

Betty Ford shares experience of struggle with alcoholism

By MARY LOU CALLAWAY

Former First Lady Betty Ford returned to Michigan last week to dedicate Henry Ford Hospital's new alcohol treatment center, Maplegrove, in West Bloomfield.

She spoke earnestly without notes on the need for understanding and help for alcoholics.

"I want to share a little of me to bring focus to the public that this is something to face up to and deal with,"

the slender, sad-eyed, 63-year-old woman told more than 250 people assembled from business, government and the public who had donated to the recently opened facility on Maple Road east of Haggerty in Oakland County.

"This means a great deal to me. It's my home state," she said. Ford had left her California home to address the Economic Club luncheon in Detroit before being driven to Maplegrove for the dedication.

"Three years ago, I went into alcohol

treatment. I didn't know much about it, that it was a disease and not a matter of will power.

"I was four weeks in treatment learning to live without substitute chemicals. I've recovered my life with the help of my family and doctors," she added.

rewarded, she explained.

When she first went public with her own fight against the disease, she felt "sometimes the press was unfair. But after the mail I received, I realized it was more important to help them than to think about me."

Before her brief remarks, Ford privately toured the \$3 million campus-like West Bloomfield facility and talked with patients, some of whom also attended the dedication.

Open less than a month with room for 50 patients, Maplegrove already has a waiting list, according to staff members attending the ceremony.

"If I can just erase the dot over the 'i' in stigma," her efforts would be

rewarded, she explained.



FORD: 'I want to share a little of me to bring focus to the public that this is something to face up to and deal with.' (Staff photo by John Stano)

Scouts have a birthday

Twenty birthday cakes, one for each Girl Scout Troop attending the birthday party, will be served to the 250 girls who will be celebrating the 69th anniversary of Girl Scouts of America in Bonaventure Roller Rink.

The party for Girl Scouts in this area begins at 6:30 p.m. Thursday, March 12, and will be arranged by Dorothy Mason of Birmingham and Kathy Merchant of Southfield.

Girl Scouting was established on that date 69 years ago by Juliette Low in

Savannah, Ga.

She brought the idea of patterning a group for girls home after meeting Lord Baden-Powell, founder of Boy Scouts, in England.

The first troop met in her home and made their own uniforms, without using a pattern.

For the remainder of her life, she traveled and shared her ideas and dreams which resulted in troops throughout the U.S. involving millions of young girls.

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Have you ever stopped to think for a minute just what we here in Michigan must go through during a normal winter season? There are literally thousands of severe skiing, snowmobile, and auto accidents each year. There are even more falls and tender bends, like being hit from the rear, that we do not give very much thought to, but we should. These traumatic accidents definitely have an effect on our Health. Even if we are not involved in any accidents while we are driving, the fact that we are traveling on ice and snow makes it very stressful just going to and from work each day. Then there is the job of removing all that heavy snow so that we can at least get our cars in and out of the driveway without getting stuck or ending up in a snow bank. Once you have reached your destination, it is a still greater challenge walking on all that snow and ice trying not to slip or fall going to and from your car. Out of the four seasons, winter takes it's worst toll on all of us, causing unforeseen problems with our health. Unfortunately, many of these injuries may or may not be associated with pain. Accidents, no matter how minor in severity should not be taken lightly, for much damage could already have been done. You see, these accidents may have caused the bones of your spine to misalign, causing severe injury and damage to the vital spinal nerves which leave the spinal cord between the vertebrae of the spine. If left unchecked, these disturbances in your nervous system can and will lower your bodies resistance, disrupt organic functions within your body, weaken tissues, and allow disease to develop. If caught in time these processes can be reversed and your health can be restored through regular Chiropractic Care.

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