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CONCERN INC.
 ONE Northfield Plaza
 Troy, Michigan 48068
 879-1333

What is nutrition labeling? What foods must have nutrition labels?
M.K. Rochester.

Nutrition labeling, developed by the U.S. Food and Drug Administration, requires the labels of many foods to list calories, protein, carbohydrate, and fat, and the percentage of the U.S. Recommended Daily Allowances for protein and seven vitamins and minerals. Any food to which a nutrient is added, or which makes a nutritional claim must have a nutrition label.

Address all Consumer MailBag questions to Concern, Inc., Detroit, 1 Northfield Plaza, Troy, 48068.
GRACE B. GLUSKIN

Moral perspectives

But don't brick in that opening just yet. The following are a list of suggestions to help improve the situation.

- Use glass fireplace doors to reduce air flow up the chimney by up to 50 per cent.
- When using the fireplace turn the thermostat down to 50 or 55 degrees so the furnace doesn't have to work as hard to make up for lost heat.
- Close all doors and warm-air supply ducts into the room with the fireplace and crack open a nearby window. Air drawn from the window—not the rest of the house will aid in combustion.
- Most important, when the fireplace isn't in use, make sure the damper is closed and fits tightly.

My car died a few days ago. No, I don't mean the engine died and had to be restarted. A part of the frame, weakened by twelve years of rust, simply broke and welders said it was a hopeless case.

This death, like any death, is producing evaluation of most aspects of lifestyle as the family debates ways to adjust. This is not the time for car-shopping as if one "had the but" or as if some extra money might be splurged or as if this is "the smart time to trade." It is a fabled decision.

Questions abound. Shall we buy a tiny car to save fuel in a patriotic gesture? Shall we go for "the last big one?" Can we get by with a cheap junker from a used car lot? Should we lease instead of going into debt? Is there any way to live in suburbia as a one-car family? Which manufacturers

Eighty-five years of community service on local and national levels will be marked by the National Council of Jewish Women's greater Detroit section with a birthday party at 12:45 p.m. Monday, Jan. 15, in Temple Beth El of Birmingham.

Volunteers for the organization's many projects will be honored at that time, and former president Krana Grossman will be given the Hannah G. Solomon award in recognition of her varied services.

The program also will include birthday cake and coffee and entertainment by the Harbinger Dance Co., a local contemporary dance group which has appeared at the Music Hall, the Detroit Institute of Arts and the Ford Auditorium.

The award to be presented by Mrs. Grosseman by another past president, Ruth Klein, is named for the first president of the national council.

The honoree has a long list of volunteer credentials, including work with the Red Cross and Girl Scouts, service on the governor's committee on mental retardation, the Jewish Welfare Federation, United Community Services and the board of Friends of the Detroit Public Library.

Her service to the NCJW includes editorship of the organization's bulletin, corresponding secretary and administrative and executive vice-president. Currently she is a service committee volunteer and an active participant in other council committee assignments.

THE BIRTHDAY party is only the beginning of a week of special activities for the council.

A brunch at 9:30 a.m. Tuesday, Jan. 16, in the council office in Southfield will feature a meeting with newly-elected Michigan Sen. Douglas Ross (D-Southfield) during an open board meeting.

Then the board will hear a report on the recent conference at Hebrew University of Jerusalem held to honor NCJW work in Israel.

The culmination of the special Council Week activities will be the celebration of Council Sabbath in temples and synagogues in the metropolitan area.

Billie Barak of Southfield is chairman of the Council Week activities. Co-chairman is Adele Sonenklar of Bloomfield Hills, and Phyllis Steinberg of Orchard Lake is secretary.

Committee members include Carol Bloom, Nena Dillick, Doreen Gordon, Jan Hauser, Dorothy Imerman and Sally Mayer of Birmingham, Josephine Bloom, Cindy Daitch, Ann Dan-

iels, Flossie Kreger, Esther Rosenblum and Freddy Shiffman of Southfield, and Doris Goldman, Dorothy Kaufman, Helen Shevin and Jessie Stern of Franklin.

Others are Gail Herschman, Barbara Kuhlik, Sonia Macey, Mary Schwartz and Beryl Winkelman of West Bloomfield, Sandra Cohen, Sandra Leshman and Lois Weintraub of Farmington Hills, Arlene Redfield and Josephine Weiner of Huntington Woods, Krana Grossman of Detroit and Barbara Grant of Bloomfield Hills.

Ex-officio members are Sondra Nathan of Southfield and Phyllis Wellington of West Bloomfield, president of the greater Detroit section.

THE HISTORY of the council began in 1893 when Hannah Solomon founded a small group to advance social justice and provide community service.

Programs of the NCJW have been designed to meet the needs of young and old, impoverished and powerless of all races and religions.

Early in the century, the group aided the immigrants, often meeting them at Ellis Island and helping them to learn English and find homes and jobs. Much effort was devoted to pro-

venting white slavery exploitation and sweat shop labor.

As needs diversified, so did the organization's services. By 1947 it had formed clubs for senior citizens, begun pre-school programs for disadvantaged children and organized means for speaking out for human rights.

In 1964, the council joined forces with the National Council of Catholic Women, the National Council of Negro Women and Church Women United to form an organization known as Women in Community Service.

Its purpose was to recruit and screen girls from low-income backgrounds for Federal Job Corps vocational programs.

The NCJW achievements on behalf of troubled children led to a 1976 grant from the Law Enforcement Assistance Administration to sponsor a national symposium on status offenders. Cur-

In the Detroit area, NCJW volunteers engage in such activities as delivering meals to homebound Jewish elders through the Meals on Wheels program, putting on Operation Friendship parties for recently released mental patients and operating three council thrift shops to support area activities.

ity, not to mention mental health, regarding that dead car.

There are enough alternatives in any situation to turn hair gray with worry. Facts of income, interest rates, and prices in the market reveal what is actually attainable.

MOVEMENT on intentions can be measured in many ways. There are dependable forecasts of fuel prices and fuel efficiency and as weeks unfold we can record actual costs of our decision about the transportation problem.

Decisions determine the quality of our morality. Goals work for us when we make them specific, attainable, and measurable. SAM gives us peace of mind.

What is the decision about that dead

REV.
CHARLES
ERICKSON



car? Well one doesn't really replace old friends when they die but gaps must be filled. Grief work takes time as we put new things into life to ease the pain of loss. It can't be rushed but it must get started. When we take the time to put SAM on paper we will have a resolution we can keep.

For Church Directory Information
Please Call Pat 644-1100 Ext. 217

NATIVITY EPISCOPAL CHURCH
2122 W. 14 Mile Rd.
13 Mile East of Lathrup
8:00 A.M. & 10:30 A.M.
Little and Church School at 10:30
Rev. John C. Froehner

St. John American Lutheran Church
23221 6th Road Farmington
Churches Full Pastor
8:30 & 11:00 AM Sunday
9:40 Sunday School
Barnes at 11:00 Service
474-5284

First United Methodist Church
1589 West Maple at Pleasant
Ministers: James W. Wright, G. Bryn Evans
Thomas H. Brown Harold E. Weemhoff
Church Services 8:30, 9:30, & 11:00 a.m.
Church School 9:30 - 11:00 a.m.
Nursery Care Provided
Nursery School Monday through Friday
9:00-11:30 a.m.

First Baptist Church
Bates and Wells, Birmingham, Mich.
Rev. R. W. Moore, Minister
David W. Jamieson
Home & Worship Ministers
Church School 9:45 AM
Worship 9:45 AM
11:00 AM

WARD UNITED PRESBYTERIAN CHURCH OF LIVONIA
Farmington Road & Six Mile Road
422-1150

Worship & Sunday School 9:30 & 11:00 a.m.
HOLY COMMUNION
"Fervent in Serving"
Dr. Bartlett L. Hess
7:00 p.m.
"Christ and the New Year"
Rev. William C. Moore
Wednesday School of Christian Education
Family Driv'g 6:00 p.m. Classes & Choirs 7:00 p.m.
Activities for All Ages
9:30 Sunday Service
Broadcast over WJZZ-FM 103.5

CLARENCEVILLE UNITED METHODIST CHURCH
20300 Middlebelt, Livonia
Pastor Gerald Fisher 474-3444
9 a.m. First Worship Service
10:15 a.m. The Church School
11:15 a.m. Second Service of Worship
Nursery Provided at All Services
6:30 p.m. Youth Meetings
7 p.m. Sunday Evening Service
7:30 p.m. Wed. The Midweek Service

NORTHERO PRESBYTERIAN CHURCH
1/4 Mile and Lathrup Roads
Morning Worship and Church School
9:30 & 11:00 AM
Pastors: R. F. Kent
C. W. Dunn
Phone 422 0200

NORTH CONGREGATIONAL CHURCH
26275 Northwestern Highway near Lathrup
Southfield Mich. Phone EL-6180
Come and Join Us for a Challenging Faith
Experience Every Sunday Morning
Rev. Paul H. Young, Jr. Pastor
Dr. Harry M. Langford, Music Dir.
Rev. David Howell, D.C.E.
Bible Study 9:00 AM
Morning Worship 10:30 AM
Sunday School 10:30 AM
Ample Parking Nursery Care
No Stairs Provided

The Orchard United Methodist Church
30450 Farmington Road
(between 12 & 14 Mile)
Morning Worship
9:30 am and 11:00 am
Church School & Nursery
9:30 am and 11:00 am
Special Program
Exceptional Youth & Young Adults
9:30 am
645-1201
Robert L. Brown
James S. Thomas

The Congregational Church of Farmington, U.C.C.
Woodward at Cranbrook
Bloomfield Hills
MI 4-5111
Worship and Church School
9:30 & 11:00
Pastor
Rev. Charles G. Erickson

FIRST BAPTIST CHURCH OF FARMINGTON
Richard Duncan, Pastor - Phone 474-0350
SUNDAY SCHOOL 9:45 a.m.
MORNING WORSHIP 11:00 a.m.
EVENING SERVICE 6:00 p.m.
WEDNESDAY BIBLE STUDY 7:00 p.m.

Church is for Everyone!
LUTHERAN CHURCH OF THE INCARNATION I.C.A.
30325 Ten Mile
Farmington Hills
Sunday School 9:45 AM
9:45 Adults
Sunday Worship 10 AM
Pastor Jeff Barry
476-3335
Lance R. Jennings, Pastor
852-9236 373-5804
Sunday School and Adult Education
at 10:00 AM
Worship at 10:30 AM
Come Join Us
Everyone Welcome

FRANKLIN COMMUNITY CHURCH
Great Ministry
at Farmington Hills
9:15 & 11:15
Services of Worship
Nursery Care
10:28
Adult Study Class
11:15
Sunday School
Nursery thru 5th grade
Senior Minister
Frank B. Coates
Associate Minister
J. Chester Shubin
Come Join Us
Everyone Welcome

Worship at the church of Your Choice
EMMANUEL LUTHERAN CHURCH
23415 Lathrup Road
Just N of 9 Mile
9:30 AM & 11:00 AM
The Church Service
The Rev. A. Allen Edmondson

Attonation of Christ Lutheran Church
16355 W. 14 Mile, Birmingham
Sunday
Family Learning Hour 9 AM
Morning Worship 10:15 AM
Mid Week School
Wednesday 6:30 PM
Pastor W. E. Ward
644-3336

First Baptist Church of Farmington
Richard Duncan, Pastor - Phone 474-0350
SUNDAY SCHOOL 9:45 a.m.
MORNING WORSHIP 11:00 a.m.
EVENING SERVICE 6:00 p.m.
WEDNESDAY BIBLE STUDY 7:00 p.m.

Beverly Hills United Methodist Church
2000 W. 12 Mile at Ewings
444-8777
Worship 10:00 am
Church School 10:00 am
(Nursery through High School)
Minister William Versteet

Bethlehem Lutheran Church
33500 Eight Mile Road
Farmington Hills
END M. TUOBL, PASTOR
474-2327
Worship & Sunday School
10:30 A.M.

Birth in the Hills PRESBYTERIAN
13450 W. Long Lake Rd
MINISTERS
James F. Anderson
Robert L. Lindsey
Ross H. Gooch
Worship Services and Church School
Sundays at 9:30 and 11:30 A.M.

CHURCH OF THE REDEEMER
Episcopal
15140 Concord Rd.
Southfield
588-4418
Sunday Services 8 & 10:30 AM
1928 Prayer Book
Services Only

First Church Of God Farmington Hills
25717 Power Road
Wilbur M. Kirby, Pastor
Morning Service 4:45-6:15
Church School 9:45
Worship 11:00
Evening Service 7:00
Worshipers Prayer 7:30

First Church of God Farmington Hills
25717 Power Road
Wilbur M. Kirby, Pastor
Morning Service 4:45-6:15
Church School 9:45
Worship 11:00
Evening Service 7:00
Worshipers Prayer 7:30

FARMINGTON HILLS CHRISTIAN CENTER
Owens Rd. at Ewings
Phone 475-3111
Rev. Edmund Lotter Pastor
SUNDAY
9:45 AM-Sunday School
10:45 AM - Worship
7:30 PM - Revival Rally
Thursday 7:30 PM
Affiliated with the
Assembly of God

COVENANT BAPTIST
Covenant is a church where Christian Education is important. There is a place for you and your family to study and grow.
4800 W. 12 Mile at Ewings
5600 W. Maple Rd
W. Bloomfield, Mich 48003
www.cobaptist.org
855-9191

Holy Cross Greek Orthodox Church
25225 Middlebelt Rd. Farmington Hills 477-1677
Rev. S. J. Anthony, Th.B., Priest
10:30 am Divine Liturgy English Sermon
"Visitors Always Welcome"

FARMINGTON HILLS BAPTIST CHURCH
28301 Middlebelt Road, 1/4 Mile N. of 12 Mile
A FULL-SERVICE CHURCH
SUNDAY 9:45 AM & 6 PM
WORSHIP SERVICES 11 AM & 6 PM
CHILDREN'S CHURCH 11 AM
WEDNESDAY FAMILY NIGHT 7:30 PM
Douglas B. Brown, Pastor - 851-0310
Nursery Provided at All Services
CBA Approved No Steps

Prince of Peace Lutheran Church Missouri Synod
12 Miles S Farmington Roads
Behind Crowley 2
The Rev. R.A. St. Pierre- pastor
Sunday Worship 8:30 and 10:45 AM
Sunday School and Bible Class 9:30 AM
Church Phone: 553-3380

Christian Science Churches
FIRST CHURCH OF CHRIST, SCIENTIST BIRMINGHAM
191 Chester of Willis
SUNDAY SERVICES 10:30 AM
SUNDAY SCHOOL 10:30 AM
WEDNESDAY TESTIMONY MEETING 8:00 PM
CHILD CARE ROOM 10:15 A.M. Wed. 7:45 P.M.

Christian Science Churches
HEARING ROOM at 955 East Maple • 641-7935
Open Mon & Tues 9:30 AM to 5 PM
Wed & Thurs 9:30 AM to 5 PM
Fri 9:30 AM to 5 PM
Sundays 10:30 AM to 12:00 PM
Prayer Study & Bible Study

FIRST CHURCH OF CHRIST, SCIENTIST FRANKLIN-MEADOWLAKE
Maple or Inquirer
SUNDAY SERVICES 10:30 AM
SUNDAY SCHOOL 10:30 AM
WEDNESDAY TESTIMONY MEETING 8:15 PM
CHILD CARE ROOM 10:15 A.M. Wed. 8:00 P.M.
READING ROOM in Pine Lake Man • 851-7740
Church Lake Rd at Lane Pine Rd
Open Mon., Tues. Wed. Sat 10:00-5:30 Thurs & Fri 10:00-9:00
All are welcome at our Church Services and the Reading Rooms