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comment

(F17A)

Health-O-Rama has bargain: test to save your own life

You wouldn't turn down a \$150 gift would you?
That's just about what missing out on Health-O-Rama could mean to you. And these days, you can afford to turn down a bargain?

From March 17 to April 7, Project Health-O-Rama will offer free health tests with counseling follow-up at more than 60 sites in southern Michigan.

Even more than saving out-of-pocket expenditures, the standard tests could save your life or that of someone you love.

THREE YEARS ago a woman tested for blood pressure was found to have an extremely high reading of 200 over 120. Escorted from the site to an emergency room, she entered the hospital for more testing.

Diagnosis? She was on the verge of a stroke. The help she received was just in time.

Blood pressure, measured simply and painlessly, is the most common ailment found in mass testing. You can have it and not have pain or any other symptom. Only a blood pressure test will reveal if you need treatment.

Glaucoma is another tricky ailment. You can have it without realizing there's any problem. And glaucoma causes blindness.

Last year 30,156 people took advantage of the free screening programs offered by Project Health-O-Rama and some 6,000 of them were alerted to significant abnormal test results.

If saving \$150 doesn't impress you, the above statistics represent health care savings to the community of \$4 million.

IT DOESN'T take long, cost anything or take you far to get your own spring body check. Participating doesn't give you a "clean bill of



Shirlee Iden

health" at all. It is simply an ounce of prevention.

Volunteers numbering more than 4,000 will provide the working hands. Your tests will include height and weight, blood pressure, anemia, vision, blood chemistry (for an optional \$7 handling fee).

Five health testing sites in Southfield

In Southfield, Health-O-Rama tests are being offered at the following times and locations:

Northland Center, 11 a.m. to 7 p.m. March 17, 18 and 19, Oakland Community College, Southfield

Special tests available at specifically designated sites include glaucoma, oral cancer, pap tests, pulmonary function, hearing, foot check-ups, lead poisoning and sickle cell anemia.

Anyone over age 18 is eligible for the tests sponsored by Channel 7 television's Blue Cross Blue Shield of Michigan and the United Health Organization, a Torch Drive agency.

Anyone needing specific site and test information can get it through the courtesy of the Bell Pioneers. Just call 353-8900 between 10 a.m. and 3 p.m.

campus, 10 a.m. to 7 p.m. March 22. Providence Hospital, Fisher Auditorium, 9 a.m. to 3 p.m. March 27. Southfield Civic Center, 9 a.m. to 4 p.m. March 30-31 and April 1. Tel-Twelve Mall, 11 a.m. to 7 p.m. April 5, 6 and 7.

Billy gives up crown

The tale of a chieftan's fall

If the wayfarer travels far enough into the hinterlands, he will stumble onto a land of two emerald peninsulas surrounded by fresh, azure water rivaling the beauty of the lakes of Killarney.

But in this tranquility, the citizens wander aimlessly, without work. Silent are the company boiler rooms, no more do their stacks puff. The autogiant, Sien Flynn, has been felled by the compact Orientals.

There is a great beating of breasts and Donnybrook over a recent leeching of cowherds. Ploughman and pilgrim alike think of warmer, drier lands to the south and west.

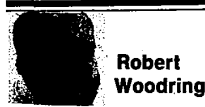
IN THESE TIMES, a hoary wise-man visited with a comely lass, saying: "A strawboy, called Billy, came down from the north borneen to dance a jig in hopes and birth and growth might spring. After 14 anxious years, the leader has chose to return home."

The colleen asked the prophet: "So, did he beat the invaders with his shillelagh and drive the serpents from the land?"

"No," the wise one replied, "the enemy is like the wee people and seldom seen. For the land is poisoned and 'tis said the mother's milk is soured. These were ugly times, yet Billy O'Milliken was faultless."

The colleen asked, "And what do the enemies say to the lad's departure?"

The old one replied: "McNamara,



Robert Woodring

from the southeast, trumpeted, 'Take up the shamrock shield, Billy, and don the green. You've always practiced demopolitics anyway.' In the city an old coalman of young name bespoke, 'Twas an uneasy friendship, but when the corpse is washed and dressed, it'll look quite respectable, considerin'.

WHILE THEY talked, events were unwinding at Tara.

Billy the leader spoke: "Arragh, nonsense, O'Headleer has tossed his derby into yon hoop. It's as thrue as this Irish clay that he will find no pot o' gold here."

Billy turned to his chosen one and snapped the earthen pipestem in his fist. Seldom did he get his Irish up, but this was one of the times.

The chosen one — the Brick to whom Billy would pass the leadership — rose from his presiding chair in the House O' Lords and placed two bits of straw across one to the other, a gesture of sealing his oath. "By the crabs," said the Brick, "we will stay these threats to the citadel of republicanism. And 'tis thrue as the sun to the dial we shall also defeat the

hangman of County O'Kland who falsely bears the banner of law and order."

A SPY, one of the little people, lay hidden under a pile of shoes in Billy's closet and drew nigh. He had come in the twilight to repair Billy's brogans and heard the oaths muttered in the adjoining chamber.

With tip-toe step and beating heart, he slipped away with a twinkle in his eye and fear in his heart, lest he be caught and have to pay ransom with bits of stolen gold in hidden cauldron.

"I must get word to my friends O'Tisch and Fitz," whispered the leprechaun, "b'fore they learn this news from another."

(O'Tisch from Mich was a sluice delegate and ditch digger from the midlands. Fitz, a young pettifogger, had challenged Billy's throne once before. Both wanted to be seated in Tara after Billy retired.)

The cobbler elf sneaked away in the great hall's darkness as Billy's aides strained to hear the conversation through keyholes in other doors.

"WHAT'D THE chosen one say?" asked McWeeks.

"He told Billy that he had instructed McKammer to go to Ireland to kiss the Blarney stone. . . . At least that's where I think he told him to go and what to kiss," aide Can'twait said.

Meanwhile, Billy's spouse, Eera, dozed in her sleeping chamber with McIntyre's tome, "The Fear Brothers," lying open on her belly. She dreamed of still waters in northern bays.

Said the prophet, "The lame duck guy has done no wrong, and his leadership will be writ large in history."

"But why," pestered the colleen, "can't the challengers wait until Billy returns home?"

"Politics, all politics, lass," said the old one, "and in politics some people just don't have any sense of Blarney."

The colleen cocked her pretty head and observed, "More like they're full of Blarney, if you ask me."

The guest columnist is a former staff photographer who is now a freelance writer and photographer in the area.

Professional ads - just what we needed

Just think of all the fun you and your fingers can have prancing through the Yellow Pages now that some professionals are allowed to advertise.

There happen to be two attorneys in Southfield whose last names are Baskin and Robbins. What if they got together and promoted, "Baskin and Robbins specializing in 31 different lawsuits to put more flavor in your life."

Or how about this ad for an alcohol abuse clinic? "Do you find you're drinking only when you're alone or with someone? Do you celebrate the sun coming up and going down with a



Jackie Klein

double on the rocks? Do you insist you're not imbibing anymore or any less? See our tried and true professionals Drs. Bender, Booser, Tippler, Snorter and Stoned.

Here's one that might be popular: "Is a malpractice complaint your bag? Is your facelift starting to sag?

Is your two-year-old whiplash still a drag? Does your chronic backache nag? Don't despair. Call your friendly neighborhood lawyers Chaser and Digger."

MAYBE YOU need a psychiatrist. Wouldn't this ad catch your eye? "Put the hex on your Oedipus Rex. Dr. Headshrinker specializes in neurosis, psychosis, manic-depression, paranoia, schizoid personality, catatonia and other mental ills still to be discovered. If I can't fix it, you ain't got it."

If you're interested in a good podiatrist, this creative ad may start

your toes tingling. "Do your feet itch? Are those nasty bunions and corns taking the fun out of your 50-mile hike? Put your aching feet in the hands of Dr. Smelling. He's been doing it for years and he's knocked out with his job."

Your obstetrician may someday advertise. "We don't make promises, we deliver. No money back guarantee if not pleased with product. Payment required in advance."

I'm thinking of advertising in the Yellow Pages myself as soon as I finish this column. "Outspoken, intrepid, foot-invasives-mouth journalist available. Have typewriter. Must travel."

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