

the lively needle  
**Mary Kay Davis**

# Hospital offers cancer study

An opportunity to study cancer, ask questions and identify the supportive services available to persons dealing with cancer will be offered at Pontiac Osteopathic Hospital.

"I Can Cope," a series of eight classes for cancer patients and their family members, will be presented at 2 p.m. on Tuesdays and Thursdays between June 30 and July 24, 1980. The course

series is sponsored by the American Cancer Society with the cooperation of Pontiac Osteopathic Hospital and funding assistance from Upjohn Healthcare Services.

The two-hour class sessions featuring speakers, educational audio-visuals and group exercises, are designed to assist patients become informed members of the health care team.

Program topics will include physical anatomy, the disease process, managing potential side effects of treatment, improving communication skills, making the most of one's capabilities, information about community resources, as well as dealing with the issues of self-image and personal relationships.

There is no fee for the course but class size is limited and participants

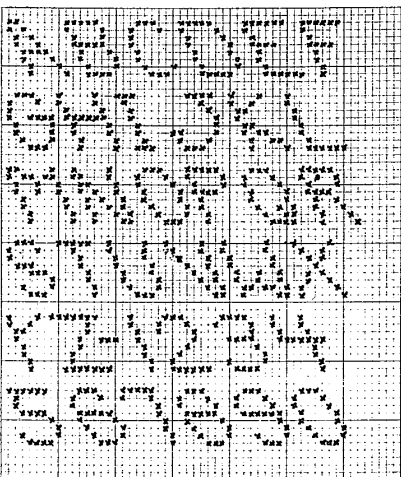
are expected to attend every class session.

"I Can Cope" courses are offered at various locations throughout the Metropolitan Detroit area according to public demand. Information on course registration and schedules can be obtained by calling the service and rehabilitation department of the American Cancer Society at 557-5353.

## Birthday cake alphabet to stitch

Here's the Birthday Cake Alphabet promised to fit last week's cake coaster. These letters can be worked in tent stitch if you wish, but I prefer a small cross stitch over one canvas intersection.

A reminder: my request for your needlepoint problems didn't include an address. Please send examples of difficulties and errors of commission or omission to me at Post Office Box 1077, Birmingham 48012. I'll see that book three copies with these problems.



### consumer mailbag

How can we reduce the excessive weed growth in our small lake? We've used chemicals in the past to keep the lake looking good but although we can control the surface problems in this manner the basic condition remains the same.

Mr. & Mrs. R.W.

Dr. Ray White, Michigan State University aquatic specialist, explains that long-term corrective measures to reduce weed problems involve limiting the flow of weed-inducing nutrients into the lake.

Limiting the nutrient load is necessary since large amounts of nutrients, particularly phosphorus, from the dis-

charge of human, animal and industrial wastes draining into lakes stimulate plant growth.

In heavily populated areas, septic tanks too close to lakes can cause over-enrichment.

To keep phosphorus-laden runoff out of the water, White advises using soil dug from the bottom of the pond to create a berm, or earth wall, around the edge. In some cases, it is also necessary to create ditches to guide runoff water away from the lake.

Lakes and ponds can also be artificially aerated with compressors. Pumping air to the lake bottom circulates the water from the bottom to the surface where it can pick up oxygen

from the atmosphere and give off waste gases.

In addition, if lake muds are aerated, phosphorus in them will stay in a non-soluble form.

Dr. White points out that a healthy lake is not necessarily one that is totally free of plant life. "The right kinds of plants in the right places and in the right amounts can be beneficial to the water and to the growth of fish," he said.

ECO-TIP: Call the Hazardous Waste Hotline (800-621-3191) if you have any information on improper hazardous waste treatment, storage or disposal. A word of caution from the U.S. Environmental Protection Agency: do not investigate hazardous waste yourself.

Consumer mailbag answers your questions on issues of consumer and environmental concern. Address questions to Concern Inc. Detroit, 1 Northfield Plaza, Troy 48068.

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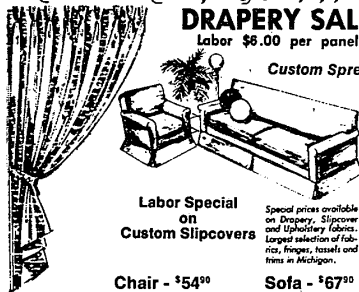
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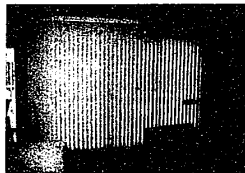
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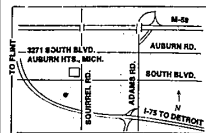
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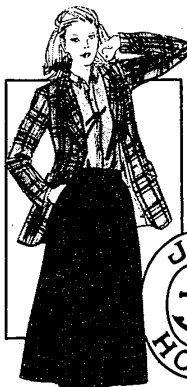


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