel, M.D.
Dr. T.C. Dhabuwala, M.D.
5790 M-15
Clarkston
625-7200 625-7201

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5825 S. Main Street
Clarkston, MI 625-0880

PEDIATRIC DENTISTRY

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5825 S. Main Street
Clarkston, MI 625-3603

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Clarkston, MI 625-1153

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Drayton Plains, MI
1473 Baldwin Avenue
Pontiac, MI
858-7221

SPEECH THERAPY

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Ortonville 627-6006

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5825 S. Main, Suite 101
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Clarkston 625-6660

X-RAYS

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625-8400

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Numbers You Should Know

Wheelock Memorial Hospital.....636-2221
Crittenton Hospital.....652-5000
Emergency Room.....652-5311
Pontiac General Hospital.....857-7200
Pontiac Osteopathic Hospital.....338-7271
St. Joseph Mercy Hospital.....858-3000
Oakland County Health Department
Pontiac.....858-1280
Michigan Cancer Foundation
Oakland Regional Service Center.....549-4600
N. Oakland Unit - Pontiac.....332-5620

Oakland County Mental Health Department
Information.....858-1234
Emergencies - Nights & Weekends.....645-9676
Fleet Ambulance.....334-4901
Riverside Ambulance Service.....674-4181
Oakland County Social Services.....858-1484
Cancer Society.....557-5353
Heart Association.....557-9500
Crisis Center for Rape & Sexual Abuse. 332-HELP

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